wishyou.today learning

day 51 a strong body

Korean TOPIK 6 in 131 days
unit 8 · body & health

Wonder aloud about a half-remembered past with -던가 (그게 언제였던가), and talk about fitness and the body: 근력, 관절, 기력, 녹초, 개운하다, 나른하다, 숨이 가쁘다.

-던가 at the end of a thought is how Koreans muse to themselves: 내가 마지막으로 운동한 게 언제였던가. The day's words are what you need at the gym, at the doctor's and when a friend asks how you feel.

words

word	romanisation	meaning	example
가냘프다	ganyalpeuda	slender, slight, frail	그는 몸이 가냘파 보이지만 힘이 세다. He looks slight, but he is strong.
가쁘다	gappeuda	out of breath, short (of breath)	계단을 뛰어 올라갔더니 숨이 가쁘다. I ran up the stairs and now I'm out of breath.
감량	gamnyang	weight loss, reduction (체중 감량)	체중 감량에는 꾸준한 운동이 필요하다. Losing weight takes regular exercise.
개운하다	gaeunhada	refreshed, light (body, mind)	샤워를 하고 나니{=(-고 나다) after (doing it), once done} 몸이 개운하다. I feel refreshed after a shower.
거동	geodong	getting about, movement (of the body)	할아버지는 수술 후 거동이 불편하시다. Grandad has trouble getting about since his operation.
거뜬하다	geotteunhada	easy, no trouble; feeling fine	이 정도 짐은 혼자서도 거뜬하다. I can easily manage a load like this on my own.
건장하다	geonjanghada	sturdy, strongly built	건장한 청년들이 무거운 짐을 날랐다. Sturdy young men carried the heavy load.
계통	gyetong	system, line (호흡기 계통)	겨울에는 호흡기 계통의 질환이 늘어난다. Respiratory illnesses increase in winter.
관절	gwanjeol	joint (knee, elbow …)	비가 오면 무릎 관절이 쑤신다. My knee joints ache when it rains.
근력	geullyeok	muscle strength	나이가 많을수록 근력 운동이 중요하다. Strength training matters more as you age.
기관지	gigwanji	bronchial tubes, airways	찬 공기를 마시면 기관지가 약해질 수 있다. Breathing cold air can weaken your airways.
기력	giryeok	energy, strength (of the body)	감기를 앓고 나서 기력이 없다. I have no energy since I had a cold.
뀌다	kkwida	break wind, fart (방귀를 뀌다)	누가 뀌었는지 아무도 말하지 않았다. Nobody would say who did it.
나른하다	nareunhada	languid, drowsy, sluggish	점심을 먹고 나면{=(-고 나다) after (doing it), once done} 온몸이 나른하다. After lunch my whole body goes sluggish.
내장	naejang	guts, innards	생선 내장은 손질할 때 깨끗이 빼야 한다. When cleaning fish, take the guts out completely.

노폐물	nopyemul	waste matter (in the body)	물을 많이 마시면 노폐물이 잘 빠져나간다. Drinking lots of water helps flush out waste.
녹초	nokcho	(녹초가 되다) be worn out	하루 종일 이사를 했더니 녹초가 되었다{doeda}. After moving house all day, I was worn out.
눈꺼풀	nunkkeopul	eyelid	졸려서 눈꺼풀이 자꾸 감긴다{gamgida=close (of the eyes)}. I'm so sleepy my eyelids keep closing.
단련	dallyeon	training, toughening (body, mind)	등산은 몸과 마음을 단련하는 좋은 방법이다. Hiking is a good way to train body and mind.
대장	daejang	large intestine, colon	채소를 많이 먹으면 대장{daejang-2} 건강에 좋다. Eating plenty of vegetables is good for your colon.
더부룩하다	deoburukada	bloated, heavy (stomach)	급하게 먹었더니 속이 더부룩하다. I ate too fast and now my stomach feels heavy.
덩치	deongchi	(body) size, build	그 개{gae-2}는 덩치는 크지만 아주 순하다. That dog is big, but very gentle.
동맥	dongmaek	artery	기름진 음식을 자주 먹으면 동맥이 굳을 수 있다. Eating greasy food often can harden your arteries.

pattern i wonder ...? (a half-remembered past): -던가

verb, adjective, 이다 **-던가 / -었던가** | **a question to yourself** | 그게 언제였던가 / 뭐였던가

Here -던가 is a question you ask yourself about something you only half remember: 그게 언제였던가 (when was that, now?). It often ends a thought with no answer expected, so it suits musing, diaries, essays and song lyrics. Add -었- for a more distant past: 있었던가. In talk you can add 싶다: 언제였던가 싶다 (I can hardly remember when).

우리가 처음 만난 게 언제였던가. **uri ga cheoeum mannan ge eonje yeotdeonga** When was it we first met, I wonder.

그 식당 이름이 뭐였던가? **geu sikdang ireum i mwo yeotdeonga** What was that restaurant called, now?

이렇게 푹 잔 게 얼마 만이었던가 싶다. **ireoke puk jan ge eolma man ieotdeonga sipda** I can hardly remember when I last slept this well.

dialogue a walk up the hill

jiho 안나야, 일어났어? 오늘은 같이 공원 한 바퀴 돌자.

anna ya ireonasseo oneul eun gachi gongwon han bakwi dolja · Anna, are you up? Let's do a lap of the park together today.

anna 벌써? 눈꺼풀이 너무 무거워. 회사가 인원을 감축해서 일이 적잖게 늘었어. 이번 주는 완전히 녹초가 됐어.

beolsseo nunkkeopul i neomu mugeowo hoesa ga inwon eul gamchuk haeseo il i jeokjanke neureosseo ibeon ju neun wanjeonhi nokcho ga dwaesseo · Already? My eyelids are so heavy. The company has cut staff, so I've got quite a lot more work. I'm completely worn out this week.

jiho 그러니까 운동을 해야지. 근력이 약하면 금방 지쳐.

geureonikka undong eul haeyaji geullyeok i yakamyeon geumbang jicheo · That's exactly why you need exercise. If your muscles are weak, you tire quickly.

anna 내가 마지막으로 운동한 게 언제였던가. 기억도 안 나.

naega majimak euro undong han ge eonje yeotdeonga gieok do an na · When did I last exercise, I wonder. I can't even remember.

anna 잠깐만, 숨이 가빠. 체력이 이렇게 떨어진 걸 이제야 알아챘어. 이 언덕이 원래 이렇게 높았던가?

jamkkan man sum i gappa cheryeok i ireoke tteoreojin geol ijeya arachaesseo i eondeok i wollae ireoke nopatdeonga · Hang on, I'm out of breath. Only now do I realise how unfit I've become. Was this hill always this high?

jiho 천천히 해. 몸을 단련한다고 처음부터 무리하면 관절만 다쳐.

cheoncheonhi hae mom eul dallyeon handago cheoeum buteo muri hamyeon gwanjeol man dacheo · Take it slowly. If you push too hard from the start, meaning to get fit, you'll only hurt your joints.

anna 너는 덩치도 작은데 어떻게 그렇게 거뜬하게 올라가?

neo neun deongchi do jageunde eotteoke geureoke geotteunhage olla ga · You're small, so how do you get up there so easily?

jiho 병원에서 하루 종일 걸어 다니잖아. 아, 근데 무슨 냄새야? 누가 뀌었어?

byeongwon eseo haru jongil georeo danijana a geunde museun naemsae ya nuga kkwieosseo · I walk around the ward all day, remember. Oh, what's that smell? Who did that?

anna 나 아니야! 하하. 그래도 다 걷고 나니까 몸이 개운하다. 아까는 나른했는데.

na aniya haha geuraedo da geotgo nanikka mom i gaeunhada akka neun nareunhaenneunde · Not me! Ha ha. Anyway, now that we've finished, I feel refreshed. I was so sluggish earlier.

jiho 땀을 흘리면 기력도 생겨. 다음 주에도 같이 하자.

ttam eul heullimyeon giryeok do saenggyeo daeum ju e do gachi haja · Sweating gives you energy, too. Let's do it again next week.

anna 좋아. 참, 지난주에 새로 온 간호사는 어떻던?

joa cham jinanju e saero on ganhosa neun eotteoteon · OK. Oh, by the way, how did you find the new nurse who started last week?

jiho 일을 아주 잘해. 빈틈없는 사람이야. 근데 아침을 너무 먹었나 봐, 속이 좀 더부룩해. 내려가서 물부터 마시자.

il eul aju jal hae binteumeomneun saram iya geunde achim eul neomu meogeonna bwa sok i jom deoburukae naeryeogaseo mul buteo masija · She's very good. Very thorough. But I think I ate too much breakfast, my stomach feels heavy. Let's go down and get some water first.

write it trace the grey, then write your own

냘 nyal slender, slight, frail													

뜬 tteun easy, no trouble; feeling fine													

good to know · Feelings of the body come in pairs worth learning together: 개운하다 (refreshed) ↔ 찌뿌드드하다 (stiff, out of sorts, later this week); 나른하다 (languid, drowsy) after lunch or a bath. Proverb-like saying: 건강한 몸에 건강한 정신이 깃든다. A healthy mind lives in a healthy body, a line many Korean schools put on their gym walls.

When did you last learn 23 words in a morning? Today. Tomorrow: from head to toe, and Mrs Choi's -는구먼.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

day 52 from head to toe

Recognise the older speaker's exclamation -는구먼(요) (so …!), and name the body from head to toe: 뒤통수, 목덜미, 상체, 복부, 어금니, 엄지, 맥박, 신진대사.

