



UNIT 1

語数

197 words

速読目標時間

🕒 2.0 minutes

SWITCH 1

▶スラッシュをなぞり、意味のかたまりを意識して、速読目標時間以内で読みましょう。

導入
(ホッキョクグマとは)

1 The polar bear / is a very big white bear. // We call it / the polar bear / because it lives / inside the Arctic Circle / near the North Pole. // There are no polar bears / at the South Pole. //

2 The polar bear lives / in the snow and ice. // At the North Pole / there is / only snow, ice, and water. // There is not any land. // You cannot see / the polar bear / in the snow / because its coat is yellow-white. // It has a very warm coat / because the weather is cold / north of the Arctic Circle. //

3 This bear is three meters long, / and it weighs 450 kilos. // It can stand up / on its back legs / because it has very wide feet. // It can use / its front legs / like arms. // The polar bear / can swim / very well. // It can swim / 120 kilometers / out into the water. // It catches / fish and sea animals / for food. // It goes into the sea / when it is afraid. //

展開2
(保護への動き)

4 People used to like / to kill polar bears / for their beautiful white fur. // The governments of the United States and Russia / say / that no one can kill / polar bears / now. // They do not want / all of these beautiful animals / to die. //

速読アシスト

ホッキョクグマの

名前の由来：

- ・北極に生息する
- ・南極にはいない

生息する北極：

- ・雪、氷、水のみ存在
- ・陸地はない

身体の特徴：

- ・白い→雪の中で見つからない
- ・毛が暖かい→北極の寒さに順応

・体長3メートル

・体重450キロ

・脚

→後ろ足で立つ

→前足を腕のように使う

・泳ぎがうまい

→魚と海洋動物捕獲

→海へ避難

過去：毛皮のために殺された

現在：ホッキョクグマの狩猟を禁止



速読トレーニング

本文の内容と一致するものにはT、一致しないものにはFと書きなさい。

- The polar bear lives near the South Pole. ()
- The polar bear can walk on its back legs because its feet are very strong. ()
- The polar bear can swim 450 kilometers out into the water. ()
- If the polar bear is frightened or feels fear, it will hide under the sea. ()
- Some governments have decided that the people should not kill polar bears. ()



UNIT 2

語数 226 words 速読目標時間 2.5 minutes

SWITCH 1

▶スラッシュをなぞり、意味のかたまりを意識して、速読目標時間以内で読みましょう。

起 (話の始まり)

1 When I was 12 years old, / I came to Japan / for the first time / with my mother. // The purpose of our trip / was to visit / my mother's old friend, Sachi. // At that time, / my mother and I were living / in Seattle. //

2 My mother and Sachi / have been good friends / for a long time. // I envy the friendship / that my mother and her friend have. // They started / as pen pals / when they were junior high school students. // But / they don't write letters / anymore. // They are Internet friends / now / and / communicate / by using the Internet. //

承 (話の広がり) ↓ 転 (話の変化)

3 When I graduated / from high school, / my mother took / many photos. // She put the photos / on the Internet / so that / Sachi could see them. // After that, / they were talking / through Skype / and looking / at the photos / together. // How excited / my mother was / to talk with Sachi / about my graduation! //

速読アシスト

私は12歳のとき、母親と一緒に初来日

↓
来日の目的は、母の友人のサチを訪れること

母とサチは長年の友達

↓
中学のとき文通を始めた
⇕
今は手紙を書かず、インターネットで通信

↓
ネットの友達
↓ (具体例)

母は、筆者の高校卒業時に多くの写真を撮った

↓
サチに見せるため、インターネット上に掲載
↓
サチと私の卒業の話をして興奮した

結 (話の結び「オチ」)

4 Now / I live / in Japan. // My mother has moved / from Seattle / and lives / in San Diego. // She still talks / to Sachi / by using Skype. // They still email / each other / often. // I also use / the Internet / to keep in touch / with my mother, / but I don't do it / as often as Sachi does. // I know / how often / Sachi talks / to my mother / because I live / with Sachi / now. // I'm staying / with her / while I'm an exchange student / in Japan. // She is now / my Japanese mother. //

速読アシスト

今、私は日本に住み、母はサンディエゴにいる

↓
母とサチはスカイプやメールで頻繁に通信

↓
筆者はサチほど頻繁に母に連絡を取らない

↓
筆者は今、サチの家に住んでいる

↓
サチは筆者の日本の母である

Review

速読トレーニング

本文の内容と一致するものにはT、一致しないものにはFと書きなさい。

- The writer took a trip to Japan with his/her mother to see her old friend. ()
- The writer's mother and Sachi have enjoyed talking on the Internet since their junior high school days. ()
- Sachi was so excited to see the writer's photos uploaded on the Internet. ()
- The writer keeps in touch with his/her mother in San Diego as often as Sachi does. ()
- The writer is now studying in Japan and staying with Sachi. ()



UNIT 3

語数 259 words 速読目標時間 3.0 minutes

SWITCH 1

▶スラッシュをなぞり、意味のかたまりを意識して、速読目標時間以内で読みましょう。

序論

1 Almost all cultures celebrate / the end of one year / and the beginning of another / in some way. // Different cultures celebrate / the beginning of a new year / in different ways, / and at different times / on the calendar. //

