Health and Ecology

Masakazu SOMEYA　Fred FERRASCI　Paul MURRAY

審査用見本
（非売品）

No.33386

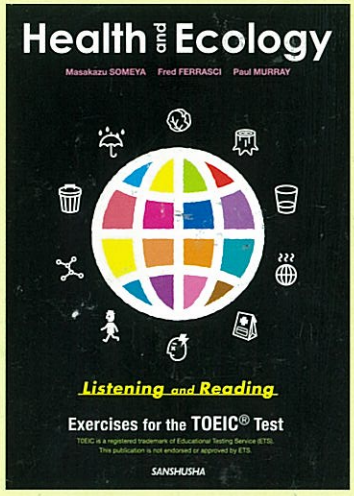
ヘルス・アンド・エコロジー

TOEIC®Test リスニング＆リーディング対応

染矢正一　Fred Ferrasci　Paul Murray　共著

理科系テーマ対応！ リスニングとリーディングが１冊でできる

- 健康と環境にまつわるトピックそれぞれ７編ごとに、リスニング、語彙・語法問題、リーディング問題のセットを用意
- １トピックごとに、TOEIC対策問題を１セット学べる形式
- 各課末には、文法・語法や語彙力強化のための項目も掲載
- 音声教材として、教室用CDをご用意しています。三修社ホームページから試聴することができます



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Unit 6 Stress

conversation CD#21

questions CD#22

1 Short Conversation

Listen and answer the questions.

1. How does the man feel?

   A) He feels relaxed. B) He feels happy. C) He feels sick. D) He feels stressed.

2. What does the woman suggest?

   A) That he see a doctor. B) That he talk with his boss.

   C) That he have a good sleep. D) That he finish the project.

3. Why does she make the suggestion?

   A) Because he may be able to postpone the deadline.

   B) Because his mind will be clearer after a good rest.

   C) Because he may be able to get some help on the project.

   D) Because he may be able to get some medicine to help him relax.

2 Warm Up

Match each word with its meaning.

1. diagnose	( )	a. to think deeply
2. marital	( )	b. condition of being easily annoyed
3. irritability	( )	c. to determine one's illness through examination
4. ulcer	( )	d. an infected area on the skin or inside the body
5. meditate	( )	e. connected with marriage

3 Incomplete Sentences

Select the best word that fits into the sentence.

1. It's important to _____ a problem before it becomes serious.

   A) identification B) identity C) identical D) identify

2. Stress _____ our behavior.

   A) defects B) infects C) affects D) effects

3. We can _____ stress by not overdoing things.

   A) less B) lessen C) lesson D) lest

4 Reading Comprehension *Read the following article.*

CD#23

Ordinary health problems, from colds to cancer, are **right out there in the open**. They have obvious symptoms and are **diagnosed** and treated. Stress, on the other hand, is more difficult to diagnose, and we **are** often **at a loss** as how to cope with it.

Stress is both a mental and a physical phenomenon. It attacks the mind and our body, and can be every bit as deadly as the more obvious health problems. Major causes of stress are overworking, trouble with colleagues, lack of money, pressure at school, dating and **marital** problems, and the like.

Stress affects our body, our emotions and our behavior. It is important to be able to identify the early warning signs of stress so that we can begin to deal with it. Some typical physical symptoms of stress are headaches, upset stomach, tiredness, sleep problems and weight gain or loss. Symptoms relating to our emotions are worrying, **irritability**, depression and anger. Stress can also affect our behavior, causing us to drink or smoke to excess, abuse drugs, and to become unreasonably angry.

Stress increases adrenaline in the body, which elevates blood pressure, heart rate and breathing. These three conditions **in turn** can cause heart disease, strokes and **ulcers**. Such a phenomenon as *karoshi*, or death from overwork, is now considered a serious health concern.

A little bit of stress can be a good thing because it helps us focus our efforts and drives us to do our best. Excessive stress, on the other hand, is dangerous to our body and our mind. If we recognize the symptoms, stress can be lessened by decreasing our **workload**, traveling, relaxing with a hobby, playing sports, **meditating** and so on.

Notes

right out there in the open = are easily noticeable

diagnose	～を診断する	**be at a loss**	途方にくれる
marital	結婚の	**irritability**	いらいら感
in turn	同様に	**ulcer**	潰瘍(かいよう)
workload	仕事量	**meditate**	瞑想する

Comprehension Questions *Find the correct answers.*

CD#24

1. What is said about stress?

A) It is easy to detect.

B) It is hard to detect.

C) It isn't deadly.

D) It is easy to cure.

2. Which is NOT mentioned as a cause of stress?

A) Smoking.

B) Trouble with coworkers.

C) Working too hard.

D) Money problems.

3. Which is a physical symptom of stress?

A) Worrying. B) Depression.

C) Anger over small things. D) Weight gain.

4. What does stress do?

A) It makes us breathe slowly.

B) It reduces our blood flow.

C) It increases our adrenaline.

D) It decreases our adrenaline.

5. Why is a little stress good for us?

A) It makes us sleep better.

B) It makes us work less.

C) It lowers our blood pressure.

D) It makes us do our best.

5 Tips for TOEIC® Test

Grammar Check　接尾辞・接頭辞の en について

《形容詞・名詞》＋ -en

-en を形容詞や名詞の語尾に付けて、「～にする」「～になる」という意味の動詞を作ることがあります。

less + **-en** → **lessen**　減らす
sick + **-en** → **sicken**　病気になる
weak + **-en** → **weaken**　弱くなる
length + **-en** → **lengthen**　長くする
strength + **-en** → **strengthen**　強くなる

en- ＋《形容詞・名詞》

en- を形容詞や名詞の語頭に付けて、「～にする」という意味の動詞を作ることがあります。

en- + **rich** → **enrich**　～を豊かにする
en- + **large** → **enlarge**　～を大きくする
en- + **slave** → **enslave**　～を奴隷にする

Vocabulary Buildup　接尾辞による変化

動詞 identify を中心に、接尾辞によってどのように語の品詞と意味が変わるかを見てみましょう。TOEIC® テスト中でも、単語の類推に役立つことがあります。

-fy ：「～にする」「～になる」の意の動詞を作る

***identify**　～が同一であると認める
***satisfy**　～を満足させる
***purify**　～を浄化する
***specify**　～を具体的にあげる

-ity ：「状態・性質・程度」の意の抽象名詞を作る

***identity**　同じであること
***profanity**　冒瀆（ぼうとく）
***probability**　見込み
***equality**　等しいこと

-tion ：　動詞に付けて「状態・動作・関係・結果」などの意の名詞を作る

***identification**　身元確認
***modernization**　現代化
***naturalization**　帰化
***specification**　詳述
***urbanization**　都市化

-ical：「～の」「～的な」の意の形容詞を作る

***identical**　同一の
***electrical**　電気の
***economical**　経済的な
***critical**　批評の