-는구먼 is how grandparents, landladies and professors react when they notice something: 자네 요즘 운동하는구먼! You will hear it in dramas and from older Koreans every day. The day's words name the body, inside and out.

words

word	romanisation	meaning	example
뒤통수	dwitongsu	back of the head	그는 쑥스러운 듯 뒤통수를 긁었다. He scratched the back of his head, embarrassed.
들이마시다	deurimasida	breathe in, inhale; gulp down	숲에서 맑은 공기를 깊이 들이마셨다. I breathed in the clean forest air deeply.
등골	deunggol	spine; (등골이 서늘하다) a chill down the spine	무서운 영화를 보니 등골이 서늘했다. The horror film sent a chill down my spine.
맥박	maekbak	pulse	간호사가 환자의 맥박을 쟀다. The nurse took the patient's pulse.
목덜미	mokdeolmi	nape, back of the neck	목덜미가 아파서 고개를 돌리기 힘들다. The back of my neck hurts, so it's hard to turn my head.
몰아쉬다	moraswida	gasp, pant (숨을 몰아쉬다)	그는 마라톤을 마치고 거친 숨{sum}을 몰아쉬었다. He finished the marathon gasping for breath.
몸집	momjip	(body) size, frame	몸집은 작아도 목소리는 크다. He's small, but his voice is big.
반신욕	bansinnyok	half-body bath	자기 전에 반신욕을 하면 잠이 잘 온다. A half-body bath before bed helps you sleep.
방귀	banggwi	fart, wind	아이가 방귀를 뀌고 크게 웃었다. The child farted and laughed out loud.
배설	baeseol	excretion	몸은 땀과 소변으로 노폐물을 배설한다. The body excretes waste through sweat and urine.
복부	bokbu	abdomen, stomach	복부에 통증이 있으면 바로 병원에 가세요. If you have abdominal pain, go to the doctor at once.
상체	sangche	upper body	이 운동은 상체 근력을 기르는 데 좋다. This exercise is good for upper-body strength.
성대	seongdae	vocal cords	가수는 성대를 보호하려고 따뜻한 물을 마신다. Singers drink warm water to protect their vocal cords.
성하다	seonghada	intact, sound, unharmed	크게 넘어졌는데 다행히 몸은 성하다. It was a bad fall, but luckily I'm unharmed.

소장	sojang	small intestine	음식의 영양분{bun-4}은 주로 소장{sojang-2}에서 흡수된다. Nutrients from food are mostly absorbed in the small intestine.
손아귀	sonagwi	grip, clutches	아이가 사탕을 손아귀에 꼭 쥐었다. The child clutched the sweet tight in his fist.
수분	subun	moisture, water (in the body)	여름에는 수분을 충분히 섭취해야 한다. In summer you need to take in plenty of fluids.
순환기	sunhwangi	circulatory system	순환기 질환은 겨울철에 특히 조심해야 한다. You have to be especially careful about circulatory diseases in winter.
식은땀	sigeunttam	cold sweat	발표 전에 너무 긴장해서 식은땀이 났다. I was so nervous before the presentation I broke into a cold sweat.
신진대사	sinjindaesa	metabolism	나이가 많아지면 신진대사가 느려진다. Your metabolism slows down as you get older.
어금니	eogeumni	molar, back tooth	그는 어금니를 꽉 깨물고 참았다. He gritted his teeth and bore it.
엄지	eomji	thumb; big toe	아이가 엄지를 들어{deulda-2} 보였다{boida-2}. The child gave a thumbs up.
오른팔	oreunpal	right arm; right-hand man	그는 사장님의 오른팔로 통한다{=be known (as)}{tonghada}. He is known as the boss's right-hand man.

pattern so ...! (older speakers): -는구먼(요)

verb -는구먼 / adjective, 이다 -구먼 **past -었구먼, polite -구먼요**

= -는구나, from an older speaker

-는구먼 (verbs) and -구먼 (adjectives, 이다, the past -었-) mean the same as -는구나: the speaker has just noticed or realised something. It sounds older and folksy: Mrs Choi, a grandfather, a professor teasing a student. Add 요 for politeness: 벌써 다 끝냈구먼요. You will mostly hear it, not say it.

자네 요즘 운동을 열심히 하는구먼. **jane yojeum undong eul yeolsimhi haneungumeon** So you're exercising hard these days!

오늘은 바람이 차구먼. **oneul eun baram i chagumeon** My, the wind's cold today.

벌써 다 끝냈구먼요. **beolsseo da kkeunnaetgumeonyo** Well, you've finished already! (polite)

dialogue mrs choi's remedy

choi 안나 학생, 어제 지호랑 공원에 다녀왔다면서? 얼굴이 좋아졌구먼.

anna haksaeng eoje jiho rang gongwon e danyeowatdamyeonseo eolgul i joajeotgumeon · Anna, I hear you went to the park with Jiho yesterday. You look well!

anna 네, 아주머니. 지호한테 거의 끌려가서 다녀왔어요. 그런데 다리하고 무릎 관절이 아파서 계단을 내려올 때 식은땀이 났어요.

ne ajumeoni jiho hante geoui kkeullyeogaseo danyeowasseoyo geureonde dari hago mureup gwanjeol i apaseo gyedan eul naeryeool ttae sigeunttam i nasseoyo · Yes, Mrs Choi. Jiho practically dragged me there. But my legs and knee joints hurt so much I broke into a cold sweat coming down the stairs.

choi 처음엔 다 그렇지. 오늘 밤에는 반신욕을 해 보게. 피가 잘 돌아서 순환기에도 좋고 신진대사도 좋아진다네.

cheoeumen da geureochi oneul bam e neun bansinnyok eul hae boge pi ga jal doraseo sunhwangi e do joko sinjindaesa do joajindane · Everyone's like that at first. Try a half-body bath tonight. It gets your blood moving, it's good for your circulation and it speeds up your metabolism.

anna 물은 얼마나 뜨거워야 해요?

mul eun eolmana tteugeowoya haeyo · How hot should the water be?

choi 따뜻한 정도면 되네. 너무 뜨거우면 오히려 몸에 무리를 초래하니까. 땀으로 수분이 빠지니까 물도 소량씩 자주 마시고. 차디찬 물 말고 미지근한 물로.

ttatteutan jeongdo myeon doene neomu tteugeoumyeon ohiryeo mom e muri reul chorae hanikka ttam euro subun i ppajinikka mul do soryang ssik jaju masigo chadichan mul malgo mijigeunhan mul ro · Just warm is fine. Too hot only puts a strain on your body. You lose water in sweat, so drink a little at a time, often. Not ice-cold water: lukewarm.

hajun 할머니! 나 방귀 뀌었어!

halmeoni na banggwi kkwieosseo · Grandma! I farted!

choi 아이고, 이 녀석. 밥 먹을라치면 꼭 방귀 얘기를 하는구먼.

aigo i nyeoseok bap meogeullachimyeon kkok banggwi yaegi reul haneungumeon · Oh, you rascal. Every time we sit down to eat, you start on about farts.

anna 하준아, 방귀는 장이 건강하다는 뜻이래.

hajun a banggwi neun jang i geongang hada neun tteut irae · Hajun, they say farting means your tummy is healthy.

hajun 진짜? 그럼 나 엄청 건강해! 이모, 엄지 척!

jinjja geureom na eomcheong geongang hae imo eomji cheok · Really? Then I'm super healthy! Auntie, thumbs up!

choi 그래, 우리 강아지는 몸집은 작아도 목소리는 크구먼. 성대가 아주 튼튼해.

geurae uri gangaji neun momjip eun jaga do moksori neun keugumeon seongdae ga aju teunteunhae · Yes, my little puppy may be small, but what a big voice! His vocal cords are very strong.

anna 하하, 하준이가 오면 집이 조용할 날이 없네요.

haha hajuni ga omyeon jip i joyonghal nal i eomneyo · Ha ha, the house is never quiet when Hajun's here.

choi 그른 말은 아니네. 자네가 처음 왔을 때도 이렇게 시끄러웠던가? 그때는 자네가 제일 조용했는데.

geureun mal eun anine jane ga cheoeum wasseul ttae do ireoke sikkeureowotdeonga geuttae neun jane ga jeil joyonghaenneunde · That's not wrong. Was it this noisy when you first came? Back then you were the quietest of all.

talk 30 seconds

Speaking task: a friend who sits at a desk all day asks how to look after their body. In 해요, give three short tips (breathing, the neck, the upper body), with a reason for each. About 30 seconds.

숨을 깊게 들이마셨다가 sum eul gipge deurimasyeotdaga

목덜미가 굳지 않도록 mokdeolmi ga gutji antorok

-는 데 좋아요 neun de joayo

model answer

한 시간에 한 번은 일어나서 숨을 깊게 들이마셨다가 천천히 내쉬어 보세요. 몸이 훨씬 개운해져요. han sigan e han beon eun ireonaseo sum eul gipge deurimasyeotdaga cheoncheonhi naeswieo boseyo mom i hwolssin gaeunhaejeoyo

목덜미가 굳지 않도록 고개를 천천히 돌려 주세요. mokdeolmi ga gutji antorok gogae reul cheoncheonhi dollyeo juseyo

그리고 팔을 위로 쭉 올리는 운동은 상체 근력을 기르는 데 좋아요. geurigo pal eul wi ro jjuk ollineun undong eun sangche geullyeok eul gireuneun de joayo

Once an hour, stand up, breathe in deeply and breathe out slowly. Your body will feel much fresher. Turn your head slowly so the back of your neck doesn't stiffen. And stretching your arms straight up is good for building upper-body strength.

good to know · Body idioms: 뒤통수를 맞다 (be stabbed in the back), 등골이 서늘하다 (a chill down the spine), 손아귀에 넣다 (get in your grip), 오른팔 (right-hand man). Grandparents call grandchildren 우리 강아지 (my puppy): it is the warmest word in the house, not an insult.

Head to toe, you know your body in Korean now. Tomorrow: fit and short of breath, and the casual -구만.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

wishyou.today learning

day 53 fit and short of breath

Korean TOPIK 6 in 131 days
unit 8 · body & health

Use the casual exclamation -는구만 (so …!) with people close to you, and talk about fitness and the body's limits: 폐활량, 유연성, 경련, 경직, 탄력, 컨디션, 창백하다.

