wishyou.today learning

day 49 aches and care

Japanese N1 in 133 days
unit 8 · body & health

Talk about aches, care and recovery, and say 'in spite of' two ways: ～をおして (pushing on regardless) and ～かいもなく (in vain).

Health stories, sports reports and obituaries rely on these two: 病気をおして出場した (played despite illness), 治療のかいもなく (despite treatment). And the words of the body and care are everyday news.

words

word	kana	meaning	example
甲斐	かい · kai	worth, result (of an effort)	毎日練習したかいがあって、試合に勝った。 All that daily practice paid off: we won the match.
顎	あご · ago	jaw, chin	彼は、顎に手を当てて考えた。 He rested his chin in his hand and thought.
安静	あんせい · ansei	rest, bed rest	医者に、一週間の安静を言われた。 The doctor told me to rest for a week.
痛む	いたむ · itamu	to hurt, ache	雨の日は、古い傷が痛む。 My old wound aches on rainy days.
痛める	いためる · itameru	to hurt, injure (a body part)	テニスで、手首を痛めた。 I hurt my wrist playing tennis.
いびき	ibiki	snoring	父のいびきがうるさくて、眠れない。 My father's snoring is so loud I can't sleep.
産む	うむ · umu	to give birth to; to produce	姉は、先月、元気な女の子を産んだ。 Last month my sister gave birth to a healthy baby girl.
衛生	えいせい · eisei	hygiene, sanitation	台所の衛生には、特に気をつけている。 I'm especially careful about hygiene in the kitchen.
老いる	おいる · oiru	to grow old, age	老いても、新しいことを学びたい。 Even as I grow old, I want to keep learning new things.
お産	おさん · osan	childbirth, delivery	姉は、来月お産のために入院する。 My sister goes into hospital next month to give birth.
介護	かいご · kaigo	nursing care (for the elderly, disabled)	介護の仕事をする人が、足りない。 There aren't enough people working in care.
解剖	かいぼう · kaibō	dissection; analysis	授業で、魚の解剖をした。 We dissected a fish in class.
顔つき	かおつき · kaotsuki	look, expression (on the face)	彼は、まじめな顔つきで話を聞いた。 He listened with a serious look on his face.
かかと	kakato	heel	靴のかかとが、すり減った。 The heels of my shoes have worn down.

体つき	からだつき · karadatsuki	build, physique	兄は、スポーツ選手のような体つきだ。 My brother has an athlete's build.
過労	かろう · karō	overwork	過労で、倒れる人もいる。 Some people collapse from overwork.
寒気	さむけ · samuke	a chill, shivers	急に寒気がして、震えた。 I suddenly felt a chill and started shivering.
看護	かんご · kango	nursing (the sick)	母の看護のために、仕事を休んだ。 I took time off work to nurse my mother.
感染	かんせん · kansen	infection	風邪は、人から人へ感染する。 Colds pass from person to person.
がん	gan	cancer	がんは、早く見つければ治ることが多い。 Cancer can often be cured if it's found early.
眼科	がんか · ganka	ophthalmology, eye clinic	目が赤いので、眼科に行った。 My eyes were red, so I went to the eye clinic.
器官	きかん · kikan	organ (of the body)	目は、光を感じる器官だ。 The eye is the organ that senses light.
効き目	ききめ · kikime	effect, efficacy	この薬は、効き目が早い。 This medicine works fast.
傷つく	きずつく · kizutsuku	to be hurt, wounded; damaged	その一言で、彼女は傷ついた。 That one remark hurt her.
鍛える	きたえる · kitaeru	to train, strengthen	毎朝走って、体を鍛えている。 I run every morning to keep fit.
近眼	きんがん · kingan	short sight, myopia	近眼で、遠くの字が読めない。 I'm short-sighted and can't read writing in the distance.

pattern ～をおして・～かいもなく (in spite of)

noun | をおして / のかいもなく | result

Noun + をおして: in spite of illness, opposition or bad weather, someone pushed on and did it anyway: 病気をおして出席した. Noun + のかいもなく (or verb in the た form + かいもなく): in spite of the effort, it came to nothing: 努力のかいもなく、負けた. かい (甲斐) means 'worth' or 'result'. Both are written and formal, at home in news and reports.

祖母は、熱をおして、孫の試合に来てくれた。 **sobo wa netsu o oshite mago no shiai ni kite kureta**
My grandmother came to her grandson's match in spite of a fever.

父は、家族の反対をおして、仕事を辞めた。 **chichi wa kazoku no hantai o oshite shigoto o yameta**
My father quit his job in spite of the family's objections.

努力のかいもなく、試合に負けてしまった。 **doryoku no kai mo naku shiai ni makete shimatta** In spite of all our efforts, we lost the match.

薬を飲んだかいもなく、熱が下がらない。 **kusuri o nonda kai mo naku netsu ga sagaranai** I took the medicine, but it was no use: my fever won't come down.

dialogue a bad back

yui お兄ちゃん、どうしたの？変な歩き方をして。いつもは、駆け足で階段を上るのに。

oniichan dō shita no henna aruki kata o shite itsumo wa kakeashi de kaidan o noboru noni · What's up with you? You're walking funny. You usually run up the stairs.

ken 鈴木さんの店の手伝いで、腰を痛めたんだ。でも、昨日は痛みをおして、銀行に行った。費用の削減について、大事な会議があって、休むと仕事に差し支えるから。お客さんに電話を折り返すのも、つらかったよ。

suzukisan no mise no tetsudai de koshi o itameta nda demo kinō wa itami o oshite ginkō ni itta hiyō no sakugen ni tsuite daijina kaigi ga atte yasumu to shigoto ni sashitsukaeru kara okyakusan ni denwa o orikaesu no mo tsurakatta yo · I hurt my back helping at Mr Suzuki's café. But yesterday I went to the bank in spite of the pain. There was an important meeting about cutting costs, and staying off would have got in the way of work. Even calling customers back was painful.

miki 看護師として言うけど、それはだめ。過労と相まって、悪化したらどうするの。数日は、安静にしていて。

kangoshi to shite iu kedo sore wa dame karō to aimatte akka shitara dō suru no sūjitsu wa ansei ni shite ite · Speaking as a nurse: that's a no. What if it gets worse, on top of how overworked you are? Rest for a few days.

ken 薬を貼ったかいもなく、まだ痛む。飲む薬の効き目も、あまりないよ。

kusuri o hatta kai mo naku mada itamu nomu kusuri no kikime mo amari nai yo · I put on a medicated patch, but it's done no good: it still hurts. And the tablets aren't doing much either.

miki 薬は、すぐには効かないのよ。それに、昨日の夜は、いびきも大きかった。疲れている時は、いつもそう。寝る時間が定まらないのも、よくないのよ。

kusuri wa suguni wa kikanai no yo soreni kinō no yoru wa ibiki mo ōkikatta tsukarete iru toki wa itsumo sō neru jikan ga sadamaranai no mo yokunai no yo · Medicine doesn't work straight away. And you snored loudly last night too. You always do when you're tired. And going to bed at a different time every night doesn't help.

yui お兄ちゃん、顔つきも疲れているよ。

oniichan kaotsuki mo tsukarete iru yo · You look tired too, you know.

ken 体を鍛えているつもりだったんだけど…。毎朝、公園を駆けているし。体が、老いてきたのかな。

karada o kitaete iru tsumori datta nda kedo maiasa kōen o kakete iru shi karada ga oite kita no kana · I thought I kept myself fit… I run in the park every morning. Maybe my body's getting old.

miki まだ老いるには早いでしょう。重い物を、急に持ったからよ。体を傾けたまま持ち上げると、腰を痛めるの。

mada oiru ni wa hayai deshō omoi mono o kyūni motta kara yo karada o katamuketa mama mochiageru to koshi o itameru no · You're far too young to be getting old. It's because you lifted something heavy too suddenly. Lifting while you're leaning over is how you hurt your back.

yui 美紀さん、お兄ちゃんのことになると、いつにもまして厳しいね。

mikisan oniichan no koto ni naru to itsu ni mo mashite kibishii ne · Miki, when it comes to my brother, you're even stricter than usual.

ken 二人にそう言われると、少し傷つくよ。

futari ni sō iwareru to sukoshi kizutsuku yo · Hearing that from both of you hurts a bit, you know.

miki 家族の看護は、仕事の看護より大変なの。さあ、横になって。

kazoku no kango wa shigoto no kango yori taihenna no sā yoko ni natte · Nursing your own family is harder than nursing at work. Now, lie down.

write it trace the grey, then write your own



隣
となり
next to; next door

甲
こう
A, the first party; shell

護
nursing care (for the elderly, disabled)

看
nursing (the sick)

染
infection

徳
as in 道徳 (どうとく): morals, ethics

good to know · Noun + をおして: in spite of illness, opposition or weather, someone pushed on and did it. 病気をおして出席した. It respects the effort. Noun + のかいもなく, or verb (た form) + かいもなく: in spite of the effort, nothing came of it. 努力のかいもなく、負けた. 痛む (to hurt, by itself) and 痛める (to hurt, injure a part of your body) are a pair: 腰が痛む, 腰を痛める.

