

Brain vs. Stomach

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Music by Utsav Bhargava

■ Characters

Ami: College student, Age 22.

Eri: High school student, Age 18 . She is Ami's sister.

Kazue: Age 50. She is Ami's mother.

Brain: No age and sex. Ami's brain.

Stomach: No age and sex. Ami's stomach.

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(Tokyo, Japan 2005. At midnight. In her dining room, Ami, 22, uses her computer.)

Kazue

Ami, Eri, it's late. Time for bed!
アミ、エリ、もう寝る時間よ。

Ami

I gotta do my assignments.
まだ宿題があるの。

Kazue

Staying up late's bad for your skin.
夜更かしは肌に悪いわよ。

(Kazue opens the refrigerator to put some food in.)

Kazue

Eri, did you buy that fried chicken again?
エリ、またフライドチキン買ったの？

(Eri turns off the TV.)

Eri

It's Famichiki. You know, the fried chicken from Family Mart. It's for breakfast tomorrow! Night!
ファミチキね。明日朝ご飯で食べるから勝手に食べないでね。おやすみなさい！

(Eri leaves.)

Kazue

Ami, I'm heading to bed now, too. Night.
アミ、私も先に寝るからね。おやすみなさい。

(Kazue leaves.)

Ami

Cool. All right, before I start doing my homework, let's eat a snack. I bought a banana
yesterday.

さて、宿題に取り掛かる前にちょっとだけおやつの時間にしよう。昨日バナナを買っておいたはず。

(Ami opens the refrigerator. When she'll get a banana, she notices that there is a Famichiki.

**Underscore)*

Famichiki? No! It's already midnight, I can eat just one banana.
ファミチキ? ダメダメ、もう夜遅いから。私が食べていいのはバナナ一本。

*(Ami gets a banana, closes the refrigerator and she's going to leave the kitchen. However she stops and turns her face toward the refrigerator. *Underscore)*

No, no, no, no, what am I thinking about! Forget about Famichiki! Okay, I'm too tired to make conscious judgement. I should take some fresh air through my brain.
だめだってば! ファミチキのことは忘れないと。そうね、今日は疲れてるから判断能力が鈍っているのよ、そんな時は脳みそに新鮮な空気を入れ込むのが大事!

(She turns on her ipod and meditation music starts. She sits in Zen meditation on the sofa. Classic meditation music starts.)

Meditation Voice

When you are ready, close your eyes. Inhale slowly and then exhale.
準備が整ったら、目を閉じてください。そして、ゆっくり息を吸い、吐き出しましょう。

(Ami's brain puppet appears behind the sofa while it's inhaling and exhaling.)

It's time to focus on your goal.
自分の成し遂げたいことに集中してください。

Brain

Sure.
了解。

WEARING A BURBERRY SKIRT, WITH SKINNY LEGS
バーバリーのスカートを細い足で着こなすの

THAT'S ALL I WANT (Spoken) I think
それが私のやりたいこと

SHOWING MY VICSEA BIKINI, WITH VOLUPTUOUS CURVES
ヴィクシーのビキニでくびれを見せつけるの

THAT'S ALL I WANT, (Spoken) yes
そう、それが私の夢

HERE'S WHAT I HAVE TO DO
だから私がやるべきことは

"UP MY FIBER, REDUCE FAT"
食物繊維を取り込み、脂肪を減らす

SO, I SHOULD EAT A BANANA
だから、私はバナナを食べるべき

Meditation Voice

Great. Let's make the goal more clear.
よくできました。さて、あなたの目標をさらに明確にしていきましょう。

Brain

A POPULAR GIRL LIKE ELLE WOODS FROM LEGALLY BLONDE
LEGALLY BLONDEのエルウッズのような人気者

THAT'S WHAT I WANT TO BE

そんな人になりたいの
A CHEERLEADER LIKE TORRANCE FROM BRING IT ON
チアーズのトーランス
THAT'S ALL I WANT TO BE
私はそんな女の子になるわ
HERE'S WHAT I HAVE TO DO
だから私がすべきことは
"NOTHING OILY, NOTHING FRIED"
油もフライも諦める
SO, I MUST CHOOSE A BANANA
食べていいのはバナナだけ

Meditation Voice

And now, take a short breath and turn your attention to your body. Listen to your inner voice.
それでは、呼吸を短くして、自分の体の声に耳を傾けましょう。

(Her stomach growls loudly. Brain is surprised at the sound, and She goes behind the sofa.)

