

### Dictation Contest (PRJr, 初級) No. 1071

Hey, guys! How are you doing?

Well, we are already in June – which means we are already in the sixth month of the year, which means we are already almost halfway through 2024.

The time has gone fast, right? How has 2024 been for you so far?

Did you have a good start to the new school year? Did you get to do some nice things during spring vacation and Golden Week? What are you hoping to do during the rest of the year?

Let me know, okay? See you!

### Dictation Contest (PR 1, 中級) No. 1071

Hello, everyone! This is PR1.

About 3 months ago, a Japanese research team found an ancient tablet in Turkey from 3,300\* years ago. We are not talking about an iPad tablet, but a clay board to write on.

Today I will share with you the details of the discovery.

3,300\* years ago, there was the Hittite Kingdom. Some Japanese experts found a tablet from this kingdom. The characters read “Four cities, including the capital, Hattusa, are in disaster.” Experts believe that the Hittites were attacked by a neighboring kingdom when this tablet was made. The tablet also included a prayer for victory.

Many details about the Hittite Kingdom is still a mystery, but this discovery could help people understand more.

Anyways, that is all for today. See you!

\* three thousand ~~and~~ three hundred

Dictation Contest (PR2 上級) No. 1071

Hi, everyone! Welcome back to PR 2!

Today I will talk about the benefits of reading books. Let's begin!

From increasing your vocabulary and conversation skills to sleeping better and living longer, here are 10 scientific and psychological benefits of reading to inspire you to get back into the habit.

First, reading might lengthen your lifespan

Good news to bookworms, reading books might be part of the key to a long life.

A 2016 study published in the journal *Social Science & Medicine* found reading books can reduce mortality by up to 20%.

According to the researchers, "any level of book reading gave a significantly stronger survival advantage," particularly for adults 65 and older who "redirect leisure time" from watching TV into reading books.

The study also found that reading alone isn't enough — it's reading books that makes the difference. Books contributed to a "survival advantage that was significantly greater than that observed for reading newspapers or magazines," the authors noted.

Second, Reading books can help us become more compassionate, empathetic people.

"We have more opportunity to deepen our insights, our epiphanies, our sense of our own best thoughts," explains Wolf. "It gives us more empathy, perspective — taking into other people's viewpoints, thoughts and feelings."

And there's science to back it up. In a 2013 study published in *Science*, researchers found that literary fiction, in particular, led to readers being better at understanding what other people were thinking and feeling, along with increasing their capacity for empathy.

That's all for today! See you!