-는구만 is the everyday spoken twin of -는구먼: friends and family use it when something strikes them (너 운동 좀 했구만!). The day's words are the sports pages and the doctor's questions: how is your breathing, your flexibility, your form?

words

word	romanisation	meaning	example
왜소하다	waesohada	small, slightly built	그는 체격은 왜소하지만 힘이 세다. He is slightly built, but strong.
우뇌	unoe	right (side of the) brain	우뇌는 몸의 왼쪽을 움직이는 일을 맡는다. The right brain controls the left side of the body.
유연성	yuyeonseong	flexibility	요가는 유연성을 기르는 데 도움이 된다{doeda}. Yoga helps build flexibility.
전신	jeonsin	the whole body, full-length	전신 거울 앞에서 옷을 입어 보았다. I tried the clothes on in front of a full-length mirror.
좌뇌	jwanoe	left (side of the) brain	좌뇌가 다치면 몸의 오른쪽이 불편해질 수 있다. Damage to the left brain can affect the right side of the body.
찌뿌드드하다	jjippudeudeuhada	stiff, out of sorts	비가 오려는지 온몸이 찌뿌드드하다. My whole body feels stiff: it must be going to rain.
창백하다	changbaekada	pale	놀랐는지 얼굴이 창백했다. He must have had a shock: his face was pale.
척추	cheokchu	spine	바른{bareuda-2} 자세는 척추 건강에 중요하다. Good posture is important for a healthy spine.
체내	chenae	inside the body	물을 충분히 마셔야 체내 노폐물이 잘 빠진다. You need enough water to flush waste from the body.
컨디션	keondisyeon	condition, form (how you feel)	오늘은 컨디션이 좋아서 일이 잘된다. I'm in good form today, so work is going well.
콧날	konnal	bridge of the nose	그 배우는 콧날이 높다. That actor has a high nose bridge.
탄력	tallyeok	elasticity; momentum	나이가 많아지면 피부의 탄력이 떨어진다. Skin loses its elasticity with age.
트림	teurim	burp	탄산음료를 마시면 트림이 나온다. Fizzy drinks make you burp.
폐활량	pyehwallyang	lung capacity	수영을 하면 폐활량이 늘어난다. Swimming increases your lung capacity.
하반신	habansin	lower body, the legs	그는 사고{sago}로 하반신을 다쳤다. He injured his lower body in an accident.

항문	hangmun	anus	대장{daejang-2}과 항문 질환은 식습관과 관련이 깊다. Diseases of the colon and anus are closely linked to diet.
허기	heogi	hunger (허기가 지다)	하루 종일 굶었더니 허기가 졌다{jida-4}. I hadn't eaten all day, so I was starving.
허파	heopa	lung(s) (everyday word)	허파는 숨{sum}을 쉴{swida-2} 때 산소를 받아들인다. The lungs take in oxygen when you breathe.
활력	hwallyeok	vitality, energy	아침 운동은 하루에 활력을 준다. Morning exercise gives your day energy.
격리	gyeongni	isolation, quarantine	전염병 환자는 다른 환자와 격리해서 치료한다. Patients with infectious diseases are isolated from others for treatment.
결핍	gyeolpip	deficiency, lack	영양 결핍은 아이의 성장에 영향을 준다. Malnutrition affects children's growth.
경련	gyeongnyeon	cramp, spasm, convulsion	운동을 하다가 다리에 경련이 났다. I got cramp in my leg while exercising.
경직	gyeongjik	stiffness, rigidity	오래 앉아 있으면 근육이 경직된다. Sitting for a long time makes your muscles stiff.

pattern so ...! (casual): -는구만

verb -는구만 / adjective, 이다 -구만 **past -었구만** **= -는구먼, spoken and casual**

-는구만 is the spoken form of -는구먼: "so ...!", said when you notice something. Verbs take -는구만 (비가 오는구만), adjectives and 이다 -구만 (시원하구만), the past -었구만 (운동 좀 했구만). Between family and close friends it sounds warm and a little teasing; to strangers or seniors use -네요.

벌써 다 왔구만. **beolsseo da watguman** We're here already!

너 요즘 운동 좀 했구만! **neo yojeum undong jom haetguman** So you've been working out!

아침부터 활력이 넘치는구만. **achim buteo hwallyeok i neomchineunguman** You're full of energy this morning!

dialogue cramp in the second half

seoyeon 안나 씨, 저기 봐요. 오늘은 응원 온 사람들이 대거 모였네요. 민준이 오늘 컨디션이 좋아 보이네요.

anna ssi jeogi bwayo oneul eun eungwon on saramdeul i daegeo moyeonneyo minjun i oneul keondisyeon i joa boineyo · Anna, look over there. Lots of people have come to cheer today. Minjun looks in good form today.

anna 와, 진짜 빨라요. 숨도 안 차나 봐요.

wa jinjja ppallayo sum do an chana bwayo · Wow, he's really fast. He doesn't even seem out of breath.

seoyeon 민준아, 너 요즘 운동 좀 했구만! 아부가 아니라 진짜야. 폐활량이 늘었나 봐.

minjun a neo yojeum undong jom haetguman abu ga anira jinjja ya pyehwallyang i neureonna bwa · Minjun, you've been working out! I'm not just flattering you. Your lung capacity must have gone up.

minjun 배달하면서 계단을 하루에 수십 번 오르내리잖아. 이 정도는 거뜬하다고.

baedal hamyeonseo gyedan eul haru e susip beon oreunaerijana i jeongdo neun geotteunhadago · I go up and down stairs dozens of times a day doing deliveries, you know. This is no trouble at all.

minjun 아, 다리! 분위기에 휩쓸려 너무 무리했나 봐. 종아리에 경련이 났어!

a dari bunwigi e hwipsseullyeo neomu muri haenna bwa jongari e gyeongnyeon i nasseo · Ah, my leg! I got carried away and overdid it. I've got cramp in my calf!

anna 민준 씨, 괜찮아요? 얼굴이 창백해요.

minjun ssi gwaenchanayo eolgul i changbaekaeyo · Minjun, are you all right? You've gone pale.

seoyeon 근육이 경직돼서 그래. 천천히 다리를 펴. 수분이 결핍되면 경련이 잘 일어나.

geunyuk i gyeongjik dwaeseo geurae cheoncheonhi dari reul pyeo subun i gyeolpip doemyeon gyeongnyeon i jal ireona · Your muscles have stiffened. Straighten your leg slowly. Cramp comes easily when you're short of water.

minjun 어젯밤 늦게까지 배달한 여파로 아침도 못 먹고 왔더니 허기가 져서 힘이 하나도 없어.

eojetbam neutge kkaji baedal han yeopa ro achim do mot meokgo watdeoni heogi ga jeoseo him i hana do eopseo · After delivering till late last night, I came without breakfast, so I'm starving and have no strength at all.

seoyeon 그러니까 밥을 먹고 와야지. 큰소리치는 건 잘하면서. 경기 전에는 제대로 된 밥이라야 힘이 나. 네가 마지막으로 몸을 제대로 푼 게 언제였던가 몰라.

geureonikka bap eul meokgo wayaji keunsorichineun geon jal hamyeonseo gyeonggi jeon e neun jedaero doen bap iraya him i na nega majimak euro mom eul jedaero pun ge eonje yeotdeonga molla · That's why you should eat first. You're good at talking big, though. Only a proper meal gives you strength before a match. Who knows when you last did any stretching.

minjun 누나, 잔소리는 나중에 하고 물 좀 줘.

nuna jansori neun najung e hago mul jom jwo · Sis, nag me later and give me some water.

anna 여기요, 천천히 마셔요. 다음 경기는 언제 한다던가요?

yeogiyo cheoncheonhi masyeoyo daeum gyeonggi neun eonje handadeonga yo · Here, drink slowly. When did they say the next match is?

minjun 다음 주 일요일이요. 아, 물 마시니까 트림이 나오네. 이제 좀 살 것 같구만.

daeum ju iryoil iyo a mul masinikka teurim i naone ije jom sal geot gatguman · Next Sunday. Oh, the water's made me burp. Now I feel I might live!

write it trace the grey, then write your own

핍
pip
deficiency, lack

good to know · In real Korean, cramp in the leg is often 다리에 쥐가 나다 (literally “a mouse comes into the leg”); 경련 is the medical word, used in news and at the doctor’s. Health reports talk about 허파 in everyday speech but 폐 in medicine: 폐활량 (lung capacity), 폐렴 (pneumonia, later this unit). Their old idiom: 허파에 바람이 들다 (be giddy, laugh at nothing).

So you’ve made it to day 53! 여기까지 왔구만. Tomorrow: symptoms, and the scolding -니.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

day 54 symptoms

Recognise the scolding question -니 / -으니 (왜 그렇게 고집이 세니?), and describe symptoms and illnesses: 구토, 급성, 균, 기절, 면역, 멍들다, 곪다, 뇌졸중, 마취.

A reproachful -니? is what a worried mother, an older sister or a nurse friend says when you didn't look after yourself. The day's words are the ones on a hospital form and in every health news item.

words

word	romanisation	meaning	example
곪다	gomda	fester, go septic	상처를 그냥 두면 곪을 수 있다. If you leave a cut alone, it can go septic.
공중위생	gongjungwisaeng	public hygiene	식당은 공중위생 관리를 철저히 해야 한다. Restaurants must keep strict public-hygiene standards.
과민	gwamin	oversensitivity (과민 반응)	그는 작은 일에도 과민 반응을 보인다{boida-2}. He overreacts to the smallest things.
교정	gyojeong	straightening, correction (치아 교정)	치아 교정은 보통 2년 정도 걸린다. Straightening teeth usually takes about two years.
구토	guto	vomiting	상한 음식을 먹으면 구토를 할 수 있다. Eating bad food can make you vomit.
균	gyun	germ, bacteria	손을 자주 씻어야 균이 퍼지지 않는다. Wash your hands often so germs don't spread.
근시안	geunsian	short-sightedness (근시안적)	눈앞의 이익만 보는 것은 근시안적인 태도이다. Seeing only the immediate gain is a short-sighted attitude.
급성	geupseong	acute (illness)	급성 질환은 갑자기 증상이 나타난다. Acute illnesses appear suddenly.
기절	gijeol	fainting	더위 때문에 기절하는 사람도 있었다. Some people even fainted in the heat.
까무러치다	kkamureochida	faint, pass out (colloquial)	너무 놀라서 까무러칠 뻔했다. I nearly passed out from the shock.
낙태	naktae	abortion (legal, medical term)	낙태에 관한 법은 나라마다 다르다. Laws on abortion differ from country to country.
난청	nancheong	hearing loss	이어폰을 너무 크게 들으면 난청이 생길 수 있다. Listening with earphones too loud can cause hearing loss.
남용	namyong	misuse, overuse	약을 남용하면 오히려 몸에 해롭다. Overusing medicine actually harms your body.
뇌사	noesa	brain death	의사들은 환자가 뇌사 상태라고 밝혔다. The doctors announced that the patient was brain-dead.
뇌졸중	noejoljung	stroke	뇌졸중은 빨리 치료할수록 좋다. With a stroke, the sooner it is treated, the better.

