

# TRENDS - HOW TO LOOK MORE (?) BEAUTIFUL?

Here are a few ways to change your appearance. But is it for the better?

**Gastric balloon** is put into the stomach. It floats there, taking space and thus resulting in the feeling of **satiety**, which makes following the diet much easier.

The **oxygen bar** is a trend that started in the late 1990s in Japan, and quickly **spread** east to California and Las Vegas. Used for health and recreation. **Advocates** claim this practice is not only safe, but **enhances** health and well-being, including strengthening the immune system, and enhancing concentration. It has been believed to **alleviate** hangovers and help with migraines, but no formal studies have yet **confirmed** any of these claims.

**Doubles.** In the programme "I Want a Famous Face" people undergo plastic surgery so as to become doubles of famous people.

**Original first names.** The stars give their children original names (e.g. Xavier or Charlotte) because they believe that an extraordinary name would mean an extraordinary life.

**Size 0** is a women's clothing size in the US catalog sizes system equivalent to a UK size 4 or a Europe size 32-34. It is also a concept within the fashion media relating to models with low body mass. Size zero has been linked to anorexia nervosa and bulimia as many women have to lose a large amount of weight to become so thin.

**Breast ironing** is a form of body modification practiced in parts of Cameroon. A young girl's breasts are flattened, usually by the girl's mother, in an attempt to make her less sexually attractive to men. This practice is believed to help prevent rape and early marriage. Grinding stones, belts, heated objects and breast bands are used to press or beat down the forming breasts. Local non-governmental organizations are trying to call attention to this practice and stop it.

**Corneal tattooing** is a form of cosmetic surgery applied to the cornea, used to improve the visual look of the eye, improve vision or reduce the effects of scarring.

**Ear shaping** is the process of **altering** the shape of the human ear(s) as a body modification practice, often resulting in a non-human appearance. There are several ways in which human ears can be given a different appearance, including cropping, pointing (or elfing), and the amputation of various parts. The various methods may be combined to give specific results.

**Tightlacing** (also called **corset training** and **waist training**) is the practice of wearing a tightly-laced corset to achieve extreme modifications to the figure and posture. Cathie Jung (born 1937), wearing a silver corset, holds the Guinness World Record for the smallest waist of any currently living person, at 38.1 centimeters.

Non-surgical **elongation of organs** by **prolonged** stretching using weights or spacing devices. Some cultural traditions **force** or encourage members of one sex (or both) to have one organ stretched till **permanent** change of its dimension has occurred, such as:

**The 'giraffe-like' stretched necks** (sometimes also other organs) of women among the Burmese Kayan **tribe**, the result of wearing brass coils around them.

**Foot binding** (also known as "lotus feet") was the custom of applying painfully tight binding to the feet of young girls to prevent further growth. The practice possibly **originated** among upper-class court dancers in Imperial China in the 10th or 11th century. Foot binding became popular as a sign of status (women from wealthy families, who did not need their feet to work, could afford to have them bound) and was consequently adopted as a symbol of beauty in Chinese culture.

## I. Give words from the text for the following definitions.

1. to make somebody do something –
2. to come from a particular place or start in a particular situation –
3. to improve something –
4. a feeling that you've had enough of something, e.g food –
5. to change something –
6. a social group consisting of people of the same race, having the same beliefs, customs, language etc. –

7. continuing to exist for a long time or for all the time in the future -
8. to make something less painful or difficult to deal with –
9. a supporter, a proponent –
10. to lengthen, to make something last longer –
11. to become larger or move so that it affects more people or a larger area –
12. to say or show that something is definitely true –

## II Comparisons

Complete the

### a) COMPARISONS WITH **as ... as ...**

bee	sheet	a pie	coal	night	fresh	cucumber	clockwork	hills
knife	cunning	drunk	post	ghost	wet hen	flat	quiet	peas
flash	feather	dirty	bat					

- |                       |                                 |
|-----------------------|---------------------------------|
| as black as .....     | as white as a .....             |
| as blind as a .....   | as light as a .....             |
| as busy as a .....    | as like as two ..... (in a pod) |
| as cool as a .....    | as mad as .....                 |
| as old as the .....   | as ..... as a pig               |
| as ..... as a fox     | as quick as .....               |
| as deaf as a .....    | as ..... as a mouse             |
| as ..... as a lord    | as regular as .....             |
| as easy as a .....    | as sharp as .....               |
| as ..... as a pancake |                                 |
| as ..... as a daisy   |                                 |

### b) COMPARISONS WITH **like**

fish	dog	elephant	bull	horse	leaf	glove	drowned	wind	sleep	swear
haystack	cape	back	chimney	water						

- |   |   |
|---|---|
| (be) like a ..... in a china shop       | have a memory like an .....                 |
| be like looking for a needle in a ..... | know something like the ..... of one's hand |
| be like a red ..... to a bull           | look like a ..... rat                       |
| shake/tremble like a .....              | go like .....                               |
| drink like a .....                      | ..... like a log                            |
| eat like a .....                        | smoke like a .....                          |
| fight like cat and the .....            | spend money like .....                      |
| fit like a .....                        | ..... like a trooper                        |