

<b><u>Talk of the devil:</u></b>	quand on parle du loup
<b><u>The scarf matches the bag:</u></b>	l'écharpe est assortie au sac
<b><u>Chauffeur:</u></b>	chauffeur (de maître)/ uniform
<b><u>Driver:</u></b>	conducteur (of taxi, bus) chauffeur:
<b><u>"Say hello to everybody":</u></b>	donner le bonjour
<b><u>Bad shape/bad state:</u></b>	mauvaise forme/mauvais état
Brighton is <b><u>twice as big as</u></b> Blackpool	
<b><u>Breakwater:</u></b>	brise-lames; digue
<b><u>Shares:</u></b>	actions (en bourse)
<b><u>You can learn from your mistakes</u></b>	

From Mailonline

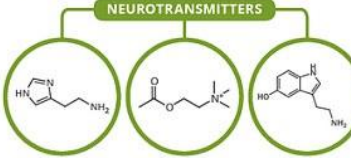
## THE CHEMISTRY OF STINGING NETTLES

Stinging nettles are an unpleasant supplement to country walks. Their stings cause tingling, inflammation, and pain that can last for several hours. But what are the chemicals behind their venom, and what truth is there in some of the oft-suggested remedies to try and relieve the pain of a nettle sting?

### STINGING NETTLE VENOM

Stinging nettles are covered in tiny hollow hairs (trichomes). When you brush against them, you break the fragile silica tips off the hairs, and they then act like a needle, piercing the skin, and causing the nettle's venom to be injected.

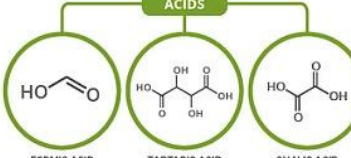
#### NEUROTRANSMITTERS



HISTAMINE      ACETYLCHOLINE      SEROTONIN

The primary source of pain from nettle stings was originally thought to be formic acid, but it is present in too low a concentration. Histamine, acetylcholine and serotonin cause inflammation & pain, whilst tartaric & oxalic acid in some nettle species have been linked with the extended pain duration.


#### ACIDS



FORMIC ACID      TARTARIC ACID      OXALIC ACID


### NETTLE STING REMEDIES

#### DOCK LEAVES




Dock leaves are often suggested as a remedy for nettle stings. However, it's likely that their effect is merely that of a placebo. Some claim that acidic nettle venom is neutralised by the alkaline dock sap, but it is also acidic. It's also claimed that dock leaves contain a natural antihistamine, but there is no scientific evidence that this is the case.

#### ANTIHISTAMINES




Antihistamine creams combat the action of histamine, blocking the receptors that it usually binds to. Whilst histamine isn't the only sting component, by preventing its action the inflammation and some of the pain from the sting can be reduced. This is likely the most effective remedy. Topical corticosteroid medications can also help prevent histamine's effects.

#### OTHER REMEDIES



Calamine lotion is often claimed to help, and as it has an anti-pruritic (anti-itching) effect, it may provide mild relief (though its anti-pruritic properties have been disputed). Plantain leaves and urinating on the sting are other common suggestions, though again, there is no scientific evidence that these remedies have a chemical effect.



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<b><u>Nettles:</u></b>	orties
<b><u>Dock leaf:</u></b>	rumex obtusifolius or 'patience sauvage' plante proche de l'oseille, dont les feuilles, toniques et dépuratives, se préparent comme celles de l'épinard (Petit Robert)
<b><u>Sorrel:</u></b>	oseille

## Guardian/Notes and Queries

Dock leaves are a sworn analgesic proof against nettle stings. You need only plunge some part of your anatomy into stinging nettles and then rub the crushed leaf, vein-side down, across the affected part, to effect instant relief and an empirical proof.

John Bennett, Glasgow, Scotland

Actually Doc Leaves do neutralize the formic acid that the nettle stings contain, because it contains alkali that reacts to the acids in the nettles, and soothes the pain.