마취	machwi	anaesthesia	수술 전에 전신 마취를 받았다. I was given a general anaesthetic before the operation.
만연	manyeon	spread, being rampant	옛날에는 전염병이 만연했다. In the old days, epidemics were rampant.
멀다	meolda	go blind (눈이 멀다)	그는 사고{sago}로 한쪽 눈{nun-2}이 멀었다. He lost the sight of one eye in an accident.
멍들다	meongdeulda	bruise, be bruised	넘어져서 무릎이 멍들었다. I fell and bruised my knee.
면역	myeonyeok	immunity	잠이 부족하면 면역이 약해진다. Lack of sleep weakens your immunity.
발병	balbyeong	onset, outbreak (of a disease)	독감은 겨울에 발병이 잦다. Flu breaks out often in winter.
백혈병	baekhyeolbyeong	leukaemia	백혈병을 이겨 낸{=(-어 내다) through to the end} 아이가 학교로 돌아갔다. The child who beat leukaemia went back to school.

pattern how can you ...? (scolding): -니 / -으니

verb, adjective -니? / -으니? | **왜 / 어쩌면 / 어떡하니** | **a reproach, not a real question**

A question in -니 / -으니 can be a reproach: the speaker doesn't want an answer but tells you off. It comes with 왜, 어쩌면 그렇게 or 어떡하니: 왜 그렇게 고집이 세니? (why are you so stubborn?), 어쩌면 그렇게 무심하니? Adjective stems ending in a consonant take -으니 (손이 왜 이렇게 작으니?), others -니. It is 반말: parents, older relatives, close friends.

넌 어쩌면 그렇게 고집이 세니? **neon eojjeomyeon geureoke gojip i seni** How can you be so stubborn?

밥도 안 먹고 일만 하면 어떡하니? **bap do an meokgo il man hamyeon eotteokani** What are you doing, working without even eating?

방이 이게 뭐니? 왜 이렇게 지저분하니? **bang i ige mwoni wae ireoke jijeobunhani** What is this room? Why is it so messy?

dialogue the kimbap from the street stand

jiho 안나야, 왜 그래? 얼굴이 하얘.

anna ya wae geurae eolgul i hayae · Anna, what's wrong? You're white as a sheet.

anna 저녁에 먹은 게 잘못됐나 봐. 속이 안 좋고 계속 구토가 나.

jeonyeok e meogeun ge jalmot dwaenna bwa sok i an joko gyesok guto ga na · Something I ate for dinner must have been bad. My stomach is upset and I keep throwing up.

jiho 어디서 뭘 먹었는데?

eodiseo mwol meogeonneunde · What did you eat, and where?

anna 회사 앞 길거리에서 김밥을 사 먹었어. 좀 오래돼 보였는데 배가 너무 고파서.

hoesa ap gilgeori eseo gimbap eul sa meogeosseo jom orae dwae boyeonneunde bae ga neomu gopaseo · I bought kimbap on the street outside the office. It looked a bit old, but I was so hungry.

jiho 그런 걸 왜 먹니? 여름에는 균이 금방 늘어난다고 내가 몇 번이나 말했니?

geureon geol wae meongni yeoreum e neun gyun i geumbang neureonanda go naega myeot beon ina mal haenni · Why would you eat something like that? How many times have I told you germs multiply fast in summer?

anna 미안해. 조심한다고 했건만 배고픈 걸 못 참았어.

mian hae josim handago haetgeonman baegopeun geol mot chamasseo · Sorry. I meant to be careful, but I couldn't bear being hungry.

jiho 열도 있네. 급성 식중독일 수도 있어. 전염되는 병이 아니라서 격리할 필요는 없지만, 요즘 잠도 못 자서 면역이 떨어졌을 거야.

yeol do inne geupseong sikjungdok il su do isseo jeonyeom doeneun byeong i aniraseo gyeongni hal piryo neun eopjiman yojeum jam do mot jaseo myeonyeok i tteoreojeosseul geo ya · You've got a temperature too. It could be acute food poisoning. It isn't catching, so there's no need to isolate you, but you've not been sleeping lately, so your immunity will be down.

jiho 지난번 손 상처도 곪을 때까지 그냥 뒀잖아. 넌 왜 그렇게 네 몸을 안 챙기니? 건강은 돈으로 따질 수 없는 값어치가 있는 거야.

jinanbeon son sangcheo do golmeul ttae kkaji geunyang dwotjana neon wae geureoke ne mom eul an chaenggini geongang eun don euro ttajil su eomneun gabeochi ga inneun geo ya · Last time you left that cut on your hand until it went septic. Why don't you ever look after your own body? Your health is worth more than money can measure.

choi 무슨 일인가? 아이고, 안나 학생 얼굴이 아주 하얗구먼. 등골이 서늘해서 까무러칠 뻔했네.

museun il inga aigo anna haksaeng eolgul i aju hayakumeon deunggol i seoneulhaeseo kkamureochil ppeonhaenne · What's going on? Oh my, Anna, you're terribly pale. A chill went down my spine: I nearly fainted.

anna 괜찮아요, 아주머니. 기절할 정도는 아니에요.

gwaenchanayo ajumeoni gijeol hal jeongdo neun anieyo · I'm all right, Mrs Choi. It's not bad enough to faint.

jiho 아주머니, 오늘 밤은 제가 옆에서 지켜볼게요. 계속 토하면 바로 병원에 갈게요.

ajumeoni oneul bam eun jega yeop eseo jikyeobolgeyo gyesok tohamyeon baro byeongwon e galgeyo · Mrs Choi, I'll keep an eye on her tonight. If she keeps vomiting, we'll go straight to hospital.

choi 지호 학생이 있으니 마음이 놓이네. 내 오른팔이 따로 없구먼. 내가 따뜻한 보리차를 끓여 오지.

jiho haksaeng i isseuni maeum i noine nae oreunpal i ttaro eopgumeon naega ttatteutan boricha reul kkeuryeo oji · With Jiho here I feel easier. You're my right-hand man, truly. I'll make some warm barley tea.

write it trace the grey, then write your own

곪
gom
fester, go septic

good to know · A scolding -니? is not rude between close people: it shows you care. But never use it upward. To someone older, worry politely: 왜 말씀 안 하셨어요? Proverb: 호미로 막을 것을 가래로 막는다. Blocking with a spade what a hoe could have stopped: a small cut left alone becomes a septic wound.

Look after yourself, or Jiho will ask: 왜 그렇게 네 몸을 안 챙기니? Tomorrow: on the ward.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

day 55 on the ward

Talk about hospitals and care: 병동, 병상, 병세, 부축, 수혈, 염증, 위독하다, 요양원, 영양사, and read a hospital notice: N에 한해 / -지 않도록 / -기 바랍니다.

Hospital words come up in TOPIK listening (announcements, a nurse's advice) and reading (notices, health columns). Today you visit a ward with someone who works there.

words

word	romanisation	meaning	example
병동	byeongdong	(hospital) ward, block	소아 병동은 3층에 있다. The children's ward is on the 3rd floor.
병상	byeongsang	hospital bed, sickbed	그는 석 달째 병상에 누워 있다. He has been in a hospital bed for three months.
병세	byeongse	(a patient's) condition	환자의 병세가 많이 좋아졌다. The patient's condition has improved a lot.
병적	byeongjeok	pathological, unhealthy (behaviour)	손을 병적으로 자주 씻는 사람도 있다. Some people wash their hands obsessively often.
보건	bogeon	(public) health	보건 당국은 손 씻기를 강조했다. The health authorities stressed hand-washing.
부축	buchuk	helping someone walk, support	환자는 간호사의 부축을 받으며 걸었다. The patient walked with a nurse supporting him.
비염	biyeom	rhinitis, nasal inflammation	봄만 되면{doeda} 비염 때문에 코가 막힌다. Every spring my nose gets blocked from rhinitis.
빈혈	binhyeol	anaemia	빈혈이 있으면 쉽게 어지럽다. Anaemia makes you dizzy easily.
살균	salgyun	sterilisation, killing germs	아기 젖병은 사용 후 살균해야 한다. Baby bottles must be sterilised after use.
소아	soa	children (in medicine), paediatric	소아 병동에는 장난감이 많다. There are lots of toys on the children's ward.
수혈	suhyeol	blood transfusion	큰 수술을 할 때는 수혈이 필요할 수 있다. A major operation may need a transfusion.
신음	sineum	groan, moan	옆 병상에서 신음 소리가 들렸다. Groans came from the next bed.
악성	akseong	malignant, vicious (악성 댓글)	악성 댓글로 고통받는 사람들이 많다. Many people suffer from vicious online comments.
안락사	allaksa	euthanasia	안락사를 허용할지에 대해서는 나라마다 의견이 다르다. Countries disagree on whether to allow euthanasia.

