英文速読シート

Vitamin C plays an important **role** in keeping us **healthy**. Most **mammals produce** it in their livers, so they never **suffer** from a **lack** of it. **Curiously**, **however**, some mammals, such as humans and **apes**, cannot do so. What happens when you lack this important vitamin? You might see black-and-blue **marks** on your **skin**. Your **teeth** could suffer, too: the pink **area** around them might become soft and **bleed** easily. These are just a couple of good reasons to eat **plenty** of **fresh** fruit. (84 words)

The word "**drug**" means anything that, even in small **amounts**, produces changes in the body, the **mind**, or both. This **definition**, however, does not clearly **separate** drugs from what we **usually** think of as food. The difference between a drug and a **poison** is also unclear. All drugs become poisons in large amounts, and many poisons are useful drugs in **carefully controlled** amounts. Is **alcohol**, for **instance**, a food, a drug, or a poison? It can be any of the three, **depending** on how we use it. (87 words)

英文速読シート

Green tea has a long **history** in Japan and strong **ties** with Japanese **culture**. Because of this, one might think that green tea comes from a **plant** **unique** to Japan. However, all tea, no **matter** what its color or **taste**, comes from the same plant. Then what **causes** the differences in taste and color? They are, in **fact**, the result of different ways of growing the tea and **treating** it after it is **picked**.

(74 words)

Wolves have an interesting way of **raising** their young. When a **female** wolf is ready to give **birth**, she **digs** a **hole**. **Within** this hole, she has her babies. **While** she is taking care of these babies, other wolves bring her food. After they get a little older, the mother can leave them while she goes off to **hunt** with other members of the group. Then, **instead** of the mother, another female will stay **behind** to **guard** the young wolves.

(80 words)

英文速読シート

Physical gestures may have different **meanings** in different cultures, and **misunderstanding** these **signals** can sometimes be **embarrassing**. I once had an experience which I have never forgotten. Some years ago, I took a small group of **foreign** students to Kyoto. I **counted** them with the **index** finger, which is **common** in Japan. But one of them became quiet and looked **puzzled**. When I asked him what was the matter, he **replied**, "In my country, we count people with our eyes. We use our fingers to count pigs."

The smile may no longer be an **effective** way to **mask** one's true **feelings**. Some **psychologists** have **claimed** that true smiles and **false** smiles use different **muscles**. For example, in the true smile, the muscles **surrounding** the eyes **tighten**, while the **cheek** muscles **pull** the corners of the **lips upward**. On the other hand, in the false smile, the muscles between the eyebrows move **slightly**, while the muscles around the mouth pull the corners of the lips downward. If the psychologists' claim is proven to be true, **perhaps** people will worry **less** about what they say and more about which muscles to use when they smile. (106 words)

英文速読シート

When English-speaking people talk about "hot" food, are they saying the food is spicy like curry, or are they talking about its **temperature**, as in "hot" coffee? These two different meanings of "hot" may **seem confusing** to Japanese students, but as a matter of fact, the word is the right one for **describing** the way the body **responds** to spice and heat. A **simple explanation** would go something like this: when we eat or drink, the same **nerves** in the mouth **react** both to spicy **chemicals** in the food and to a **rise** in temperature. The English **expression**, **therefore**, **reflects** this fact about the human body. (106 words)

英文速読シート

Western **clothes** have buttons on the right for men. This is **convenient** because the majority of men are *right-handed. It is easier for them to use the right hand when buttoning up. Why, then, do women's clothes have buttons on the left, even **though** most women are also right-handed? Is this a kind of **discrimination**? In fact, there is a **reason** why women's buttons are on that side. In the **past**, buttons were **quite expensive** and only very **rich** people could **afford** them. Women in such **wealthy** families had **servants** who **dressed** them. Therefore, to make it easier for the servants, buttons were put on the left. (107 words)

*right-handed「右利きの」

英文速読シート

The color purple has often been **regarded** as a **symbol** of wealth and **power**, but the **dye** used to produce it did not have an **elegant** beginning. An **ancient** people living along the **coast** of the **Mediterranean** Sea first **discovered** how to make the dye from *Murex snails, small sea animals with hard **shells**. **Unlike** other snails, Murex snails give off a strong-smelling **liquid** that changes color when it comes into **contact** with air and light. From this liquid the people produced the purple dye. If we visit the places where the dye was produced, we might still be able to see the shells of Murex snails. **Let** us hope we cannot **smell** them. (114 words)

*Murex snail「アクキガイ」

英文速読シート

In August of 1771, *Joseph Priestley put a small **branch** of mint into a *transparent closed **space** with a candle, which **burned** out the air until it soon went out. After 27 days, he *lit the *extinguished candle again and it burned **perfectly** well in the air that **previously** would not **support** it. So Priestley **proved** that plants **somehow** change the **composition** of the air. In another **celebrated** **experiment** from 1772, Priestley kept a mouse in a jar of air until it **collapsed**. He found that a mouse kept with a plant would **survive**. These kinds of **observations led** Priestley to **offer** an interesting **theory** that plants **restore** to the air whatever **breathing** animals and burning candles **remove** — what was later coined by *Lavoisier "**oxygen**."

(125 words)