

Table of Contents

1. Physical Fitness	6
2. Blood Types	10
3. Dreams	15
4. Speed Dating	20
5. Pets in Japan	25
6. Stress	29
7. Fast Food: Super Size Me	34
8. Shopping Trends	39
9. Women and Work	44
10. The Internet	48
11. Kawaii	53
12. Same-Sex Marriage	57
13. Japan Dresses Casual	62
14. World Happiness	66
15. The Right to Die	71
16. Pet Cloning	76
17. Salt, Sugar, Fat	80
18. Artificial Insemination	86
19. Smoking	91
20. Photoshop Ads	96
21. Are Men Necessary	101
Listing of Vocabulary	106

1. Physical Fitness

フィットネス



flexible 「柔軟性のある」 injury 「怪我」 strain 「負担をかける」 sweating 「汗をかく」 aerobic 「エアロビック」
pump 「汲み出す」 lungs 「肺」 tears 「亀裂」 posture 「姿勢」



1. When done regularly, exercise offers us all kinds of benefits. Even a little bit of exercise can make us feel fantastic. Exercise helps us to be more **flexible** and allows our muscles to heal more quickly from **injury**. Older people who exercise have better memories and mental function. They even live longer than those who don't exercise.
2. For good fitness, we should exercise at least 20 minutes three days a week. When we first begin to exercise, we often get tired easily, but after a while, our energy level increases. A: _____. It is important to exercise at a reasonable level. When we exercise, there should be some increase in our breathing rate, a bit of **strain** in our muscles, and a little **sweating**. If we exercise too little, we will never achieve our fitness goals. If we exercise too much, we can get injured or discouraged.
3. **Aerobic** activity is good for anyone, no matter what his / her age or fitness level. B: _____. There are many different aerobic exercises, including biking, jumping rope, running, and walking. At a gym we can do aerobics or swimming, or use exercise equipment such as walking, running, or stair-climbing machines. Aerobics makes the heart stronger. It increases blood flow even though the heart has to **pump** less. If we do a lot of aerobics, our heart even gets larger. Our **lungs** become stronger with fast, deep breathing. In time, our blood pressure will decrease, our weight will go down, and our stress level will drop.

4. Weight training is another form of physical fitness. There are many benefits to weight training. When we lift weights, blood flows into our muscles and we get stronger and more flexible. Our heart gets stronger, we lose body fat, and we are better able to fight disease. As we lift heavy weights, the muscle we exercise will have a warm burning feeling. C: _____. At first, those small **tears** will cause some pain. But after a few days, the muscle will become bigger and stronger.

5. When lifting weights more than twice a week, it is important to exercise different muscle groups each time and to allow a few days of rest before exercising that same muscle group. For example, one day we can exercise our chest, shoulders, and arms, and another day back, stomach, and legs. D: _____. Lifting weights also improves **posture**, which is especially important for older people. When older people do not exercise, and their muscles are not used, the muscles will actually get smaller. An older person may lose up to five percent of his / her strength every decade, and even more than that after the age of 55. Older women can lose up to two percent of their bone size every year.

6. Doing different types of aerobics and weight training is called cross-training. For example, one day we can swim, the next day bike and play tennis, and the next lift weights. It is important to change your exercise program often to improve overall fitness. E: _____.

7. Before starting an exercise program, we should see a doctor, especially if we have a medical problem. Many people feel that exercise is boring or difficult to start, but this will change once they get into it. To build up a habit, we should begin slowly. F: _____. So if we push ourselves for the first two weeks, by the third week, that new habit will become natural, and almost easy. Soon, this new lifestyle will become a part of us, making us stronger, healthier, and happier.

“Exercise to live. Never live to exercise.”

— *Jack LaLanne, Fitness expert.*



Matching:

1. Weight training is especially important for women and can give them a shapely figure.
2. As the body gets stronger, we can increase our exercise level.
3. Cross-training lowers our chance of being injured, helps in weight loss, and it's fun, too.
4. People who do aerobics regularly will become stronger in every part of their body.
5. Generally, it takes about three weeks to form a new habit.
6. When lifting weights, our muscles will get small tears in them.

