



👉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（切手発明前）

1 Before the invention of the postage stamp, / it was difficult / to send a letter / to another country. // The sender paid / for the letter / to travel in his or her own country. // Then / the person in the other country / paid / for that part of the trip. // If a letter crossed / several countries, / the problem was worse. //

展開1（切手の誕生）

2 Rowland Hill, / a British teacher, / had the idea / of making a postage stamp / with glue on the back. // The British post office / made the first stamps / in 1840. // They were / the Penny Black and the Twopence Blue. // A person bought a stamp / and put it / on a letter. // The post office delivered the letter. // When people received letters, / they didn't have to pay anything. // The letters were prepaid. //

展開2（切手の普及↓国際郵便システムの確立）

3 Postage stamps / became popular / in Great Britain / immediately. // Other countries started / making their own postage stamps / very quickly. //

4 There were still problems / with international mail. // Some countries did not want to accept / letters with stamps / from another country. // Finally, / in 1874, / a German organized / the Universal Postal Union. // Each country in the UPU / agreed to accept / letters with the postage prepaid / from the other members. // Today, / the offices of the UPU / are in Switzerland. // Almost every country in the world / is a member of this organization. // It takes care / of any international mail problems. //

速読アシスト

切手発明前：
手紙をほかの国に送る
→差出人は手紙の自分の国内の輸送分の代金を払う
→受取人は自国内の輸送分の代金を払う

ローランド・ヒルが裏側にのりの付いた切手を考案
1840年：英国が最初の切手を作った
→差出人は手紙に切手を貼る
→郵政公社が配達
→受取人は何も払わない

切手は英国ですぐに普及→他国へ波及

なお課題があった：
一部の国が、他国の切手が貼られた手紙を受け取らない
1874年：UPU発足
・各加盟国はほかの加盟国の切手の付いた手紙を受け取る
・本部はスイス
・ほぼすべての国が加盟
・国際郵便の問題を扱う

結び（切手の今）

5 Today, / post offices in every country / sell beautiful stamps. // Collecting stamps / is one of the most popular hobbies / in the world, / and every stamp collector knows / about the Penny Black and the Twopence Blue. //

速読アシスト

現在：
・全世界で切手販売
・切手収集は人気の趣味となっている



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. When people received a letter from another country, they had to pay for it before 1840. ()
2. The German post office made the first stamps in 1840. ()
3. Thanks to Rowland Hill, all the problems of international mail were solved. ()
4. In the 1870s, the Universal Postal Union was organized in Germany. ()
5. The Penny Black and the Twopence Blue are well known to stamp collectors. ()



👉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。

木星の大きさ

1 Jupiter is / the largest planet / in our solar system. // Its diameter, / the distance / right through the middle of the planet / from one side / to the other, / is 11 times as large / as Earth's. // That means / you could put / 11 Earths / side by side / inside Jupiter. // If you stuffed / as many Earths as possible / inside of Jupiter, / around 1,000 Earths would fit. //

木星の2色の縞模様と構成

2 If you view Jupiter / through a telescope, / you can see / that its surface has / alternating stripes of cream and brown. // The cream stripes / are called zones. // The brown stripes / are called belts. // Different chemicals in each layer / make the different colors. // Most of Jupiter is made up / of clouds and gas layers. // It is one of the planets / called the Gas Giants. // The others / are Saturn, Uranus, and Neptune. //

木星の1年（公転速度）

3 One year is the time / it takes / for a planet / to make one circle, or revolution, / around the Sun. // On Earth, / a year is 365 days long. // It takes Jupiter / almost 12 Earth years / to make one revolution. // As it orbits the Sun, / Jupiter travels / at about 29,000 miles (47,000 kilometers) / per hour. // Earth orbits the Sun / at a faster speed / of about 66,600 miles (107,000 kilometers) / per hour. // When you combine / Jupiter's slower orbital speed / with its greater distance from the Sun, / you can understand / why Jupiter's year is so long. //

速読アシスト

木星

＝太陽系最大の惑星

・直径：地球の11倍

→内部に地球を11個隣り合わせに並べられる

・内部に1,000個の地球を詰められる

望遠鏡で確認

↓

クリーム色と茶色の縞模様：前者「ゾーン」、後者「ベルト」

→化学物質の違いが色の違いを生む

・構成成分：雲とガスの層

・巨大ガス惑星の1つ

公転速度：

1年＝12地球年

(理由)

・木星は時速29,000マイル、地球は時速66,600マイル

→地球はずっと速い

・太陽からの距離：地球よりずっと遠い

木星の天球上での動き

4 The difference / in the revolutions of Earth and Jupiter / is / what causes / Jupiter's different positions / in the sky / when you look at it / from Earth. // Earth keeps / passing Jupiter / as the planets orbit the Sun / because Earth's revolution / is much faster than Jupiter's. // As Earth is about to catch up to and pass Jupiter, / Jupiter appears / to be in front of Earth. // After Earth passes Jupiter, / Jupiter appears / to be behind Earth. //

速読アシスト

(原因)地球と木星の公転速度の違い

(結果)空の木星の位置のずれを生む

・地球は常に木星を追い越す

・木星に追いつく
→地球の前に見える

・木星を追い越す
→地球の後ろに見える

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 diameter of Earth is one eleventh of Jupiter's. ()
- There are some planets called the Gas Giants, which are made up of only gas. ()
- It takes Earth 365 days long to make one revolution as it orbits the Sun. ()
- Jupiter goes around the Sun more than twice as fast as Earth. ()
- The different speed in the revolutions of Earth and Jupiter depends on the distance from the Sun. ()



▶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 (米国におけるハンバーガーの人気)

