

# Grand Tour New Discoveries

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## Grand Tour –New Discoveries

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# PREFACE

During the 17th and 18th centuries wealthy young people took a trip around Europe in order to complete their education. They visited famous historical sites, learned languages, and made friends with people in various countries. The Grand Tour helped prepare them for life as international citizens.

The *Grand Tour* series of books looks at a variety of important trends that are shaping the modern world. Each book examines issues that affect our lives, which will change our lives in the future, and which *you* will influence in the future.

The topics covered in the essays range widely and are grouped into four sections: the worlds of culture and society, science and technology, business and economics, and politics and international relations. Included are topics that encourage you to look at an everyday thing from a new perspective, topics that showcase the amazing progress and discoveries that are being made, and topics which focus on aspects of the world that need to be changed or which are changing too slowly.

We hope that you will find these topics interesting and thought-provoking, and that they encourage you to learn more about them. We sincerely hope you enjoy *your* Grand Tour.

Anthony Sellick, James Bury, and Kaori Horiuchi

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## Chapter

# 1

# Who's the Fairest of Them All?

## The Surprising Truth About Beauty



### Topic Activation

Think about the topic of *beauty*. Write as many words connected to the topic as you can in the space below. Then, compare your words with a partner.



### Useful Words

Choose a word from the list below to complete each sentence.

1. After spending a week in Okinawa they all had dark \_\_\_\_\_.
2. He had to go to hospital after a dog chased him and bit him on the \_\_\_\_\_.
3. Labradoodles are created by \_\_\_\_\_ Labrador dogs and poodles together.
4. She used her smartphone to cheat in the test, so she was \_\_\_\_\_.
5. It is common for people to feel some \_\_\_\_\_ before giving a speech.

anxiety    butt    tans    breeding    disqualified



### Reading

1-02 ~ 08



02

**1** In December 2021, 43 contestants taking part in a beauty contest in Saudi Arabia were disqualified because they had received treatments to make them more beautiful. The beauty contest was the King Abdulaziz Camel Festival, and all the contestants were camels. Does a beauty contest for camels seem surprising? Around the world, there are beauty contests for dogs, cats, cows (in Vietnam), goats (in Lithuania), elephants (in Nepal), pigeons (in the US), and even tarantula spiders (in

Britain). What can this wide range of beauty contests tell us about human ideas of beauty?

03 

**2** Scientific research indicates that beauty is a way for animals to show that they are healthy and a good choice for breeding. In other words, the most beautiful individuals have the most offspring. However, the environmental conditions in different areas may result in different features being valued as being more beautiful, such as lighter-colored animals being preferred in snowy areas, and darker animals being preferred in rocky areas. Furthermore, not every animal can mate with the most beautiful animal. Some will mate with the second most beautiful, some with the third most beautiful, and so on. These two facts mean that there will always be a lot of variety in beauty.

04 

**3** In humans, this means that while our ideas of beauty are partly biological, they are also partly cultural and partly individual. It also means that ideas of beauty will often be different in different places and at different times in history. When considering beauty among cultures and historical periods we soon discover that there has never been a single idea of human beauty. For example, in ancient Greece, the people of Athens thought that plump women with light skin were the most beautiful. But the people of the neighboring state of Sparta thought that muscular women with tans were the most beautiful.



05 

**4** Looking at pictures of famous fashion models or idols from 10 or 20 years ago, it is easy to see that beauty

*In the 1950s, Marilyn Monroe, Audrey Hepburn, Ayako Wakao, and Pearl Bailey were famous for their beauty, but everything about them is different – except their beauty.*

fashions can change very quickly. Why is this? Psychologists have discovered that just being famous can make you more beautiful. This is called the familiarity principle, and it means that the more often we see a person – and we see famous people a lot – the more beautiful we think they are. Consequently, as new people become famous and popular, our ideas of what is beautiful also change.

06 

**5** Throughout history, artists like Leonardo da Vinci and Michelangelo have tried to show us the beauty that they see. But this may be very different from reality. Today we see this in the use of computer software to modify how people look, such as the photoshopping of models in magazines and the use of filters in online platforms like Instagram and TikTok. In other words, even the models in pictures look very different in real life. For example, in 2019, actor Jameela Jamil complained that a magazine had changed how her arms, knees, ankles, breasts, body shape, and skin color looked in a picture.

