1 TOPIC QUESTION
今日のトピック

What precautions do you take to prevent yourself from becoming sick?

病気にならないために何をしていますか？

2 ARTICLE
記事

Directions: Read the following article aloud.
課題： 以下の記事をはっきりとした声で音読しましょう。

The Importance of Mental Health

Every year at the change of seasons or after finishing a big work project people become sick or become infected from something bacterial while traveling. There are so many factors and sometimes you cannot avoid getting sick. Nobody likes to be unhealthy. So what precautions do you take to prevent yourself from becoming sick?

The easiest and simpliest way to protect youself from becoming sick is by gargling, washing your hands, or wearing a cotton mask when you go outside. You should also try to get more sleep than usual and improve your eating habits. These are commonly said on TV or magazines to be 'effective'. However, it is also said that the most important thing that keeps you healthy is to maintain a good mental condition. 'It is not work that kills, but worry.' Worrying about catching the flu, will most likely lead to you catching it.

Therefore, the way to avoid getting sick is to relax and keep your mental state in a good condition. You can do whatever makes you feel relaxed. But also keep in mind that your physical health is as equally as important as your mental health.

3 VOCABULARY
語い

Directions: First repeat after your tutor and then read aloud by yourself.
　　課題：先生の後に続いてくり返した後、今度はひとりで発音してみましょう。

infected 感染して

bacterial バクテリアの

precautions 予防措置、対策

gargling うがい

maintain 保持する、継続する

effective 有効な

equally 同様に

4 Questions
質問

Directions: Read the questions aloud and answer them.
　　課題：質問を声に出して読んだ後、答えてみましょう。

1. **What causes people to become sick?**

2. **What is the easiest and simplest way of prevention?**

3. **Do you think that mental health is actually important? And why?**

4. **How do you usually prevent yourself from becoming sick?**