2 In Western countries, / people usually celebrate / New Year / at midnight / on December 31st. // People may go to parties, / dress in formal clothes, / and drink wine / at midnight. // During the first minutes of the new year, / people cheer / and wish each other / happiness for the year. // But / some cultures prefer / to celebrate the new year / by waking up early / on January 1st / to watch the sun rise. // They welcome / the new year / with the first light of the sunrise. //

3 Many cultures also do special things / to get rid of bad luck / at the beginning of a new year. // For example, / in Ecuador, / families make / a big doll / from old clothes. // The doll is filled / with old newspapers and firecrackers. // At midnight, / these dolls are burned / to show / the bad things from the past year / are gone / and the new year can start afresh. //

速読アシスト

すべての文化が年の終わりと始まりを祝う
↓
新年の祝い方は様々

・欧米：
ふつう大晦日の深夜に人々が集う
→年明けを祝い、互いの幸福を祈る

・ほかの文化圏：
早朝に起きる
→初日の出で新年を迎える

悪運を取り除くためにすること：
(例)

・エクアドル
古着の人形を作る
→古新聞、爆竹を詰める
→深夜に燃やす

展開 (様々な正月の伝統行事とその目的)

4 Other New Year traditions are followed / to bring good luck / in the new year. // A widespread Spanish tradition / for good luck / is to eat grapes / on New Year's Day. // People try to eat / as many grapes as they can / to bring good luck. // In France, / people eat pancakes / for good luck / at New Year. // In the United States, / some people eat beans / for good luck / — but / to get good luck / for a whole year / you have to eat / 365 of them! //

速読アシスト

幸運を招くためにすること：
(例)
・スペイン
ブドウを食べる
・フランス
パンケーキを食べる
・アメリカ
豆を食べる

Review

速読トレーニング

本文の内容と一致するものにはT、一致しないものにはFと書きなさい。

1. Almost all cultures have their own way to celebrate the beginning of a new year. ()
2. In Western countries, some people like going to parties dressed in formal clothes at midnight on December 31st. ()
3. Many people in Ecuador burn a big doll to remove bad luck at the beginning of a new year. ()
4. In a Spanish tradition, people eat grapes to get rid of bad luck on New Year's Day. ()
5. Some people in America eat as many beans as possible to get good luck for a whole year. ()

1の補強 (年越しと初日の出)

展開 (様々な正月の伝統行事とその目的)



UNIT 4

語数 速読目標時間
268 words 3.0 minutes

SWITCH 1

▶スラッシュをなぞり、意味のかたまりを意識して、速読目標時間以内で読みましょう。

導入
↓
序論

1 Australia / is one of the world's largest countries, / and also / one of the most interesting. // People have lived / in Australia / for thousands of years. // The name Australia / was first used / in the 1600s, / by European travelers, / but / the name / did not come to be used / commonly / until the 1800s. // Today, / Australia is famous / for its animals, / its culture, / its history / and its many beautiful places to visit. //

展開
1

2 Although the capital is Canberra, / many people prefer / to visit other cities / such as Melbourne or Sydney. // The opera house in Sydney / is one of the world's most beautiful buildings, / and millions of people / visit it / each year. //

展開
2

3 Many Australians love sports. // In fact, / Australia has / strong teams / in many sports, / including rugby, cricket, and soccer. // Australia also has / its own unique sport / called Australian Football. // The Olympic Games / were held / in Australia / in 2000, / and / this event / was very popular / among Australians. // Australia has produced / many famous athletes / in sports / such as swimming, tennis, and hockey. //

速読アシスト

オーストラリア：

- ・世界で最も大きく、興味深い国の1つ
- ・人々は数千年前から暮らしている
- ・この国名が一般に使われるようになったのは1800年代
- ・動物、文化、歴史、美しい場所で有名

場所の魅力：

- ・首都はキャンベラだが、ほかの都市に人気がある
- (例) シドニーのオペラハウス

スポーツの魅力：

- ・強豪チームがある
- ・2000年にオリンピック大会開催
- ・多くの著名なスポーツ選手を輩出

展開
3

4 One of the most interesting things about Australia / is its animals. // If you visit Australia, / you can see / kangaroos, koala bears, and camels. // The zoo in Sydney / is open / every day of the year, / and is very popular. // Animals / are just one reason / many foreign tourists visit Australia. // Other reasons include / the beaches, mountains, and warm weather. // Lots of visitors enjoy / outdoor activities / such as hiking, diving, or skiing / when they come to Australia. //

結論

5 Australia is so big / that it is difficult / to see everything. // However, / in any part of Australia / you can find / something / that is interesting / and different from your own country. //

速読アシスト

動物の魅力：

- ・カンガルーなどの動物が見られ、人気の動物園がある

その他の魅力：

- ・海岸、山、気候
- 野外活動を楽しめる

オーストラリアは広大だが、どの場所にも興味深い、独自のものがある



速読トレーニング

本文の内容と一致するものにはT、一致しないものにはFと書きなさい。

- The name Australia has been used commonly since the 1600s. ()
- Melbourne and Sydney are more popular for foreign tourists than Canberra. ()
- The zoo in Sydney is never closed throughout the year. ()
- Lots of visitors can enjoy indoor activities as well as outdoor ones. ()
- If you travel in Australia, you will surely have new experiences. ()



