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# **A Healthy Mind, A Healthy Body**

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◆ Asahi Press ◆

# 本書の使い方

## Section 1 Dialog

各ユニットのトピック内容に合わせたサンプル会話です。音声を読み取りながら、ペアクラティスなどを繰り返したり、本文はどんな内容なのか予測してみましょう。発音の練習や新たな会話表現を覚える手段としても使えます。

## Section 2 Vocabulary

本文(section 3)で出てくる単語やイディオムを扱っています。英語と日本語の意味を合わせ、本文の内容が理解し易くなるように、語彙を増やしていきます。

Unit 1

What is health? Four different aspects

Dialog

1 Takeshi: Do you do anything to stay healthy, Angela?  
Angela: Of course. I go jogging every morning and swimming once a week.  
Takeshi: That's great.  
Angela: I also do yoga and meditation at a gym.  
Takeshi: Wow, great. I should start something, too. But why meditation?  
Angela: I feel refreshed after I meditate, and I can focus on my studies. Why don't you come with me?  
Takeshi: Thanks, but I'm quite busy at the moment.  
Angela: Takeshi, you are just being lazy.

Vocabulary Match each word with its Japanese meaning.

1) well-being ( )	a) 保険	b) 投薬(治療)	c) 思春期	d) 治療
2) medication ( )	e) 健康、幸福	f) 総合的な、包括的な		
3) treatment ( )				
4) adolescence ( )				
5) insurance ( )				
6) comprehensive ( )				

Unit 1

Reading

According to the *Oxford Dictionary Online*, health means the state of being free from illness or injury. The World Health Organization (WHO) mentions three aspects of health: physical, mental and social well-being. We may want to consider spiritual health as another aspect of health.

Physical health is basically about the condition of our bodies. When we talk about "being not healthy", we may think of pneumonia, cancer, leukemia, or heart disease. These can be the cause of death.

Mental health concerns a person's psychological well-being. It may be difficult to know if someone suffers from mental health problems, because he/she will not show symptoms clearly, like having a fever, runny nose, or looking pale. Therefore, it is also difficult to see the need for treatment. However, we should not ignore the mental aspect of health, because 10 to 20 percent of young people in adolescence may suffer from mental disorders.

Social health concerns individuals and society. One typical problem is related to social class. Wealthy people have better healthcare, while middle class or poor people may not have enough money to get medication, and even may not have any insurance at all. It is important that everyone has access to healthcare. Otherwise, the country does not have a healthy society.

Spiritual health is concerned with a person's ability to find meaning in life. Some may find peace of mind with religion or meditation. Some others may enjoy walking in nature, reading books or listening to music to keep themselves spiritually healthy.

In short, we need to have a comprehensive knowledge of health and we may want to keep a balance of physical, mental, social and spiritual conditions. In this textbook, we will read about different aspects of health issues. Hopefully we can define and measure all aspects of health by improving our knowledge about well-being.

Comprehension Quiz Choose the best answer from a) - d).

- 1) What aspects does the WHO note regarding health?  
a) Physical health      b) Social health  
c) Mental health      d) All of a), b), and c)
- 2) Which is considered to be a physical problem?  
a) Nervous breakdown      b) Depression  
c) Heart failure      d) Age difference
- 3) Which problem would exist if people couldn't receive any healthcare?  
a) A social problem      b) A financial problem  
c) A spiritual problem      d) An ecological problem
- 4) Which of the following is connected with spiritual health issues?  
a) Lovesickness      b) Meditation  
c) Runny nose      d) Mental illnesses
- 5) What should we be aware of to understand health comprehensively?  
a) Physical and mental health      b) Social and spiritual health  
c) Both a) and b)      d) Neither a) nor b)

Notes

World Health Organization (WHO) 世界保健機関    leukemia 白血病    symptom 症状  
adolescence 思春期    healthcare 医療    insurance 保険    meditation 瞑想  
comprehensive 総合的な、包括的な    define 定義する、明確にする

## Section 3 Reading

各ユニットの中心部分となる本文です。工夫していろいろな読み方を試してみましょう。内容確認を目的とした速読、一字一句確認しながら正確に読む精読、音読、和訳、要約など、複数の方法を繰り返し実施し、英文読解力の向上を目指します。