You can now talk about aches, care and doctors, and tell an effort that paid off or didn't. Tomorrow: the clinic, germs and ～ずとも (even without).
Do this day interactively, with audio and games, free at **wishyou.today/learning**

day 50 germs and the clinic

Find your way round a clinic and a health check (departments, tests, results), and say 'even without' with ～ずとも.

Health notices, clinic signs and articles about public health use today's words, and ずとも is the elegant written way to say 'you don't need to': 言わずともわかる.

words

word	kana	meaning	example
近視	きんし · kinshi	short sight, myopia	子供の近視が、増えているそうだ。 I hear short sight is on the rise among children.
空腹	くうふく · kūfuku	hunger, empty stomach	空腹の時に、この薬を飲まないでください。 Don't take this medicine on an empty stomach.
結核	けっかく · kekkaku	tuberculosis	結核は、今でも世界の大きな問題だ。 Tuberculosis is still a big problem in the world.
血管	けっかん · kekkan	blood vessel	運動は、血管の健康にいい。 Exercise is good for your blood vessels.
健在	けんざい · kenzai	alive and well, going strong	店の人は、八十歳を過ぎても健在だ。 The man who runs the shop is past eighty and still going strong.
下痢	げり · geri	diarrhoea	旅行中に、下痢で困った。 I had trouble with diarrhoea while travelling.
小柄	こがら · kogara	small, slight (build)	小柄な人でも、この服は着られる。 Even small people can wear these clothes.
凝る	こる · koru	to be stiff (shoulders); to be absorbed in	父は、最近、料理に凝っている。 My father has really got into cooking lately.
細菌	さいきん · saikin	bacteria, germs	生の肉には、細菌が多い。 Raw meat has a lot of bacteria.
再発	さいはつ · saihatsu	relapse, recurrence	事故の再発を防ぐ方法を考えた。 We thought about how to prevent the accident happening again.
障る	さわる · sawaru	to be bad for, affect (health)	夜更かしは、体に障る。 Staying up late is bad for you.
産婦人科	さんふじんか · sanfujinka	obstetrics and gynaecology	姉は、産婦人科で働く医者だ。 My sister is a doctor in obstetrics and gynaecology.
死	し · shi	death	その小説は、死について書いている。 The novel is about death.
歯科	しか · shika	dentistry, dental clinic	歯が痛いので、歯科に予約をした。 My tooth hurts, so I booked an appointment at the dentist.

視覚	しかく · shikaku	sight, vision (the sense)	この絵本は、視覚に訴える工夫が多い。 This picture book has lots of ideas that appeal to the eye.
脂肪	しぼう · shibō	fat (body, food)	この肉は、脂肪が少ない。 This meat is low in fat.
出血	しゅっけつ · shukketsu	bleeding	指を切って、少し出血した。 I cut my finger and it bled a little.
出産	しゅっさん · shussan	childbirth, giving birth	妹は、出産のために、実家に帰った。 My sister went home to her parents' to have her baby.
出生	しゅっせい · shussei	birth (registered)	出生の時の体重は、三千グラムだった。 My weight at birth was three thousand grams.
症	しょう · shō	-itis, condition (suffix)	夏になると、熱中症の人が増える。 When summer comes, more people get heatstroke.
小児科	しょうにか · shōnika	paediatrics	息子を、小児科に連れていった。 I took my son to the paediatrician.
しわ	shiwa	wrinkle, crease	シャツのしわを、アイロンで伸ばした。 I ironed the creases out of my shirt.
診療	しんりょう · shinryō	medical treatment, consultation	日曜日は、診療を休みます。 The clinic is closed on Sundays.
耳鼻科	じびか · jibika	ear, nose and throat clinic	耳が痛いので、耳鼻科に行った。 My ear hurt, so I went to the ENT clinic.
人体	じんたい · jintai	human body	人体の半分以上は、水だと言われる。 They say more than half of the human body is water.
健やか	すこやか · sukoyaka	healthy, sound	子供たちが、健やかに育ってほしい。 I hope the children grow up healthy.

pattern ～ずとも (even without, no need to)

verb (ない stem) | ずとも | it's fine / it happens anyway

Verb (ない stem) + ずとも: even without doing it, the result is the same, so there's no need. 言わずともわかる (you know without being told). する becomes せずとも: 心配せずとも大丈夫. It's the written, slightly old-fashioned version of ～なくても, alive in set phrases and formal writing.

言わずとも、気持ちは伝わる。 **iwazu tomo kimochi wa tsutawaru** Your feelings come across without you saying a word.

急がずとも、電車には間に合う。 **isogazu tomo densha ni wa ma ni au** There's no need to hurry: we'll make the train.

心配せずとも、大丈夫だ。 **shinpai sezu tomo daijōbu da** There's no need to worry: it'll be fine.

dialogue the yearly health check

mr takahashi アンナさん、朝ご飯は食べていませんよね。健康診断には、空腹で来るように書いてありました。

annasan asagohan wa tabete imasen yo ne kenkō shindan ni wa kūfuku de kuru yōni kaite arimashita · Anna, you haven't had breakfast, have you? It said to come to the health check on an empty stomach.

anna 言われずとも、わかっています。でも、空腹で倒れそうです。

iwarezu tomo wakatte imasu demo kūfuku de taore sō desu · I don't need telling. But I'm so hungry I could faint.

mr takahashi この病院は、大きいですね。会社から徒歩5分なのも助かります。眼科も歯科も耳鼻科もある。小児科と産婦人科まであります。

kono byōin wa ōkii desu ne kaisha kara toho 5fun nano mo tasukarimasu ganka mo shika mo jibika mo aru shōnika to sanfujinka made arimasu · This hospital is big, isn't it? And it's handy that it's five minutes' walk from the office. There's an eye clinic, a dentist and an ear, nose and throat clinic. Even paediatrics and obstetrics.

anna 目の検査で、近視が進んでいると言われました。視力の検査は、毎年少し怖いです。人は、情報の多くを視覚から得ていますから。パソコンを見すぎですね。

me no kensa de kinshi ga susunde iru to iwaremashita shiryoku no kensa wa maitoshi sukoshi kowai desu hito wa jōhō no ōku o shikaku kara ete imasu kara pasokon o mi sugi desu ne · At the eye test they said my short sight is getting worse. I always dread the eyesight check a little. We get most of our information through our eyes, after all. I look at the computer too much.

mr takahashi 僕は、いつも肩が凝っています。首も痛むし。でも、自転車で通っているから、脂肪は少ないですよ。

boku wa itsumo kata ga kotte imasu kubi mo itamu shi demo jitensha de kayotte iru kara shibō wa sukunai desu yo · My shoulders are always stiff. My neck aches too. But I cycle to work, so there's not much fat on me.

anna 高橋さん、毎晩遅くまで働くのは、体に障りますよ。健さんも、無理をして腰を痛めて、数日は安静にしていたそうです。

takahashisan maiban osoku made hataraku no wa karada ni sawarimasu yo kensan mo muri o shite koshi o itamete sūjitsu wa ansei ni shite ita sō desu · Mr Takahashi, working till late every night is bad for your health. Ken overdid it and hurt his back, too: he had to rest for a few days.