▶スラッシュをなぞり、意味のかたまりを意識して、速読目標時間以内で読みましょう。

序論

1 People dance / for many reasons: / to celebrate, / to give thanks, / to entertain, / to maintain traditions, / to show physical ability, / and simply for fun. //

2 There are / thousands of different dance forms and styles / all over the world. // In Ireland, / you'll see / Irish step dancing. // In India, / you'll see / many kinds of classical dance. // In one, / dancers wear / up to 100 bells / on each ankle. // In Brazil, / at the time of the carnival, / you'll see / samba dancers / performing / in gorgeous costumes. // In New York, / you'll see / some young people / doing hip hop / and others / taking ballet lessons. //

展開1

3 Some of you / might want to become / a professional dancer. // But / did you know / that a professional dancer is similar / to a professional athlete / like a basketball player? // You need to train and practice / for at least six hours / every day / to become a top dancer. // Most dancers stop / performing / by their mid-30s / because of / the physical demands / on their bodies. // Then / they may start / another career / or continue / in a related field, / such as teaching dance. //

展開2

速読アシスト

人々は多くの理由でダンスをする

世界中には、たくさんの異なるダンスの種類と様式がある

(例) ↓
アイルランド、インド、ブラジル、ニューヨークで見られるダンスの種類と様式

プロのダンサーは、プロのスポーツ選手と似ている

↓ (類似点)
多くのトレーニング・練習と身体の強さが要求される

↓ (結果)
30代半ばまでにほとんどはやめる

展開3

4 In the West, / some people think / dancing is for women. // Yet / some of the world's best dancers / are men. // Take, for example, / Mikhail Baryshnikov in ballet / or / Joaquín Cortés, / a Spanish flamenco dancer. // People admire them / not only for their ability / but also for their masculinity. //

結論

5 The great thing about dance is / that almost anyone, / young or old, / can dance. // Even if / you are not a good dancer, / you can take a few steps / and have fun. //

速読アシスト

ダンスは女性向けだと考える人もいる

↑ (対比)
↓
男らしい力強さゆえに賞賛される男性ダンサーもいる

ダンスがすばらしいのは、だれもが楽しめることだ



速読トレーニング

本文の内容と一致するものにはT、一致しないものにはFと書きなさい。

1. People dance for thanks and celebration, but not for joy. ()
2. Some Indian dancers wear about 100 bells on each wrist. ()
3. You must train and practice for at least six hours a day to be a top dancer. ()
4. Most dancers stop performing by their mid-30s because they are busy. ()
5. Even if we can't dance well, dancing can make us happy. ()



▶スラッシュをなぞり、意味のかたまりを意識して、速読目標時間以内で読みましょう。

起

1 Nobody knows / exactly / when the Olympic Games began, /
28 but / historians think / that the first games were in 776
B.C. // Athletes from all over Greece / came to compete / in
a town called Olympia. // There was / only one event. //
It was / a race called the “stade.” // The first Olympic
champion / was Coroebus of Elis. // He was a cook. //

承

2 The games were very popular. // Soon / there were more
29 events, / for example, / wrestling and horse races. // All the
athletes in the ancient Olympics / were men / and, / when
they competed, / they wore no clothes. // The games took
place / generally every four years, / for a thousand years. //
In A.D. 394 / the Roman Emperor Theodosius / stopped
them / for religious reasons. //

転

3 In 1887, / at the age of 24, / the Frenchman Pierre de
30 Coubertin / made up his mind / to restart / the Olympic
Games. // It took a long time, / but / finally / the first
modern Olympic Games / began / in Athens / in April
1896. // Fourteen countries / took part. // There were /
about 300 competitors / in nine different sports. //

4 Pierre de Coubertin also / designed the Olympic rings. //
31 Each ring stands / for one of the five continents / and the
Olympic flag contains / at least one color / from every
national flag. //

速読アシスト

古代オリンピック：
第1回大会
・紀元前776年
・ギリシャ、オリンピアにて
・たった1つの種目を競った
・優勝者はエリスのコロイボスでコック

第2回以降
・人気があり、まもなく種目が増えた
・参加者は全員男性で、衣服は着なかった
・おおむね4年ごとに開催
・西暦394年にローマ皇帝によって廃止される

近代オリンピック：
・ピエール・ド・クーベルタンがオリンピック再開を決意
・1896年アテネにて第1回大会開催
14か国参加
9つの競技
約300人の競技者

・ピエールは五大陸を表す五輪をデザイン
→オリンピック旗に

結

5 Today, / the Olympic Games / are the world's most famous
32 sports competition. // The modern Olympics take place /
every four years / in a different city. // In 2004 / they were
again in Athens. // Over 10,000 athletes / from 201
countries / competed in 28 sports, / 3,000 years after the
first Olympic Games. //

速読アシスト

今日、最も有名なスポーツ大会に発展：
・4年ごとに異なる都市で開催
(例)2004年アテネ大会、開催
201か国から1万人超参加
28の競技

Review

速読トレーニング

本文の内容と一致するものにはT、一致しないものにはFと書きなさい。

- To tell the truth, it is not obvious when the ancient Olympic Games began. ()
- Both men and women could join any competition in the ancient Olympics. ()
- The Roman Emperor Theodosius stopped the Olympic Games for political reasons. ()
- Forty countries and about 300 athletes took part in the first modern Olympic Games in 1896. ()
- More than 200 countries took part in the Athens Olympics in 2004. ()



