Transcript:

Nobody likes junk mail...

But this pile of rubbish might contain just what Nicola White is looking for.

She hunts for messages in bottles on the banks of the River Thames in England.

Nicola's found over 30 in three years, including a declaration of love and an appeal for a job.

It seems, in this case, bottling up your emotions is a good way of sharing them.

Vocabulary:

junk mail
letters or emails, usually advertising something, which are sent to people who have not asked for them

hunts
tries to find (something or someone)

banks
raised land along the sides of a river

declaration of love
announcement of love

bottling up
hiding (negative feelings and emotions)

Watch the video online: Message in a bottle http://bbc.in/1t4Q5Zc
Exercise:

Use one of the words or phrases below to complete each of these sentences from news reports.

Note that you may have to change the form of a word to complete the sentence correctly.

junk mail / hunts / banks / declaration of love / bottling up

1. So a typical __________ might be: "Older brother loves younger sister." If, however the woman was older, it would be: "Older sister loves younger brother."

2. Officials say people should complain to the Direct Marketing Association or the Office of Fair Trading if they continue to receive __________ after requesting not to.

3. Tens of thousands of people have lined the __________ of the Qiantang River in China to watch the world-famous annual tidal bore.

4. Police are __________ for vandals who slashed 13 tyres on vehicles in Grouville belonging to a St Martin-based used car dealer.

5. "_________ these harmful emotions is the worst thing that we can do and invariably makes matters worse," he said.
Answers:

1. So a typical declaration of love might be: "Older brother loves younger sister." If, however the woman was older, it would be: "Older sister loves younger brother."

   Source: Vietnam: Where saying 'I love you' is impossible http://bbc.in/1s4G6Vs

2. Officials say people should complain to the Direct Marketing Association or the Office of Fair Trading if they continue to receive junk mail after requesting not to.

   Source: Junk mail crackdown to see launch of website http://bbc.in/1tYim5f

3. Tens of thousands of people have lined the banks of the Qiantang River in China to watch the world-famous annual tidal bore.

   Source: China tidal bore draws huge crowds along Qiantang River http://bbc.in/1AQZa8e

4. Police are hunting for vandals who slashed 13 tyres on vehicles in Grouville belonging to a St Martin-based used car dealer.

   Source: Jersey Police hunt Gorey tyre slasher http://bbc.in/1oUkpk2

5. "Bottling up these harmful emotions is the worst thing that we can do and invariably makes matters worse," he said.

   Source: Boxing trainer Gerry Storey backs mental health campaign http://bbc.in/1u1BxY5