mr takahashi 佐藤さんに至っては、去年、健康診断を忘れて、会議に出ていたそうです。

satōsan ni itatte wa kyonen kenkō shindan o wasurete kaigi ni dete ita sō desu · As for Mr Sato, apparently last year he forgot the health check and went to a meeting instead.

anna 佐藤さんらしいですね。でも、健康診断を舐めてはいけませんね。…この病院の診療は、十二時までですね。結果は、二週間で出るそうです。

satōsanrashiidesu ne demo kenkō shindan o namete wa ikemasen ne kono byōin no shinryō wa jūniji made desu ne kekka wa nishūkan de deru sō desu · That's so like him. But you shouldn't take the health check lightly. …This hospital sees patients until twelve. They say the results come in two weeks.

mr takahashi 終わったら、急がずとも会議には間に合いますから、ゆっくり朝ご飯を食べましょう。

owattara isogazu tomo kaigi ni wa maniaimasu kara yukkuri asagohan o tabemashō · When we're done, there's no need to hurry: we'll make the meeting. Let's have a proper breakfast.

anna 賛成です。一度食べ始めたが最後、止まらないかもしれません。…でも、待っている間に、朝ご飯がどんどん遠ざかっていく気がします。

sansei desu ichido tabe hajimeta ga saigo tomaranai kamoshiremasen demo matte iru aida ni asagohan ga dondon tōzakatte iku ki ga shimasu · Agreed. Once I start eating, I might not be able to stop. …But while we wait, breakfast feels further and further away.

write it trace the grey, then write your own

核
かく
nucleus, core

健
alive and well, going strong

障
to be bad for, affect (health)

症
しょう
-itis, condition (suffix)

診
medical treatment, consultation

哲
as in 哲学 (てつがく): philosophy

good to know · Verb (ない stem) + ずとも: even without doing it, no need to. 言わずともわかる (you know without being told). する becomes せずとも: 心配せずとも大丈夫. It's the written cousin of ～なくても: 急がなくても間に合う = 急がずとも間に合う. Use ずとも in formal writing and set phrases. 症 after a word names a condition: 熱中症 (heatstroke), 花粉症 (hay fever), 不眠症 (insomnia).

You can now read a hospital floor guide and talk through a check-up. Tomorrow: life, death and treatment, and 'without it, impossible' with ～なくしては and ～ことなしに.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

wishyou.today learning

day 51 life, death and treatment

Japanese N1 in 133 days
unit 8 · body & health

Talk about the body, illness and treatment, and say 'without it, impossible' with ～なくしては and ～ことなしに.

Speeches of thanks (皆さんの協力なくしては…), essays and health articles all use these two. And today's words (治療, 体力, 内臓, 脳) are the backbone of medical news.

words

word	kana	meaning	example
生死	せいし · seishi	life and death	人の生死に関わる仕事は、大変だ。 Work where people's lives are at stake is hard.
生理	せいり · seiri	physiology; period (menstruation)	睡眠は、体の生理に欠かせない。 Sleep is essential to the body's functions.
全快	ぜんかい · zenkai	full recovery	全快まで、一か月かかった。 It took a month to recover completely.
体格	たいかく · taikaku	build, physique	柔道の選手は、体格がいい。 Judo players are well built.
体力	たいりょく · tairyoku	physical strength, stamina	山に登るには、体力が必要だ。 You need stamina to climb mountains.
手のひら	てのひら · te no hira	palm (of the hand)	小さな鳥が、手のひらに止まった。 A little bird landed on the palm of my hand.
担架	たんか · tanka	stretcher	倒れた選手が、担架で運ばれた。 The player who collapsed was carried off on a stretcher.
タンパク質	たんぱくしつ · tanpakushitsu	protein	豆は、タンパク質が多い。 Beans are high in protein.
大便	だいべん · daiben	faeces, stool (medical)	検査のために、大便を少し取った。 I took a small stool sample for the test.
だるい	darui	sluggish, heavy, listless	熱があって、体がだるい。 I have a temperature and feel heavy all over.
乳	ちち · chichi	milk (from a mother, a cow)	牛の乳から、チーズを作る。 Cheese is made from cow's milk.
窒息	ちっそく · chissoku	suffocation, choking	煙で窒息しないように、低い姿勢で逃げる。 To avoid choking on smoke, escape keeping low.
中毒	ちゅうどく · chūdoku	poisoning; addiction	彼は、仕事中毒だと言われている。 People say he's a workaholic.
腸	ちょう · chō	intestines, gut	野菜は、腸にいいと言われる。 Vegetables are said to be good for your gut.

聴覚	ちょうかく · chōkaku	(sense of) hearing	犬の聴覚は、人よりずっと鋭い。 A dog's hearing is far sharper than ours.
治療	ちりょう · chiryō	medical treatment	歯の治療に、何度も通った{kayou}。 I went back again and again for dental treatment.
唾	つば · tsuba	spit, saliva	道に唾を吐くのは、やめてください。 Please don't spit in the street.
胴	どう · dō	trunk, torso	この人形は、胴が長い。 This doll has a long body.
内臓	ないぞう · naizō	internal organs	検査で、内臓に問題はなかった。 The tests found nothing wrong with my internal organs.
にきび	nikibi	spot, pimple	寝不足で、にきびができた。 Lack of sleep gave me spots.
肉体	にくたい · nikutai	the body, the flesh	肉体の疲れより、心の疲れのほうがつらい。 Mental tiredness is harder than physical tiredness.
尿	にょう · nyō	urine	健康診断で、尿の検査をした。 They tested my urine at the health check.
妊娠	にんしん · ninshin	pregnancy	妊娠中は、お酒を飲まない。 You don't drink alcohol while pregnant.
眠たい	ねむたい · nemutai	sleepy, drowsy	昼ご飯の後は、いつも眠たい。 I'm always sleepy after lunch.
脳	のう · nō	brain	脳は、寝ている間も働いている。 The brain keeps working while you sleep.

pattern ～なくしては・～ことなしに (without it, impossible)

noun + なくしては / verb + ことなしに **impossible / doesn't happen**

Noun + なくしては: without it, something can't happen. 協力なくしては、成功しなかった. The second half is negative. Verb (dictionary form) + ことなしに: without doing it: 努力することなしに、上達はない. It's the formal cousin of ～ことなく. Both belong to speeches, essays and formal letters.

皆さんの協力なくしては、成功しなかった。 **minasan no kyōryoku nakushite wa seikō shinakatta** Without everyone's help, it would never have worked.

睡眠なくしては、いい仕事はできない。 **suimin nakushite wa ii shigoto wa dekinai** Without sleep, you can't do good work.

努力することなしに、上達はない。 **doryoku suru koto nashi ni jōtatsu wa nai** There's no getting better without hard work.

彼は、休むことなしに、一日中働いた。 **kare wa yasumu koto nashi ni ichinichi jū hataraita** He worked all day without a break.

dialogue three hours' sleep

miki トムさん、疲れているみたいですね。大丈夫ですか。

tomusan tsukarete irumitaidesu ne daijōbu desu ka · Tom, you look worn out. Are you all right?

tom 論文の締め切りが近くて…。毎晩、三時間しか寝ていません。画面ばかり見て、近視も悪くなりました。体がだるくて、昼間も眠たいんです。

ronbun no shimekiri ga chikakute maiban sanjikan shika nete imasen gamen bakari mite kinshi mo waruku narimashita karada ga darukute hiruma mo nemutai ndesu · My thesis deadline is coming up... I've been getting three hours' sleep a night. My short sight has got worse from staring at the screen. My body feels heavy, and I'm sleepy all day too.

miki 睡眠なくしては、いい研究はできませんよ。脳も、休むことなしに、働き続けることはできないの。

suimin nakushite wa ii kenkyū wa dekimasen yo nō mo yasumu koto nashi ni hataraki tsuzukeru koto wa dekinai no · Without sleep, you can't do good research. Your brain can't keep working without a rest either.

tom わかっています。でも、石田先生に、来週までに論文の三つ目の章を出すと約束したんです。

wakatte imasu demo ishida sensei ni raishū made ni ronbun no mittsu me no shō o dasu to yakusoku shita ndesu · I know. But I promised Professor Ishida I'd hand in the third chapter of my thesis by next week.