UNIT 7

語数 238 words 速読目標時間 2.5 minutes

SWITCH 1

▶スラッシュをなぞり、意味のかたまりを意識して、速読目標時間以内で読みましょう。

現在のサハラ砂漠
↓
過去の意外な事実

1万年〜数千年前のサハラ砂漠

1 The Sahara / is the world's largest desert. // It is 5,500 kilometers / from east / to west / and 2,000 kilometers / from north / to south. // The Sahara / is a very dry place. // It gets only 10 centimeters of rain / each year / and in some areas / it gets less than 2 centimeters / in a year. // In its driest parts, / it only rains / once every hundred years. // The Sahara / is almost equal / in size / to the United States. //

2 However, / there are very few inhabitants. // Although the Nile River runs / through it, / the Sahara has / only enough water / to support / less than a hundred tiny villages. // An interesting and not well known fact / about the Sahara / is / that it was once a green, jungle-like area. //

3 About 10,000 years ago, / after the Pleistocene Ice Age, / the Sahara's climate / was very different / from today's climate. // It was rich in nature, / such as forests, grasslands, rivers and lakes. // There was a large population of animals / including giraffes, elephants, and even hippopotamuses. // The Sahara also supported / larger groups of people / than it does today. // Thousands of years ago, / the people lived / in the Sahara / by hunting and fishing / at first. // And then, / they later turned / to farming and raising animals. //

速読アシスト

現在のサハラ砂漠：
・世界最大の砂漠
東西5,500キロ
南北2,000キロ
・非常に乾燥
降雨量が少なく、
100年に1回しか雨
が降らない場所も
・アメリカ合衆国とほ
ぼ同じ大きさ

⇕
しかし、居住者は少ない
(理由)
生命を支える水がわず
かしかない
⇕
実は、かつては緑の場
所だった↓

1万年前のサハラ：
・今とは気候が非常に
異なる
・緑に覆われていた
・多数の動物が生息

数千年前：
サハラは今よりも多数
の人間の集団を支えて
いた
→初めは狩猟で生活
→農業、家畜の飼育を
始めた

転換点

4 So, / when / did this beautiful, wet, green land begin / to dry out? // About 6,000 years ago, / the climate / began to change / and over the space of 2,000 years, / the Sahara / became the dry desert / which we know today. //

速読アシスト

サハラ地帯は、いつ干
上がり始めたのか
↓
6千年前：気候変化
2千年間：砂漠化

Review

速読トレーニング

本文の内容と一致するものにはT、一致しないものにはFと書きなさい。

1. The Sahara is almost as large as the United States. ()
2. The Sahara has no high mountains and rivers now. ()
3. Most of the people in the world know that the Sahara was once a green area. ()
4. The people in the Sahara once farmed there. ()
5. The Sahara gradually became a dry desert because of climate change. ()



👉スラッシュをなぞり、意味のかたまりを意識して、速読目標時間以内で読みましょう。

起（ウィリアム・E・ホーイの導入）

1 In October, 1961, / at a baseball field / in Cincinnati, Ohio, / an old, deaf gentleman / stood up / to toss out / the first ball of the World Series. // His name was William E. Hoy. // But / most of the audience / probably did not remember Hoy / because he had retired / from professional baseball / 58 years earlier, / in 1903. // However, / he had been a wonderful player / and the deaf community still talks / about him / and his years in baseball. //

承（生い立ち）

2 William E. Hoy / was born / in Houckstown, Ohio / on May 23, 1862. // He became deaf / when he was two years old. // He attended / the Ohio School for the Deaf. // After graduation, / he started / playing semi-pro baseball / while working / as a shoemaker. //

転（大リーグ時代）

3 Hoy began / playing professional baseball / in 1886. // His small figure and speed / made him a wonderful base runner. // He was very good / at stealing bases / during his career. // In the 1888 major league season / he stole 82 bases. // He was also / his team's leading hitter / in 1888. // Hoy threw right-handed / and batted left-handed. //

4 The arm signals / used by umpires today / to indicate balls and strikes / began / because of Hoy. // The umpire lifted his right arm / to indicate / that the pitch was a strike, / and his left arm / to signal / that it was a ball. //

速読アシスト

1961年：ウィリアム・E・ホーイはワールドシリーズの始球式を務めた
1903年：プロ野球を引退。優れた選手だった
今なお：聴覚障害者のコミュニティでは語り継がれている

1862年：オハイオ州に生まれる
2歳の時：耳が聞こえなくなる
卒業後：靴屋として働きながらセミプロ野球でプレイ

1886年：プロに転向。小柄な身体とスピードを活かし優れた走者に
1888年：大リーグで、82盗塁、チームの首位打者
右投げ左打ち

ホーイのために生まれた球審の合図：
・右腕上げる
→ストライク判定
・左腕上げる
→ボール判定

結（引退後〜没年）

5 After he retired, / Hoy stayed busy. // He ran / a dairy farm / near Cincinnati / for 20 years. // He also became a public speaker. // He travelled / around the country / and gave speeches. // Until / a few years before his death, / he took 10 mile walks / several mornings a week. // On December 15, 1961, / William Hoy died / at the age of 99. //