1 The hamburger / is one / of the most popular foods / in America. // It is so popular / that it could even be the symbol / of America. // There are many reasons / for this. // It is easy to make, / cheap, delicious, / and quick and easy to eat. // On average, / Americans eat / about three hamburgers / per person / a week. //

2 Where and how / did the hamburger begin? // No one knows / for sure, / but / the combination of burger and bun / probably started / in America. // There are many stories. // According to one, / in 1885 / two brothers / were selling food / at a festival / in the city of Hamburg, / New York. // One day / they ran out of pork, / so they decided / to use ground beef. // They did not like the taste, / so they put in / coffee and sugar / to make it taste better. // Then / they added / two pieces of bread / so people could carry / the food. // Someone asked, / “What do you call this?” // The brothers did not know. // One of them / looked up / and saw / the sign “Hamburg Fair.” // He decided / to call it / the “Hamburger Sandwich.” // In time, / hamburgers came / with salt, pepper, ketchup, and little pieces of onion. //

展開1 (ハンバーガー+パン=ハンバーガーの誕生)

速読アシスト

ハンバーガー：
・アメリカで人気が高い
→国の象徴的食べ物
・人気の理由：
→簡単に作れる
→安い、おいしい
→すぐに簡単に食べられる
・1人週約3個消費

起源：不明だが、ハンバーグと丸パンの組み合わせはアメリカ発祥
↓多くの説の1つ
1885年：NY州 ハンバーグ市の祭りで、兄弟が作った牛ひき肉の食べ物
→コーヒーと砂糖で味を調節
→持ち運べるように2切れのパンを付けた
→祭りの名前から「ハンバーガー・サンドイッチ」と命名

↓(時間経過)
・塩、こしょう、ケチャップなど使用

展開2 (ハンバーガーの進化と人気の高まり)

3 In the 1920s, / hamburgers became / even more popular. // In 1921 / the first restaurant chain / to sell only hamburgers / opened. // It was called White Castle, / and sold hamburgers / for five cents / each. // The first cheeseburger / came in the 1930s, / and was made / by just putting / a slice of cheese / on top of the meat. // Once the cheese melted, / the burger had / a completely new taste. // Since it was so easy to carry, / many people ate their “burgers” / while driving. // The first restaurant with a drive-through / opened / in California / in 1948. //

4 In the 1960s, / many toppings were added / to the hamburger / such as tomatoes, lettuce, onions, and pickles, / and it became known / as the “California Burger.” // Now, / with many more toppings / such as bacon, avocado, chili, mushrooms, and eggs, / the hamburger is more popular / than ever. // And yet / even after a century, / the basic hamburger / is still the same. //

速読アシスト

人気増：
・1921年：ハンバーガーだけを売るチェーン店出現
・30年代：「チーズバーガー」出現
・運転しながら「バーガー」を食べるようになる
・1948年：ドライブスルーの1号店出現

60年代：トマト、レタスなど追加
→「カリフォルニア・バーガー」
今：より多くのトッピングが加えられ、人気が増している
⇨しかし、基本のバーガーは1世紀前と同じだ

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。

- Hamburgers are so easy to eat that an average American family eats about three hamburgers every day. ()
- Two brothers used salt and pepper to make “Hamburger Sandwich” taste better. ()
- White Castle sold hamburgers and cheeseburgers for five cents each. ()
- Many people ate hamburgers while driving because they could be carried very easily. ()
- The “California Burger” contains several kinds of vegetables in it. ()



UNIT 4

語数 速読目標時間
358 words 3.5 minutes

SWITCH 2

▶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 Cohousing is / a special kind of group housing. // It began / in Denmark / many years ago. // Today / it is becoming popular / all over the world. // When people start / a cohousing community, / they are usually strangers. // However, / they have / the same dream. // They don't want / to live alone. // They want / to live in a community. // They want / close relationships / with their neighbors. //

2 Both the individual and the group / are important / in cohousing communities. // Individuals / own and live in separate houses, / but / the community / owns all of the land. // The houses are very close together. // There aren't any fences / between them. // In front of the houses, / there is usually / a large open area. // Everyone in the community / can use that area. // Children can play there. // Other residents / can walk or ride their bikes / there. //

本論 1

3 The common house is / the center of the cohousing community. // The common house is a house / that all of the residents own together. // Most common houses / have / a large dining room and kitchen. // Residents / cook and eat together / there / once or twice / a week. // There are also play areas / for children / and recreation areas / for adults, / a guest room, / and a laundry room. //

本論 2

速読アシスト

コウハウジング：
・デンマーク発祥
・世界中で人気に
居住者：
・面識がない人
・同じ夢を持つ
・1人暮らしは嫌
・コミュニティでの生活、親しい隣人関係希望

個人もグループも重視する：家は個人が、全敷地はコミュニティが所有
・家は隣接
・家の間に塀なし
・大きな共有空間
→みなが利用可
→子供が遊べる
→散歩、自転車も可

コモンハウスはコミュニティの中心：
・全居住者が共有
・ダイニングルーム、キッチンあり
→一緒に料理・食事
・子供の遊び場
・大人の娯楽の場所
・客室
・洗濯室

本論 3

4 The residents of the cohousing community / are like one big family. // They take care of the common land. // They often eat together. // When a resident has a problem, / the neighbors help. // They drive / a sick neighbor / to the doctor, / or take care / of a neighbor's children. // And / in most cohousing communities, / there are people / of all ages, / from the very young / to the very elderly. //

5 Most residents of cohousing / are very happy. // They love the community life. // However, / cohousing is not a good choice / for everyone. // Residents of cohousing communities / make decisions together. // For example, / they meet / and decide / how to take care of the common areas. // They also decide / how often / they will eat together. // Then / everyone agrees / to follow the group's decision. // If you don't like / to make decisions / in a group, / you will probably not be happy / in a cohousing community. // Also, / if you like / to spend a lot of time alone, / cohousing is probably not a good choice / for you. //