07 

**6** The fact that advertisers, the media, and social media influencers do not show us how people really look is a big problem. It means that the products they sell or promote cannot make you look like the model in the advertisement, because that is not what the model really looks like. Furthermore, being exposed to such unnaturally beautiful images can make people feel dissatisfied with how they look. This is an especially important problem for teenagers who, because their bodies and faces are changing, often lack confidence in their appearance. Research in 2019 found that using Instagram made over 30 percent of teenage girls feel worse about their bodies. In addition, the more that people posted selfies online, the more dissatisfied they felt about their bodies, and the more they used filters to “fix” how they looked. Such feelings can be very damaging to our mental health and lead to increased anxiety, stress, depression, eating disorders, and even suicide.

08 

**7** Ignoring reality and trying to be a fantasy version of ourselves is not healthy. Instead, we need to learn what nature has really taught us about beauty. The surprising truth about beauty is this: whether you are tall, short, thin, fat, have large breasts or small breasts, thin legs or thick legs, a small butt or a big butt, light skin or dark skin, light hair or dark hair, long hair or short hair, a flat stomach or a round stomach, big eyes or small eyes, thick eyebrows or thin eyebrows, body art or no body art, you are

beautiful. You are beautiful, and a lot more people think so than you realize. So, look  
70 in the mirror and say hello to the beautiful person looking back at you.

### Notes

**the King Abdulaziz Camel Festival** 「アブデュルアジズ国王ラクダ・フェスティバル」ラクダの美を競うコンテストで、優勝者には多額の賞金が支払われる。 **Sparta** 「スパルタ」古代ギリシャの都市国家。軍国主義的政治・教育体制で知られる。 **familiarity principle** 「親しみの原理」社会心理学用語の「単純接触効果」と同じ意味で使われる。 **photoshop** 「(画像処理ソフトで) 写真を加工する」 **body art** 「ボディアート」入れ墨, ピアス, 整形手術などで身体を飾ること。

## Questions for Understanding

### Part 1

Look at the following statements about the passage. Write T if the statement is True, and F if it is False. Write the number of the paragraph where you find the answer in the parenthesis.

- 1) \_\_\_\_\_ In natural environments, lighter-colored animals have the most offspring. [     ]
- 2) \_\_\_\_\_ People from different parts of ancient Greece had different ideas about beauty. [     ]
- 3) \_\_\_\_\_ According to the passage, only beautiful people can become famous. [     ]
- 4) \_\_\_\_\_ According to the passage, artists have always changed how people look. [     ]

### Part 2

Look at the following questions about the passage. Check the best answer for each.

- 1) What was surprising about the King Abdulaziz Camel Festival?
  - a.  It included a beauty contest for goats.
  - b.  It only featured lighter-colored animals.
  - c.  A lot of contestants tried to cheat.
  - d.  The most beautiful camels had the most offspring.

- 2) Which word has the closest meaning to the word “principle” in Paragraph 4?
- dominant
  - rule
  - primary
  - assumption
- 3) According to the passage, why was Jameela Jamil unhappy?
- Because Leonardo da Vinci's picture of her was very different from reality.
  - Because new people were more famous and popular than her.
  - Because TikTok filters did not make her look more beautiful.
  - Because a magazine picture of her had been photoshopped.
- 4) Which of the following statements about beauty are correct? (Choose all that apply)
- Different cultures have different ideas of beauty.
  - Ideas of beauty can change in a short period of time.
  - Posting selfies online can help to improve our mental health.
  - Today, there is one idea of beauty that we all agree with.

## Summary

1-09 

Fill each space with the best word from the list below.

offspring    confidence    modify    advertisers    exposed    mate

In nature, beauty is a way for animals that are ready to 1) \_\_\_\_\_ to show that they are healthy and can produce good quality 2) \_\_\_\_\_. In other words, beauty is a kind of advertising. Today, we are constantly 3) \_\_\_\_\_ to images of beautiful people in the media and online. However, the creators of these images often 4) \_\_\_\_\_ them so that what we see is not reality but a fantasy. This can cause people to lose 5) \_\_\_\_\_ in how they look which can damage their mental health. But the truth about beauty is not what 6) \_\_\_\_\_ want us to believe. The truth about beauty is that we are all beautiful to somebody.

 **Over to You** //

**Part 1**



**Ask and answer the following questions.**

1. Look at the picture on page 8. Who do you think is the most beautiful? Why?
2. Who is a famous person you think is beautiful?
3. Have you ever entered a beauty contest?
4. Have you ever posted a selfie online? If yes, did you use filters?
5. What part of someone's face do you think is the most beautiful?

**Part 2**



**Choose ONE of the statements below. Prepare a short response giving your opinion.**

- The most beautiful thing about someone's face is their smile.
- How you look is less important than how you behave.

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**Part 3**



**Look at the statement below. Do you agree or disagree? Why? Share your opinion with your classmates and find out what they think.**

Advertisers and social media influencers changing images to look more beautiful is no different from using makeup.