miki 病院では、無理をして倒れて、担架で運ばれてくる人を、たくさん見てきました。体力には、限りがあるんです。昔、結核の患者が多かったころは、まず休むことが治療だったのよ。

byōin de wa muri o shite taorete tanka de hakobarete kuru hito o takusan mite kimashita tairyoku ni wa kagiri ga aru ndesu mukashi kekkaku no kanja ga ōkatta koro wa mazu yasumu koto ga chiryō datta no yo · At the hospital I've seen lots of people who pushed too hard, collapsed and were brought in on a stretcher. Your strength has its limits. Back when there were many patients with tuberculosis, rest was the first treatment.

tom 体格には自信があるんですけど…。祖父も、九十歳で今も健在ですし。食事は、コーヒーをかき回しながら、パンを食べるだけです。

taikaku ni wa jishin ga aru ndesu kedo sofu mo kyūjussai de ima mo kenzai desu shi shokuji wa kōhī o kakimawashi nagara pan o taberu dake desu · I'm pretty sturdy, though... My grandfather's ninety and still going strong. As for food, all I do is eat bread while I stir my coffee.

miki それでは、タンパク質が足りない。肉や魚や豆も食べて。コーヒーの飲みすぎは、胃や腸にもよくないし。寝不足が続くと、血管にも悪いのよ。トムさんは、もうコーヒー中毒ね。

soredewa tanpakushitsu ga tarinai niku ya sakana ya mame mo tabete kōhī no nomi sugi wa i ya chō ni mo yokunai shi nebusoku ga tsuzuku to kekkan ni mo warui no yo tomusan wa mō kōhī chūdoku ne · Then you're not getting enough protein. Eat meat, fish and beans too. And too much coffee isn't good for your stomach or your gut. Going short of sleep is bad for your blood vessels, too. You're addicted to coffee, Tom.

tom 美紀さんの話を聞いたら、急に空腹を感じてきました。いすから立とうとすると、体がきしむようです。

mikisan no hanashi o kiitara kyūni kūfuku o kanjite kimashita isu kara tatō to suruto karada ga kishimu yōdesu · Now that you mention it, I've suddenly started to feel hungry. And when I try to get up from my chair, my whole body seems to creak.

miki 健も、腰を痛めたのに、痛みをおして会社に行ったんです。二人とも、自分の体をもっと大切にして。

ken mo koshi o itameta noni itami o oshite kaisha ni itta ndesu futari tomo jibun no karada o motto taisetsuni shite · Ken went to work in spite of the pain when he'd hurt his back, too. You both need to take better care of yourselves.

tom はい。今夜は、早く寝ることにします。…と言いながら、また遅くなりそうですが。

hai kon'ya wa hayaku neru koto ni shimasu to ii nagara mata osoku nari sō desu ga · Yes. I'll go to bed early tonight. ...Says he, knowing it'll probably be another late one.

write it trace the grey, then write your own

聴
(sense of) hearing

妊
pregnancy

杉
すぎ
Japanese cedar

good to know · Noun + なくしては: without (it), (something is impossible). 協力なくしては、成功しなかった. The second half is always negative. Verb (dictionary form) + ことなしに: without doing. 努力することなしに、上達はない. It's a more formal ～ことなく. Both are for speeches, essays and formal letters. In a chat, ～がなければ and ～しないで are enough.

You can now talk about the body inside and out, and say what can't be done without what. Tomorrow: sunburn, swelling and exhaustion, and ～んばかりに (as if about to).
Do this day interactively, with audio and games, free at **wishyou.today/learning**

wishyou.today learning

day 52 sunburn, swelling and fatigue

Japanese N1 in 133 days
unit 8 · body & health

Describe sunburn, swelling, tiredness and other ailments, and say 'as if about to' with ～んばかりに.

んばかり paints a strong feeling in a few words (泣かんばかりに, 言わんばかりに) and is loved by novelists and reporters alike. Today's words fill health columns and sports news.

words

word	kana	meaning	example
んばかり	n bakari	as if about to (～んばかり)	店員は、早く帰れと言わんばかりに、片付けを始めた。 The staff started clearing up, as if to tell us to go home.
肺	はい · hai	lungs	山の空気で、肺がきれいになる気がする。 The mountain air feels like it's cleaning out my lungs.
発育	はついく · hatsuiku	growth, development (of a child)	子供の発育には、睡眠が大切だ。 Sleep is important for a child's development.
発病	はつびょう · hatsubyō	onset (of an illness), falling ill	発病から一年で、彼は仕事に戻った。 A year after falling ill, he went back to work.
腫れる	はれる · hareru	to swell (up)	泣いて、目が腫れてしまった。 I cried and my eyes got puffy.
ばい菌	ばいきん · baikin	germs	ばい菌が入らないように、傷を洗った。 I washed the cut so germs wouldn't get in.
ばてる	bateru	to be exhausted, worn out	暑さで、すっかりばててしまった。 The heat has completely worn me out.
左利き	ひだりきき · hidarikiki	left-handed (person)	左利きの人のための道具も、増えている。 There are more and more tools for left-handed people.
日焼け	ひやけ · hiyake	sunburn, suntan	海で、ひどい日焼けをした。 I got badly sunburnt at the beach.
疲労	ひろう · hirō	fatigue, exhaustion	疲労がたまって、仕事にならない。 I'm so worn out I can't work.
老ける	ふける · fukeru	to age, look older	彼は、年の割に老けて見える。 He looks old for his age.
負傷	ふしょう · fushō	injury, being wounded	試合中に、選手が負傷した。 A player was injured during the match.
不調	ふちょう · fuchō	out of sorts, poor condition	最近、胃の不調が続いている。 My stomach has been upset lately.
葬る	ほうむる · hōmuru	to bury; to hush up	その計画は、会議で葬られた。 The plan was shelved at the meeting.
発作	ほっさ · hossa	fit, attack (of an illness)	夜中に、発作が起きた。 I had an attack in the middle of the night.

ほっぺた	hoppeta	cheek (casual)	赤ちゃんのほっぺたは、柔らかい。 A baby's cheeks are so soft.
保養	ほよう · hoyō	rest and recuperation	夏休みに、海で保養した。 I rested and recharged by the sea in the summer holidays.
本能	ほんのう · honnō	instinct	鳥は、本能で南へ飛ぶ。 Birds fly south by instinct.
麻酔	ますい · masui	anaesthetic	麻酔が切れて、痛みが戻った。 The anaesthetic wore off and the pain came back.
股	また · mata	crotch, groin; thigh	長い時間走って、股を痛めた。 I ran for a long time and hurt my groin.
麻痺	まひ · mahi	paralysis, numbness; standstill	ひどい雪で、町の交通が麻痺した。 Heavy snow brought the town's traffic to a standstill.
眉	まゆ · mayu	eyebrow	彼は、眉が太くて、目が大きい。 He has thick eyebrows and big eyes.
味覚	みかく · mikaku	(sense of) taste	料理人は、味覚が鋭い。 Chefs have a sharp sense of taste.
脈	みゃく · myaku	pulse	走った後は、脈が速い。 My pulse is fast after a run.
目つき	めつき · metsuki	look in one's eyes	彼は、鋭い目つきで私を見た。 He gave me a sharp look.

pattern ~んばかりに (as if about to)

verb (ない stem) | んばかりに / んばかりの | action / noun

Verb (ない stem) + んばかりに: as if about to do it, though not quite. 泣かんばかりに頼んだ: begged, close to tears. Before a noun, んばかりの: 輝かんばかりの笑顔 (a beaming smile). 言わんばかりに means 'as if to say'. The ん is the old negative ぬ, but the meaning isn't negative. It's vivid and a little literary.

子供は、泣かんばかりに頼んだ。 **kodomo wa nakan bakari ni tanonda** The child begged, almost in tears.

彼は、もう遅いと言わんばかりに、時計を見た。 **kare wa mō osoi to iwan bakari ni tokei o mita** He looked at his watch as if to say it was late.

