

Lesson 6

1 TOPIC QUESTION

今日のトピック

Are you afraid of growing old?

年を取ることを恐れていますか？

2 ARTICLE

記事

Directions: Read the following article aloud.

課題: 以下の記事をはっきりとした声で音読しましょう。



Don't Be Afraid

It has been said many times, “I hope to die young so I won’t become old.” Have you ever heard this? It really got me thinking. Why are some people afraid to “grow old?” I asked my Mom why people dreaded getting old and I was given a typical response which was the fear of physical ailments or the body breaking down, the wearing of diapers, loneliness, mental diseases, being grouchy, and the list continues.

Many people today live for the now and want to have a good time. To most people it doesn’t seem like they can or will have fun when they’re older. However, that simply isn’t true. When I was younger, I often feared the trips to the nursing home to visit family. I always assumed there would be grouchy old people giving me dirty looks. But many of them were really friendly and funny. They may not have been out clubbing and dancing, but they seemed to enjoy the company and good conversation from others.

If that doesn’t help ease your mind, look at it this way. Life is short, but it can be fulfilling if you take advantage of it. You may one day end up with one or two, or maybe all of those ailments people fear getting, but dwelling on it will not make life enjoyable. Take everything as it comes. Don’t live in the past because it’s not coming back. Enjoy who you are today and what you have right now.

Lesson 6

3 VOCABULARY

語い

Directions: First repeat after your tutor and then read aloud by yourself.

課題: 先生の後が続いてくり返した後、今度はひとりで発音してみましょう。

dread ひどく怖がる

physical 肉体の

diaper おむつ

assume ～と思い込む

typical 典型的な

ailment 病気

grouchy 不機嫌な

fulfill 満たす、満足させる

4 QUESTIONS

質問

Directions: Read the questions aloud and answer them.

課題: 質問を声に出して読んだ後、答えてみましょう。

1. **Why do a lot of people want to die young rather than grow old?**
2. **What do most think will happen when they grow old?**
3. **What should people do instead of worrying about growing old?**
4. **Tell your tutor about your experience of talking with older people around you.**