結び

速読アシスト

居住者全員＝1つの大家族：
・共用地をみなで管理
・一緒に食事する
・隣人を助け合う
(例)病人の送迎
子供の世話
・全年齢層から成る

コウハウジングに向いている人は幸せ
⇒不向きの人もある
・グループでの意思決定が好きではない人
・1人で長い時間を過ごすのが好きな人



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 who start a cohousing community have the same dream of independence. ()
2. Individuals of a cohousing community own both the houses and the land. ()
3. The common house plays an important role in communication among the members of a cohousing community. ()
4. Residents of a cohousing community are willing to help each other just like one big family. ()
5. Certain types of people had better not join a cohousing community. ()



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

序論

1 Most people feel / a little sleepy / after lunch. // It is a normal reaction / as our bodies slow down / after eating. // Falling asleep / in an afternoon class / is a problem, / but it feels great / to nap / if we can. // There are / two good points / and some important rules / about taking naps / that you should learn. //

2 The first benefit of napping / is / that you will remember things better. // Because you feel very awake, / you will make / fewer mistakes. // The second benefit of napping / is / you can learn things / more easily / after a short rest. // Naps give / your brain / time / to process information, / so / while you rest your body, / your brain can organize itself too. // In addition, / naps can also reduce stress. // We can see / that there are some very good reasons / to take a short nap. //

3 It is also important / to remember three simple rules / about taking a nap. // The first rule / is / that you should take a nap / in the middle of the day. // If you take a nap / late in the afternoon, / it may disturb / your sleep pattern. // The second rule / is / that a 20-30 minute nap is best. // If you sleep too long, / you may fall into a deep sleep, / and after waking up / you will feel worse, / not better. // The third rule / is / that you should set an alarm clock, / so that you can fully relax / during your nap. // If you don't use an alarm, / you will not rest comfortably / and you may oversleep. //

本論1 (昼寝の利点)

本論2 (昼寝の法則)

速読アシスト

食後の眠気：
自然な生理反応
↓
昼寝は気持ちがいい
↓
知っておくべき昼寝の
利点と法則がある
↓ (具体)

利点1：記憶力UP
→ミスも減る
利点2：学習力UP
→昼寝が脳に情報処理
の時間を与え、脳が
整理される
補足的な利点：
ストレスも軽減
↓
以上のことから、昼寝
がよい理由がわかる

法則1：真昼に寝る
→遅いと睡眠パターン
を崩しかねない
法則2：20～30分
→長いと逆効果
法則3：目覚ましを
セットする
・そうしないと
→昼寝の間、ゆっく
り休めない
→寝過ぎず

結論

4 So, / the next time / you feel sleepy / after lunch, / don't reach for a coffee. // Instead, / put your head down / and take a nap. //

速読アシスト

昼食後、眠くなったら：
→コーヒーはやめる
→頭を下げて昼寝する



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. After taking a nap, the number of mistakes you make will usually decrease. ()
2. You can give your brain time to organize itself when you are sleeping. ()
3. The longer you take a nap, the better you feel when you wake up. ()
4. It would be better for your health to have a deep sleep during the day. ()
5. Setting an alarm clock will help you rest comfortably when napping. ()



▶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 Letter writing is a way / of communicating a message / in written words. // People write letters / for both business and personal reasons. // Business letters / are generally more formal / than personal letters. // Business letters include / those used to apply for jobs, / complaint letters, / and sales letters. // Personal letters include / correspondence between family members or friends, / invitations, / and thank-you notes. //

2 Studies show / that people who write well / are more likely to have successful careers. // Skill in writing business and personal letters / can make a difference / in your life. // For example, / a well-written letter / applying for a job / may lead to a fine position. // A good personal letter / can help / build or keep a valuable friendship. //

3 A well-written letter / should be clear, accurate, complete, concise, and courteous. // The first step in preparing a good letter / is deciding / what to say. // Make a brief list / of the ideas / you want to cover, / and then plan / the arrangement of these ideas. // Next, / decide / how best / to put your thoughts into words. // It may help / to write a rough copy of your letter / simply to get words on paper. // Finally, / go back / and fix / the sentence structure, grammar, and wording. // Use / simple, direct statements / rather than long, involved sentences. // Make each phrase easy / for the reader / to understand. //

速読アシスト

手紙は、書き言葉による1つの意思伝達手段である：

- ・ビジネスレター：求人応募、苦情、売り込み
- ・パーソナルレター：家族、友人との文通、招待状、礼状

手紙をうまく書ける人は、成功する可能性が高い：

- (例)
- ・よい求人応募文書
→よい職位につながる
 - ・よい個人的な手紙
→友人関係の構築と維持に役立つ

よい手紙の書き方：

- 1) 考えをリストにまとめ、配列の仕方を練る
- 2) 1)をどう言葉にするのが最良かを決める
- 3) 読み返して、文の構造、文法、言葉の使い方を直す
→簡潔で率直な記述を使う
→読み手が理解できるわかりやすい言い回しにする

4 Think carefully / about your reader's familiarity / with your topic. // Have you included / everything / the reader needs to know? // Forgetting even one necessary item / can create confusion. // If the letter discusses an appointment, / be sure / you mention / the location, date, and time. //

5 Say / what you have to say / and then stop. // Too often, / letters become cluttered / with wordy phrases, / stuffy expressions, / and unnecessary details / that dilute your message. // Use plain, natural language / and get to the point. //

6 The tone of the letter / is as important as its language. // In general, / make the tone friendly and polite. // Stress points / that will interest the reader. //

