



## One-Quarter English: Episode 3 Transcript

### PODCAST INTRO

Mark	Hello, and welcome back to One-Quarter English. I'm Mark.
Jenna	And I'm Jenna. Thanks for tuning in. Over the next quarter of an hour we'll present the latest news headlines from around the world before discussing one of the topics in depth. Then we'll look at a grammar difference between American and British English. After that, you'll find out how to choose between the relative pronouns who, which, and that. You'll hear the third installment of a classic Sherlock Holmes story, and then we'll end the podcast with something fun. Enjoy the show!

### HEADLINES

Mark	Police are investigating a bold midday bank robbery in central London, where a group of masked thieves made off with an estimated £2 million. Witnesses report the robbers were armed and well-organized, taking hostages before fleeing the scene. No injuries were reported, but authorities are conducting a city-wide manhunt.
Jenna	In a shocking act of protest, environmental activists threw tomato soup on a famous Renaissance painting at the Borghese Gallery in Rome. The artwork, protected by a glass covering, was not damaged. The protest group, calling for stronger climate action, was quickly detained by security forces. Their actions have sparked a heated debate about the ethics of protest.
Mark	This year's Nobel Prize in Chemistry has been awarded to a team of researchers from Sweden and Japan for their innovative work on cancer treatment. Their discovery of a new method for targeting cancer cells without harming surrounding tissue is being hailed as a major breakthrough in oncology, offering new hope for patients around the world.
Jenna	A devastating fire has broken out in a clothing factory in Dhaka, Bangladesh, killing at least 15 workers and injuring dozens more. Firefighters struggled to control the blaze, which spread rapidly through the building. Initial reports suggest safety violations may have played a role. Authorities are launching an investigation into the cause of the fire.
Mark	A rescue operation is underway in the Swiss Alps as search teams attempt to locate a missing mountain climber. The 34-year-old experienced climber was last seen three days ago near the Matterhorn, but poor weather conditions have hampered search efforts. Authorities are hopeful but say time is running out as temperatures continue to drop.

### DISCUSSION

Jenna	The topic of the last news item is a bone of contention amongst my friends, so I'd like to hear what your thoughts on extreme sports are. But first I'd like to express my views if that's alright with you.
Mark	Sure, Jenna. The floor's all yours.
Jenna	Extreme sports challenge individuals both mentally and physically, helping build resilience, discipline, and self-confidence. They are also about mastering fear and uncertainty. Overcoming that fear can be a deeply empowering experience, making participants more capable of handling real-life challenges. Plus, the rush of adrenaline and sense of achievement can be addictive in a positive way, leading to healthier lifestyles and a stronger focus on fitness.