彼女は、輝かんばかりの笑顔だった。 **kanojo wa kagayakan bakari no egao datta** She had a beaming smile.

dialogue back from the farm

anna 結衣！農家に泊まる旅行は、どうだった？…すごい日焼けだね。ほっぺたが真っ赤。

yui nōka ni tomaru ryokō wa dō datta sugoi hiyake da ne hoppeta ga makka · Yui! How was the farm trip? … What a sunburn! Your cheeks are bright red.

yui 毎日、外にいたから。最後の日は、さすがにばてたよ。体力には自信があったのに、疲労が、まだ取れない。走り回って、股まで痛いの。めがねも、少し歪んでしまった。

mainichi soto ni ita kara saigo no hi wa sasuga ni bateta yo tairyoku ni wa jishin ga atta noni hirō ga mada torenai hashiri mawatte mata made itai no megane mo sukoshi yugande shimatta · I was outside every day. By the last day I was completely worn out. I thought I had plenty of stamina, but I still haven't got over it. I ran around so much even my groin hurts. And my glasses got a bit bent.

anna 腕も、腫れているよ。どうしたの？

ude mo harete iru yo dō shita no · Your arm's swollen too. What happened?

yui 虫に刺されたの。ばい菌が入らないように、薬を塗った。全快まで、一週間はかかりそう。

mushi ni sasareta no baikin ga hairanai yōni kusuri o nutta zenkai made isshūkan wa kakarisō · I got bitten by an insect. I put some cream on so it wouldn't get infected. It'll probably take a week to heal completely.

anna 参加した人は、喜んでいた？

sanka shita hito wa yorokonde ita · Did the people on the trip enjoy it?

yui うん。子供たちは、帰る時、泣かんばかりに「もっといたい」って言ったの。みんなで、牛の乳からチーズも作ったよ。

un kodomotachi wa kaeru toki nakan bakari ni motto itai tte itta no minna de ushi no chichi kara chīzu mo tsukutta yo · Yes. When it was time to leave, the kids said 'we want to stay longer', almost in tears. We all made cheese from the cows' milk, too.

anna すてき。旅行の仕事の経験を、全部生かしたんだね。結衣の計画が、いい天気と相まって、最高の旅行になったんだね。

suteki ryokō no shigoto no keiken o zenbu ikashita nda ne yui no keikaku ga ii tenki to aimatte saikō no ryokō ni natta nda ne · Lovely. You put all your experience in the travel business to use. Your planning, together with the good weather, made it a perfect trip.

yui 農家の人は、体格がよくて、目つきは鋭いけど、本当に優しかった。畑を荒らす動物とも、毎晩戦っているんだって。動物の不調も、すぐわかるんだって。言わずとも、牛の気持ちがわかるそうよ。

nōka no hito wa taikaku ga yokute metsuki wa surudoi kedo hontō ni yasashikatta hatake o arasu dōbutsu tomo maiban tatakatte iru nda tte dōbutsu no fuchō mo sugu wakaru nda tte iwazu tomo ushi no kimochi ga wakaru sō yo · The farmer is well built and has a sharp look, but he was really kind. He says he battles every night with animals that raid the fields. He can tell straight away when an animal isn't well. They say he knows how the cows feel without them saying a word.

anna 動物の本能みたいだね。牛の気持ちに合わすのも、仕事なんだね。

dōbutsu no honnōmitaida ne ushi no kimochi ni awasu no mo shigoto nanda ne · Sounds like an animal instinct. So fitting in with the cows is part of the job.

yui 私は、少し保養が必要。温泉にでも行きたい。

watashi wa sukoshi hoyō ga hitsuyō onsen ni demo ikitai · I need a bit of a rest and recuperation. I'd love to go to a hot spring.

write it trace the grey, then write your own

肺
はい
lungs

葬
to bury; to hush up

麻
あさ
hemp; linen

脈
みゃく
pulse

釈
as in 解釈 (かいしゃく): interpretation

good to know · Verb (ない stem) + んばかりに: as if about to (but not actually). 泣かんばかりに頼んだ: begged, almost in tears. する becomes せんばかりに. Before a noun it becomes んばかりの: 輝かんばかりの笑顔 (a beaming smile). At the end, んばかりだ. ん here is the old negative ぬ, but the meaning isn't negative: 泣かん = about to cry.

You can now describe how a body feels after a hard week, and paint feelings vividly with んばかり.
Tomorrow: rest, stress and X-rays, and ～とばかりに (as if to say).
Do this day interactively, with audio and games, free at **wishyou.today/learning**

wishyou.today learning

day 53 rest, stress and x-rays

Japanese N1 in 133 days
unit 8 · body & health

Talk about stress, rest, check-ups and small operations, and describe a gesture that says it all with ～とばかりに.

とばかりに turns a gesture into a sentence (as if to say…), and it's everywhere in novels and sports reports. Stress, rest and burnout are constant topics in essays about work.

words

word	kana	meaning	example
腿	もも · momo	thigh	自転車に乗ると、腿が強くなる。 Cycling makes your thighs stronger.
休める	やすめる · yasumeru	to rest, give a rest	パソコンの仕事の間に、目を休めよう。 Let's rest our eyes between bouts of computer work.
病	やまい · yamai	illness, disease (literary)	「病は気から」と言われる。 They say illness starts in the mind.
病む	やむ · yamu	to fall ill, suffer	彼は、長い間、胸を病んでいた。 He suffered from a chest illness for a long time.
養護	ようご · yōgo	care, protection (of children)	気分の悪い子は、養護の先生が見てくれる。 Children who feel unwell are looked after by the school nurse.
弱る	よわる · yowaru	to weaken; to be at a loss	年を取って、足が弱ってきた。 My legs have got weaker with age.
老衰	ろうすい · rōsui	old age, decline (cause of death)	その犬は、二十歳で老衰で死んだ。 The dog died of old age at twenty.
カルテ	karute	patient's chart, medical record	受付で、カルテを作ってもらった。 They made me a patient record at reception.
ストレス	sutoresu	stress	運動は、ストレスを減らすのにいい。 Exercise is good for reducing stress.
ノイローゼ	noirōze	nervous breakdown, neurosis	試験のことばかり考えて、ノイローゼになりそうだ。 I think about nothing but the exam: I'm close to a breakdown.
ウイルス	uirusu	virus	パソコンが、ウイルスに感染した。 My computer got a virus.
マッサージ	massāji	massage	足のマッサージで、疲れが取れた。 A foot massage took the tiredness away.
レバー	rebā	liver (as food); lever	レバーは、栄養が多い。 Liver is very nutritious.
レントゲン	rentogen	X-ray	胸のレントゲンを撮った。 I had a chest X-ray.

大柄	おおがら · ōgara	large, big-built; large-patterned	大柄な選手が、ボールを持って走った。 A big, heavily built player ran with the ball.
介抱	かいほう · kaihō	nursing, looking after (a sick person)	道で倒れた人を、介抱した。 I looked after a person who had collapsed in the street.
かぶれる	kabureru	to get a rash; to be taken with	汗で、首がかぶれた。 Sweat gave me a rash on my neck.
眼球	がんきゅう · gankyū	eyeball	眼球の検査をした。 They examined my eyes.
産後	さんご · sango	after childbirth	産後の一か月は、無理をしないで。 Take it easy for the first month after giving birth.
失調	しっちょう · shitchō	lack, failure (of balance, nutrition)	食事が足りないと、栄養失調になる。 If you don't eat enough, you become malnourished.
切開	せっかい · sekkai	incision, cutting open	医者は、小さく切開して、中を調べた。 The doctor made a small incision and examined the inside.
聴診器	ちょうしんき · chōshinki	stethoscope	医者は、首から聴診器をかけていた。 The doctor had a stethoscope round her neck.
できもの	dekimono	lump, boil, growth	背中に、小さなできものができた。 I've got a small lump on my back.
生身	なまみ · namami	flesh and blood, living body	生身の人間には、休みが必要だ。 Flesh-and-blood humans need rest.
瞬き	まばたき · mabataki	blink, blinking	パソコンを見ていると、瞬きが少なくなる。 When you look at a computer, you blink less.

pattern ～とばかりに (as if to say)

what they seem to say | とばかりに | gesture / action

A + とばかりに + B: someone did B as if to say A. 息子は、遊ぼうとばかりに、絵本を持ってきた (as if to say 'let's play'). A is like a quote, often a short sentence or the volitional form. It describes other people's gestures and reactions, so it's at home in stories and reports.