速読アシスト

読み手が手紙の主題に精通しているかを配慮：
・読み手が知る必要のあることを網羅
・必要な情報が欠ければ混乱を招く
(例)面会の約束についての手紙→場所と日時を忘れずに書くこと

書くべきことを書いたらそこで筆を置く：
・冗長さ、難解さを避ける
・わかりやすい自然な言葉を使って、要点を書く

語調も重要：
親しみやすく、礼儀正しい語調にする



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. A letter to sell a product is a kind of business letters. ()
2. If you are skilled in writing letters, you can make your life better. ()
3. The final step in letter writing is to check the sentence structure, grammar, and wording. ()
4. When you write a letter, you should consider the reader carefully to avoid confusion. ()
5. It is more important to use plain language than to use correct grammar. ()



UNIT 7

語数 253 words 速読目標時間 2.5 minutes

SWITCH 2

▶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。

シリコンバレー創成期

1 Many computer companies started / in the 1950s / near San Francisco, / California. // Top scientists came together / in this area / of beautiful green hills and farms. // Instead of working for big companies, / as scientists in those days usually did, / they started their own. // They were able to get / a lot of money / quickly / — something that did not happen / in New York, / the business capital of the US / at that time. // They worked very hard / to make / what is now known as Silicon Valley, / which is home to some / of the most powerful technological companies / in the world. //

2 William Shockley, / winner of the Nobel Prize in 1956 / for making the transistor, / was the first scientist / to go to Silicon Valley. // He dreamt / of making transistors / out of silicon. // He created a company / with eight other top scientists, / but they did not like Mr. Shockley. // They left / and opened their own companies. // Some of those companies / still exist today. //

前シリコンバレー時代

3 Before Silicon Valley, / new companies had to borrow money / from banks or friends. // In 1938, / scientists Bill Hewlett and David Packard / had great ideas, / but were only able to borrow a little money. // They started their work / in a garage / with just \$500. // It took them a long time / to build their company. //

速読アシスト

1950年代のカリフォルニアに、一流の科学者が集結：
→大企業で働くのではなく、自分の会社をおこした
→すぐに多額の資金を得られた
→懸命に働いた
→世界有数の技術関連企業の中心地(今日のシリコンバレー)を築いた

ウィリアム・ショックレー(トランジスタを作ったことでノーベル賞受賞)：
・最初にシリコンバレーに行った科学者
・シリコンからトランジスタを作る夢
・8人の科学者と起業

シリコンバレーができる前：
・起業資金は銀行などから借りた
・優れた着想があっても資金調達困難
→開発、起業に長い時間を要した

シリコンバレー発展期

4 Luckily, / a few men believed / that giving money to new technological companies / could make them rich. // This new way, / called “venture capital,” / became popular / in the 1960s, / and even now / Silicon Valley companies / get more money / this way / than any other area in the world. //

速読アシスト

一部の投資家が起業家に資金提供＝「ベンチャー・キャピタル」という投資：
→60年代に普及
→現在もシリコンバレーはこの方法で多額の資金を得る



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. In the 1950s, top scientists came together in New York, the business capital of the US. ()
2. Silicon Valley is home to some of the most powerful technological companies. ()
3. William Shockley created several technological companies that still exist today. ()
4. Bill Hewlett and David Packard had such great ideas that they could borrow a lot of money from banks. ()
5. “Venture capital” enables the Silicon Valley companies to gain more money than any other area in the world. ()



👉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

1 Did you ever see / a tiny bird / flying around some flowers / in the summertime? // Did its wings move so fast / that you couldn't even see them? // That little bird was a hummingbird, / the smallest bird of all. //

2 There are 320 different kinds of hummingbirds / in the world, / and they all live / in North America or South America. // The tiniest hummingbird / is only as long as your finger! // But / its biggest cousin / is almost as big as a robin. // This giant hummingbird / lives in South America. // Most hummingbirds / that live in the United States and Canada / are about four inches or 10 cm long. // They have / feathers of many colors, / and when they fly / around flowers, / they look / almost like flowers / that have learned to fly. // You may have seen / a ruby-throated hummingbird, / with its red throat and shiny green back, / flying in a park or garden. //

3 Flying is / what hummingbirds do best. // They even got their name / from the sound / they make / when they fly. // Their wings beat so fast / that they make the air hum. // A hummingbird must move its wings / all the time / when it is in the air. // It can't glide / on the air / the way / some birds can. // But / it can do two things / that no other bird can do. // It can fly in one place, / like a helicopter, / and it can fly backwards. // So, / the hummingbird is the king of the fliers. //

ハチドリの種類と生息地

ハチドリの飛行

速読アシスト

夏に花の周りを飛んでいる小さな鳥：
・羽ばたきが高速
・ハチドリという
→最小の鳥

320種類存在：
・北米，南米に生息
・最小のハチドリ
→人間の指ほど
・最大のハチドリ
→コマドリほど
→南米に生息
・北米のハチドリ
→体長約4インチ
→色彩豊かな羽
→飛ぶと花に見える
(例)ノドアカハチドリ

ハチドリは飛ぶことが得意：
・高速の羽ばたき→羽音が名前の由来
・ほかの鳥と比べて滑空できない
↑しかし(逆接)
↓
空中の1か所で飛行
& 後方へ飛行できる
⇒飛ぶ鳥[飛行]の王様

ハチドリの食欲

4 Flying makes / hummingbirds hungry. // They spend all day / drinking nectar from flowers. // They make / their long tongues into tubes / and suck the nectar / as you would suck juice / through a straw. // For snacks, / they eat insects / as they fly. // Every day / a hummingbird must eat / sixty meals / to give it / energy to fly! // So, / the little king of the fliers / is the king of the eaters too. //