Active Outline:

- Exercise helps people to be _____. (flexible / smart).
 - Older people who exercise live longer. (True / False)
- We should exercise at least _____ days a week. (two / three)
 - When we first start to exercise, we will often get _____ easily. (tired / energy)
 - Soon the body will be able to do _____ exercise. (more / less)
 - If we exercise too much, we may get _____. (flexible / injured)
- An example of aerobic exercise is _____. (biking / weight lifting)
 - When we do a lot of aerobics, our heart gets stronger and the number of times it needs to pump blood will _____. (increase / decrease)
- With weight training, blood flows into the _____. (muscle / lungs)
 - In a few days, the muscle will heal itself and get _____. (stronger / weaker)
- It is important _____ lift the same muscle two days in a row. (to / not to)
 - After the age of 55, people may lose five percent of their strength every _____. (year / five years / decade)
- Doing both aerobics and weights is called _____. (training across / cross training)
- It is important before starting an exercise to _____. (be in good condition / see a doctor)

Comprehension Questions:

- Exercise helps people to recover from injury quicker.
 - True
 - False
- We should exercise for at least 20 minutes a week.
 - True
 - False
- Weight lifting makes small _____ in the muscle.
 - blood
 - tears
 - holes
 - leaks
- If older people do not exercise, their muscles will get smaller much quicker.
 - True
 - False
- It takes _____ to form a habit.
 - a few days
 - a week
 - two weeks
 - three weeks

Critical Thinking: Writing and Discussion

1. How is your health and fitness? Do you exercise often? What do you do? If you do not exercise, why not?

Opinion: What is your favorite summer activity? What is your favorite winter activity?

2. What are three of the best exercises to improve your health?

1. _____ 2. _____ 3. _____

Opinion: Of these, which is the best type of exercise for you? Why?

3. What is the main reason people exercise?

4. What sports / exercise did you do when you were younger?

5. Create two questions and discuss them in your group.

2. Blood Types

血液型



blood transfusions 「輸血」 Nobel Prize in Medicine 「医学分野のノーベル賞」 personality 「個性」
Temperament 「気質」 grouping 「仕分け」 no credentials 「正規の信用証明書でないもの」
homogenous people 「等質な」 an artificial sense of diversity 「多様性という人工の意味」
a self-fulfilling prophecy 「自分の将来への予言」 genetics and environment 「遺伝と環境」
donate blood 「献血する」



1. In 1900, Dr. Karl Landsteiner, an Austrian medical researcher and scientist who later became an American citizen, discovered three blood types in humans. This was an important discovery because before this, **blood transfusions** were very dangerous; in fact, many people had died from them. Landsteiner's research made blood transfusions common and safe. A: _____. The following year, the fourth blood type, AB, was discovered and named. In 1930, Landsteiner received the **Nobel Prize in Medicine**, which is an award given to people who have made great advances in medicine.
2. In 1916, Kimata Hara, a Japanese doctor, wrote a paper linking the different blood types to **personality**. A few years later, to get better soldiers, the Japanese military used Hara's paper to find what areas a soldier was strong or weak in. However, no link between blood type and ability to do a given job was ever proven.
3. In 1927, Takeji Furukawa, a professor at Tokyo Women's Teacher-Training School, wrote a paper called "The Study of **Temperament** Through Blood Type." He made huge statements based on a small group of only about 20 people. Despite this, **grouping** by blood type became common. B: _____. But this idea quickly disappeared because Furukawa's paper was not based on science, and Furukawa himself had **no credentials** in the field.
4. After that, interest in grouping by blood type decreased and almost disappeared until 1970, when Masahiko Nomi wrote a book that carried on Furukawa's ideas. Nomi did not have a scientific or medical background. C: _____. In brief, Nomi made the following blood type–personality groupings:

Type O: Social; like people; confident; peaceful; friendly; strong will; lots of energy; can control emotions; not always dependable.

Type A: Kind; careful; good listeners; avoids conflict; calm in difficult situations; most creative; often emotional; worries a lot; easily hurt.

Type B: Very realistic; relaxed; cheerful; independent; thinks for oneself; likes to learn new things; caring; loves animals; follows direction carefully; has lots of energy; may be lazy and selfish at times.

Type AB: A mix of type A and type B. These people, said Nomi, can be the most difficult to group. While they are creative, responsible, and can be trusted, they can also be unpredictable, very sensitive, and often mysterious.

5. While the Japanese medical, psychological, and scientific community did not and do not accept Nomi's theory, blood-type grouping is now so common that it has become part of the popular culture. Women's magazines, newspapers, morning news shows, and other sources often discuss blood type and personality. Many even give the "blood type advice of the day." D: _____.