Kris, London England

**FOR NEXT LESSON, 2/11, during the holidays, ex 40 Prepositions C, D & E + Translate (9/11) 1-5, (16/11) 6-10 , Discuss & Decide + 'BRITS ABROAD': Choose a question**

**1. Have you been to expo Milano 2015?**

**2. Tell us about an exhibition you have visited**

Or **3. Summarize this article**

**4. Tell a joke**

But the main thing is to **translate the text into good French**, because it is written in very **colloquial English** (= everyday language, the opposite to literary / familier). There are **plays on words** (jeux de mots) because the writer jokes all the time. "**How to make an exhibition of yourself**" is an example.

'Exposition' exists in English too= a large public exhibition of art or trade goods. You can call it a world fair or world's fair.

(Exposition temporaire=exhibition)

e.g. when you go to a museum, it's an exhibition.

## **TELEVISION FILMS IN ENGLISH (VM)**

**1. SUNDAY 18/10 Arte 20.45-23.05 Les Affranchis / GOODFELLAS (=Mafia, gangsters) 1990**  
English & Italian V.

Director: Martin SCORSESE. Famous actor: Robert DE NIRO

A thriller about the mafia, based on a book called 'WISEGUY' by Nicholas PILAGGI 1986 (a true story about the life of Henry Hill). The screenplay was written by Scorsese and Pilaggi.

**Wiseguy:** petit malin, futé; prétentieux.

**IMMEDIATELY AFTER THE FILM, A DOCUMENTARY ON SCORSESE. 23.05-1.40**

**2. MONDAY 19/10 Arte 20.55-23.05 Le temps de l'innocence / THE AGE OF INNOCENCE 1993**

Director: Martin SCORSESE. Famous actors: Daniel DAY-LEWIS, Michelle PFEIFFER, Geraldine CHAPLIN, Winona RYDER.

Based on a Pulitzer Prize winning novel (same title) by Edith WHARTON (American writer) The novel was published in 1920 and is about high society in New York in 1870.

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E. Wharton (born in New York in 1862, died in Saint-Brice-sous-Forêt (Val-d'Oise) in 1937) did a lot of social work in Paris during the first World War. Her maiden name was JONES and the English expression 'keeping up with the Joneses = *faire concurrence, rivaliser avec les voisins*. is said to come from her family, who were very rich and very well-known in NY,.

**A period drama:** un drame historique.

**THE SAME EVENING, M 19/10 Arte 23.05-0.55 MEAN STREET 1973**

Director: Martin SCORSESE. Famous actors: Harvey KEITEL, Robert DE NIRO.

Again the NY mafia, '**mean**' can mean "pauvre" ou "méchant", or '**poor and nasty**' at the same time.

**3. WEDNESDAY 21/10 Arte 20.55-23.55 NEW YORK, NEW YORK 1977**

Director: Martin SCORSESE. Famous actors: Liza MINELLI, Robert DE NIRO -.Musical Comedy

**4. SUNDAY 25/10 Arte 20.45-23.00 THE WORLD ACCORDING TO GARP 1982/ Le Monde selon Garp**

Dir. George ROY HILL. With Robin WILLIAMS & Glenn CLOSE.

Based on a novel (same title) by John IRVING, published in 1978.

**5. MONDAY 26/10 Arte 20.55-22.45 TAXI DRIVER 1976**

Dir. Martin SCORSESE. Famous actor: Robert DE NIRO

A psychological thriller, NY after the Vietnam war.

**6. SUNDAY 1/11 Arte 20.45-23.00 CLOSE ENCOUNTERS OF THE THIRD KIND/ Rencontres du 3ème type. SF 1977**

Dir. Steven SPIELBERG

About OVNI=**UFO** (Unidentified Flying Object)

**an ALIEN**= Extraterrestre→étranger

People who are not British, who are foreigners, are called 'aliens'. It is the legal term for people who are not British.

**READ: THE CURIOUS INCIDENT OF THE DOG IN THE NIGHT-TIME** by Mark HADDON

It's in a paperback edition = livre de poche

**Paper back:** couverture papier (traduction littérale)

**Paperback:** livre de poche, livre broché

**Hardback:** livre relié

**Odd numbers:** 1,3,5,7,9... impairs

**Even numbers:** 2,4,6,8,10... pairs

**Prime numbers** 1, 3, 5, 7, 11, 13...

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