

**A READING WARM-UP** Are there any cosmetic procedures you think should be illegal? Explain.

**B READING** Read about fish pedicures. In what ways is this treatment risky?

Questionable

## COSMETIC TREATMENTS

In this wide world, there's always someone ready to shell out money for a treatment that promises results.

Is it safe to let *Garra rufa* fish, or "doctor fish," exfoliate your feet in a fish spa pedicure, eating away quantities of dead skin and leaving your feet looking sandal-ready? Although fish pedicures are popular in many parts of the world, the governments of a number of U.S. states and at least two Canadian provinces have banned the practice, making it illegal to provide this service. Although some experts say there is not much of a serious risk to health, and although no actual illnesses have been caused by this procedure, most bans are based on one or more of the following reasons:

Since the fish remain in the pedicure tubs, it's impossible to clean them between clients. Bacteria and other pathogens can build up in the water, and if a client has a cut or break in the skin, these organisms can enter and cause infection. In fact, New York dermatologist Dr. Riya Prasad says, "Today there are so many anti-biotic-resistant bacteria that I advise my patients to walk the other way when they see a salon or spa offering these pedicures. Better safe than sorry!"

The fish themselves cannot be disinfected or sanitized to prevent them from spreading bacteria. Due to the cost of the fish, salon owners are likely to use the same fish multiple times with different clients, which increases the risk of spreading infection.

Chinchin, a species often mislabeled as *Garra rufa* and used in pedicures, grows teeth and can break the skin, further increasing the risk. *Garra rufa*, on the other hand, are toothless.

According to the U.S. Fish and Wildlife Service, *Garra rufa* could pose a threat to native plant and animal life if released into the wild in places where it isn't native. Non-native species can reproduce without limit because there may be few natural predators to kill them and control their numbers.

And in addition to the harm these pedicures can do to the environment and human health, the fish at a salon or spa must be contained in an aquarium with no natural food source and depend on human skin to survive. In order to get the fish to eat the skin on a client's feet, they must be starved, and this could be considered animal cruelty, which is illegal in many places.

The preponderance of evidence leads one to believe that fish pedicures are doubtful at best and dangerous at worst. And public opinion seems to be building against them, with city after city making them illegal.

Fish pedicures? Yuck and double yuck! Just get a nice clean pedicure from a licensed cosmetician. If the hygiene argument doesn't convince you, just think how terrible the experience is for the poor little fishes!

—Minnie Edwards, biology teacher



**C UNDERSTAND MEANING FROM CONTEXT** Complete the statements with words from the box.

- 1 When someone uses something to ..... your feet, he or she removes dead skin.
- 2 Another way to say that a government doesn't permit something is to say it ..... it.
- 3 ..... are pathogenic organisms that can grow in water.
- 4 When you ..... something, you clean it to remove harmful organisms.
- 5 When you ..... something, it means that you give it the wrong name.
- 6 A ..... is an animal that kills and eats other animals.

bacteria  
bans  
disinfect  
exfoliate  
mislabeled  
predator



**D IDENTIFY SUPPORTING DETAILS** Choose the correct answer and support it with information from the article.

- Where can you get a fish pedicure?
  - In many countries around the world.
  - In all the U.S. states and Canadian provinces.
- What is one reason that fish pedicures aren't permitted in some places?
  - They have caused serious illnesses.
  - They can cause infection.
- Where can bacteria enter a client's skin?
  - In the fish's mouth.
  - In a cut in the client's skin.
- What makes chinchin more dangerous than garra rufa?
  - They can reproduce in the wild.
  - They have teeth that can break the client's skin, which can cause infection.
- What would salon owners have to do to keep the water free of pathogens?
  - They would have to wash the tank and change the fish after each pedicure.
  - They would have to clean each client's feet.
- Why do some people consider the treatment of pedicure fish cruel?
  - Because in order to get them to eat skin, they have to be starved.
  - Because keeping them in aquariums is unsanitary and can cause infection.



**E EXPRESS AND SUPPORT AN OPINION** Discuss with a partner. Would you consider getting a fish pedicure? Explain your reasons.

## NOW YOU CAN Examine questionable cosmetic procedures

**A FRAME YOUR IDEAS** Read the ads and rate them.  
Discuss your ratings and reasons with a partner.

**Ratings.**

✓ = Looks good to me.

? = I'd have to know more.

X = I wouldn't try it even if you paid me!

### Face-Slapping Massage ... Based on science!

Rejuvenate your aging face with the ancient practice of face-slapping. Based on scientifically proven physical tapping known as "tapotement" and used extensively in Swedish massage, both gentle and more aggressive slaps with a flat or cupped palm improve circulation and reduce the appearance of wrinkles, resulting in a more youthful appearance.



My rating ☐

### The Swiss Chocolate Mud Wrap is a "sweet experience."



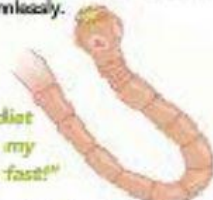
### Swiss Chocolate Mud Wrap

Soak in the luxury of the finest Swiss chocolate mixed with sticky Mississippi River mud—the ultimate full-body mask to hydrate your skin, slim your silhouette, and stimulate your circulation all at once. Effects are achieved by the natural essential oils in the chocolate that are released as the mud dries and contracts. Emerge from a series of three treatments a newer, smoother, slimmer you.