약물	yangmul	medicine, drug(s)	약물은 의사의 처방에 따라 먹어야 한다. Medicines must be taken as a doctor prescribes.
염증	yeomjeung	inflammation	상처에 염증이 생겨서 병원에 갔다. The wound got inflamed, so I went to the doctor.
영양사	yeongyangsa	dietitian, nutritionist	학교 영양사가 일주일 메뉴를 짰다{jjada-2}. The school dietitian planned the week's menu.
요양	yoyang	rest and recuperation, convalescence	그는 수술 후 시골에서 요양을 했다. He convalesced in the countryside after his operation.
요양원	yoyangwon	care home, sanatorium	주말마다 요양원에 계신 할머니를 찾아간다. Every weekend I visit my grandma in the care home.
위독하다	widokada	critically ill	환자가 한때 위독했지만 지금은 안정되었다. The patient was critical for a while but is stable now.
위생적	wisaengjeok	hygienic, sanitary	음식은 위생적으로 보관해야 한다. Food must be stored hygienically.
위암	wiam	stomach cancer	위암은 일찍 발견하면 치료가 잘된다. Stomach cancer responds well to treatment if caught early.

pattern hospital notices: N에 한해 / -지 않도록 / -기 바랍니다

N에 한해 (only N) **-지 않도록 (so as not to)** **-기 바랍니다 (please …)**

Hospital and public notices are built from a few formal pieces: N에 한해 limits a rule (가족 1명에 한해 = only one carer), -지 않도록 gives the purpose of a rule (감염되지 않도록 = so as not to catch anything), and -기 바랍니다 is the polite command (손을 소독하기 바랍니다). TOPIK question 51 often asks you to fill in exactly these.

환자 방문은 오후 6시부터 8시까지 가족에 한해 가능합니다. **hwanja bangmun eun ohu si buteo si kkaji gajok e hanhae ganeung hamnida** Visits are allowed from 6 to 8 p.m., for family only.

다른 환자에게 균이 퍼지지 않도록 손을 소독해 주십시오. **dareun hwanja ege gyun i peojiji antorok son eul sodok hae jusipsio** Please disinfect your hands so that germs don't spread to other patients.

병동 안에서는 휴대 전화를 진동으로 해 주시기 바랍니다. **byeongdong an eseo neun hyudae jeonhwa reul jindong euro hae jusigi baramnida** Please set your phone to vibrate on the ward.

dialogue lunch in the staff canteen

anna 지호야! 진료 끝나고 왔어. 병원에 와 보니 너 진짜 바쁘구만.

jiho ya jillyo kkeunnago wasseo byeongwon e wa boni neo jinjja bappeuguman · Jiho! I came straight from my appointment. Seeing the hospital, you really are busy!

jiho 왔어? 검사 결과는 어때? 회사에는 언제 복귀해?

wasseo geomsa gyeolgwa neun eottae hoesa e neun eonje bokgwi hae · You're here? How were the results? When are you going back to work?

anna 의사 선생님이 위에 염증이 조금 있대. 약 먹으면 괜찮아진대.

uisa seonsaengnim i wi e yeomjeung i jogeum itdae yak meogeumyeon gwaenchanajindae · The doctor says there's a bit of inflammation in my stomach. It'll be fine with medicine.

jiho 다행이다. 나중에 위암 검사도 한번 받아 봐. 한국에서는 흔한 병이야.

dahaeng ida najung e wiam geomsa do hanbeon bada bwa hanguk eseo neun heunhan byeong iya · Thank goodness. Get a stomach-cancer screening some time, too. It's a common illness in Korea.

anna 알았어. 근데 너는 어느 병동에서 일해?

arasseo geunde neo neun eoneu byeongdong eseo il hae · OK. Which ward do you work on, anyway?

jiho 7층 내과 병동. 지난번 홍수 때는 수재민 진료소에도 나갔었어. 다음 달부터는 소아 병동을 도울 수도 있어.

cheung naegwa byeongdong jinanbeon hongsu ttae neun sujaemin jillyo so e do nagasseosseo daeum dal buteo neun soa byeongdong eul doul su do isseo · The internal-medicine ward on the 7th floor. During the last floods I also went out to the clinic for flood victims. From next month I might help on the children's ward.

anna 거기서 처참한 모습을 많이 봤을 것 같아. 아이들 돌보는 것도 힘들지 않아?

geogiseo cheochamhan moseup eul mani bwasseul geot gata aideul dolboneun geot do himdeulji ana · You must have seen a lot of terrible sights there. And isn't looking after children hard too?

jiho 힘들지. 그래도 병세가 좋아져서 퇴원하는 아이를 보면 다 잊어버려.

himdeulji geuraedo byeongse ga joajeoseo toewon haneun ai reul bomyeon da ijeobeoryeo · It is. But when I see a child go home because they've got better, I forget all of it.

anna 지난주 밤 근무는 어땠어?

jinanju bam geunmu neun eottaesseo · How was your night shift last week?

jiho 한 할머니가 밤새 신음하셔서 계속 옆에 있었어. 한때 위독하셨는데 다행히 위험한 순간은 넘기셨어.

han halmeoni ga bamsae sineum hasyeoseo gyesok yeop e isseosseo hanttae widokasyeonneunde dahaenghi wiheom han sungan eun neomgisyeosseo · An elderly lady was groaning all night, so I stayed with her. She was critical for a while, but luckily she got through it.

jiho 자, 이건 우리 병원 영양사 선생님이 짠 메뉴야. 위생적이고 맛도 괜찮아.

ja igeon uri byeongwon yeongyangsa seonsaengnim i jjan menyu ya wisaengjeok igo mat do gwaenchana · Here, this is a menu our hospital dietitian put together. It's hygienic and it tastes all right.

anna 음, 병원 밥이 생각보다 맛있구만! 병원 밥은 난생처음 먹어 봐. 이제 소화가 잘되는 것만 먹을게.

eum byeongwon bap i saenggak boda masitguman byeongwon bap eun nansaengcheoeum meogeo bwa ije sohwa ga jal doeneun geot man meogeulge · Mm, hospital food is tastier than I thought! It's the first time in my life I've eaten it. From now on I'll only eat things that are easy to digest.

good to know · 병 compounds are everywhere on a ward: 병동 (ward), 병상 (hospital bed), 병세 (a patient's condition), 병실 (room); 병적 (pathological) is the odd one out: it describes behaviour, not a place. 위독하다 is serious news: 위독하시다 means a patient may not survive. Families are called with 위독하시니 빨리 오세요.

You can now read a ward notice and talk to a nurse. Tomorrow: treatment and recovery.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

wishyou.today learning

day 56 treatment and recovery

Korean TOPIK 6 in 131 days
unit 8 · body & health

Talk about getting better or worse: 호전되다, 악화되다, 후유증이 남다, and about treatment: 재활, 접종, 이식, 항생제, 항암 치료, 투병, 치유.

Recovery has its own vocabulary, in news about medicine, in a friend's update after surgery and in TOPIK reading passages about health research.

words

word	romanisation	meaning	example
유전병	yujeonbyeong	hereditary disease	유전병은 부모에게서 자녀에게 이어진다. Hereditary diseases pass from parents to children.
의술	uisul	medical skill, medicine (the art)	요즘은 의술이 많이 발전했다. Medicine has advanced a great deal these days.
의학적	uihakjeok	medical	그 방법은 의학적으로 증명되지 않았다. That method hasn't been proved medically.
이식	isik	transplant	그는 형에게 간{gan-3}을 이식해 주었다. He gave his brother part of his liver in a transplant.
자가	jaga	self-, your own (자가 진단)	열{yeol-2}이 나면 먼저 자가 진단을 해 보세요. If you have a temperature, first check yourself.
재활	jaehwal	rehabilitation	그는 수술 후 재활 운동을 열심히 했다. He worked hard at his rehab after the operation.
접종	jeopjong	vaccination, jab	노인은 매년 독감 예방 접종을 받는 것이 좋다. Older people should get a flu jab every year.
중병	jungbyeong	serious illness	할머니는 중병을 앓고도 늘 웃으셨다. Grandma was seriously ill, yet she always smiled.
중증	jungjeung	severe (case), seriously ill	중증 환자는 큰 병원으로 옮겨졌다. The seriously ill patients were moved to a large hospital.
증후군	jeunghugun	syndrome	명절이 끝나면 명절 증후군을 겪는 사람이 많다. After the holidays, many people suffer from holiday syndrome.
출혈	chulhyeol	bleeding	수술 중에 출혈이 거의 없었다. There was hardly any bleeding during the operation.
치매	chimae	dementia	꾸준한 운동은 치매 예방에 도움이 된다{doeda}. Regular exercise helps prevent dementia.
치명적	chimyeongjeok	fatal, critical	작은 실수가 치명적인 결과를 가져올 수 있다. A small mistake can have fatal consequences.
치유	chiyu	healing, cure	숲에서 마음의 상처를 치유하는 사람이 많다. Many people heal the wounds of the heart in the forest.

투병	tubyeong	fighting an illness	그는 3년간의 투병 끝에 건강을 되찾았다. After three years fighting illness, he regained his health.
폐렴	pyeryeom	pneumonia	감기가 심해져서 폐렴이 되었다{doeda}. The cold got worse and turned into pneumonia.
항생제	hangsaengje	antibiotic	의사가 항생제를 처방해 주었다. The doctor prescribed antibiotics.
항암	hangam	anti-cancer (항암 치료)	그는 항암 치료를 받고 있다. He is having chemotherapy.
해독	haedok	detoxification	녹차에는 해독 작용이 있다고 알려져 있다. Green tea is said to help detoxify the body.
현기증	hyeongijeung	dizziness, vertigo	갑자기 일어나면 현기증이 날{=come on (나다)} 수 있다. Standing up suddenly can make you dizzy.
호전	hojeon	improvement (호전되다)	약을 바꾼 뒤 증상이 호전되었다. The symptoms improved after the medicine was changed.
후유증	huyujeung	after-effects	다행히 사고{sago} 후유증은 남지 않았다. Luckily the accident left no after-effects.

pattern better or worse: 호전되다 / 악화되다 / 후유증이 남다

증상, 병세가 호전되다 | 증상, 병세가 악화되다 | 후유증이 남다 / 생기다

Doctors and the news describe a patient's course with 호전되다 (improve) and 악화되다 (get worse): 병세가 호전되었다. 후유증 is what stays after an illness or accident: 후유증이 남다 (there are after-effects). The same words also describe the economy or a relationship: 경기가 호전되다.