Mark	<p>I see your point, Jenna, but I believe the risks far outweigh the benefits. Extreme sports are inherently dangerous and can lead to serious injuries or even death. For example, high-impact sports like base jumping or wingsuit flying carry a much higher fatality rate than traditional sports.</p> <p>We also have to consider the strain these activities place on public resources, such as emergency services and hospitals. When something goes wrong, the consequences can be catastrophic, not only for the individual but for their families and communities. On top of that, I'd argue that extreme sports glorify risk-taking, especially among younger people. It can create a culture where pushing limits is encouraged, potentially leading people to make reckless decisions.</p>
Jenna	<p>You're right that there are risks, Mark, but every sport or physical activity carries some degree of risk. The key difference with extreme sports is that participants generally train extensively before they take part, and many follow strict safety protocols. For instance, in skydiving, there's a rigorous process of certification, and equipment is regularly inspected. There's calculated risk, not reckless behavior. Plus, advances in technology have made these sports much safer. Helmets, harnesses, and improved materials for wingsuits or protective gear significantly reduce the chances of injury. While the risk is present, it's more about managing that risk, and extreme sports often push participants to respect their limits rather than ignore them. As for the culture, I'd argue that it's more about building resilience and awareness. Extreme sports teach people to plan meticulously, understand their environment, and respect the forces of nature. That's a far cry from promoting recklessness.</p>
Mark	<p>I understand your point, but despite all the precautions, accidents still happen. No matter how much someone trains or how advanced the equipment is, the element of unpredictability can't be eliminated in extreme sports. You can't control a sudden gust of wind while base jumping or an avalanche while snowboarding in the backcountry. The popularity of extreme sports has led to more amateurs trying these activities without proper training. This increases the risk not just to themselves but also to others who might have to intervene if things go wrong. While pushing limits can be fulfilling, I worry that it normalizes risk-taking behavior.</p>
Jenna	<p>Those are valid concerns, but I'd argue that extreme sports can actually make people more aware of the importance of preparation and respect for nature. Moreover, extreme sports bring a sense of accomplishment that's hard to find elsewhere. The mental and physical discipline required to conquer a mountain or complete a jump transforms people, giving them confidence and a sense of purpose. And let's not forget the benefits to mental health. Engaging in challenging, outdoor physical activities reduces stress, helps combat depression, and provides a sense of freedom that traditional sports or gym routines can't offer.</p>
Mark	<p>I hear you, and I agree that overcoming personal limits can be empowering. But, at what cost? You mention mental health benefits, but what about the emotional toll on families and friends when something goes wrong? Even with training, accidents in extreme sports are often severe. We can't ignore the toll these activities take on emergency responders, rescue teams, and healthcare systems, which are often stretched thin.</p>
Jenna	<p>I don't think we should discourage people from pursuing their passions just because there's risk involved. Life is full of risks, and many of the most rewarding experiences come from pushing ourselves beyond what's comfortable. Instead of focusing on the danger, we should be encouraging better training, education, and safety measures to mitigate those risks.</p>
AMERICAN ENGLISH VS. BRITISH ENGLISH	
Mark	<p>Hey Jenna, I noticed something interesting about how British English speakers use "have got" instead of just "have" when talking about possession. Like, you'd</p>

	say, "I've got a car," but in the U.S., we just say, "I have a car."
Jenna	Oh yes, that's definitely a difference between British and American English. In the UK, "have got" is really common when we're talking about possession or relationships or characteristics. So, "I've got a car" or "She's got a brother" or "He's got brown eyes" sounds completely natural to us. But we'd use "have" when it's something more general, like "I have breakfast at 8."
Mark	Yeah, we pretty much just stick with "have" for everything—possession, relationships, all that. Like, "I have a car," or "She has a brother." It sounds more straightforward to us, I guess. "Have got" is almost too wordy.
Jenna	That's interesting! To us, "have got" is actually more conversational. "I have a car" feels a bit more formal or stiff in everyday speech. It's not wrong by any means, but you'd probably hear "I've got" more often in casual conversation. And we tend to contract it—"I've got," rather than "I have got." It's kind of funny, though, because in the past tense, we don't use "got." We'd just say "I had a car," same as you, right?
Mark	Exactly. The past tense is just "had" for us too.
Jenna	It's funny how these little differences pop up, though, right? We both speak English, but small things like that can make it sound so different!
Mark	Definitely. I guess I'll just stick to "have" over here in the U.S., but I'll know what you mean when you say "I've got something." It's all about context!
Jenna	Exactly! And hey, maybe we'll start rubbing off on each other.
GRAMMAR	
Mark	Hey Jenna, a lot of my students have issues with the relative pronouns "who," "which," and "that." I've tried explaining it to them, but it just won't sink in. Can you help me out? Maybe I'm not explaining it to them right.
Jenna	Of course! It's actually pretty simple once you break it down. "Who" is used when you're referring to people. For example, "The teacher who helped me was really kind." You use "who" whenever the noun you're talking about is a person.
Mark	Got it. "Who" is for people. And then "which" is for things, right? Like, "The book which I'm reading is fascinating."
Jenna	Exactly! "Which" is used when you're talking about objects, animals, or ideas. So, "The car which broke down" or "The decision, which surprised everyone, was final." You'd never use "which" for a person.
Mark	Right. And then there's "that," which seems to be the trickiest one. When should I use "that" instead of "who" or "which"?
Jenna	Good question. "That" can be used for both people and things, but it's mainly used in <i>restrictive</i> clauses—clauses that are essential to the meaning of the sentence. For example, "The dog that barked all night kept me awake." In this case, "that" tells you exactly which dog you're talking about.
Mark	So, I can use "that" for people too? Like, "The man that fixed my car was really helpful"?
Jenna	Yes, exactly! When you're talking about people in a restrictive clause, "that" works. So, "The man that fixed my car was really helpful" is correct because "that fixed my car" is essential to identifying which man you mean. However, "who" is also correct here, so you could say "The man who fixed my car."
Mark	Got it. "That" works for people, but "who" would sound just as natural. So, "The students that passed the exam celebrated" is fine too?
Jenna	Yes! In a restrictive clause, "that" is fine to refer to people. "The students that passed the exam celebrated" works because it's specifying which students. Again, you could use "who" there as well—both are acceptable.
Mark	But if it's a non-restrictive clause, I should stick to "who" for people, right? Like, "My sister, who is a doctor, is visiting"—the information about her being a doctor