速読アシスト

引退後：
・20年間、酪農場経営
・国内を講演者として巡回
・朝10マイルの散歩
1961年：99歳で没する

Review

速読トレーニング

本文の内容と一致するものにはT、一致しないものにはFと書きなさい。

- Hoy was such a wonderful baseball player that most of the audience knew him well in 1961. ()
- He was born deaf in Houckstown, Ohio on May 23, 1862. ()
- He was not a big man, but he was a nice hitter. ()
- The arm signals to indicate balls and strikes were made for Hoy. ()
- In spite of his age, he went for a walk several mornings a month. ()



UNIT 9

語数 264 words 速読目標時間 3.0 minutes

SWITCH 1

▶スラッシュをなぞり、意味のかたまりを意識して、速読目標時間以内で読みましょう。

序論

1 If you are interested / in owning a dog, / you need / to think carefully. // It is irresponsible / to get a dog / without knowing / about dogs and how to take care of them. //

展開1

2 Firstly, / all dogs need exercise, / but some dogs require / more exercise / than others. // Large or active dogs need / a lot of exercise / and a lot of space. // On the other hand / small dogs / might be happy / running / around a small yard / or inside a house. // If you don't have / a place, / or the time, / for your dog / to exercise regularly, / then / you shouldn't get a dog. //

展開2

3 Secondly, / dogs need / regular baths / just like people. // Dogs that are not washed regularly / can have skin problems. // They may smell bad / or even lose their hair. //

展開3

4 Your dog also needs / a healthy diet. // This can be wet food in a can, / or dry food / known as *kibble* / in the United States. // Some owners also like / to make their own dog food / from things they buy / at the supermarket. // Whether you choose / to feed your dog / wet food, / dry food, / or dishes you create yourself, / try to vary / your dog's diet. //

速読アシスト

犬や犬の世話の仕方を知らずに犬を飼うのは無責任だ

犬に必要なこと・もの:
1. 定期的な運動
・大型または活発な犬は小型犬より多くの運動が必要
・運動のための場所と時間がないなら犬を飼うべきでない

2. 定期的な入浴
・入浴をしないと
→皮膚病のリスク
→悪臭
→脱毛

3. 健康的な食事
・缶入りのウェットタイプのエサ
・「キブル」というドライタイプのエサ
・手作りのエサ
↑のどれでもよいが、多様性が必要

展開4

5 The final thing / your dog needs / is love and attention. // Almost all dogs / come to like a person / or to be a member of a family group, / and they like / to be patted regularly. // Research has shown / that patting a pet / is not only good for the pet, / but also for the owner. // People with depression / who get a dog or cat / often feel better / because of the time / they spend / patting or holding their pet. //

速読アシスト

4. 愛情と世話
・家族の一員になる
・なでてかわいがられるのを好む
→ペットにもよい
→飼い主にもよい
研究によると
うつ病の人は
気分が改善する



速読トレーニング

本文の内容と一致するものにはT, 一致しないものにはFと書きなさい。

1. Large or active dogs need as much exercise and space as small dogs. ()
2. If you have little space and time for your dog, you had better not have a dog. ()
3. Dogs should be washed regularly because they can relax in a bath. ()
4. Dogs need a varied diet for their health. ()
5. Pets can often make people with mental illness feel better. ()



UNIT 10

語数 303 words 速読目標時間 3.5 minutes

SWITCH 1

▶スラッシュをなぞり、意味のかたまりを意識して、速読目標時間以内で読みましょう。

導入（屋久島＝世界的にも希少な自然環境）

1 Just south of Kyushu / is the beautiful island of Yakushima. // It is covered / with many trees / and is full of wildlife. // It also receives / more rain / than almost any other place / on the planet. // Although it may be dry / in the fall and winter, / local people say / that on average / it rains / 35 days a month! // The temperature here / is generally higher / than in the rest of Japan. // Thanks to its climate, / Yakushima has been home / to about 1,900 kinds of plants. // And / surprisingly, / 40 of those plants / cannot be found / anywhere else on Earth. // It is not surprising, / therefore, / that the island is sometimes known / as the “Galapagos of Asia.” //

2 The best example of Yakushima’s natural beauty / is a forest of Japanese cedar trees / located on the highest part of the island. // The forest became / a UNESCO World Heritage site / in 1993. // Some of these trees / are more than 1,000 years old / and they are called *yakusugi*. // The oldest of these, / the Jomon Sugi, / is thought to be over 7,000 years old! //

速読アシスト

屋久島：
・九州の南方にある美しい島
・木々に覆われ自然が豊か
・高温多湿である
↓
約1,900種類の植物が生育。うち40種が希少種
↓
「アジアのガラパゴス」として知られている

屋久島の自然美の代表例
＝島の最上部のニホンスギの森
・世界遺産に
・樹齢千年以上の「屋久杉」と最古の縄文杉を含む

展開（観光客の増加と原生林破壊）

3 Because of this miracle of nature, / the average number of visitors / to the forest / has now reached 300,000 / per year. // They have to walk / four or five hours / to see the Jomon Sugi. // It is 1,300 meters above sea level. // There is a wooden platform / for viewing the tree. // It is designed / to give them / the best view of the tree. // At the same time, / it protects the tree / from damage. // Despite this effort, / in 2005, / someone cut / a 10-centimeter piece / off the tree. // This shocking act / made many people very angry. //