## Section 4 Comprehension Quiz

本文の内容を確認する選択問題です。内容にあったものを選ぶものや、穴埋め、文末を選び英文を完成させるものなどユニットによって、出題形式を少しだけ変えています。

## Section 5 Rearrange the Words

日本語の訳と同じような意味になるように、英文の一部を並べ替え完成させましょう。次の section 6 の英作文の前準備的練習問題ともいえます。

## Section 6 Writing

英文で質問もしくはトピックの提示があります。自分の思うところを自由に英文で記述してみましょう。苦手な人はキーワードや短文を組み合わせるだけでも構いません。得意な人は、より正確で論理的な文章を書くように努めてみてください。間違いを恐れずに沢山書いてみましょう。

### 金言・格言

健康や医療に関係のありそうな諺や著名人の残した有名な表現に触れてみましょう。

Unit 1

Rearrange the words to make sentences.

- 1) Music therapy concerns (not only / but / emotional / physical healing / also) and aesthetic improvement.  
音楽療法は、肉体的回復だけでなく、情緒や美容の改善にも関連している。
- 2) Good healthcare services are needed for people (in / who / areas / live / disaster).  
良い医療制度が、被災地に住む人たちのために必要である。
- 3) We did research about (issues of / aspects / different / environmental / of) the North Pole.  
私たちは、北極圏の環境問題を様々な側面から研究した。

Writing Write freely about the following.

Which aspect of health is the most important for you and why?

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金言・格言

An apple a day keeps the doctor away.  
一日一箇のリンゴで医者いらす。(リンゴは健康に良いという考え) 英国の格言

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| Unit                                                                          | Topic                        | Title                                                                  | Japanese Title           | Unit Goals                                                                                                         |           |
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| 2                                                                             | Cosmetic surgery             | <i>Reconstructing lives: A journey from chaos to calm</i>              | 実話：整形手術が少女にもたらしたもの       | Sharing the true story of a girl who went through the reconstruction of her face                                   | P.5       |
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| 12                                                                            | Nurses' working conditions   | <i>Need a nurse? You may have to wait</i>                              | 高度医療を支えるために—看護師の配置の重要性   | Learning how American hospitals are facing a dilemma: an efficient nurse staffing or good finances                 | P.51      |
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| 13                                                                            | Elderly care                 | <i>Preparing for a future that includes aging parents</i>              | 高齢化社会の負担にどう備えるか          | Thinking about the possible cost and responsibilities of caring for our parents in the future                      | P.57      |
| 14                                                                            | Stress management            | <i>Simple everyday ways to de-stress and relax</i>                     | 毎日できる！簡単！ストレス解消とリラックスの方法 | Learning tips on how to manage stress                                                                              | P.61      |
| 15                                                                            | Mental illness               | <i>Mental illness is up close in one actor's family</i>                | 心の病と支える家族                | Understanding the family situation of patients with mental illness                                                 | P.65      |

**What is health? Four different aspects****1 Dialog**

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## Unit 2

## Reconstructing lives: A journey from chaos to calm

## 1 Dialog

- Emi: I saw a really good movie yesterday.  
Greg: That's nice! Tell me more about it.  
Emi: Well, a girl gets badly injured in a car crash.  
Greg: What happens next?  
Emi: She meets a doctor who helps restore her appearance as well as her self-confidence.  
Greg: Do they fall in love?  
Emi: Not exactly.  
Greg: Then, what was so good about it?  
Emi: After many years, the girl comes back as a cosmetic surgeon and saves a child in just the same situation she was in. The last scene was quite moving.



## 2 Vocabulary Match each word or phrase with its Japanese meaning.

- 1) pediatrics (単数扱い) ( )
- 2) map out ( )
- 3) aim to~ ( )
- 4) self-confidence ( )
- 5) patient ( )
- 6) adapt to~ ( )

- a) 計画を立てる
- b) ~することを目指す
- c) 自信
- d) ~に適応(順応)する
- e) 小児科
- f) 患者