

Grammar Lesson

Lesson 10: You should take a holiday!

レッスン 10: 休暇を取ったほうがいいですよ!

Target: Giving advice using "should"

目的: ~したほうがいい、を使ってアドバイスをしましょう!

Reading
単語

New vocabulary introduced in the reading

• an agony aunt	身の上相談欄の女性回答者	• reduce...	減らす
• an agony uncle	身の上相談欄の男性回答者	• make (S) sleepy	(人)を眠くする
• give advice	アドバイスする	• relaxing	リラックスさせる
• during	~の間ずっと	• healthy	健康な
• stressful	ストレスの多い	• plenty of...	たくさんの
• tell (S) to (verb)	言う	• help (S) with...	~を手伝う
• ask (S) for...	~を依頼する	• take a break	休憩する
• give... to (S)	与える	• sit up straight	背筋を伸ばして座る
• sleepless	眠れない	• if	もし~ならば

1

Read the passage and circle the new words as you find them

An Agony Aunt/Uncle: A woman or man who writes for a magazine or newspaper. Readers write to them with their problems and the agony aunt or uncle gives advice.

Dear Dr. Robert,

I am always very tired during the day, but I can never sleep at night. What should I do? Also, my job is very stressful, and my boss always shouts at me. Should I tell him to stop? I asked him for help, but he wouldn't give it to me. I work on a computer all day in an office. I hate my job.

- Sleepless in Sydney

Dear Sleepless,

First, you should do some exercise. Doing exercise is a great way to reduce your stress and make you more sleepy. You should go running or go to the gym. Maybe you could go swimming. You should do exercise two or three times a week. Also, you shouldn't drink tea or coffee in the evening and you shouldn't watch TV or play video games before you go to bed. You should take a nice, relaxing bath or read a book.

You should try to eat healthy foods. You had better eat plenty of fresh fruit and vegetables. This will help you with your stress.

Second, you should talk to your boss. He shouldn't shout at you, he should help you with your job. If your job is too difficult, you had better ask for help. When you are using a computer, you should take frequent breaks. You should stand up and walk around every hour. Your seat should be comfortable, and you should sit up straight.

If you feel stressed at work, you ought to spend some time with your friends. You should go to the cinema or go drinking. But you had better not drink too much. Drinking too much alcohol is bad for your health and will make you more stressed.

Good luck, and sweet dreams,
Dr. Robert

2

Answer the questions below

- Should she do some exercise?
- How many times a week should she exercise?
- What shouldn't she drink in the evening?
- What should she do before she goes to sleep?
- Had she better eat plenty of fresh fruit and vegetables?
- How should she sit when she is at her PC?
- What should she do if she feels stressed at work?
- How many examples of advice can you find?

DEAN MORGAN