약을 바꾼 뒤 증상이 눈에 띄게 호전되었다. **yak eul bakkun dwi jeungsang i nun e ttige hojeon doeeotda** After the medicine was changed, the symptoms improved noticeably.

무리하면 병세가 다시 악화될 수 있다. **muri hamyeon byeongse ga dasi akhwa doel su itda** If you overdo it, your condition may worsen again.

다행히 사고 후유증은 남지 않았다. **dahaenghi sago huyujeung eun namji anatda** Luckily the accident left no after-effects.

dialogue back from knee surgery

anna 차장님! 벌써 출근하셨어요? 무릎 수술은 잘 끝났어요?
chajang nim beolsseo chulgeun hasyeosseoyo mureup susul eun jal kkeunnasseoyo · Hyunwoo! You're back already? Did the knee operation go well?

hyunwoo 네, 덕분에요. 자전거 사고였는데 출혈이 적어서 수혈도 필요 없었고 경과도 좋대요.
ne deokbun e yo jajeongeo sago yeonneunde chulhyeol i jeogeoseo suhyeol do piryo eopseotgo gyeonggwa do jotaeyo · Yes, thanks. It was a bike accident, but there was so little bleeding that I didn't need a transfusion, and they say it's healing well.

anna 다행이에요. 요즘은 의술이 정말 좋아졌네요.
dahaeng ieyo yojeum eun uisul i jeongmal joajeonneyo · What a relief. Medicine really has come a long way.

hyunwoo 그런데 재활 운동을 석 달은 해야 한대요. 가끔 종아리에 경련도 일어나고요. 제가 이렇게 오래 쉰 게 언제였던가 싶어요.
geureonde jaehwal undong eul seok dal eun haeya handaeyo gakkeum jongari e gyeongnyeon do ireonago yo jega ireoke orae swin ge eonje yeotdeonga sipeoyo · But I have to do rehab exercises for three months. And I sometimes get cramp in my calf. I can hardly remember when I last took this long off.

anna 부장님이 이번 주 제주도 출장을 차장님께 가라고 하셨다면서요? 다리도 불편하신데 비행기를 타고 가시래서야 되겠어요?
bujangnim i ibeon ju jejudo chuljang eul chajang nim kke garago hasyeotdamyeonseoyo dari do bulpyeon hasinde bihaenggi reul tago gasiraeseoya doegesseoyo · I hear Mr Park told you to go on this week's Jeju trip? With your leg like that, how can they ask you to fly there?

hyunwoo 하하, 부장님도 그렇게 생각하셨는지 안나 씨가 대신 가래요.
haha bujangnim do geureoke saenggak hasyeonneunji anna ssi ga daesin ga raeyo · Ha ha, Mr Park must have thought the same: he says you're to go instead.

anna 그럴 줄 알았어요. 사고 후유증은 없으세요?
geureol jul arasseoyo sago huyujeung eun eopseuseyo · I thought so. Do you have any after-effects from the accident?

hyunwoo 가끔 현기증이 나고 몸이 나른해요. 항생제를 일주일 먹어서 그럴 수도 있대요.
gakkeum hyeongijeung i nago mom i nareunhaeyo hangsaengje reul iljuil meogeoseo geureol su do itdaeyo · I get dizzy now and then, and I feel sluggish. They say it might be from a week of antibiotics.

anna 그럼 오늘은 무리하지 마세요. 차장님 부재 중에 쌓인 일은 제가 나눠서 할게요. 무거운 건 제가 들게요.
geureom oneul eun muri haji maseyo chajang nim bujae jung e ssain il eun jega nanwoseo halgeyo mugeoun geon jega deulge yo · Then don't push yourself today. I'll share out the work that piled up while you were away. And I'll carry anything heavy.

hyunwoo 고마워요. 그래도 하루하루 몸이 호전되는 게 느껴져요.
gomawoyo geuraedo haruharu mom i hojeon doeneun ge neukkyeojeoyo · Thank you. But I can feel myself getting better every day.

anna 기타 치시는 손은 괜찮죠?
gita chisineun son eun gwaenchanchyo · Your guitar-playing hands are all right, aren't they?

hyunwoo 손은 멀쩡해요. 제 구실을 잘해요. 다 나으면 팀 회식 때 한 곡 할게요.
son eun meoljjeonghaeyo je gusil eul jalhaeyo da naeumyeon tim hoesik ttae han gok halgeyo · My hands are fine and doing their job. When I'm fully better, I'll play a song at the next team dinner.

good to know · Medicine words with 항- mean "anti-": 항생제 (antibiotic), 항암 (anti-cancer), 항체 (antibody). With 자가-: 자가 진단 (self-diagnosis), 자가 격리 (self-isolation). Four-character word: 전화위복 (轉禍爲福). Misfortune turned into a blessing: Hyunwoo's knee gives Anna the Jeju trip.

Every day a little better: 하루하루 호전되고 있어요. Tomorrow: the mission, a night on Jiho's ward.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

wishyou.today learning

day 57 mission: jiho's night shift

Korean TOPIK 6 in 131 days
unit 8 · body & health

Follow a night on a hospital ward, from the handover to the morning after, understand a health column, and describe health data in a TOPIK 53 paragraph.

The mission puts the body-and-health words to work in the text types TOPIK uses: a spoken report, phone talk at 1 a.m., an older speaker's scolding and a health column read aloud.

chapter 1 jiho reads the handover to the night team

jiho 근무 전에 전달 사항을 정리해 드리겠습니다. 현재 병상 30개 중 28개에 환자분이 계십니다.
geunmu jeon e jeondal sahang eul jeongni hae deurigetseumnida hyeonjae byeongsang gae jung gae e hwanja bun i gyesimnida · Before the shift, I'll go through the handover. 28 of our 30 beds are occupied.

jiho 701호 할머니는 폐렴으로 입원하신 지 열흘째입니다. 항생제를 바꾼 뒤 병세가 많이 호전되었지만 아직 기력이 없으셔서 부축이 필요합니다.
ho halmeoni neun pyeryeom euro ibwon hasin ji yeolheul jjae imnida hangsaengje reul bakkun dwi byeongse ga mani hojeon doeeotjiman ajik giryeok i eopseusyeoseo buchuk i piryo hamnida · The lady in 701 has been in for ten days with pneumonia. Since the antibiotics were changed, she has improved a lot, but she is still weak and needs support to walk.

jiho 702호 환자분은 어제 위암 수술을 받으셨습니다. 출혈이 없는지 두 시간마다 확인해 주십시오. 전신 마취 후유증으로 가끔 구토를 하십니다.
ho hwanja bun eun eoje wiam susul eul badeusyeotseumnida chulhyeol i eomneunji du sigan mada hwagin hae jusipsio jeonsin machwi huyujeung euro gakkeum guto reul hasimnida · The patient in 702 had stomach-cancer surgery yesterday. Please check every two hours for bleeding. He is sometimes sick, an after-effect of the general anaesthetic.

jiho 704호는 급성 위염 환자분으로, 항생제를 쓰고 있습니다.
ho neun geupseong wiyeom hwanja bun euro hangsaengje reul sseugo itseumnida · 704 has acute gastritis and is on antibiotics.

jiho 703호는 급성 기관지 염증 환자분입니다. 비염도 있으셔서 밤에 숨이 가쁘실 수 있습니다.
ho neun geupseong gigwanji yeomjeung hwanja bun imnida biyeom do isseusyeoseo bam e sum i gappeusil su itseumnida · 703 has acute inflammation of the airways. She also has rhinitis, so she may be short of breath at night.

jiho 705호 할아버지는 뇌졸중 이후 재활 치료 중이십니다. 하반신에 힘이 없으셔서 거동이 불편하시고, 가벼운 치매 증상도 있으십니다.
ho harabeoji neun noejoljung ihu jaehwal chiryo jung isimnida habansin e him i eopseusyeoseo geodong i bulpyeon hasigo gabyeoun chimae jeungsang do isseusimnida · The gentleman in 705 is in rehab after a stroke. His legs are weak, so he has trouble getting about, and he has mild dementia.

jiho 또 가족 중에 유전병이 있으셔서 의학적으로 꾸준한 관찰이 필요합니다.
tto gajok jung e yujeonbyeong i isseusyeoseo uihakjeok euro kkujunhan gwanchal i piryo hamnida · He also has a hereditary illness in the family, so he needs regular medical monitoring.

jiho 706호는 전염병이 의심되어 격리 중입니다. 들어가실 때는 반드시 마스크를 쓰고, 나오실 때는 손을 살균 소독해 주십시오.
ho neun jeonyeombyeong i uisim doeeo gyeongni jung imnida deureogasil ttae neun bandeusi maseukeu reul sseugo naosil ttae neun son eul salgyun sodok hae jusipsio · 706 is in isolation with a suspected infectious disease. Wear a mask when you go in, and disinfect your hands when you come out.

jiho 707호 환자분은 빈혈이 심해서 오늘 오후에 수혈을 받으셨습니다. 맥박과 얼굴빛을 자주 확인해 주십시오.
ho hwanja bun eun binhyeol i simhaeseo oneul ohu e suhyeol eul badeusyeotseumnida maekbak gwa eolgul bit eul jaju hwagin hae jusipsio · The patient in 707 is severely anaemic and had a transfusion this afternoon. Check her pulse and colour often.

jiho 708호 할머니는 요양원에서 오셨습니다. 밤에 신음을 자주 하시니까 통증이 있으신지 살펴주십시오.
ho halmeoni neun yoyangwon eseo osyeotseumnida bam e sineum eul jaju hasinikka tongjeung i isseusinji salpyeo jusipsio · The lady in 708 came from a care home. She often moans at night, so check carefully whether she is in pain.

jiho 709호는 간 이식 수술을 받으신 지 한 달 된 중증 환자분입니다. 면역이 약하셔서 작은 감염도 치명적일 수 있습니다.
ho neun gan isik susul eul badeusin ji han dal doen jungjeung hwanja bun imnida myeonyeok i yakasyeoseo

jageun gamyeom do chimyeongjeok il su itseumnida · 709 is a seriously ill patient one month after a liver transplant. Her immunity is low, so even a small infection could be fatal.