	isn't essential.
Jenna	Exactly! In non-restrictive clauses, you'd use "who" for people, and "that" isn't used at all in these cases. "That" is reserved for restrictive clauses, where the information is essential. So for non-essential info about a person, it's always "who," like your example, "My sister, who is a doctor, is visiting."
Mark	I see! So, "that" for people only in restrictive clauses, and "who" in both restrictive and non-restrictive clauses, depending on whether the info is essential. Makes sense.
Jenna	Exactly! You've got it. Just remember, no "that" for non-restrictive clauses, especially with people, and you're good to go.
Mark	Thanks, Jenna.
Jenna	Anytime, Mark.
SHERLOCK HOLMES	
Mark	Okay, Jenna. It's that time again. Here comes the third installment of The Speckled Band.
Jenna	Super! I want to find out what happened to Helen's sister.
Stoner	<p>You can understand that, living the life which I have described, we were little likely to see anyone of our own age and position. We had, however, an aunt, my mother's maiden sister. Miss Honoria Westphail, who lives near Harrow, and we were occasionally allowed to pay short visits at this lady's house. Julia went there at Christmas two years ago, and met there a half-pay major of marines, to whom she became engaged.</p> <p>My step-father learned of the engagement when my sister returned, and offered no objection to the marriage; but within a fortnight of the day which had been fixed for the wedding, the terrible event occurred which has deprived me of my only companion.</p>
Watson	Sherlock Holmes had been leaning back in his chair with his eyes closed and his head sunk in a cushion, but he half opened his lids now and glanced across at his visitor.
Holmes	Pray be precise as to details.
Stoner	It is easy for me to be so, for every event of that dreadful time is seared into my memory. The manor-house is, as I have already said, very old, and only one wing is now inhabited. The bedrooms in this wing are on the ground floor, the sitting-rooms being in the central block of the buildings. Of these bedrooms the first is Dr. Roylott's, the second my sister's, and the third my own. There is no communication between them, but they all open out into the same corridor. Do I make myself plain?
Holmes	Perfectly so.
Stoner	The windows of the three rooms open out upon the lawn. That fatal night Dr. Roylott had gone to his room early, though we knew that he had not retired to rest, for my sister was troubled by the smell of the strong Indian cigars which it was his custom to smoke. She left her room, therefore, and came into mine, where she sat for some time, chatting about her approaching wedding. At eleven o'clock she rose to leave me but she paused at the door and looked back.
Stoner's sister	Tell me, Helen, have you ever heard any one whistle in the dead of the night?
Stoner	Never.
Stoner's	I suppose that you could not possibly whistle, yourself, in your sleep?

