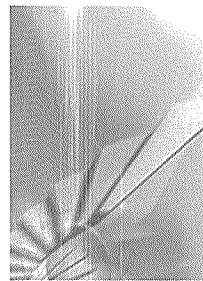


What It's About!

- ➔ KAZUSHI KUZUMI
- ➔ HIROAKI NATSUME
- ➔ SUZY FUKUDA



SANSHUSHA

はしがき

本書は、英語の読解力・聴解力を身につけることを主たる目的としています。

各章の英文は多彩な内容になっています。イチローのアメリカでの様子、ハリリー・ポッターの受け入れられ方、サッカーのトルシェ元監督の著書、健康・医療の話、食物の問題、小説、などです。どれも、1章ないし2章で読み切りです。

各章の構成を説明します。最初に本文が載っていますが、実は、それぞれの素材の約3分の2だけが印刷されています。この部分では、目を使って英語を読み込んでください。ExercisesのAで、この部分の内容について、英語の質問が音声CDから流れます。皆さんは、それにたいして、英語で解答してください。英語で答えるこの訓練はとても重要です。慣れれば、それほど辛い作業ではありません。次に、本文の残り3分の1です。これは、CDから流れてきます。どこにも印刷されていないので、耳だけを使って内容を理解してください。最初のうちは、細部まで聞き取る必要はありません。ExercisesのBはこの部分に対応する問題です。CDから流れる、英語による3つの選択肢の中から、本文の内容と合致しているものを1つ選ぶ、という作業をします。ExercisesのCは、英々辞書を引くための訓練だと思ってください。最初に、本文中に出てくる語の英語による定義が載っています。その後、その語の部分の空白にした例文が2つ載っています。定義、例文、本文の3つを総合的に考えて、正しい語を入れてください。次に、ExercisesのDです。本文に関連した表現が入った英文が読まれます。それを、そのまま書き取ってください。

以上のような訓練を通じて、海外でそのまま通用する英語力を養ってください。

注などを作成するにあたって、*Longman Dictionary of Contemporary English*、*Oxford Wordpower Dictionary*、*Collins Cobuild English Language Dictionary*などを活用しました。

この教科書をつくるにあたって、さまざまな方々から貴重なご助言をいただきました。とりわけ、宮尾正美さんにはお世話になりました。感謝いたします。

2003年 夏

編著者

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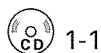
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Walk, Don't Run

TIME

by Christine Gorman

健康維持に運動が大切なのはわかっている。しかし運動するのも大変だ、とそんな気持ちでいる人にぜひ読んでほしいのがこの topic。題して「走ってはいけません、歩くのです」。



Just get off your butt. Ten minutes a pop can add up to lifesaving fitness.

You want to get healthy. You know you need to exercise more. But if you're not ready to grunt through an hour of Spinning or Kickboxing, don't despair. There's a growing agreement among exercise researchers that the intense physical activities offered by most health clubs are not the only—or even the preferable—path to better health. Indeed, the best thing for most of us may be to just walk.

Yes, walk. At a reasonable vigorous clip (three to four m.p.h.) for half an hour or so, maybe five or six times a week. You may not feel the benefits all at once, but the evidence suggests that over the long term, a regular walking routine can do a world of preventive good.

Walking, in fact, may be the perfect exercise. For starters, it's one of the safest things you can do with your body. It's much easier on the knees than running and doesn't trigger untoward side effects. "Regular physical activity is probably as close to a magic bullet as we will come in modern medicine," says Dr. JoAnn Manson, chief of preventative medicine at Harvard's Brigham and Women's Hospital. "If everyone were to walk briskly 30 minutes a day, we could cut the incidence of many chronic diseases by 30 to 40 percent."

