



A World of Ideas

Active Reading for Global Awareness

世界の視点を読む

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NAN'UN-DO

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はしがき

本書は Jim Knudsen 氏の書き下ろしによる大学のリーディング用教材です。政治や歴史といった大きなテーマから、若者文化、女性問題、スポーツといったごく日常的な話題に至るまで、幅広い視点から現代社会を理解するために書かれたものです。また、社会科学的なテーマだけでなく、宇宙や遺伝などの自然科学的テーマを論じたものもあります。読み進めていくうちに、我々日本人が今まであまり触れることのなかった潮流が世界で起きていることに、読者は気付かされるでしょう。

こうした幅広い分野にわたる内容を読むにあたり、少しでも学生諸君の参考になるようにと、レッスン毎に注釈を付しています。語彙力を増やすためには、文脈の中に位置付けながら自らの力で調べることが基本ですが、時間等の制約があるときは、この注釈も参照してください。また、各レッスンには、本文を読む前に覚えておくべき KEY VOCABULARY が紹介されており、また、本文中にも語彙力を試す選択問題が挿入されています。更には、読後の理解を確認するための READING COMPREHENSION が3種類用意されており、様々な角度から理解を深めていける仕組みになっています。

ここで著者の紹介をさせていただきます。Knudsen 氏はシアトル（アメリカ）に生まれ、ワシントン大学を卒業後、イギリスのサセックス大学で20世紀英文学の修士号を取得しました。日本滞在は40年以上におよび、その間大学生の英語力向上のためのテキストを精力的に出版してきました。同氏はアメリカ人ですが、イギリス事情にも精通しており、年に数回はイギリスに滞在することです。本書でも、そうした点は十分に窺うことができます。

本文の注釈では、できる限り文脈に即した日本語にしたつもりですが、至らぬ点がございましたら、是非ご指導くださいますようお願い申し上げます。

最後になりましたが、本書の刊行にあたり、南雲堂編集部の加藤敦氏には、一方ならぬご尽力を賜りました。ここに感謝の意を記させていただきます。

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Lesson 1 Psychology



READY TO READ: The exercises below will help you get the most out of this lesson's reading.

I. KEY VOCABULARY:

Match the words on the left with the definitions/synonyms on the right.

Write the letters on the appropriate lines.

- | | |
|-------------------------------|---|
| 1. ____ abuse | a. handed down from parent to child |
| 2. ____ definitive | b. lacking skill; lacking judgment; clumsy |
| 3. ____ inept | c. using something or someone in a bad way |
| 4. ____ inevitable | d. weakness; openness to attack |
| 5. ____ inherited | e. bound or destined to happen; unavoidable |
| 6. ____ mediate | f. potential; possibility |
| 7. ____ pessimistic | g. to not be tempted to do or try; refuse |
| 8. ____ predilection | h. solid; proven beyond a doubt |
| 9. ____ resist | i. having a dark or hopeless worldview |
| 10. ____ vulnerability | j. to act as a go-between; negotiate |

II. ACTIVE READING:

As you read the essay for this lesson, do the following.

(A) Choose the correct word in each numbered parentheses to make a common phrase.

(B) Look for these details. Draw a circle around each detail as you find it.

1. what "wired" people are compared to
2. an idea proposed by an ancient Greek philosopher
3. two brain-imaging technologies
4. What Sir Francis Bacon called knowledge
5. who conducted a study on introspection
6. how introspection is defined
7. another name for the brain's "gray matter"
8. a serious mental disease
9. what drug addicts cannot control
10. what the brain's frontal lobe "mediates"

(C) Look for and underline the answers to these questions.

1. Why can the term "wired" be seen as pessimistic? Why can it be seen as optimistic?
2. What do the University College London researchers hope their discoveries will lead to?
3. What makes it possible for some siblings with "inherited brain abnormalities" NOT to become addicted to drugs?

[1] Although it appears to **go (1. through, against)** the humanistic—and, by extension, the democratic—concepts of free will, individual choice, and the possibility of personal change, the term “wired” is used more and more often these days. To say that a person is “wired for” a particular character trait or flaw or attitude toward life is to say that that person was born with that particular predilection and that there’s nothing he or she can do about it. It is to say that something in that person’s mental or genetic makeup makes it inevitable that he or she will grow up to be a drunk or drug addict, say, or will be unlucky in love, or will always be shy and socially inept. To put it more bluntly, it is to say that people are like machines or gadgets, designed and built (wired) to do one thing and one thing only. At first, this may sound like a pretty pessimistic way of looking at things, an echo of the “A man’s character is his fate” idea first proposed by the Greek philosopher Heraclitus over 2,500 years ago. But let’s take a closer look.



[2] The term “wired” has come into common usage these days thanks to recent advances in neuroscience and brain-imaging technology like PET scans and fMRI. Originally developed to help surgeons pinpoint brain abnormalities caused by disease or stroke, these new techniques have now made it possible to watch the brain in action, to better see how it works, and to monitor which brain regions control which actions and behaviors. This new knowledge gives us a sort of early-warning system—not only for medical purposes but also for detecting problematic aspects of character. Knowing the area of a person’s brain that controls violent behavior is out of control, so to speak, can help him or her resist such behavior. Knowledge is power, as another philosopher, the Englishman Sir Francis Bacon, once put it. So the term “wired” isn’t all bad **(3. after, in) all**: it appears it can have an optimistic aspect as well.

by extension 拡大解釈すれば、延長線上で考えれば wired 強固に固定された bluntly ぶっきらぼうに、無遠慮に gadget (小さな) 機械装置 brain-imaging 脳イメージング、脳画像診断 PET 癌を検査する方法の1つ。正式には Positron Emission Tomography (陽電子放射断層撮影) と言う。 fMRI 脳が機能しているときの血流の変化などを画像化する方法。正式には functional magnetic resonance imaging (機能的磁気共鳴断層撮影装置) と言う。 pinpoint 正確な位置を特定する