sister	
Stoner	Certainly not. But why?'
Stoner's sister	Because during the last few nights, I have always, about three in the morning, heard a low, clear whistle. I am a light sleeper, and it has awakened me. I cannot tell where it came from—perhaps from the next room, perhaps from the lawn. I thought that I would just ask you whether you had heard it.
Stoner	No, I have not. It must be those wretched gypsies in the plantation.
Stoner's sister	Very likely. And yet if it were on the lawn, I wonder that you did not hear it also.
Stoner	Ah, but I sleep more heavily than you.
Stoner's sister	Well, it is of no great consequence, at any rate.
Stoner	She smiled back at me, closed my door, and a few moments later I heard her key turn in the lock.
Holmes	Indeed. Was it your custom always to lock yourselves in at night?
Stoner	Always.
Holmes	And why?
Stoner	I think that I mentioned to you that the doctor kept a cheetah and a baboon. We had no feeling of security unless our doors were locked.
Holmes	Quite so. Pray proceed with your statement.
Stoner	I could not sleep that night. A vague feeling of impending misfortune impressed me. My sister and I, you will recollect, were twins, and you know how subtle are the links which bind two souls which are so closely allied. It was a wild night. The wind was howling outside, and the rain was beating and splashing against the windows. Suddenly, amid all the hubbub of the gale, there burst forth the wild scream of a terrified woman. I knew that it was my sister's voice. I sprang from my bed, wrapped a shawl round me, and rushed into the corridor. As I opened my door I seemed to hear a low whistle, such as my sister described, and a few moments later a clanging sound, as if a mass of metal had fallen. As I ran down the passage, my sister's door was unlocked, and revolved slowly upon its hinges. I stared at it horror-stricken, not knowing what was about to issue from it. By the light of the corridor-lamp I saw my sister appear at the opening, her face blanched with terror, her hands groping for help, her whole figure swaying to and fro like that of a drunkard. I ran to her and threw my arms round her, but at that moment her knees seemed to give way and she fell to the ground. She writhed as one who is in terrible pain, and her limbs were dreadfully convulsed. At first I thought that she had not recognized me, but as I bent over her she suddenly shrieked out in a voice which I shall never forget.
Stoner's sister	Oh, my God! Helen! It was the band! The speckled band!
Stoner	There was something else which she would fain have said, and she stabbed with her finger into the air in the direction of the doctor's room, but a fresh convulsion seized her and choked her words. I rushed out, calling loudly for my step-father, and I met him hastening from his room in his dressing-gown. When he reached my sister's side she was unconscious, and though he poured brandy down her throat and sent for medical aid from the village, all efforts were in vain, for she slowly sank and died without having recovered her consciousness. Such was the



	dreadful end of my beloved sister.
Mark	And now you know what happened to the sister.
Jenna	But I want to know what killed her! Can't we listen to the next installment? Not even a little bit of it?
Mark	Nope. You're gonna have to wait until next time, Jenna.
Jenna	Just like you and your cameo, right Mark?
Mark	Don't remind me.
	JOKES
Mark	Anyway, it's time to move on to something more light-hearted. I was thinking we could tell some knock knock jokes. What do you think, Jenna?
Jenna	Sounds good. Oh. What about some language-related knock knock jokes?
Mark	Okay. Hmmmm. Got it! Knock knock.
Jenna	Who's there?
Mark	To.
Jenna	To who?
Mark	Actually, it's to whom. Grammar matters, Jenna.
Jenna	Hmm. Let me try. Knock knock.
Mark	Who's there?
Jenna	Noun
Mark	Noun who?
Jenna	Noun of your business!
Mark	Good one. Okay, now it's my turn. Knock knock.
Jenna	Who's there?
Mark	Pronoun.
Jenna	Pronoun who?
Mark	You don't know who I am? It's me.
Jenna	Another groaner, Mark. Can I do the last one?
Mark	Sure. Go for it!
Jenna	Knock knock.
Mark	Who's there?
Jenna	Lettuce.
Mark	Lettuce who?
Jenna	Lettuce finish this episode with a laugh.
Mark	Nice one. But I have one more. You'll love it! Knock knock.
Jenna	Who's there?
Mark	Dishes.
Jenna	Dishes who?
Mark	Dishes the end of the show, but we'll be back!
Jenna	Okay, that was a good one, Mark.
	PODCAST EXTRO

Jenna	And dishes really the end of the episode. We hope you enjoyed it!
Mark	Tune in next time for more headlines, more in-depth discussions, another difference between British and American English, a grammar point explained, and more Sherlock Holmes. Plus there'll be something fun at the end. Bye for now!
Jenna	Goodbye!