結び（保全の必要性）

4 Luckily, / such incidents are very rare. // If the natural forest of Yakushima / is well protected with care, / it will continue to inspire / painters, poets and writers. // And Yakushima will always be known / as the “Galapagos of Asia.” //

速読アシスト

多くの観光客が来訪
→標高1,300メートルのところにある縄文杉まで歩く
→木の展望台がある
縄文杉の最高の眺め、保護の努力
⇕（逆接）
2005年、心ない観光客が縄文杉を傷つける事件が発生→多くの人が激怒

屋久島の原生林を保護できれば
→「アジアのガラパゴス」として多くの人々にインスピレーションを与え続けるだろう

Review

速読トレーニング

本文の内容と一致するものにはT、一致しないものにはFと書きなさい。

1. It rains in Yakushima more than almost any other place on the earth. ()
2. Yakushima is sometimes called the “Galapagos of Asia” because of its unique plants. ()
3. Most of the trees called *yakusugi* are more than 7,000 years old. ()
4. Since the Jomon Sugi is high above sea level, people must walk for several hours to see it. ()
5. Many people have damaged the trees by cutting some pieces off them. ()

1の具体例



▶スラッシュをなぞり、意味のかたまりを意識して、速読目標時間以内で読みましょう。

1 It is not easy / to get a driving license / in Britain. //
There are driving schools / like in Japan. // However, /
most people / do not take lessons / there. // Instead, / they
use / a private car / to practice driving. // For example, /
teenagers might drive / their parents' car. // But / a parent
or another person with a license / must ride / in the front
seat / while the youth is driving. //

2 Many driving schools / don't have their own practice
area. // So, / people learn to drive / on public roads. //
When / a person without a license / is driving, / he/she
must post / a sign with a large red 'L' / on the car. // This
means "learner." // This warns / drivers around them / that
a mistake might be made. // People who are practicing /
might brake suddenly / or turn in the wrong direction. //
Other drivers / stay a safe distance / behind such cars / to
avoid an accident. //

速読アシスト

イギリスで運転免許を
取るのは難しい
↓(どう取得するか)
・教習所はある
⇔ほとんどの人は
そこで練習しない
⇔自家用車で練習
このとき、免許所有
者の同乗が義務

公道で練習する
↓
運転練習者を意味する
大きな赤のLを標示
→周囲に警告
・急ブレーキ
・曲がる方向を誤る
↓
事故防止のため、ほか
の運転者は車間距離を
置いて走る

3 A person must be at least 17 years old / to get a driving
license / in Britain. // After passing paper-based and
computerized tests, / a practical driving test is taken. //
The driving test is given / on public roads. // A test-
examiner sits / beside the test-taker / and instructs that
person / when and where to turn and stop. // The test
lasts / for about 40 minutes. // During that time, / the
examiner asks / the test-taker / questions about driving
rules. // The examiners are very serious and strict. // Only
test-takers who can drive a car safely / pass. //

4 It takes a while / to learn good, basic driving skills. // One
should not rush / to take the driving test / too soon / as it
is very difficult to pass. // It is better / to practice a lot /
and gain confidence / little by little. //

速読アシスト

運転免許試験：
・運転免許を取れるの
は17歳以上
・学科試験後、実地試
験が行われる
・公道で
・試験官は助手席で、
運転の指示と交通規
則の質問
・40分間
・試験官は厳格
・安全運転できる人の
み合格

運転技能習得には時間
がかかる
→運転免許試験は難し
い
→多くの練習が必要

速読トレーニング

本文の内容と一致するものにはT、一致しないものにはFと書きなさい。

- In Britain, teenagers often use their own private car to practice driving. ()
- A sign with a large red 'L' on the car shows other drivers that the driver is poor at driving. ()
- The practical driving test is usually given on driving schools' practice course. ()
- A test-examiner who sits beside the test-taker is very cheerful and kind. ()
- It takes a while to be a good driver, so one should practice a lot and gain confidence. ()



UNIT 12

語数 速読目標時間
278 words 3.0 minutes

SWITCH 1

▶スラッシュをなぞり、意味のかたまりを意識して、速読目標時間以内で読みましょう。

起

1 America won / its independence from Britain / in 1776 / thanks to the help of the French. // France gave / arms, ships, money and men / to the American colonies. // About 100 years later, / in 1865, / a group of Frenchmen / came up with an idea / of celebrating / the 100th year of American independence / by giving a gift / which could become a symbol of human liberty. //

2 Soon / the idea became a solid plan. // They decided to give / a statue titled “Liberty Enlightening the World.” // However, / the project / would be very expensive. // So / they proposed / its costs should be shared: / France would pay / for the statue, / while America would pay / for the base of the statue. // On the French side, / they held a lottery / to attract public attention. // They also sold / clay models of the statue. // At the end of 1879, / there was enough money / to complete the work. //

承

3 While the statue was being completed / in France, / little was happening / on the American side. // The American press / had not supported the project, / especially because of its cost. // Many Americans outside of New York / considered it New York’s statue. // “Let New York pay for it,” / they said. //