[3] Here's an example: The Associated Press (AP) reports that scientists at University College London have just published the results (in the journal *Science*) of brain-scan findings that offer hope to people who lack an essential function of consciousness—introspection, the ability to examine and judge your own thoughts and actions. “There may be different levels of consciousness,” said the lead author of the study, “ranging 5 from simply having an experience to reflecting on that experience. Introspection is on the higher end of the spectrum—by measuring this process and relating it to the brain, we hope to gain insight into the biology of conscious thought.” In the study, the team measured self-awareness by asking volunteers certain questions, and then asking the subjects to rate how much confidence they had in the correctness of their answers. The researchers used brain scans to watch the subjects' brains as they made and defended their responses. The idea behind the experiment, says AP, was that strongly introspective people would be more confident when they got the answers right, “and more likely to second-guess themselves when they really were wrong.” And this proved to be the case. People who were just “brash and overconfident,” on the other hand, “might lead an outsider to think they were right, but in reality would not show that correlation.” According to the report, the study 20 revealed that strong introspective ability is linked to the size of the brain's prefrontal cortex, the “gray matter” region usually associated with “higher thinking skills” like introspection: in other words, the larger our prefrontal cortex, the better we are at self-analysis. Brain scans also showed that introspective ability is also bolstered by “stronger functioning white matter,” that is, the nerve fibers that allow brain cells to **keep in** 25 **(4. relation, touch) with** one another. It is hoped that the study's findings will one day help “tackle brain injuries or diseases that rob people of self-reflection—such as schizophrenia patients who are not aware that they are ill and thus do not take their medication.” Related studies have shown that schizophrenia, at least in part, **stems** **(5. out, from)** impaired “gray matter” functioning. 30



The Associated Press (アメリカの) AP 通信社 University College London 1826 年設立の大学。ロンドン大学最初のカレッジあり、ロンドン大学を構成する他の教育・研究機関同様、独立した学位授与機関である。 brain-scan 脳スキャン lead author 主筆者 spectrum 範囲 biology 生態 volunteer 任意の被験者 second-guess 後になって批判する brash 軽率な、無謀な outsider 第三者、局外者 prefrontal cortex 前頭前皮質 (前頭葉の前部) gray matter (脳・脊髄の) 灰白質 bolster ~を支える nerve fiber 神経繊維 schizophrenia 精神分裂病 medication 薬物治療 impair ~を弱める

[4] The team leader, though encouraged by the experiment's outcome, concluded that the study raised some important questions and that more research would be needed to **come (6. up, down) with** definitive answers: Are these differences in brain size and function innate, or do they mean that the prefrontal cortex gets stronger as a result of people spending more time and effort "exercising" it? Is improved introspection an ability that we can **pick (7. up, out)** through training? If the answer to the latter question is yes, that's very good news indeed.

[5] In another brain-scan study, also published in *Science*, British scientists at Cambridge University have revealed that drug addicts have "inherited abnormalities" in regions of the brain that control rash behavior. Until now, there has been some doubt about whether these brain abnormalities were the result of brain damage caused by the drugs or were already present in the brain, thereby "wiring" a person for drug abuse. To conduct the study, the Cambridge researchers compared pairs of siblings, one of whom was addicted to drugs, the other addiction-free. They found that the siblings shared many weaknesses in the structure of the brain's frontal lobe, the region that "mediates motor control, cognition, and behavior," thus indicating that addictive behavior had a family origin. Presumably, said the study's leader, the non-addictive siblings have some "other resilience factors"—either environmental or **brought (8. around, about)** by other differences in brain structure—that "counteract the familial vulnerability to drug dependence." The results of this study offer hope that those "wired" for drug dependence can be detected early on and helped before they fall victim to the "ravages of drug addiction."

innate 生まれつきの frontal lobe 前頭葉 motor control 運動制御 presumably 思うに、たぶん
resilience 障害許容力、反発性 counteract ~に逆らう、~を中和する familial vulnerability 遺伝的脆弱性
ravage 破壊、荒廃

**READING COMPREHENSION 1:** Complete each sentence with the correct choice.

1. The author probably sees free will, individual choice, and personal change as
 - (A) character traits that make for certain personal attitudes.
 - (B) aspects of our mental and genetic makeup.
 - (C) essential to a democratic society.

2. It is implied that PET scans and fMRI technologies were originally used
 - (A) to make brain surgery surer and safer.
 - (B) as tools to study mental function and processes.
 - (C) for detecting violent and other negative behavior.

3. The underlined expression “were more likely to second-guess themselves when they were really wrong” as used in paragraph 3 means that the subjects
 - (A) hated to admit their mistakes.
 - (B) reflected on why they made their mistakes.
 - (C) asked permission to change their answers.

4. If a stronger predilection for introspection is not indeed innate, it means that the ability to “think about one’s thoughts”
 - (A) runs in families.
 - (B) can be learned and developed.
 - (C) cannot be developed in some people.

5. Until the Cambridge study proved otherwise, some scientists thought that drug addicts’ brain abnormalities
 - (A) were found in other regions of the brain.
 - (B) could be overcome by early detection.
 - (C) were caused by the drugs themselves.



1-3

**READING COMPREHENSION 2:** Listen to the sentences. Circle T if the sentence is true, F if it is false.

1. T F 2. T F 3. T F 4. T F 5. T F

**READING COMPREHENSION 3:** Go back to the ACTIVE READING questions on page 7. Write full-sentence answers in your own words as much as possible.

1. _____

2. _____

3. _____