速読アシスト

飛ぶことはハチドリを空腹にする：
・一日中、花の蜜を吸う
・長い舌はストローの働きをする
・おやつは昆虫
・飛ぶエネルギーを得るために1日60回食事をする
⇒食べる鳥[食欲]の王様



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. A hummingbird is smaller than any other kind of bird. ()
2. All kinds of hummingbirds live in North and South Africa. ()
3. Hummingbirds look like flying flowers because of their colorful feathers. ()
4. Eating insects as they fly makes the hummingbird the king of the fliers. ()
5. Hummingbirds have long tongues and they can use it like a straw. ()



👉 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 travel abroad / for many reasons: / adventure, shopping, study, business, pleasure. // Whatever your reason, / you can make / your trip / a more memorable experience / by preparing for it / in advance. //

2 Before visiting another country, / do a little research. // Find out / about the country's people and language, / its history and customs, / geography and climate, / government and economic system, / arts and religious beliefs. //

3 This knowledge / will enrich your experience / and help you better understand / the things you see / and the people you meet. // It will also make your trip easier / by helping you avoid / problems and inconvenience. //

4 Before leaving, / always ask yourself / what you expect the highlights of your trip to be. // What places of interest / does the country offer? // Then / make up an itinerary / that will allow you to visit / as many of these places as possible. //

5 Eating abroad can be / a headache for some travelers / and a delight for others. // Before you leave, / make sure / you know / what foods are available / in the country / you plan to visit. // Find out / what its most common dishes are. // You will also need to learn something / about the country's currency, / business hours, / entertainment, / and shopping facilities. //

速読アシスト

人は様々な理由で海外旅行をする
→理由が何であれ、前もって準備をすることにより、より思い出深い旅になる

訪問国を調べよう：
国民と言語、歴史と習慣、地形と気候、政治体制と経済制度、芸術と信仰

この知識は
・経験を豊かにする
・旅先で目にする
こと、出会う人々の理解に役立つ
・問題、不都合の回避に役立つ

出発前に、旅の目玉を考えよう：
興味深い場所にできる限り訪れられるように旅程を作る

食事を調べよう：
・旅先にどんな食べ物があるのか
・最も日常的な料理は何か

そのほかの調べるべきこと：

通貨、営業時間、娯楽、買い物施設

6 There are usually lots of different ways / to get around / the country you visit. // Why not try using / a variety of means of transportation? // You just might have / an unexpected experience! //

7 Trouble and inconvenience / are a part of travel. // At some time / during your stay, / you can expect to have / at least a minor trouble or two. // Remember: / stay cool, / keep calm. // Someone will always come along / to help you. // In times of trouble, / you can always depend / on human kindness / — no matter where you are. // But / here is one warning. // Use common sense / and take precautions, / especially when traveling alone / or going out at night. //

8 Things are always different / away from home / — some are good, / and some are not so good. // So / be prepared. // Planning ahead / will enhance / your travel experience. // And / ensure your safe return. //

速読アシスト

旅先の移動手段：
様々な交通手段を使ってみるとよい
→予期せぬ経験

旅行にトラブルや不便さは付きもの：
・冷静に落ち着いて対処しよう
・助けてくれる人の親切に頼ってもよい
・しかし、一人旅、夜間の外出時には常識を働かせ、用心すること

旅先は母国とは事情が異なる：
だから、準備して、旅の経験を深めよう
そして、無事に帰国しよう

本論2 (旅先での心得)

結論

本論1 (旅の準備)

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。

- We need to do research about another country before traveling around it. ()
- It is important to ask yourself what the main purpose of your trip is. ()
- Eating abroad is the most enjoyable experience for everyone while traveling. ()
- It would be better for you to take trains or buses for sightseeing. ()
- In foreign countries, you should always take precautions because people are unwilling to help you. ()



👉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）

1 Thirty years ago, / Lake Ponkapog in Hartwell, New Jersey, / was full of life. // Many birds and animals lived / beside the water, / which was full of fish. // Now / there are few birds, animals, and fish. // The lake water / is polluted. // It is a dirty brown color, / and it is filled / with strange plants. //

2 How did this happen? // First, / we must think / about how water gets into Lake Ponkapog. // When it rains, / water comes into the lake / from all around. // In the past, / there were forests / all around Lake Ponkapog, / so the rain water was clean. //

本論（原因分析）

3 Now / there are many homes / on the lake shore. // People often use chemicals / in their gardens / to grow vegetables and kill insects. // When it rains, / the rain water carries / these chemicals / into the lake. // Other chemicals enter the water / from factories near the lake. // These chemicals / pollute the water / and kill the animal life. //

4 Boats on the lake / are also a problem. // Lake Ponkapog / is a popular place / for motorboats and jet-skis. // But / oil and gas from boats and jet-skis / also pollute the lake. //

速読アシスト

30年前、ポンカボーグ湖は生命に満ち、多くの鳥や動物、魚が生息していた



今は、鳥も動物も魚もほとんどいない
湖は汚染されている

どのようにして起こったか？

1) 湖に流入する水：
過去、湖の辺り一面に森林があったので、きれいな雨水が流入した



今は、湖岸に多くの住宅がある
→家庭菜園で使われる化学薬品を雨水が湖に運ぶ
→工場からも化学薬品が湖に流入
→化学薬品が湖水を汚染し、動物の命を奪う

2) 湖に浮かぶボートとジェットスキー：
→油とガスを排出
→湖を汚染

本論（原因分析）

5 There is still another problem / at the lake / — exotic plants. // These plants come from other countries. // They have no natural enemies / here, / and they grow very quickly. // In a short time, / they can fill up a lake. // Then / there is no room for other plants. // The other plants / normally growing in the lake / die. // These other plants gave / many animals and fish / their food or their homes. // So now / those animals and fish also / die. //