息子は、遊ぼうとばかりに、絵本を持ってきた。 **musuko wa asobō to bakari ni e hon o motte kita** My son brought me a picture book, as if to say 'let's play'.

観客は、待っていたとばかりに、拍手した。 **kankyaku wa matte ita to bakari ni hakushu shita** The audience burst into applause as if they'd been waiting for it.

弟は、もう十分だとばかりに、首を振った。 **otōto wa mō jūbun da to bakari ni kubi o futta** My brother shook his head as if to say he'd had enough.

dialogue after the night shift

ken 美紀、夜の仕事は、大変だったね。

miki yoru no shigoto wa taihen datta ne · Miki, was the night shift tough?

miki ただいま。急な患者さんが多くて、朝まで休む時間もなかった。

tadaima kyūna kanjasan ga ōkute asa made yasumu jikan mo nakatta · I'm home. There were lots of emergency patients, and I didn't get a break until morning.

ken 肩をマッサージしようか。…ずいぶん凝っているね。

kata o massāji shiyō ka zuibun kotte iru ne · Shall I massage your shoulders? ...They're really stiff.

miki ありがとう。ストレスがたまると、すぐ肩に来るの。…あ、そこ、気持ちいい。

arigatō sutoresu ga tamaru to sugu kata ni kuru no a soko kimochi ii · Thanks. Whenever the stress builds up, it goes straight to my shoulders. ...Ah, right there, that's nice.

ken 息子が、遊ぼうとばかりに、絵本を持ってきたよ。この子は発育が早くて、もう毎日本を読んでほしいんだね。

musuko ga asobō to bakari ni e hon o motte kita yo kono ko wa hatsuiku ga hayakute mō mainichi hon o yonde hoshii nda ne · Here's our boy with a picture book, as if to say 'let's play'. He's growing up fast: he wants a story every day now.

miki ごめんね、少し体を休めてからね。…今日は、大柄な男の人が、首のできものが腫れて、病院に来たの。先生がカルテを見て、聴診器で胸の音を聞いてから、レントゲンを撮って、小さく切開したのよ。

gomen ne sukoshi karada o yasumete kara ne kyō wa ōgarana otoko no hito ga kubi no dekimono ga harete byōin ni kita no sensei ga karute o mite chōshinki de mune no oto o kiite kara rentogen o totte chiisaku sekkai shita no yo · Sorry, sweetie, after Mummy's had a little rest. ...Today a big man came in with a swollen lump on his neck. The doctor looked at his chart, listened to his chest with a stethoscope, took an X-ray and made a small incision.

ken 痛そうだね。医者も看護師も、生身の人間だから、無理をしないでね。病院も、働き方の改善を目標に掲げているんでしょう？

itasō da ne isha mo kangoshi mo namami no ningen dakara muri o shinaide ne byōin mo hataraki kata no kaizen o mokuhyō ni kakagete iru ndeshō · Sounds painful. Doctors and nurses are only human too, so don't overdo it. Doesn't the hospital have better working conditions as one of its goals?

miki 麻酔をしたから、大丈夫。それより、トムさんが心配。睡眠なくしては、体を壊すって言ったのに。睡眠を欠くと、体はすぐ弱るのよ。

masui o shita kara daijōbu sore yori tomusan ga shinpai suimin nakushite wa karada o kowasu tte itta noni suimin o kakuto karada wa sugu yowaru no yo · He had an anaesthetic, so he was fine. More importantly, I'm worried about Tom. I told him he'd ruin his health without sleep. When you go without sleep, your body weakens fast.

ken 昨日も、熱をおして、図書館に行ったそうだよ。熱が高くて、肺の病気じゃないか心配だ。

kinō mo netsu o oshite toshokan ni itta sō da yo netsu ga takakute hai no byōki janai ka shinpai da · Apparently he went to the library yesterday too, in spite of a fever. His temperature is high: I'm worried it's something in his lungs.

miki このままだと、体が弱ってしまう。一度倒れたが最後、論文どころではなくなるのに。

kono mama da to karada ga yowatte shimau ichido taoreta ga saigo ronbun dokorodehanaku naru noni · If he carries on like this, he'll wear himself out. Once he collapses, his thesis will be the least of his worries.

ken 今夜は、レバーを焼くよ。作り方も改良したんだ。体が弱っている時は、栄養をつけないとね。

kon'ya wa rebā o yaku yo tsukuri kata mo kairyō shita nda karada ga yowatte iru toki wa eiyō o tsukenai to ne · I'll cook liver tonight. I've improved the recipe, too. When you're run down, you need to build yourself up.

write it trace the grey, then write your own

瞬

blink, blinking



倉

as in 倉庫 (そうこ): warehouse, storehouse



good to know · A + とばかりに + B: doing B as if to say A. A is often what the person might say: 遊ぼうとばかりに, もう十分だとばかりに. It describes other people's gestures and reactions, never your own feelings. Loanwords of the clinic: カルテ (from German Karte, a patient's chart), レントゲン (an X-ray, after Wilhelm Röntgen), ノイローゼ (German Neurose, a nervous breakdown).

That's the last learn day of the unit. Tomorrow's mission: Tom works too hard, falls ill, and has to learn to rest.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

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day 54 mission: too much work

Japanese N1 in 133 days
unit 8 · body & health

Follow an illness from the first warning signs to recovery: talk to a sick friend, understand a clinic visit, read a formal email from a professor, and plan a healthier routine.

Illness, care and rest are favourite N1 topics in listening and reading. Today you meet them in a real story, with every pattern of the unit and a formal email to read.

chapter 1 a call at midnight

anna トム、まだ起きているの？もう夜中の十二時だよ。
tomu mada okite iru no mō yonaka no jūniji da yo · Tom, are you still up? It's midnight.

tom うん。論文の三つ目の章が、まだ終わらないんだ。でも、今週は毎晩こうだよ。
un ronbun no mittsu me no shō ga mada owaranai nda demo konshū wa maiban kō da yo · Yes. The third chapter of my thesis still isn't finished. But I've been like this every night this week.

anna 声が変だよ。大丈夫？
koe ga hen da yo daijōbu · Your voice sounds strange. Are you all right?

tom 実は、昼から寒気がして、体がだるいんだ。熱もあるみたい。でも、熱をおして、図書館で資料を探していた。
jitsuha hiru kara samuke ga shite karada ga darui nda netsu mo arumitai demo netsu o oshite toshokan de shiryō o sagashite ita · Actually, I've felt a chill since lunchtime and my whole body feels heavy. I think I've got a temperature too. But I went to the library to look for materials anyway.

anna それは、過労だよ。脳も体も、休むことなしに働き続けることはできないって、美紀さんも言っていたでしょう。
sore wa karō da yo nō mo karada mo yasumu koto nashi ni hataraki tsuzukeru koto wa dekinai tte mikisan mo itte ita deshō · That's overwork. Miki told you too: your brain and body can't keep going without rest.

tom 目も疲れて、瞬きをすると痛い。近眼だから、めがねをかけても、画面の字が二つに見える。
me mo tsukarete mabataki o suruto itai kingan dakara megane o kakete mo gamen no ji ga futatsu ni mieru · My eyes are tired too, and it hurts when I blink. I'm short-sighted, so even with my glasses, the words on the screen look double.

tom 肩も首も凝って、頭が痛む。最近、ずっと体の不調が続いていたんだ。空腹なのに、何も食べたくない。
kata mo kubi mo kotte atama ga itamu saikin zutto karada no fuchō ga tsuzuite ita nda kūfuku nanoni nani mo tabetakunai · My shoulders and neck are stiff and my head aches. I've been feeling off for a while now. I'm hungry, but I don't feel like eating anything.

anna 画面の見すぎで、近視も進むよ。目にも悪いし。
gamen no mi sugi de kinshi mo susumu yo me ni mo warui shi · Staring at the screen will make your short sight worse too. It's bad for your eyes.

