

HOW TO BE RELAXED

The 11th English Speech Contest
KEIKO MATSUOKA

Good afternoon, everyone!

To tell you all the truth, today, I forgot my partial dentures. In case you don't understand what partial dentures is, it's filling for missing teeth. Unbelievable! Could you lend me yours? Impossible?

In this way, greater than less, unexperienced troubles often occur in our lives. I experienced it on my first trip to Italy last October. Today, I'd like to talk about it without partial dentures. Please listen.

Preparation is one of the pleasures in traveling. Passport, clothing, smartphone, and wallet.

I only learned a little Italian. 「Sono malato. Per favore acqua.」 Translated, it means 「I feel bad. Please give me some water.」 I have a cautious personality.

In this trip, I went with a tour group and a close friend. I truly believed I was all set and ready.

I was excited to leave Japan! Milan, Naples, Roma, Firenze...How wonderful!

However, after enjoying the gondola ride on the Venice Canal, the trouble had occurred. That was the day before returning home.

Although the guide was very fast due to the schedule, I tried to follow him.

Soon, I felt sick and could not stand. As a result, I was taken by ambulance to a hospital. In Italy, English is not spoken at all, even at the hospital. Since the hospital staff had taken my belongings, I had nothing. Not even a smartphone!

It was 10 o'clock at night when I was finally taken to a private room after all the examinations. The doctor decided to hospitalize me.

Then, there was a lot to think about. 「Could I board the return flight as planned?」

「How do I apply for overseas travel insurance?」 There was panic in my head! I wanted to hear the voice of my family. However, I couldn't call where I was. That was the hospital regulation and practice.

Suddenly, my son's face came up. And I heard his gentle and warm voice without a phone.

He said, 「Mam, take it easy.」

Yes, I just remembered him! Even now, I can't forget that time.

I came to my senses thanks to him.

And I realized I needed to rest well. Then I went sleep without thinking.
When I got up at 4 the next morning, my body felt better! Fortunately, I could leave the hospital and return to Japan!

If you are confused by an unusual situation, please remember. Your family, your friend, your mentor. It doesn't have to be a human. Your favorite music, beautiful scenery, lovely pets will also help you.

Remembering something precious provides us with happiness and a smile. I think remembering is the easiest way to be relaxed. Please try it when you are in big trouble.

Thank you very much.