6 People in Hartwell / are worried. // They love their lake / and want to save it. // Will it be possible? // A clean lake must have / clean rain water / going into it. // Clean rain water is possible / only if people are more careful / about chemicals / at home and at work. // They must also be more careful / about gas and oil / and other chemicals that flow into the ground. // And they must stop / using motorboats and jet-skis / on the lake. //

結論（解決策）

7 All this may cause / many changes / in the lives of the people living near the lake. // And then, / scientists need to find a way / to stop the spread of exotic plants. // Only then / can Lake Ponkapog be / a beautiful and clean lake / again. //

速読アシスト

3) 外来植物の侵入
→天敵がないので、急速に生い茂る
→動物や魚にすみかや食べ物を提供してきた自生植物が枯れる
→動物も魚も死滅

人々は湖を救いたい
1) 湖に流入する水をきれいにしなければならない：
・化学薬品の使用に気をつける
・ボートやジェットスキーの使用をやめる

（結果）

湖岸に住む人々の生活を大きく変える
2) 外来種の広がりを阻止する方策を発見する必要がある
1) 2) が実現して初めて、湖の蘇生が可能



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。

- Lake Ponkapog has been polluted by chemicals for forty years. ()
- People in Hartwell had forests all around the lake which kept the water clean. ()
- Both homes and factories near the lake are responsible for the lake pollution. ()
- Exotic plants replace other plants, which drive many animals and fish out. ()
- People in Hartwell are worried because there is no solution to the lake pollution. ()



▶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。

主題提示

1 When do you feel happy, / and what do you do / to become happy? // Social scientists / used to have a simple answer / to the question / of how to become happy: / surround yourself with people / who are not satisfied with their lives / and who are unhappier than you. // You compare yourself / with these people, / and the contrast will cheer you up. //

調査の目的・方法・結果①

2 Nicholas Christakis, 47, / a researcher at Harvard University, / challenges this idea. // By using data / from a study / that tracked about 5,000 people / over 20 years, / he suggests / that happiness, like colds, can spread / from person to person. // When / a person who is close to you / becomes happy, / you do too. // This person / has to be close to you / both socially and physically. // His study shows / when a person has a happy friend / who lives within a mile, / the chance / that this person will also become happy / increases by 15%. //

結果②

3 More surprising is / that the effect can go beyond the two friends / and reach a third person. // For instance, / when a friend of your friend becomes happy, / you can become happy, / even when you do not know / that third person / directly. //

速読アシスト

幸せになるために何を
するか
過去の社会学者の答
え：自分より不幸な
人々の中に身を置く
→その対比が自分を元
気づける

クリスタキスは異議を
唱える
彼の研究
方法：20年に渡る約
5千人の追跡調査
データを研究する
結果：幸福は人から人
へ伝播する
1) 社会的・物理的に
身近な人が幸福にな
る
→自分も幸福になる
(具体) 1マイル以内
に幸福な友人がいる
場合、幸福になる確
率は15%増

2) 幸福の伝播は、2
者間を超えて、3番
目の人にも及ぶ
→さらに波及

結果③↓結び(筆者の考察)

4 This means / that surrounding yourself with happy people / will make you happy, / make the people close to you happy / — and make the people close to them happy. // But social networks / do not pass on / only the good things in life. // Christakis found / that smoking and obesity / can be socially infectious / too. // If his theory is correct, / then the saying / “You can judge a person / by his or her friends” / might carry more weight / than we think. //

速読アシスト

つまり、幸福な人に囲
まれる
→あなたが幸福に
→あなたの身近な人も
その人の身近な人も
幸福になる
↓(逆接)
時によくないことも伝
播：喫煙、肥満
↓
ことわざ
諺「人は友達を見れば
わかる」は真理をつい
ているかもしれない

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。

- Social scientists used to argue that you must associate with people who are unhappier than you in order to become happy. ()
- Christakis asked around 5,000 people about happiness for more than 20 years. ()
- According to Christakis, the more happy friends you have, the happier you become. ()
- If you feel happy, you can make your friends and people close to them happy. ()
- If you have friends who smoke, you also tend to feel like smoking. ()



👉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 Today, / Taylor Swift / is one of the most popular singers / in the world, / and is also a cover model / for fashion magazines. // But / she was not always so popular. //

承

2 Taylor Swift began / singing country music / in Pennsylvania / when she was eleven. // Country music is / an older form of music in the USA / that is usually enjoyed by adults. // Maybe / this is why other kids at her school thought / she was strange / for singing country music. // Over time, / these friends stopped calling her. //

3 One day, / she invited many of her friends / to go to the shopping center, / but all of them said / they were busy. // So, / Taylor went with her mother. // When they got there, / they saw / all the girls / shopping together / without Taylor. // Soon after that, / Taylor began / eating lunch / at school / alone. //

転

4 Taylor asked her parents / to take her to Nashville, / a city in Tennessee / where many country singers and musicians worked. // Her parents decided to move there / to help her make her dream come true. // Taylor's parents were right / to believe she could succeed. // At age fourteen, / she got a contract / with RCA Records, / a major music company. //

速読アシスト

テイラー・スウィフト
今は大人気の歌手
⇨常に人気者だったわけではない

ペンシルバニア時代：
11歳でカントリー音楽を始める
・カントリーは大人が楽しむ音楽
→同級生は彼女を変わり者だと思った

ある日、友人を買い物に誘った
→みな忙しいと言った
→彼女たちがテイラー抜きで買い物しているのを目撃
→学校で1人で昼食を食べるようになった

ナッシュビル時代：両親にナッシュビル行きを嘆願
・両親は彼女の夢の実現のためにそこに移住を決意
・14歳で大きな音楽会社RCAと契約

転

5 RCA wanted Taylor / to sing other people's songs / until she was an adult. // Taylor did not like this. // She wanted / to write and sing her own songs / about her life and the boys she dated. // The record company did not think / older country fans would want / to hear a teenage girl talk / about her life. //