tom さっき鏡を見たら、眉の間にしわができていた。目つきも悪いし、にきびまでできた。
sakki kagami o mitara mayu no aida ni shiwa ga dekite ita metsuki mo warui shi nikibi made dekita · I looked in the mirror just now, and I've got a frown line between my eyebrows. My eyes look mean, and I've even got spots.

anna ストレスと睡眠の不足だよ。ノイローゼになる前に、休んで。
sutoresu to suimin no fusoku da yo noirōze ni naru mae ni yasunde · That's stress and lack of sleep. Rest, before you have a breakdown.

anna 今すぐ、パソコンを閉じて、寝て。言われずとも、わかっているでしょう？
ima sugu pasokon o tojite nete iwarezu tomo wakatte iru deshō · Shut the computer right now and go to sleep. You know that without being told, don't you?

tom わかった…。もう一ページだけ書いてから、寝るよ。
wakatta mō ichipēji dake kaite kara neru yo · All right... I'll write just one more page, then go to bed.

chapter 2 at the clinic

anna 美紀さん、来てくださって、ありがとうございます。今朝、トムから電話があって、体が動かないって言うんです。
mikisan kite kudasatte arigatōgozaimasu kesa tomu kara denwa ga atte karada ga ugokanai tte iu ndesu · Miki, thank you so much for coming. Tom rang me this morning and said he couldn't move.

miki 電話をもらって、すぐ来たのよ。トムさん、顔が真っ白。熱は三十九度。
denwa o moratte sugu kita no yo tomusan kao ga masshiro netsu wa sanjūkyūdo · I came straight over when I got the call. Tom, you're as white as a sheet. Your temperature is thirty-nine.

tom すみません…。喉も腫れて、唾を飲むのも痛いです。
sumimasen nodo mo harete tsuba o nomu no mo itai desu · I'm sorry... My throat's swollen too, and it hurts even to swallow.

miki 先生が、聴診器で胸の音を聞いて、脈も見てくれた。肺のレントゲンも撮ったけど、肺はきれいだって。
sensei ga chōshinki de mune no oto o kiite myaku mo mite kureta hai no rentogen mo totta kedo hai wa kirei datte · The doctor listened to your chest with a stethoscope and checked your pulse. They took an X-ray of your lungs too, and they're clear.

miki 結核のような病気でもないし、心臓や血管にも問題はないって。眼球も見てもらったけど、大丈夫。
kekkaku no yōna byōki demo naishi shinzō ya kekkan ni mo mondai wa nai tte gankyū mo mite moratta kedo daijōbu · It's nothing like tuberculosis, and there's no problem with your heart or blood vessels. They checked your eyes too, and they're fine.

tom 手のひらまで、汗でびっしょりです。
te no hira made ase de bisshori desu · Even my palms are dripping with sweat.

anna よかった。原因は、何ですか。
yokatta gen'in wa nan desu ka · Thank goodness. What's the cause?

miki ウイルスの感染ね。疲労と相まって、ひどくなったみたい。細菌ではないから、薬より安静が一番よ。カルテには、過労とも書いてあった。
uirusu no kansen ne hirō to aimatte hidoku nattamitai saikin de wa nai kara kusuri yori ansei ga ichiban yo karute ni wa karō tomo kaite atta · A viral infection. It seems to have got bad on top of exhaustion. It's not bacterial, so rest matters more than medicine. Overwork is on the chart too.

miki 喉は、ウイルスが最初に入る器官なの。熱が出る前から、過労で発病しやすい状態だったのね。無理をすると、再発するから気をつけて。
nodo wa uirusu ga saisho ni hairu kikan nano netsu ga deru mae kara karō de hatsubyō shiyasui jōtai datta no ne muri o suruto saihatsu suru kara kiotsukete · The throat is the organ where viruses get in first. You were already run down from overwork and ready to fall ill before the fever started. If you overdo it, it'll come back, so be careful.

miki 肉体の疲れが、内臓にも出ているのね。下痢はないって言ったけど、胃も弱っている。
nikutai no tsukare ga naizō ni mo dete iru no ne geri wa nai tte itta kedo i mo yowatte iru · Your physical exhaustion is showing in your internal organs too. You said there's no diarrhoea, but your stomach is weak.

anna この病院は、大きいですね。歯科も眼科も耳鼻科もある。上の階は、小児科と産婦人科です。
kono byōin wa ōkii desu ne shika mo ganka mo jibika mo aru ue nokai wa shōnika to sanfujinka desu · This hospital is big. There's a dentist, an eye clinic and an ENT clinic. Upstairs is paediatrics and obstetrics.

miki 担架は、いらないね。治療は、薬と安静だけ。診療が終わったら、薬局で薬をもらって帰りましょう。薬の効き目は、明日には出るはず。
tanka wa iranai ne chiryō wa kusuri to ansei dake shinryō ga owattara yakkyoku de kusuri o moratte kaerimashō kusuri no kikime wa ashita ni wa deru hazu · No need for a stretcher, then. The treatment is just

medicine and rest. When the consultation's over, let's get your medicine at the pharmacy and go home. It should start working tomorrow.

tom でも、論文の締め切りが…。

demo ronbun no shimekiri ga · But my thesis deadline...

miki 体力なくしては、論文も何もないでしょう。少なくとも一週間は、休むこと。

tairyoku nakushite wa ronbun mo nani mo nai deshō sukunaku tomo isshūkan wa yasumu koto · Without your strength, there's no thesis or anything else. You're resting for at least a week.

chapter 3 an email from professor ishida

professor ishida 「トムさん。アンナさんから、病気のことを聞きました。まず、体を休めることを、何よりも大切にしてください。熱をおして、図書館に通っていたそうですね。その努力は、よくわかります。」

tomusan annasan kara byōki no koto o kikimashita mazu karada o yasumeru koto o nani yori mo taisetsuni shite kudasai netsu o oshite toshokan ni kayotte ita sō desu ne sono doryoku wa yoku wakarimasu · 'Tom, I heard from Anna that you're ill. First of all, please put resting your body before everything else. I hear you kept going to the library in spite of a fever. I understand how hard you've been working.'

professor ishida 「しかし、研究は、体力なくしてはできません。生身の人間は、休むことなしに働けば、必ず弱ります。体を病んでしまっては、研究どころではありません。私も若いころ、無理をして病を得て、1ヶ月の安静を余儀なくされたことがあります。」

shikashi kenkyū wa tairyoku nakushite wa dekimasen namami no ningen wa yasumu koto nashi ni hatarakeba kanarazu yowarimasu karada o yande shimatte wa kenkyū dokorodehārimasen watashi mo wakai koro muri o shite yamai o ete 1kagetsu no ansei o yoginaku sareta koto ga arimasu · 'But research is impossible without physical strength. If a flesh-and-blood person works without rest, they will certainly break down. Once your body falls ill, research is the last thing you can think about. When I was young, I too pushed myself, fell ill and was forced to spend a month resting.'

professor ishida 「三つ目の章の締め切りは、二週間延長します。急がずとも、いい論文は書けます。全快してから、また一緒に資料を読みましょう。」

mittsu me no shō no shimekiri wa nishūkan enchō shimasu isogazu tomo ii ronbun wa kakemasu zenkai shite kara mata issho ni shiryō o yomimashō · 'I am extending the deadline for the third chapter by two weeks. You can write a good thesis without rushing. Once you have fully recovered, let's read through the materials together again.'

professor ishida 「それから、食事も大切です。アンナさんの話では、食事はパンとコーヒーだけだそうですね。肉や魚や野菜も、きちんと食べてください。睡眠も、毎晩7時間は取るようにしてください。体を壊してまで書いた論文より、元気なトムさんの顔を見るほうが、私にはずっとうれしいのです。」

sorekara shokuji mo taisetsu desu annasan no hanashi de wa shokuji wa pan to kōhī dake da sō desu ne niku ya sakana ya yasai mo kichinto tabete kudasai suimin mo maiban 7 jikan wa toru yōni shite kudasai karada o kowashite made kaita ronbun yori genkina tomusan no kao o miru hō ga watashi ni wa zutto ureshii no desu · 'Food matters too. Anna tells me you're living on bread and coffee. Please eat meat, fish and vegetables properly. And make sure you get seven hours' sleep every night. I would far rather see you well, Tom, than read a thesis you wrote by ruining your health.'