jiho 710호 환자분은 백혈병으로 항암 치료를 받고 계십니다. 오랜 투병으로 많이 지치셨으니 말씀을 따뜻하게 해 주십시오.

ho hwanja bun eun baekhyeolbyeong euro hangam chiryo reul batgo gyesimnida oraen tubyeong euro mani jichisyeosseuni malsseum eul ttatteutage hae jusipsio · The patient in 710 is having chemotherapy for leukaemia. A long fight with the illness has left him very tired, so please speak to him gently.

jiho 711호 할아버지는 난청이 있으셔서 말씀을 천천히, 크게 해 주십시오.

ho harabeoji neun nancheong i isseusyeoseo malsseum eul cheoncheonhi keuge hae jusipsio · The gentleman in 711 is hard of hearing, so please speak slowly and loudly.

jiho 마지막으로, 내일 아침에 영양사 선생님이 식사 상담을 하러 오십니다. 이상입니다.

majimak euro naeil achim e yeongyangsa seonsaengnim i siksa sangdam eul hareo osimnida isang imnida · Finally, the dietitian is coming tomorrow morning to talk about meal plans. That's all.

chapter 2 two people awake

anna 지호야, 아직 일하지? 지금 쉬는 시간이야?

jiho ya ajik il haji jigeum swineun sigan iya · Jiho, you're still working, right? Is this your break?

jiho 응, 10분. 너는 이 시간에 왜 안 자?

eung bun neo neun i sigan e wae an ja · Yes, ten minutes. Why aren't you asleep at this hour?

anna 논문 고치고 있어. 송 교수님한테 의견을 받았거든.

nonmun gochigo isseo song gyosu nim hante uigyeon eul badatgeodeun · I'm revising my thesis. I got comments from Professor Song.

jiho 교수님 반응은 어떻던?

gyosu nim baneung eun eotteoteon · How did the professor react?

anna 방법은 좋은데 결론이 약하대. 너는 밤새 환자를 돌보는데 나는 졸리다고 하면 안 되겠구만.

bangbeop eun joeunde gyeollon i yakadae neo neun bamsae hwanja reul dolboneunde na neun jollida go hamyeon an doegetguman · The method's good but the conclusion is weak, he says. You're looking after patients all night, so I can't exactly complain about being sleepy!

jiho 하하. 아까 703호 환자분이 숨이 가쁘셔서 한참 옆에 있었어. 오늘 밤은 조용했으면 좋겠다.

haha akka ho hwanja bun i sum i gappeusyeoseo hancham yeop e isseosseo oneul bam eun joyonghaesseumyeon joketda · Ha ha. Earlier the patient in 703 was short of breath, so I stayed with her for a while. I hope the rest of the night is quiet.

jiho 아까 소아 병동에 잠깐 도우러 갔는데, 아이 하나가 주사 맞기 싫다고 엄지를 손아귀에 꼭 쥐고 울더라.

akka soa byeongdong e jamkkan doureo ganneunde ai hana ga jusa matgi silta go eomji reul sonagwi e kkok jwigo uldeora · Earlier I went to help on the children's ward for a bit, and one little boy didn't want his injection: he cried with his thumb clenched tight in his fist.

anna 귀엽다. 어금니 꽉 깨물고 참는 어른들보다 솔직하네.

gwiyeopda eogeumni kkwak kkaemulgo chamneun eoreundeul boda soljikane · Sweet. More honest than adults who grit their teeth and bear it.

anna 너도 물 많이 마셔. 수분이 부족하면 현기증이 난다며.

neo do mul mani masyeo subun i bujok hamyeon hyeongijeung i nandamyeo · Drink plenty of water yourself. You said you get dizzy if you don't drink enough.

jiho 내가 한 말을 다 기억하는구만!

naega han mal eul da gieok haneunguman · So you remember everything I say!

anna 당연하지. 그러고 보니 너한테 고맙다고 말한 게 언제였던가. 늘 고마워.

dangyeonhaji geureogo boni neo hante gomapdago mal han ge eonje yeotdeonga neul gomawo · Of course. Come to think of it, when did I last tell you thank you? I'm always grateful.

jiho 갑자기 왜 그래. 얼른 자. 아침에 봐.

gapjagi wae geurae eolleun ja achim e bwa · Where's this coming from? Go to sleep. See you in the morning.

chapter 3 mrs choi's seaweed soup

choi 지호 학생, 이제 오는가? 얼굴이 아주 창백하구먼.
jiho haksaeng ije oneunga eolgul i aju changbaekagumeon · Jiho, just back? You look very pale.

jiho 다녀왔습니다, 아주머니. 밤새 정신이 없었어요.
danyeowatseumnida ajumeoni bamsae jeongsin i eopseosseoyo · I'm home, Mrs Choi. The night was hectic.

anna 무슨 일 있었어?
museun il isseosseo · Did something happen?

jiho 새벽 3시쯤 708호 할머니 맥박이 갑자기 약해지셨어. 식은땀을 흘리시고 한때 위독하셨어.
saebyeok si jjeum ho halmeoni maekbak i gapjagi yakaejisyeosseo sigeunttam eul heullisigo hanttae widokasyeosseo · Around 3 a.m. the pulse of the lady in 708 suddenly weakened. She broke out in a cold sweat, and for a while she was critical.

choi 아이고, 그분이 지난번에 말한 요양원에서 오신 할머니였던가?
aigo geubun i jinanbeon e mal han yoyangwon eseo osin halmeoni yeotdeonga · Oh dear, was that the lady from the care home you mentioned last time?

jiho 네. 의사 선생님이 바로 오셔서 약물 치료를 했어요. 다행히 아침에는 병세가 안정되셨어요.
ne uisa seonsaengnim i baro osyeoseo yangmul chiryo reul haesseoyo dahaenghi achim e neun byeongse ga anjeong doesyeosseoyo · Yes. The doctor came at once and gave her medication. Luckily by morning her condition had stabilised.

anna 지호야, 손등이 멍들었네? 어떻게 된 거야?
jiho ya sondeung i meongdeureonne eotteoke doen geo ya · Jiho, the back of your hand is bruised! What happened?

jiho 새벽에 할머니를 부축하다가 침대에 부딪혔어. 괜찮아, 뼈는 성해.
saebyeok e halmeoni reul buchuk hadaga chimdae e budicheosseo gwaenchana ppyeo neun seonghae · I bumped into the bed while I was helping the lady up in the night. It's fine, nothing's broken.

choi 아이고, 그러다 상처가 곪으면 어떡하니? 균이라도 들어가면 큰일이야. 약부터 바르게.
aigo geureoda sangcheo ga golmeumyeon eotteokani gyun irado deureogamyeon keunil iya yak buteo bareuge · Oh dear, what if it goes septic? It would be serious if germs got in. Put some ointment on it first.

jiho 할머니가 혼자 화장실에 가시다가 기절하실 뻔했는데, 그걸 보고 저도 까무러칠 뻔했어요.
halmeoni ga honja hwajangsil e gasidaga gijeol hasil ppeonhaenneunde geu geol bogo jeo do kkamureochil ppeonhaesseoyo · The lady nearly fainted going to the toilet on her own, and seeing it, I nearly passed out myself.

choi 몸집도 작은 사람이 어떻게 그 일을 다 하는지 모르겠구먼. 체격은 왜소하지만 힘은 장사야.
momjip do jageun saram i eotteoke geu il eul da haneunji moreugetgumeon chegyeok eun waesohajiman him eun jangsa ya · I don't know how someone so small manages all that. Slight as you are, you're as strong as an ox.

choi 고생했네. 그런데 밥은 먹었는가? 밤새 일하고 와서 밥도 안 먹고 자려고 하면 어떡하니?
gosaeng haenne geureonde bap eun meogeonneunga bamsae il hago waseo bap do an meokgo jaryeogo hamyeon eotteokani · Well done. But have you eaten? What are you doing, working all night and going to bed without eating?

jiho 너무 피곤해서 허기도 안 느껴져요. 몸만 나른해요.
neomu pigon haeseo heogi do an neukkyeojeoyo mom man nareunhaeyo · I'm so tired I don't even feel hungry. I just feel sluggish.

choi 그래도 한 숟가락이라도 뜨고 자게. 기력이 없을 때는 미역국이 제일 좋다네.
geuraedo han sutgarak irado tteugo jage giryeok i eopseul ttae neun miyeokguk i jeil jotane · Have a spoonful at least before you sleep. When you've no strength left, seaweed soup is best.

jiho 감사합니다. 먹고 나서 개운하게 씻고 푹 잘게요.
gamsa hamnida meokgo naseo gaeunhage ssitgo puk jalgeyo · Thank you. After I eat, I'll have a nice wash and sleep soundly.

choi 일을 참 열심히 하는구먼. 그래도 자네 몸부터 챙기게.
il eul cham yeolsimhi haneungumeon geuraedo jane mom buteo chaenggige · You work so hard. But look after yourself first.

chapter 4 listening practice: “who looks after the people of the night?”

kim 오늘은 건강 칼럼을 듣고 중심 생각을 찾아봅시다.

oneul eun geongang kalleom eul deutgo jungsim saenggak eul chajabopsida · Today let's listen to a health column and find the main idea.

kim 간호사, 경찰관, 소방관처럼 밤에 일하는 사람이 적지 않다. 보건 전문가들은 이들의 수면 부족이 이미 만연해 있다고 말한다.

ganhosa gyeongchalgwan sobanggwan cheoreom bam e il haneun saram i jeokji anta bogeon jeonmunga deul eun i deul ui sumyeon bujok i imi manyeon hae itdago mal handa · Many people work at night, such as nurses, police officers and firefighters. Health experts say that lack of sleep is already widespread among them.

kim 밤에 일하면 몸의 리듬이 깨지기 쉽다. 잠이 부족하면 신진대사가 떨어지고 면역이 약해져서 감기나 폐렴에 잘 걸린다.