My rating ☐

### Tapeworm Express Diet

Don't knock it if you haven't tried it! Under a doctor's supervision, you simply swallow a small pill. Within days, one or more tapeworms will absorb all the food you eat, resulting in extra-fast weight loss. Once you have reached your ideal weight, the doctor will administer an anti-parasitic pill, killing the tapeworm, which will pass out of your body harmlessly.



"I tried this diet and reached my ideal weight fast!"

\* Only for healthy individuals! The tapeworm express diet can cause abdominal complications, meningitis, and dementia.

My rating ☐

**B DISCUSSION** What specific dangerous or harmful procedures have you seen or heard about? What can or should be done about them?

### REVOLVE THIS LANGUAGE

- It's just a matter of time until ...
- I mean, what are you going to do?
- It is what it is.
- Better safe than sorry.
- Can I ask you a question?





**A ▶ 2:25 LISTENING WARM-UP WORD STUDY: COMPOUND WORDS WITH SELF-** Study the words. Then use a dictionary to find two more nouns and two more adjectives with the prefix *self-*.

### NOUNS

**self-confidence** the belief that one has the ability to do things well

*Parents can build their children's self-confidence by helping them develop their talents and abilities.*

**self-esteem** the attitude of acceptance and approval of oneself

*High self-esteem can help a person succeed, and low self-esteem can be damaging.*

**self-image** the opinion one has about one's own abilities, appearance, and character

*A person's self-image is often formed very early in life.*

**self-pity** the feeling of being sorry for oneself

*When you feel that life is unfair and that others have treated you poorly, it's not unusual to feel self-pity.*

### ADJECTIVES

**self-centered** interested only in oneself

*Children are naturally self-centered, but they usually learn to be more interested in others as they grow up.*

**self-confident** believing that one has the ability to do things well; not shy or nervous in social situations

*Janet is a very self-confident young woman. She'll do well at the university.*

**self-conscious** worried about what one looks like or what other people think of one's appearance

*Everyone at the meeting was dressed casually, so I felt self-conscious in my suit.*

**self-critical** tending to find fault with oneself

*Paul is too self-critical. He always focuses on his mistakes rather than his accomplishments.*

**B WORD STUDY PRACTICE** Complete each statement, using one of the compound words with *self-*.

- 1 Eleanor Ricci entered the auditorium with her usual ..... and began her presentation.
- 2 Even though my brother Martin always wears great clothes, he feels ..... and usually asks me to tell him if he looks OK.
- 3 They say that children's ..... is built by receiving parental praise for their accomplishments.
- 4 A positive ..... can help people through the difficulties of life without feeling like failures when things go wrong.
- 5 People who spend a lot of time talking about themselves are .....
- 6 I don't know why Paul is so ..... He's great at everything and more successful than almost everyone else.
- 7 We tried to encourage Sylvie to look on the bright side, but after she lost her job, she just couldn't stop wallowing in .....
- 8 ..... people don't just sit around worrying about not being able to do things. They try their best and assume their best is good enough.



**C ▶ 2:26 LISTEN FOR MAIN IDEAS** Listen to a university lecture. Then read the statements and choose the one that expresses the main idea of the lecture.

- ☐ 1 Female self-image is heavily influenced by messages in the media.
- ☐ 2 Many fashion models today are super-thin.
- ☐ 3 Eighty per cent of ten-year-olds are on diets.
- ☐ 4 Anorexia is a common eating disorder.



Super-thin models are demanded by fashion designers, magazine editors, and advertisers.



**D** ▶ 2:27 **LISTEN FOR DETAILS** Read the following questions. Answer them, listening again if necessary.

- 1 What kind of body is currently in style?
- 2 What change has taken place in the look of fashion models over the last fifty years?
- 3 What is one serious consequence of feeling like you're fat all the time?
- 4 How can women help themselves overcome the negative messages in the media?
- 5 How can people help their daughters avoid a negative self-image?



**E** ▶ 2:38 **LISTEN TO SUMMARIZE** With a partner, write a summary statement about the lecture.

Photos are often altered to make models and actresses appear thinner than they are.



## NOW YOU CAN Discuss appearance and self-esteem

**A** **FRAME YOUR IDEAS** Take the survey. Then compare ratings with a partner.

### HOW MUCH DO YOU AGREE WITH EACH STATEMENT ABOUT MEN AND WOMEN IN YOUR COUNTRY?

	STRONGLY DISAGREE				STRONGLY AGREE
1 Most women are self-conscious about their bodies.	1	2	3	4	5
2 Most men are self-conscious about their bodies.	1	2	3	4	5
3 Most women are self-conscious about their faces.	1	2	3	4	5
4 Most men are self-conscious about their faces.	1	2	3	4	5
5 Most women want to look more like women in the media.	1	2	3	4	5
6 Most men want to look more like men in the media.	1	2	3	4	5
7 Most women think women need to be beautiful.	1	2	3	4	5
8 Most men think women need to be beautiful.	1	2	3	4	5
9 Most women think men need to be handsome.	1	2	3	4	5
10 Most men think men need to be handsome.	1	2	3	4	5

**B** **NOTEBOOKING** Make a list of positive and negative factors that affect self-esteem.

Build self-esteem	Harm self-esteem
Parental love	"Messager" in the media



### DISCUSSION

- 1 How can the positive factors you listed on your notepad be promoted?
- 2 Which of the negative factors on your notepad can be changed or corrected?
- 3 Do you think life is easier for people who are attractive? Explain your opinion.
- 4 In an ideal world, what should one's self-esteem be based on? Explain your opinion.