professor ishida 「ゼミの皆さんにも、伝えておきます。一日も早い回復を、心から願っています。石田」

zemi no minasan ni mo tsutaete okimasu ichinichi mo hayai kaifuku o kokoro kara negatte imasu ishida · 'I'll let everyone in the seminar know. I sincerely hope you'll be well again very soon. Ishida'

chapter 4 miki's care

miki トムさん、熱は下がった？…顔つきが、だいぶよくなったね。ほっぺたにも、色が戻ってきた。

tomusan netsu wa sagatta kaotsuki ga daibu yoku natta ne hoppeta ni mo iro ga modotte kita · Tom, has your fever come down? ...You look a lot better. There's colour back in your cheeks too.

tom はい、三十七度です。でも、まだ眠たくて、味覚もおかしいです。何を食べても、味がしません。

hai sanjūnanado desu demo mada nemutakute mikaku mo okashii desu nani o tabetemo aji ga shimasen · Yes, it's thirty-seven. But I'm still sleepy, and my sense of taste is off. Whatever I eat, it tastes of nothing.

miki ウイルスの後は、よくあることよ。お粥を作ってきたの。胃や腸が弱っている時は、こういうものがいいの。元気になったら、タンパク質も取ってね。レバーや魚や豆。

uirusu no ato wa yoku aru koto yo o kayu o tsukutte kita no i ya chō ga yowatte iru toki wa kō iu mono ga ii no genkini nattara tanpakushitsu mo totte ne rebā ya sakana ya mame · That's common after a virus. I've made you some rice porridge. When your stomach and gut are weak, this sort of thing is best. Once you're better, get some protein too: liver, fish, beans.

miki 眠たいのは、体が本能で休みを求めているから。汗が出たら、肌がかぶれないように、すぐ着替えをしてね。

nemutai no wa karada ga honnō de yasumi o motomete iru kara ase ga detara hada ga kaburenai yōni sugu kigae o shite ne · You're sleepy because your body wants rest, by instinct. When you sweat, change your clothes straight away so you don't get a rash.

miki 疲れた体は、ばい菌にも弱いの。衛生にも気をつけて、手をよく洗ってね。

tsukareta karada wa baikin ni mo yowai no eisei ni mo kiotsukete te o yoku aratte ne · A tired body is easy prey for germs. Keep things clean and wash your hands well.

ken 息子も連れてきたよ。トムさんにあげるとばかりに、絵を持ってきたんだ。

musuko mo tsurete kita yo tomusan ni ageru to bakari ni e o motte kita nda · I've brought our boy too. He's brought you a picture, as if to say 'this is for you'.

tom ありがとう！…うれしくて、泣かんばかりです。こんなに介抱してもらって、何とお礼を言えばいいか。

arigatō ureshikute nakan bakari desu konnani kaihō shite moratte nanto orei o ieba ii ka · Thank you! ...I'm so happy I could cry. You've looked after me so well, I don't know how to thank you.

miki 看護は、私の仕事だから。でも、トムさんが倒れた時、本当に心配したのよ。看病のかいもなく、悪化する人もいるから。

kango wa watashi no shigoto dakara demo tomusan ga taoreta toki hontō ni shinpai shita no yo kanbyō no kai mo naku akka suru hito mo iru kara · Nursing is my job. But when you collapsed, I was really worried. Some people get worse in spite of all the care.

ken 僕も、腰を痛めた時は、美紀に怒られた。痛みをおして、会社に行ったからね。二人とも、同じだ。

boku mo koshi o itameta toki wa miki ni okorareta itami o oshite kaisha ni itta kara ne futari tomo onaji da · Miki told me off when I hurt my back, too. I went to work in spite of the pain. We're as bad as each other.

ken 僕も、あの時はばてて、美紀にマッサージをしてもらった。

boku mo ano toki wa batete miki ni massāji o shite moratta · I was worn out back then too, and Miki gave me a massage.

tom さっき昼寝をした時、僕のいびきがうるさかったでしょう。すみません。

sakki hirune o shita toki boku no ibiki ga urusakatta deshō sumimasen · I must have been snoring loudly when I had a nap just now. Sorry.

chapter 5 a new routine

mr suzuki トムさん、全快おめでとう！しばらく見ないうちに、少し細くなったね。
tomusan zenkai omedetō shibaraku minai uchi ni sukoshi hosoku natta ne · Tom, congratulations on your full recovery! You've got a bit thinner since I last saw you.

tom ありがとうございます。体格には自信があったんですが、病気をすると、急に老けた気がします。
arigatōgozaimasu taikaku ni wa jishin ga atta ndesu ga byōki o suruto kyūni fuketa ki ga shimasu · Thank you. I was always proud of being sturdy, but being ill made me feel suddenly older.

mr suzuki 何を言うんだ。私なんか、毎日老いていくよ。でも、まだ健在だ。
nani o iu nda watashi nanka mainichi oite iku yo demo mada kenzai da · What nonsense. I get older every day. But I'm still going strong.

anna トム、これからは、新しい習慣を作ろう。夜は十二時までに寝て、朝は散歩をするの。
tomu korekara wa atarashii shūkan o tsukurō yoru wa jūniji made ni nete asa wa sanpo o suru no · Tom, let's make some new habits from now on. Bed by midnight, and a walk in the morning.

tom はい。体も、少しずつ鍛えます。毎朝、走って腿と心臓を強くします。それに、仕事のストレスは、ため込まないようにします。
hai karada mo sukoshizutsu kitaemasu maiasa hashitte momo to shinzō o tsuyoku shimasu soreni shigoto no sutoresu wa tame komanai yōni shimasu · Yes. And I'll build my body up bit by bit. I'll run every morning to strengthen my thighs and my heart. And I'll try not to let the stress pile up.

anna 走った後は、かかとや股も、よく伸ばしてね。
hashitta ato wa kakato ya mata mo yoku nobashite ne · After a run, stretch your heels and groin well.

tom はい。前のような体つきになりたいです。体も心も傷つかないように、無理はしません。
hai mae no yōna karadatsuki ni naritai desu karada mo kokoro mo kizutsukanai yōni muri wa shimasen · Yes. I want to get my old build back. And I won't overdo it, so neither my body nor my mind gets hurt.

mr suzuki 夏は、日焼けに気をつけて、帽子をかぶって走ってね。転んで負傷しないようにね。
natsu wa hiyake ni kiotsukete bōshi o kabutte hashitte ne koronde fushō shinai yōni ne · In summer, watch out for sunburn and wear a hat when you run. And don't fall and hurt yourself.

mr suzuki トムさんは大柄だから、しっかり食べないとね。でも、脂肪の多い物ばかりはだめだよ。
tomusan wa ōgara dakara shikkari tabenai to ne demo shibō no ōi mono bakari wa dame da yo · You're a big lad, Tom, so you need to eat properly. But not just fatty food.

tom 人体は、思ったより弱いですね。よくわかりました。
jintai wa omotta yori yowai desu ne yoku wakarimashita · The human body is weaker than I thought. I've learned my lesson.

mr suzuki それがいい。来月は、みんなで箱根の温泉に保養に行こうか。
sore ga ii raigetsu wa minna de hakone no onsen ni hoyō ni ikō ka · Good idea. Shall we all go to the hot springs in Hakone next month for some rest and relaxation?

anna 賛成！トム、論文は、急がずとも大丈夫だって、石田先生も言っていたよ。
sansei tomu ronbun wa isogazu tomo daijōbu datte ishida sensei mo itte ita yo · Yes please! Tom, Professor Ishida said there's no need to rush your thesis, too.

tom はい。健やかな体なくしては、いい研究はできない。それを、生身の体で学びました。
hai sukoyakana karada nakushite wa ii kenkyū wa dekinai sore o namami no karada de manabimashita · Yes. Without a healthy body, you can't do good research. I've learned that the hard way, in my own flesh and blood.

Unit 8 done: you can talk about the body, illness and care, in a clinic and in writing. Next unit: study, books and the press.
Do this day interactively, with audio and games, free at **wishyou.today/learning**