bam e il hamyeon mom ui rideum i kkaejigi swipda jam i bujok hamyeon sinjindaesa ga tteoreojigo myeonyeok i yakaejeoseo gamgi na pyeryeom e jal geollinda · Working at night easily upsets the body's rhythm. Without enough sleep, the metabolism slows and immunity weakens, so you catch colds and pneumonia more easily.

kim 식사 때를 놓쳐 허기를 느끼거나 속이 더부룩한 일도 많다. 또 수분이 결핍되면 현기증과 근육 경련이 생길 수 있다.

siksa ttae reul notcheo heogi reul neukkigeona sok i deoburukan il do manta tto subun i gyeolpip doemyeon hyeongijeung gwa geunyuk gyeongnyeon i saenggil su itda · Night workers often miss mealtimes and feel hungry, or have an uncomfortable stomach. And when they are short of water, they can get dizziness and muscle cramps.

kim 이런 생활이 오래 계속되면 동맥과 순환기 계통에 치명적일 수 있다는 연구도 있다.

ireon saenghwal i orae gyesok doemyeon dongmaek gwa sunhwangi gyetong e chimyeongjeok il su itda neun yeongu do itda · Some research suggests that if this way of life goes on for years, it can be fatal to the arteries and the circulatory system.

kim 오래 앉아서 일하면 목덜미와 상체 근육이 경직되고 척추에도 무리가 간다. 잠이 부족한 날은 눈꺼풀이 무겁고 온몸이 찌뿌드드하다.

orae anjaseo il hamyeon mokdeolmi wa sangche geunyuk i gyeongjik doego cheokchu e do muri ga ganda jam i bujok han nal eun nunkkeopul i mugeopgo onmom i jjippudeudeuhada · Working seated for long hours stiffens the muscles of the neck and upper body and strains the spine. On days without enough sleep, the eyelids are heavy and the whole body feels stiff.

kim 피로가 쌓이면 작은 일에도 과민 반응을 보이기 쉽고, 뇌졸중 같은 병의 발병 위험도 높아진다. 그래서 요즘은 "야간 근무 증후군"이라는 말까지 생겼다.

piro ga ssaimyeon jageun il e do gwamin baneung eul boigi swipgo noejoljung gateun byeong ui balbyeong wiheom do nopajinda geuraeseo yojeum eun yagan geunmu jeunghugun iraneun mal kkaji saenggyeotda · As fatigue builds up, you overreact to small things more easily, and the risk of illnesses such as stroke rises. That is why people now even speak of "night-shift syndrome".

kim 그렇다면 어떻게 해야 할까? 먼저 근무 뒤에는 빛을 막고 충분히 자야 한다. 가벼운 운동으로 근력과 유연성을 기르는 것도 좋다.

geureotamyeon eotteoke haeya halkka meonjeo geunmu dwi e neun bit eul makgo chungbunhi jaya handa gabyeoun undong euro geullyeok gwa yuyeonseong eul gireuneun geot do jota · So what should be done? First, after a shift, block out the light and sleep enough. Building strength and flexibility with light exercise is good too.

kim 반신욕이나 숨을 깊게 들이마시는 운동을 하면 몸이 개운해지고 활력이 생긴다. 체내 노폐물이 잘 빠지도록 물도 충분히 마셔야 한다.

bansinnyok ina sum eul gipge deurimasineun undong eul hamyeon mom i gaeunhaejigo hwallyeok i saengginda chenae nopyemul i jal ppajidorok mul do chungbunhi masyeoya handa · A half-body bath or deep-breathing exercises refresh the body and restore energy. You should also drink plenty of water so that waste leaves the body easily.

kim 독감 예방 접종도 꼭 받고, 몸에 이상이 있으면 자가 진단만 믿지 말고 병원에 가야 한다.

dokgam yebang jeopjong do kkok batgo mom e isang i isseumyeon jaga jindan man mitji malgo byeongwon e

gaya handa · Get your flu jab too, and if something feels wrong, don't rely on self-diagnosis: see a doctor.

kim 무엇보다 개인의 노력만으로는 부족하다. 아무리 의술이 발전해도 근무 시간만 늘리는 근시안적인 방식으로는 문제를 해결할 수 없다. 병원과 회사는 쉬는 시간을 보장해야 한다.

mueot boda gaein ui noryeok man euro neun bujok hada amuri uisul i baljeon haedo geunmu sigan man neullineun geunsian jeogin bangsik euro neun munje reul haegyeol hal su eopda byeongwon gwa hoesa neun swineun sigan eul bojanghaeya handa · Above all, individual effort is not enough. However far medicine advances, the short-sighted approach of simply lengthening working hours cannot solve the problem. Hospitals and companies must guarantee rest time.

kim 건강은 잃고 나서야 그 소중함을 아는 법이라. 이제는 사회가 밤을 지키는 사람들의 건강을 지켜야 한다.

geongang eun ilko naseoya geu sojungham eul aneun beop ira ije neun sahoe ga bam eul jikineun saramdeul ui geongang eul jikyeoya handa · We only know the value of health once we have lost it. Now society must protect the health of those who keep watch through the night.

kim 자, 이 글의 중심 생각은 무엇일까요?

ja i geul ui jungsim saenggak eun mueot ilkkayo · Now, what is the main idea of this text?

chapter 5 easier this time

jiho 일주일 만에 다시 왔네. 지난주랑 비교하니까 어떻던?

iljuil man e dasi wanne jinanju rang bigyo hanikka eotteoteon · Back here after a week. How did it feel compared with last week?

anna 이번엔 거뜬했어! 숨도 덜 가쁘고 다리도 안 아파.

ibeonen geotteunhaesseo sum do deol gappeugo dari do an apa · Easy this time! I'm less out of breath, and my legs don't hurt.

jiho 반신욕 효과인가 봐.

bansinnyok hyogwa inga bwa · That must be the half-body baths.

anna 지난주에는 덩치도 작은 네가 거뜬히 올라가서 놀랐는데, 이제 나도 근력이 좀 생겼나 봐. 복부 운동도 같이 했더니 체중 감량도 좀 됐어.

jinanju e neun deongchi do jageun nega geotteunhi ollagaseo nollanneunde ije na do geullyeok i jom saenggyeonna bwa bokbu undong do gachi haetdeoni chejung gamnyang do jom dwaesseo · Last week I was amazed that someone as small as you got up so easily, but now I think I've got some strength too. I did stomach exercises as well, and I've lost a bit of weight.

jiho 숨 쉬는 거 봐. 거친 숨을 몰아쉬지도 않고, 폐활량이 늘었구만. 꾸준히 단련하면 관절도 튼튼해지고 근육에 탄력도 생겨.

sum swineun geo bwa geochin sum eul moraswijido anko pyehwallyang i neureotguman kkujunhi dallyeon hamyeon gwanjeol do teunteunhaejigo geunyuk e tallyeok do saenggyeo · Look at your breathing. You're not even gasping: your lung capacity has gone up! If you keep training, your joints get stronger and your muscles get more spring in them too.

anna 다음에는 톰도 데려올까?

daeum e neun tom do deryeoolkka · Shall we bring Tom next time?

jiho 좋지. 근데 톰은 어제 밤새 취재해서 지금쯤 녹초가 됐을걸. 컨디션이 엉망일 거야.

jochi geunde tom eun eoje bamsae chwijae haeseo jigeum jjeum nokcho ga dwaesseulgeol keondisyeon i eongmang il geo ya · Sure. But Tom was reporting all night yesterday, so he'll be worn out by now. He'll be in terrible shape.

anna 그리고 아까 언덕에서 방귀 뀐 사람, 나 아니야!

geurigo akka eondeok eseo banggwi kkwin saram na aniya · And the person who farted on the hill earlier wasn't me!

jiho 하하, 알았어. 그 얘기는 하준이한테나 해.

haha arasseo geu yaegi neun hajuni hante na hae · Ha ha, OK. Save that story for Hajun.

anna 아주머니 말씀이 맞았어. 그런데 너는 괜찮아? 이번 주에 밤 근무가 네 번이었잖아.

ajumeoni malsseum i majasseo geureonde neo neun gwaenchana ibeon ju e bam geunmu ga ne beon ieotjana · Mrs Choi was right. But are you all right? You had four night shifts this week.

jiho 솔직히 좀 지쳤어. 일주일에 밤 근무를 네 번이나 하래서야 몸이 버티겠어?

soljiki jom jicheosseo iljuil e bam geunmu reul ne beon ina haraeseoya mom i beotigesseo · Honestly, I'm a bit worn out. If they make you do four night shifts a week, how is your body supposed to cope?

anna 병원에 얘기해 봐. 김 선생님 수업에서 들었는데, 야간 근무가 오래 계속되면 몸에 치명적일 수도 있대.

byeongwon e yaegi hae bwa gim seonsaengnim sueop eseo deureonneunde yagan geunmu ga orae gyesok doemyeon mom e chimyeongjeok il su do itdae · Talk to the hospital. I heard in Ms Kim's class that long-term night work can be really harmful to the body.

jiho 다음 달부터는 밤 근무가 좀 줄어든대. 소아 병동 일도 시작하고.

daeum dal buteo neun bam geunmu ga jom jureodeundae soa byeongdong il do sijak hago · From next month there'll be fewer night shifts, apparently. And I start on the children's ward.

anna 잘됐다. 오늘 점심은 내가 살게. 소화 잘되고 위생적인 곳으로.

jal dwaetda oneul jeomsim eun naega salge sohwa jaldoego wisaengjeok in got euro · Great. Lunch is on me today. Somewhere clean, with food that's easy to digest.

jiho 좋아. 길에서 산 김밥만 아니면 돼.

joa gil eseo san gimbap man animyeon dwae · Deal. As long as it isn't kimbap from a street stand.

anna 하하, 그 얘기는 이제 그만해!

haha geu yaegi neun ije geumanhae · Ha ha, drop it already!

Body, health, hospitals and a whole night on the ward: unit 8 done. See you in the next unit.
Do this day interactively, with audio and games, free at **wishyou.today/learning**