And for those of us who don't have half-hour chunks of time, the news gets even better. Several recent studies suggest that walking briskly three or four times a day for 10 minutes at a time may provide many of the same benefits as walking continuously for 30

get off one's butt (or ass) 「〈口語〉ぐずぐずするのをやめる」/ **a pop** = 《colloquial》 at a time / **add up to** ⇒ G 1

grunt through 「頑張って～をやり通す」

do a world of good ⇒ G 28

in fact ⇒ G 45

a magic bullet 「特効薬」

JoAnn Manson [dʒouːn mænsn]

preventative medicine = preventive medicine 「予防医学」

half-hour chunks of time i.e. 30 minutes

minutes.

Because walking affects you in so many ways at once, it can be difficult to determine precisely why it's good for you. But much of
30 the evidence gathered so far is compelling:

Heart Disease. Brisk walking is good for the heart, which makes a lot of sense. The heart is a muscle, after all, and anything that makes the blood flow faster through a muscle helps keep it in shape. But regular walking also lowers blood pressure, which
35 decreases the stress on the arteries. It can boost the amount of HDL cholesterol (the good one) in the blood. It even seems to make the blood less "sticky," and therefore less likely to produce unwanted clots. This all adds up to as much as a 50-percent reduction in the risk of suffering a heart attack.

40 Stroke. In an analysis of the health habits of 72,488 nurses over the past 14 years, researchers from the Harvard School of Public Health recently found that those who walked six or more hours per week decreased by 40 percent their risk of suffering strokes caused by a clot.

45 Weight Control. The older you get, the harder it is to maintain your weight by simply restricting what you eat. Walking briskly for at least an hour consumes a couple hundred calories and boosts your metabolic rate for the rest of the day, giving you a better chance of winning the battle of the bulge.

50 Walking is also a great way to lose body fat (even if you don't lose any weight, your body will have a healthier composition). Most people find they have to walk at least an hour a day to drop pounds.

at once ⇒ G 10

make sense ⇒ G 62 / after all ⇒ G 2

in shape ⇒ G 48

HDL = high-density lipoprotein
「高密度リポタンパク質」

metabolic rate 「代謝率」

the battle of the bulge 「《米俗》
(太らないための) ウエストラインの
防衛戦, 肥満との戦い」

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Exercises



A. 本文の内容について英語で質問します。質問は2度言います。それぞれの質問の答を英語で書きなさい。

1-2

リポート
1-3

1. _____

2. _____

3. _____

4. _____

5. _____



B. 本文に続くパラグラフを読みます。その後でパラグラフの内容について短い英文 a, b, c を言います。それらのうち内容に合っている文を選びなさい。

1-4

1-5

1. a b c

2. a b c

3. a b c

4. a b c

5. a b c



C. 次は本文で用いられているいくつかの語の定義と用例です。空所に適語を入れなさい。

1. (v.t.) make (something) happen suddenly: Nuts can _____ off a violent allergic reaction.
/ The rise in interest rates was _____ by inflation.

2. (v.t.) limit the size, amount or range of (something): Speed is _____ to 30 mph in towns.
/ I'm trying to _____ myself to two cups of coffee a day.

3. (v.t.) give (something or somebody): We are here to _____ a service for the public (or the public with a service). / Please return this form in the envelope _____.

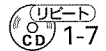
4. (v.t.) increase (something) in number, value or strength: If we lower the price, that should _____ sales. / Inflation has _____ the cost of living.
5. (v.t.) make (something) smaller or fewer: People should _____ the amount of fat they eat. / They told us to _____ spending.
6. (v.t.) discover the facts about: An inquiry was set up to _____ the cause of the accident. / We set out to _____ exactly what happened that night.
7. (v.t.) use (time, energy, goods, etc.): How much electricity do you _____? / This year, health care costs will _____ one-eighth of the average family's income.
8. (v.t.) make (something) continue at the same level, standard, etc.: At the intersection, _____ a straight course. / We need to _____ the quality of our goods but not increase the price.
9. (v.t.) lose all hope: They'd almost _____ of ever having children. / Don't _____: things will get better soon!
10. (v.t.) produce an effect or change in, influence: Her personal problems seem to be _____ her work. / Loud music can _____ your hearing.



D. 英文を書き取って和訳しなさい。英文は2度読みます。



1-6



1. _____
2. _____
3. _____
4. _____
5. _____