


KE Mail Magazine a monthly magazine providing readers with study tips, practice exercises for studying English, as well as health and fitness advice.


In this issue: Idioms and Health Tips and the word "JUST"

..... **Idioms**

To talk over: 話す ; 相談する


to discuss or consider a situation with others


 I will talk it over with my wife.

 Let's talk it over before we buy a new car.

On purpose: わざと

deliberately; for a reason. Used when someone does something wrong of unfair

 He broke my glasses on purpose. It was no accident.

 You did that on purpose, didn't you!?

..... **Vocabulary**

Recently a student asked about how to use the word "**just**". "**Just**" is a very useful word and has many uses. Have a look...

1. Just = exactly
This is just my size.
She looks just like her mother.
2. Just = no less than
She's just as smart as her sister.
3. Just = by a small amount
I got here just after 9:00.
4. Just = to say you did something very recently
I've just heard the news.

5. Just = now
I'm just finishing my dinner
6. Just = going to do something only a few moments from now
I was just going to call him.
7. Just = simply
It was just an ordinary day.
8. Just = really; completely
Dinner was just wonderful.
9. Just = only
I'm studying English just for fun.
10. Just = to show possibility
Call his home phone. He might just be there.

----- Health Tips -----

Veggies (vegetables)

"It is said that the right amount of veggies in your diet can help fight strokes, heart disease, cancer, and type 2 diabetes."

"New research by the USDA reveals that eating about 14 cups of vegetables per week, from a wide range of veggie groups, raises blood levels of many protective antioxidants. In addition to their ability to fight and reduce the risk of disease, antioxidants may help preserve your long-term memory and learning capabilities, even as you get older." *By Cynthia Sass, RD, Prevention*

<http://healthandfitness.sympatico.msn.ca/HealthyLiving/ContentPosting>

Simply said, eating lots of vegetables will help you fight various sickness and may help your memory.
So... eat your veggies! ☺

----- KE News -----

紹介キャンペーン 「知人を紹介して、知人が入会したら、無料レッスン4回をプレゼント」(2008年10月より)

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www.kenkoenglish.com/special.php

We hope you find something useful in this month's issue! Thank you for reading.

Until next month,

Kenko English