速読アシスト

1776年：アメリカはフランスの支援を受けて、独立した

1865年：フランス人が独立100周年を祝って何か自由のシンボルを贈ろうと考えた



「世界を照らす自由」像を贈ることになったが、費用が問題



費用分担を提案

1879年：フランス側は宝くじや像の模型の販売により、像建設のための資金が集まった

この間、アメリカ側は何も進まない(理由)

- ・費用を理由に新聞界が不支持
- ・ニューヨークの像は、同市が負担すべきという声

転

4 It was Joseph Pulitzer and the power of the media / that made the difference. // He had / a newspaper whose name was the *World*. // He started a campaign / by setting the goal / at \$100,000 / and promised to publish / in the *World* / the name of every single person / who gave money. // Finally / on August 11, 1885, / the front page of the *World* said, / “ONE HUNDRED THOUSAND DOLLARS!” // The goal had been reached / thanks to more than 120,000 Americans. //

結

5 The statue was completed / on October 28, 1886, / ten years behind schedule. //

速読アシスト

ピューリッツァーが閉塞状況を打破

- ・自分の新聞を使って、募金キャンペーン開始

↓(結果)

1885年：12万人以上のアメリカ人の寄付により、目標額達成

1886年：像が完成

Review

速読トレーニング

本文の内容と一致するものにはT、一致しないものにはFと書きなさい。

- France helped America win its independence from Britain. ()
- America paid for the statue, while France paid for the base of the statue. ()
- The American press didn’t agree with the project because of its cost. ()
- Joseph Pulitzer played an important role in gathering enough money for the project in America. ()
- It took ten years to complete the statue after the first idea occurred in France. ()



UNIT 13

語数

308 words

速読目標時間

🕒 3.5 minutes

SWITCH 1

👉 スラッシュをなぞり、意味のかたまりを意識して、速読目標時間以内で読みましょう。

幼少時代

1 Marie Curie / was a great scientist. // She was born / in Warsaw, Poland, / in 1867. // Both of her parents / were teachers. // When Marie was only 10 years old, / her mother died. //

2 Marie / was a very good student. // She loved / science, math, and languages. // She and her sister, Bronya, / wanted to go to college. // But / in those days, / only men could go / to college / in Poland. // The girls / had to go / to France / to study. // There was not enough money / for both sisters / to go. // So / Marie worked / as a teacher / in Poland. // She sent money / to Bronya / to pay for medical school / in Paris. // After Bronya became a doctor, / she helped Marie. //

苦学時代

3 When she was 24, / Marie became a science student / at the Sorbonne, / a university in Paris. // Even with her sister's help, / she did not have much money. // She lived / in a small room / near the college. // It had / no lights, no water, and no heat. // Sometimes / Marie only had bread and tea / to eat. //

速読アシスト

マリー・キュリー
1867年：ポーランドに生まれる
・両親は教師
10歳：母親他界

学生時代：優秀で、科学、数学、言語学が大好きだった
・姉とともに大学進学希望

⇔ポーランドは男性のみ大学入学可

⇔十分なお金なし
→姉は大学入学、マリーは働いて援助
→姉が医者になり、マリーを援助

24歳：パリの大学入学
・姉の援助があっても貧しかった
→明かり、水、暖房のない部屋に居住
→パンとお茶しか食べ物がないことも

結婚と偉業達成

4 Marie studied hard / and graduated in 1894. // A year later, / she married Pierre Curie. // He was also a scientist. // They worked together / for many years. // Their most important discovery / was radium. // Today, / doctors use / the rays from radium / to treat cancer. // The Curies won / a Nobel Prize / for their discovery. // This is / the highest award / for a scientist. // Marie Curie was / the first woman / to receive this award. //

夫の死後

5 When Marie Curie was 39, / Pierre died / in a road accident. // But / she continued their work. // Curie became / the first woman professor / in France. // In 1911, / she won / a second Nobel Prize. // But / years of working with radium / ruined her health. // She died of cancer / in 1934. // Her daughter Irene / continued Curie's work. // She also received a Nobel Prize. // Sadly, / Irene also got cancer / and died young. // Both women gave / their lives / for their work. //

速読アシスト

1894年：卒業
1年後：ピエールと結婚
→共同で長年研究
→ラジウム発見
(現在がん治療に使われる)
→ノーベル賞受賞
女性初の受賞

39歳：夫死去
その後も研究継続
フランス初の女性教授就任
1911年：2度目のノーベル賞受賞
1934年：がんで死去
↓
娘が研究継続
→ノーベル賞受賞
→がんで死去
2人とも研究に一生を捧げた

Review

速読トレーニング

本文の内容と一致するものにはT、一致しないものにはFと書きなさい。

- Marie Curie became a great scientist and her parents were also scientists. ()
- Marie had a sister who studied at medical school in Paris. ()
- Marie and her sister, Bronya, helped each other during their university days. ()
- Marie's husband, Pierre, died of cancer. ()
- Both Marie and her daughter Irene received a Nobel Prize. ()



UNIT 14

語数

234 words

速読目標時間

🕒 2.5 minutes

SWITCH 1

👉 スラッシュをなぞり、意味のかたまりを意識して、速読目標時間以内で読みましょう。

序論（問題提起＋原因分析）

1 In East Asian countries / such as Japan, Korea, and Malaysia / there are very few obese people. // In Western countries / like the United States / there are many more. // In addition, / Asians don't suffer / much heart disease, diabetes, or other illnesses. // Those are common / to Westerners. // One possible explanation / is diet. // Traditional Asian food contains / very little fat / — about 11%, / while the traditional Western diet contains / three or four times as much. //