結

6 Taylor left RCA / and joined a smaller record company / that released her records. // Her music became very popular / with teenagers / as well as older country music fans. // Soon, / Taylor was considered / a major pop star, / and young people who did not normally listen to country / loved her music / too. //

7 One day / she returned to Pennsylvania / to do a concert. // Girls from her old school / came to the concert / and were excited to see her. // They treated her like a star, / and seemed to have forgotten / that they had stopped / talking to her / in junior high school. // Taylor realized / her life had changed. //

速読アシスト

RCAは大人になるまでほかの人の歌を歌うよう望んだ
⇨彼女は自分の人生について書いた自分自身の歌を歌いたかった

小さなレコード会社に入って、自分のレコードを出した
→若者にも年配の人にも人気が出た
→大スターに
→若者も彼女の音楽が大好きだった

ペンシルバニアへ戻った時：同級生がコンサートに来た
・彼女をスターのように扱った
・中学時代のことを忘れていた様子
→テイラーは、人生が変わったと実感



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。

- Country music is a very popular form of music among both kids and adults in the USA. ()
- Though other kids thought that Taylor was strange, they always played and went shopping with her. ()
- Taylor's parents made her move to Nashville because she was bullied at school. ()
- Taylor couldn't work well with RCA because her ideas and RCA's ideas were different. ()
- Taylor was enthusiastically welcomed by her classmates when she came back to her hometown to give a concert. ()



UNIT 13

語数 速読目標時間
300 words 3.0 minutes

SWITCH 2

▶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。

テーマの導入

序論

本論

1 It is hard / to know what babies want. // They can't talk, / walk, / or even point at / what they're thinking about. //

2 Yet newborns begin / to develop language skills / long before they begin speaking. // And, / compared to adults, / they develop / these skills quickly. // People have a hard time / learning new languages / as they grow older, / but infants have / the ability to learn any language easily. //

3 For a long time, / scientists have tried to explain / how such young children can learn / complicated grammatical rules and sounds of a language. // Now, / researchers are getting a better idea / of what's happening / in the brains of the tiniest language learners. //

4 This new information / might eventually help / kids with learning problems / as well as adults who want to learn new languages. // It might even help / scientists who are trying to design / computers that can communicate / like people do. //

5 Most babies / go "goo goo" and "ma ma" / by six months of age, / and most children / speak in full sentences / by age three. //

For decades, / scientists have wondered / how the brains of young children figure out / how to communicate using language. //

With help from new technologies and research strategies, / scientists are now finding / that babies begin life / with the ability to learn any language. //

速読アシスト

赤ちゃんがほしいものを知るのは難しい
→ことばを話せないから

↑しかし(逆接)
新生児は話す前から言語能力を習得し始める:
・言語習得が速い
・どんな言語も容易に習得できる

長年、科学者は幼児が文法や音をどのように習得するのか解明を試みてきた
→現在、子供の脳内で何が起きているのかわかってきている

↓役立つ分野
・外国語を学びたい大人
・学習上の問題のある子供
・人のように言語を扱えるコンピュータの設計

(新情報1)生後6か月まで喃語(なんご)を発し、3歳までに完全な文で話す
(補足)科学者は数十年間、この言語習得過程を解明したがった
→今は新技術と研究手段により、生まれながらに言語習得能力を備えていることがわかっている

本論

6 They get into contact with other people, / listen to what they say / and watch their movements / very closely. // That is why they quickly master / the languages they hear most often. //

7 Studies show that, / up to about six months of age, / babies can recognize / all the sounds that make up all the languages in the world. //

8 There are about 6,000 sounds that are spoken / in languages around the globe, / but not every language uses / every sound. //

For example, / while the Swedish language has 16 vowel sounds, / English uses eight vowel sounds, / and Japanese uses just five. //

速読アシスト

(新情報2)赤ちゃんは人との接触を通して言語を習得する
→最もよく聞く言語をすぐに習得する

(新情報3)赤ちゃんは全言語のすべての音を聞き分けられる

世界中で話される言語には約6,000の音があり、使われる音の数は言語によって様々である

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。

- Some scientists have tried to find a way to figure out what babies are thinking about. ()
- The new information about how newborns learn languages might help scientists design computers. ()
- Most children can speak in full sentences by twenty-four months of age. ()
- Newborns quickly master languages because they try to know carefully what other people say or do. ()
- Even today, scientists can't find out why newborns can recognize about 6,000 sounds of languages. ()



👉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

1 One American businessman / asked the amusing question: /
“Why / do Japanese people change / their seasonal clothes / all
at once?” //

2 In fact, / June 1st and October 1st / are known / as the dates /
when clothes should be changed, / which are called *koromo gae*. //
This unique custom / started in the Meiji Era, / a time when
Japan was trying / to catch up with Western nations. // To
create / motivation for teamwork and efficiency, / most schools, /
factories, / department stores / and many other industries / had
their workers wear uniforms. // One type was prepared / for
spring and summer / and the other / for fall and winter. //
Changing uniforms twice a year / led to a national trend / —
the changing of nearly all clothes / twice a year. //

3 Uniforms are still used / in many schools and places of work. //
And people still get / a sense of seasonal change / as a result
of the uniform changes / they notice around them. //

4 As described in the previous question, / the Japanese / tend to
move and act together. // And this tendency / is closely
connected / with the four seasons. // Take spring for example. //
The Japanese image of spring / is cherry blossoms. // Since the
cherry blossom period only lasts / for a week or so, / people
rush / to places where blossoms can be enjoyed / on weekends /
or after business hours / along with spring picnics. // Many
groups / of business colleagues, neighbors or other types of

