

4.035

1. Brag all the time. If you brag all the time, no one will listen to you.
2. Bite your fingernails. Don't bite your fingernails. It's not nice.
3. Check phone messages. If you check your phone messages, you may ignore people around you.
4. Chat during movies. If you chat during movies, you'll spoil it for others.
5. Chew on pens. Don't chew on pens. It's a bad habit.
6. Cut in line. If you cut in line, everyone behind you will be angry.
7. Talk loudly in public. If you talk loudly in public, you'll annoy people around you.
8. Write in library books. If you write in library books, you'll ruin it for the next reader.

4.036

1. I can't stand it when people brag all the time.
2. Nothing bugs me more than people who talk too loud in restaurants.
3. It drives me crazy when people keep checking their phone messages.
4. People who won't wait in line really annoy me.
5. It's embarrassing to see people bite their fingernails.
6. It's rude to write in library books.
7. It bothers me when I see people chewing on ends of pens and pencils.

4.037

Melissa Melissa Becket here, and welcome to Radio One. Today on our call-in show, we're talking about pet peeves. You know, the little things that annoy you – even if they don't bother anyone else! So, if you have a pet peeve, call in now and let it out! We want to hear about it.

4.038

Melissa Caller one?

Man Er ... Hi Melissa. Er, I ... I can't stand people who bite their fingernails all the time, like my sister. She knows it's my pet peeve, but she's been doing it for years and she does it everywhere. She even bites her fingernails at mealtimes, and she's not a child anymore. It's embarrassing to see her fingers in her mouth all the time.

Melissa Yeah, I agree.

4.039

Melissa Caller two, go ahead.

Woman Hi, Melissa. Er ... Me, I can't stand people who chew on the ends of pens and pencils. It's bad enough when it's their own pencils they're chewing on, but how can they do it with other people's pens in public? It really drives me crazy when someone borrows my pen and starts chewing on it.

Melissa Yeah, it bugs me too.

4.040

Melissa Caller three?

Man Hi, Melissa. Nothing bugs me more than seeing people writing in library books, you know, I mean like underlining their favorite parts or just drawing silly pictures. It's rude! It's weird! I think people who write in library books should lose their library cards.

Melissa Yeah, you're right!

4.041

Melissa Caller four. You're on.

Woman Melissa, what about people who chat during movies? That's my biggest pet peeve. These people just don't care about others and spoil the movie for everyone else. I think they should be asked to leave the movie theater if they keep chatting.

Melissa Yeah, they should!

4.042

Melissa Caller five?

Man Hi, there. I can't stand people who are always late. I'm never late; I'm always on time. If I ask someone to meet me for dinner at six, I expect them to be there at six, not at six-oh-five!

Melissa You heard it! Don't be late!

4.043

Melissa Caller six?

Woman Hi, Melissa. How do you deal with people who always brag? It really annoys me! My best friend won some money in the lottery three years ago – not even much – and she still can't stop telling everyone about it.

Melissa Maybe you should get a new best friend!

4.044

Melissa Welcome back to Radio One. Today we have Evelyn Robbins, author of *Everyone Has Bad Habits*. Tell us about it, Evelyn.

Evelyn Everyone has bad habits, but some people do something about them. People should use my four-step plan: identify your bad habits, understand why you do them, work out a plan of how to give up your bad habits, and get family and friends to help you so you don't start again.

Melissa OK, great. Now tell us more about your five-step plan.

Evelyn Four step.

Melissa Oh, sorry, four-step plan. Any examples?

Evelyn As I said, the first step is to identify your bad habits. For example, a common problem is

being late.

Melissa Being late? Oh, like for a meeting?

Evelyn More than that. Erm, some people are late with everything in their lives. Late returning library books, booking tickets, calling friends back. But they need to understand – to identify – that these things are all part of the same problem.

Melissa Then step two?

Evelyn Understand why you have the problem. For example, people who are late often think their time is more important than other people's.

Melissa Oh, they think what they're doing is the only thing that matters? I get it. So, once they understand that, they can make a plan?

Evelyn Exactly. You work out a plan how to give up your bad habit. For example, make a list of your appointments and assignments, add them to your cell phone calendar, and set the alarm to remind you at certain times.

Melissa Oh, it sounds difficult. And the fourth step?

Evelyn Once you can control your bad habit, make sure you don't start again. The best way is to let other people – friends and family – know you've tried to stop your bad habit. The next time you're late, they'll remind you it's a bad habit you're trying to break.

Melissa That's everything?

Evelyn Yes, that's it.

Melissa Great! Now we don't have to buy your book!

4.045

Example: It really annoys me!

1. Welcome to Radio One.
2. You know, the little things that annoy you.
3. She even bites her fingernails at mealtimes.
4. I agree. Caller two, go ahead.
5. I expect them to be there at six.
6. The first step is to identify your bad habits.

4.046

Japan has a very unique culture and is a popular place for tourists to visit. It is also a very insular place with its own strict social etiquette.

In Japan, the number four is used as little as possible. This is because the word "four" sounds very similar to death. Due to this, you must always avoid giving gifts that have a four in them, or contain four items.

Blowing your nose in public is considered rude in Japan. Japanese people find the idea of a handkerchief disgusting. The polite thing to do is sniffle until you can find somewhere private to blow your nose.

Tipping is considered rude in Japan, and if you tip, people will find it degrading. Tipping can also cause confusion, and may result in someone chasing you to give you your money back. If you really want to show gratitude in Japan, a better way is to give a small gift.

Although you can commonly see people walking on the street and eating in Western cultures, this is thought of as rude in Japan. Japanese people will generally avoid eating on the street, with the exception of ice cream cones, which are considered OK to eat while walking.

If you are invited to someone's home in Japan, you had better bring a gift. The gift should be wrapped in nice paper and tied up with a bow. A good gift to take to someone's home would be something edible, like high quality candy. Always give the gift with two hands and perform a slight bow. If you receive a gift, take it with two hands, but do not open it immediately. In Japan, gifts are opened in private.

Finally, if you are drinking with Japanese people, remember that pouring your own glass is considered rude. Although it is customary in the US to serve yourself first, in Japan you are never supposed to pour your own drink. If you have poured for others, another guest will hopefully see your drink is empty and pour one for you.

If you follow these suggestions, you will certainly have a greater understanding of Japanese etiquette on your next trip to Japan.