2 The Asian diet / is also lower / in protein / than the average Western diet. // Recent studies have revealed / that even the people of the world's poorest countries / receive enough protein, / and the people in wealthy countries / too much. // Accordingly, / experts advise / limiting protein intake / to 15% of the diet. // We can mostly get this / from fruits and vegetables. // For example, / beans contain 26% protein, / brown rice 8%, / potatoes 11%, / and oranges 8%. //

本論（更なる原因分析→予防策）

3 In addition, / the experts suggest / plenty of exercise / for those who want to be slim and healthy. // They recommend / avoiding coffee, tea, cola, and other caffeine drinks, / staying away from alcoholic beverages, / and using only a little sugar and salt. //

速読アシスト

肥満の人の数：

- ・東アジアは少
- ・欧米諸国は多

↓

関連疾患の患者数：

- ・アジア人は少
- ・欧米人は多

↓

説明できる理由：

- ・食事に含まれる脂肪量が大きく異なる

食事に含まれるタンパク質量：アジアは欧米より少

↓

ある研究結果

タンパク質摂取量：

- ・貧困国でも十分
- ・富裕国は過多
- ・食事の15%に制限すべき

→果物と野菜から摂取可能

↓（補足）

専門家が肥満防止のために推奨：

- ・たくさん運動
- ・カフェイン飲料、酒を避け、砂糖・塩の使用を制限

結論

4 Thus, / many Westerners are turning / to food / like that of the traditional Japanese diet. // At the same time, / the Japanese people / seem to be developing / a taste for Western food. // The Japanese / should be careful / of selecting Western foods / or they may find / that such foods will also bring / with them / Western diseases. //

速読アシスト

↓（結果）

- ・欧米人は日本食に注目し始めている
- ・同時に日本では洋食嗜好へ
- 欧米人がかかる病気ももたらす可能性を注視すべき

Review

速読トレーニング

本文の内容と一致するものにはT、一致しないものにはFと書きなさい。

1. Many people in the United States suffer from heart disease or diabetes. ()
2. The Western diet is much healthier than the Asian diet. ()
3. Traditional Asian food is very healthy because it contains little fat. ()
4. If you want to be slim and healthy, you need lots of exercise as well as a healthy diet. ()
5. Many Japanese people are careful of selecting Western foods. ()



▶スラッシュをなぞり、意味のかたまりを意識して、速読目標時間以内で読みましょう。

序論

1 An old proverb says, / “You can’t judge a book / by its cover.” // This means / it is hard / to know / what people are thinking / by just looking at them. // But, / most people feel / they can learn / some things / from reading someone’s face. // In other words, / most people try to tell / how a person is feeling / when they look at his or her face. //

2 Consider the smile. // It is one / of the most easily recognizable human facial expressions. // We can see / a smile on someone’s face / from hundreds of feet away. // But, / there is a slight difference / between a true smile and a false one. // For example, / when two old friends meet, / they smile / with their eyes / as well as with their lips. // The muscles of the face / pull the lips up. // And / the corners of the eyes / look friendly. // On the other hand, / when a clerk in a grocery store smiles politely, / his lips may move up. // But often / the smile doesn’t necessarily reach / his eyes. //

1の補強

速読アシスト

諺「人の中身は外見で判断できない」
⇒人を見ただけで、何を考えているのかわかるのは難しい
⇔しかし、人は顔から感情などを知らうとする

(例)笑顔
＝離れたところからでも、容易に認識可能な顔の表情
⇔しかし、
↓の違いがある
・本心からの笑顔(親友同士)
→口角にも目尻にも現れる
・作り笑顔(店員)
→口角が上がるが、目元に現れるとは限らない

展開

3 We may be able to read / common emotions / like joy, sadness, and anger / from facial expressions, / but that’s not all. // Research suggests / that we also tend to judge character / by the shape of their faces. // In her book, / *Reading Faces*, / Professor Leslie Zebrowitz / discusses / baby-faced adults, / people with large eyes and round cheeks. // She shows in her research / that such baby-faced adults are often treated / like children / by other adults. // In one study of cases / in a Boston courtroom, / Zebrowitz found / that people with “baby faces” / were more likely to be successful / than people with more older-looking faces. //

4 So, / if someone makes a quick impression on you, / you should carefully think / about it. // Your assumptions / may or may not be true! //

結論

速読アシスト

外見からほかの人の感情を読み取ろうとするだけではない
↓
顔の形から、その人の性格を判断しがち
↓(例)
童顔(目が大きく丸いほお)の大人についての研究:
・子供扱いされる
・裁判で有利な結果が出やすい

人から受けた第一印象については、慎重に判断すべきだ

Review

速読トレーニング

本文の内容と一致するものにはT、一致しないものにはFと書きなさい。

- You can imagine the content of a book just by looking at its cover. ()
- If a person smiles at you, you can always judge that you are welcomed. ()
- Facial expressions may tell us about other’s emotions. ()
- In one study of court cases, people with “baby faces” turned out to be more likely to be successful. ()
- It is reasonable to trust our first impression of someone. ()