

# ALT's★Corner

## Bless You!



When someone sneezes, do you say anything to them? In Japan, nobody says anything, right? In the USA, when a person sneezes, other people often say "bless you" to them. This is thought to be a polite thing to do, and it is a common custom among Americans. But why do we say it? Where does it come from?

アメリカでは、くしゃみ (sneeze) をした人にかける言葉があるんだね。それがマナーだそうです。一体、どこからきた習慣なのでしょう？

One belief is that people started saying "bless you" a long time ago as a superstition, or "迷信." Some people thought that when a person sneezed, it was the body's way of expelling evil influences from the devil. So in response, people would say "bless you" as a way to protect that person from those evil influences returning.

Bless you!



くしゃみは、体から邪悪なものを追い出すって信じられてたという説、つまり迷信があったらしいね。

This phrase carried on for a long time, and people still use it today. Most people no longer believe in the superstition, but using the phrase "bless you" is a polite gesture that many English speakers still use today.

Does Japan have any customs that came from a superstition? Please tell me about it!

そして、この言い回しがずっと使われているんだ。今では誰もその迷信を信じてないけどね。

もし日本にも、このように迷信から来た習慣があったら、私に教えてくださいね！！

