

Dictation Contest (PRJr, 初級) No. 876

Hi, everyone! Welcome back to PR 1!

Today I will tell you two tips to sleep well. Let's begin!

First, don't go to bed with the television on. Some people think they can sleep well with the TV on, but the noise and lights mean you don't really sleep well, so turn it off!

Next, don't play video games for an hour before you go to sleep. They also make your brain too busy and active.

That's all for today! See you!

Dictation Contest (PR 1, 中級) No. 876

Hello, everyone, and welcome back to another PR1 move!

Today I came across an advertisement for children's cafeterias, so let's learn about them today!

Currently, there are 7,331 cafeterias that provide children with meals for free or at low prices, and they are usually maintained by nonprofit organizations. There are 839 in Tokyo and 613 in Osaka, and the rest are in other prefectures.

Even though Japan seems like a wealthier country, the child poverty rate in 2018 was 13.5% – so one in every seven people. "Poor" does not always mean that they have no money at all, but if they earn less than 50% compared to middle income groups, they are in relative poverty.

There are many ways to help these people, like opening children's cafeterias.

We ran out of time today, so I'll see you next time. Bye-bye!

Dictation Contest (PR2 上級) No. 836

Hey, guys! How are you doing?

Hope you're all still staying healthy and safe.

It's been another little while since I've done one of these dictation videos, and where I'd normally choose a dinosaur-related topic for you, I've got something a little bit different today – although, I suppose it isn't that far off in nature. Take a listen to this

Warm and cuddly are adjectives that seldom spring to mind when one thinks of rattlesnakes. But a new study from Loma Linda University near San Bernardino, California, may change that. It shows that the venomous rattler appears to take comfort in being close to its own kind, much like people. The research showed that the snakes seem to gain a sense of well-being when they wriggle into a sort of group hug with other rattlers, according to the study, published in the journal *Frontiers in Ethology*. The findings challenge the notion that reptiles are solitary hunters that display little in the way of complex social behavior.

Ah, see there you go! Now, I'm sure this doesn't mean that rattlesnakes are particularly affectionate animals or possess the same emotional intelligence as, say, cats or dogs, but it is nice to see rattlesnakes – or any kind of snake – being described in a slightly more positive light, as I've always been quite fond of snakes, and I've always thought it a shame that they get portrayed so negatively and associated with evil. Although, I still probably wouldn't recommend actually cuddling up to a rattlesnake yourself.

Alright, guys, well, until next time – and as always – study hard, stay safe, and I'll see you soon.