Listen to your inner voice.
Listen to your inner voice.
Listen to your—

(Her stomach growls loudly again, and Gradually Ami's stomach puppet appears behind the sofa while Brain's trying to stop Stomach.)

Stomach

I WANNA EAT A FAMICHIKI!
とにかくファミチキが食べたい！
(Brain is thrown away.)

THE FRIED CHICKEN THAT I BUY AT FAMILY MART
ファミリーマートで買えるフライドチキン

YES FAMICHIKI!
それがファミチキ

JUICY FLAVOR AND CRISPY COATING TOUCH MY HEART
ジューシーな香り、サクサク衣に感動！

WOW, FAMICHIKI!
すごいぜ、ファミチキ！

THE FOOD OF THE DEVIL SEDUCES ME
悪魔のフードが誘惑する

"JUST ONE BITE, JUST ONE BITE"
"一口だけ、一口だけ"

I WANNA EAT A FAMICHIKI!
ああ、ファミチキが食べたい！

SPICY SCENT THAT WAITS FOR ME AT FAMILY MART
スパイシーな香りがファミリーマートで私を待ち伏せしてる

COOL, FAMICHIKI!
イケてるぜ、ファミチキ！

"ONCE YOU POP, YOU CAN'T STOP" THAT SLOGAN'S SO SMART
"やめられない、止まらない" このキャッチフレーズにやられる

IS IT FAMICHIKI?
それってファミチキ?

THE FOOD OF THE ANGEL FLEW DOWN ON ME
天使のフードが舞い降りる

"ONLY TONIGHT, ONLY TONIGHT"
「今夜だけ、今夜だけ」

LET'S EAT A BIT OF FAMICHIKI!
ファミチキを一口!

(Stomach brings Famichiki to Ami, and she eats it a bit.)

Ami

(Ami starts singing while she closes her eyes and sits on the sofa. Stomach and Brain are seeing what will happen from the edge of the sofa.)

IT'S A SATISFACTION I'VE NEVER FELT BEFORE, INDEED
今まで感じたことのない満足感

NOW I GET THE AMOUNT OF POWER I REALLY NEED
必要なエネルギーが体に染み込む

MY BLOOD STARTS FLOWING FAST
血流は流れ出し

MY BODY'S FEELING WARM
体が温まる

HOW HAPPY I AM
ああなんて気持ちいいんだ

DURING MEDITATION
メディテーションをしていると

Stomach

See, I'm right!
ほら、食べてよかったですらう!

(Brain and Stomach come to Ami, and Brain and stomach start singing.)

Brain & Stomach

BANANA, FAMICHIKI, FIBER AND FAT
バナナにファミチキ、繊維に脂肪

THE MOST HEALTHY THING IS BELIEVING IN NEEDS
健康に一番いいことは欲求に正直であること

Stomach

A BANANA HAS LOTS OF SUGAR, ACTUALLY
実際、バナナに多くの糖分が含まれているし

Brain

FAMICHIKI GIVES ME PROTEIN, FACTUALLY
ファミチキはプロテインが取れる

Brain & Stomach

WHICH SHOULD I CHOOSE?

どっちが私には必要？

Brain

WHEN I WORK HARD AT NIGHT AND NEED SOME POWER

夜遅くまで忙しく、力が必要な時は

Stomach

YES, FAMICHIKI!

ファミチキがいい！

Brain

WHEN I'M A LITTLE BIT HUNGRY BEFORE DINNER-HOUR

夕食前に小腹が空いているときは

Stomach

HERE'S A BANANA!

バナナがある！

Brain & Stomach

WHAT SHOULD I DO IS FOLLOW MY INNER VOICE

心の声に従えばいい

I PROUDLY DECIDE,

自信を持って言おう

NOW, I'LL EAT FAMICHIKI!

今はファミチキを食べるんだ！

(Stomach and Brain bring Famichiki to Ami together and Ami eat it entirely.)

Meditation voice

Now, you have the ability to handle stressful situations in a calm and relaxed way. When you're ready, open your eyes, be mindful as you enter the back into your world.

お疲れ様です。あなたはストレスから解放され落ち着きを取り戻しました。準備ができたなら目を開けて、心が満たされたまま元の世界に戻ってください。

(Ami slowly opens her eyes. She finds the wrap of Famichiki, and tilts her heads.)

End of scene.