6. When people look for a job, they may be asked about their blood type. This information may be used as a friendly way to get to know the person better, or, in rare cases, as a reason to reject the person. E: _____. Advertisements for some goods like candy, soda, and bath soaps target only one blood type. Fortune tellers often ask of blood type. Many books give advice on finding a perfect partner, dating, starting and keeping a relationship, and getting married focus on blood type. Articles about a celebrity or anime character, often include the person or character's blood type.

7. Professor Masao Ohmura of Nihon University does not accept that blood typing has anything to do with personality. The Japanese are a **homogenous people**, he says, so grouping by blood type gives **an artificial sense of diversity**. People find out how different blood types are supposed to behave, give those qualities to themselves, and then act in that way. Blood typing becomes **a self-fulfilling prophecy**. F: _____. If a book says that a person with a certain blood type should be shy and worry a lot, then that person will behave that way.

8. In the West, no doctors or scientists would ever link personality to blood type. G: _____. They believe that personality is made by **genetics and environment**. Most Westerners only find out their blood type when they **donate blood** or if they need a blood transfusion.

"What is the hardest task in the world? To think."
— *Ralph Waldo Emerson, 1841*



Matching:

1. Some have tried to link success in school or possibility of doing a crime to a certain blood type.
2. For example, if a person tells others that he / she has type O blood, others will treat him / her as a type O, and then that person will act even more like a type O personality.
3. Landsteiner named the different blood types A, B, and O.
4. Grouping people by blood type became popular again.
5. In 1937, a government official said that type-O people made better government spokesmen.
6. Very few, if any, Westerners would link their character to a blood type.
7. Some companies assign work or even suggest careers based on one's blood type.

Active Outline:

1. Three blood types were discovered in 1900, and then _____ found a year later.
(another was / two others were)
2. In 1916, a Japanese doctor tried to link a person's blood type to _____. He did not succeed. (personality / transfusion)
3. In 1927, a professor made huge conclusions based on studies of only 20 people. He _____ succeed in linking blood type to personality. (did / did not)
 - a. _____, blood type grouping became popular. (At that time / Twenty years later)
4. Masahiko Nomi wrote a book that carried on _____ ideas.
(Furukawa's / Hara's / Landsteiner's)
5. The Japanese medical and science community did _____ blood typing.
(accept / not accept)
6. Blood-type personality is a popular subject in magazines, newspapers, and _____.
(books / pictures)
7. Professor Ohmura feels that when people read books about their blood type, they will then _____. (act the way the book tells them to / better understand themselves)
 - a. Ohmura feels that blood typing gives people a sense of _____.
(diversity / being alike / power)
8. Doctors _____ the link between blood type and personality. (accept / reject)
 - a. A Western person generally finds out about their blood type if they _____ or need a transfusion. (donate blood / get a job)

Comprehension Questions:

1. The discovery of blood typing was important because _____.
A. people often died from transfusions B. people need to be grouped
C. the Nobel Prize needed to be awarded D. it indicated their character
2. Professor Masao Ohmura believes that _____.
A. only environment makes personality
B. people should be categorized more
C. fortune telling by blood type is essential
D. people find out about their blood type, and then act that way
3. Who discovered the different blood types?
A. Dr. Landsteiner B. Kimata Hara C. Takeji Furukawa D. Masahiko Nomi
4. Who first tried to link blood type to personality?
A. Dr. Landsteiner B. Kimata Hara C. Takeji Furukawa D. Masahiko Nomi
5. Scientists believe personality is formed by _____.
A. education B. blood type
C. the mass media D. environment and genetics

Critical Thinking: Writing and Discussion

1. Give examples of how your blood type does and does not fit your personality.

Fits:

1. _____

2. _____

3. _____

Doesn't fit:

1. _____

2. _____

3. _____

Opinion: Do you accept blood type grouping as true? Why or why not?

2. Do you judge others by their blood type? Have you been judged because of your blood type? What happened?

3. Are you satisfied with your blood type? Which blood type would you prefer to be? Why?

4. Scientists and most people around the world do not link blood type to personality. Why is it so popular in Japan?

5. Do you agree with Professor Ohmura's theory? Why or why not?

6. Create two questions and discuss them in your group.