速読アシスト

なぜ日本人は一斉に衣
替えするのか

日本では、6月1日と
10月1日に「衣替え」
が行われる：

→基礎は明治時代に築
かれた

→チームワーク力や能
率を高めるために制
服を導入した

→春夏、秋冬の制服を
用意し、年に2度、
着替えた

→全国的にほぼすべて
の衣服に適用される
ようになった

今も多くの場所で制服
が採用されている

→人々は制服の変化を
通して季節の移ろい
を感じている

一斉に一緒に行動する
という日本人の行動様
式は、四季と深い関わ
りがある：

(例)

・春を象徴する桜の花
の開花時期は短い
ので、人々は一斉に「お
花見」に出かける

展開2 (日本人の行動様式と四季との関係)

friends / seek out the best places / to sit under well-blossomed
trees, / and once they find them, / they enjoy / drinks and food
together. // This cherry blossom party / is called *ohanami*. //

5 In autumn, / there is a similar tendency / to appreciate the
changing colors of leaves. // In summer, / people like / to go to
the tops of buildings / where outdoor beer parlors are set up /
for the season. // And the same people / may gather again / in
December / for a special party called *bonenkai* / to mark and
celebrate / the end of the year. //

6 Japanese people like / to have different parties with drinks /
from season to season. // In the old days, / these parties were
associated / with agricultural events / such as in celebrating
the end of the harvest. // Now / the gatherings / not only occur
among farmers / but among office workers as well. //

速読アシスト

・満開の木の下で飲み
食いをして楽しむ

・秋は紅葉を楽しむ宴
を催す

・夏は夏季限定の屋外
のビアホールでビー
ルを飲む

・冬は「忘年会」を開く

・日本人が四季折々に
好んで開く宴は、農
耕行事と結びついて
いた

・今では会社員も同じ
ような宴を催すよう
になった



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 unique custom called “*koromo gae*” started so as to promote teamwork and efficiency. ()
- The uniform changes make Japanese people notice the changes of the four seasons. ()
- The cherry blossom period is so short that Japanese people hurry to places where they can view blossoms. ()
- Japanese people enjoy parties under various kinds of trees in any seasons. ()
- In Japan, farmers put more value on seasonal gatherings than office workers. ()

展開1 (現在の衣替え文化の歴史：起り→広まり→現在)

展開2 (日本人の行動様式と四季との関係)



UNIT 15

語数

306 words

速読目標時間

🕒 3.0 minutes

SWITCH 2

👉 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 We have / two hands. // Ideally, / we use one hand / to help ourselves / and the other hand / to help people around us. // Today, / however, / it sometimes seems / that people use both hands / just to satisfy / their own needs / and their own desires. //

2 The famous Hollywood actress, / Audrey Hepburn, / devoted the final years of her life / to UNICEF / as a goodwill ambassador, / spreading the message / about the importance / of the fight / against world poverty. // On a series of UNICEF field trips, / she participated / in various projects / in countries / such as Ethiopia, Bangladesh, Vietnam, Sudan and Somalia. // Her speeches and interviews / helped promote / UNICEF's work, / and she / successfully raised / public awareness / of the human suffering / in the developing world, / particularly that of children. // She really did use / her "other hand" / to help her neighbors. //

3 The world / has changed a lot / since Audrey died, / but in some senses, / it hasn't changed at all. // The serious problems / of poverty and hunger / remain unsolved / in most Asian and African regions. // According to the latest UNICEF Annual Report, / an estimated 10.5 million children / under the age of five / die of preventable or treatable diseases / every year. // In developing countries, / nearly 300 million children / are faced

速読アシスト

人には2つの手がある：
1つは自分自身を、もう1つは周囲の人を助けるために使うのが理想
⇔だが今は、時に両方の手を自分のためだけに使っている

オードリー・ヘップバーンは晩年、ユニセフの親善大使として世界の貧困問題に熱心に取り組んだ：

- ・貧困国を視察し活動した
- ・スピーチとインタビューによりユニセフの活動を促進
- ・貧困問題の一般の認識を高めることに助力した

オードリーの没後も貧困と飢餓の問題は未解決なままである：
ユニセフ年次報告によると

- ・毎年、多くの子供が予防と治療が可能な病気で死んでいる
- ・発展途上国の多くの子供が飢えに苦しんでいる

本論2 (十分な手が使われていない現状)

結論 (筆者の主張)

with starvation. // To make matters worse, / a large number of children / living in developing countries / do not even have safe drinking water, / nor do they have / adequate sanitation facilities. //

4 It may seem impossible / for one individual / to take effective action / on global issues / such as poverty and hunger. // But / once we are aware / of what is happening in the world, / it alters / our outlook on life. // If we try / to open our eyes / to world problems / as global citizens, / and begin / to help others / in the community, / we can then surely make a difference. // Isn't it time we tried / to make the most / of our own two hands? //

速読アシスト

- ・彼らには安全な飲み水、適切な衛生設備さえない

貧困と飢餓の問題は解決が不可能に思われるかもしれない
⇔しかし、これらの問題に目を向け、他人を助け始めれば、必ずや状況を改善することができる
→私たちは今こそ2つの手を最大限に活用すべきだ

本論2 (十分な手が使われていない現状)

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。

- Some people seem to try to satisfy only their own needs though they have the ability to help other people. ()
- Audrey Hepburn insisted on the importance of the fight against world poverty. ()
- Thanks to Audrey, the world has changed and poverty was reduced considerably. ()
- UNICEF estimates that over 10 million children under the age of five die of preventable or treatable diseases every year. ()
- If we know what happens in the world, we will be able to change things for the better. ()