

# LESSON 4

## READ ABOUT HOT SPRINGS



DIEGO SALAS

@DiegoS

I just read a blog post about hot springs.  
Do you think they're really good for your health?

### 1 BEFORE YOU READ

**A PAIRS** What do you do when your body is tired or sore?



**B VOCABULARY** 06-21 Listen. Then listen and repeat.

**benefit:** something useful that you get from something

**stressed:** worried and unable to relax

**muscles:** the parts of your body that help you move

**recover:** get better after an illness or injury

**desert:** a large area of dry land where there aren't many plants

**volcano:** a mountain with a hole at the top—burning rocks sometimes come out of the hole

**proof:** facts that show something is true

### 2 READ

**A PREVIEW** Read the title and look at the photo. What are the people in the photo doing?

**B** 06-22 Read and listen to a blog post about the benefits of hot springs.  
Why do people visit them?

[Home](#) | [About](#) | [Photo Gallery](#) | [Places](#)




## The benefits of hot springs

When you feel tired and stressed, do you sometimes take a hot shower or bath? It helps you relax, right? Well, here's something even better: hot springs. Hot springs are like giant bathtubs, with hot water that comes up from deep inside the earth. Most people enjoy a temperature between 98° and 104° F (36–40° C). And one of the best in the world—Takaragawa Hot Springs—is only about three hours from my home in Tokyo!

I usually visit Takaragawa in the summer. You can sit in the hot water and look up at the beautiful mountains covered with trees. But you should also visit in the winter. It's amazing to sit in the hot water and look up at the same mountains—covered with snow! It's wonderful in every season. I often go to Takaragawa when the muscles in my back, arms, and shoulders hurt. (Too many hours at my computer.) A lot of people also come here to recover after sports injuries.

After my experience at Takaragawa, I decided to visit other hot springs. I really enjoyed my visit to the Puritama hot springs in San Pedro, Chile. They are very different from Takaragawa. They are high up in a desert, where the air is dry. There are volcanoes all around the springs. The volcanoes make the water very hot. Visitors say the water is good for their skin and muscles, and for any kind of pain.

Doctors say there is no scientific proof that hot springs have real health benefits, but who cares? They're so beautiful, and the hot water feels so good! When I return from a trip to a hot spring, all my muscles relax, and I feel great. You should plan a visit soon. You'll feel like a different person when you return.

**Leave a Reply**

## Ali's Travel Blog



[About](#)

[RSS Feed](#)

[Social Media](#)

[Recent Posts](#)

[Archives](#)

[Email](#)

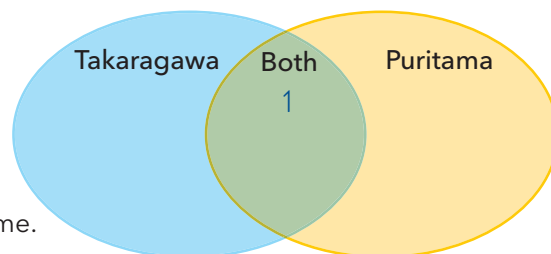
### 3 CHECK YOUR UNDERSTANDING

**A** Read the blog post again. What is the main idea of the post?

- a. Hot springs are a great place to relax.
- b. Hot springs improve your health.
- c. Hot springs exist around the world.

**B** Read the statements. Which are true for Takaragawa? for Puritama? for both? Write the numbers of the statements in the diagram.

- 1. A visit there will help you relax and feel better.
- 2. These hot springs are in a desert.
- 3. The air is very dry there.
- 4. The water there is hot.
- 5. These hot springs are in a beautiful location.
- 6. These hot springs are close to the writer's home.
- 7. The writer says people should visit in winter.
- 8. The hot water comes from volcanoes.



**C FOCUS ON LANGUAGE** Read. What do the underlined words mean?

- 1. Doctors say there is no scientific proof that hot springs have real health benefits, but who cares?
  - a. That's not important.
  - b. I don't think that's true.
- 2. You'll feel like a different person when you return.
  - a. You'll act like someone else.
  - b.** You'll feel much better.

**D READING SKILL** Read the Reading Skill. What is the purpose of each paragraph?

Paragraph 1

- a. to tell about the writer's vacation in Japan
- b. to introduce the reader to the topic of hot springs
- c. to explain where Takaragawa is located

Paragraph 2

- a. to describe the Takaragawa Hot Springs
- b. to give a definition of hot springs
- c. to explain medical problems

Paragraph 3

- a. to show why the Puritama hot springs are better than Takaragawa
- b. to tell readers about other hot springs in South America
- c. to describe the Puritama hot springs

Paragraph 4

- a. to compare the two hot springs
- b. to explain the science of hot springs
- c. to explain why readers should visit hot springs

#### READING SKILL

Understand the purpose of each paragraph

When you understand the reason for, or *purpose* of, each paragraph, it is easier to understand the whole article. After you finish each paragraph, ask yourself, why did the author write this?

**E PAIRS** What is the blog post about? Retell the most important ideas in the post.

The article is about hot springs ...

Find out about other hot springs. Which springs are very popular? Which springs are unusual?



### 4 MAKE IT PERSONAL

**A** Make a list of reasons to visit hot springs. Use the blog post and your own ideas.

**B PAIRS** Which springs do you want to visit? Give your partner some advice.

You should visit Termas de Puritama.  
They are ...

**I CAN READ ABOUT HOT SPRINGS.**