

1 Every living thing exists in a particular place, and that place has certain conditions.

Some fish live in fresh water, and others live in salt water.

2 Life on earth began in water, billions of years ago, and water sustains all life today. It cycles about endlessly, from rain to streams, from streams to rivers and from rivers to the seas.

Sea water rises to the atmosphere as water vapor, then forms clouds in the color air and falls to earth again as rain.

3 There is in man's makeup a general aggressive tendency but this, like all other human urges, is not specific and unvarying instinct.

4. A hundred years ago, new words entered the English language slowly. Now the pace has picked up. Because of TV, satellites and airplanes, the world has become much smaller.

It has become a "global village."

In this village, new words travel quickly.

5 Conversation is an art and like all arts, it is improved by experience and practice. Experience is very important, for the greatest obstacle to good conversation is shyness.

6 Time is seamless. Past, present and future are woven into the same fabric.

The present is continually disappearing into the past.

7 We must not look behind too much, we must not look ahead too far and we must not fix our gaze too steadily on the present.

8 During the 1980s cable TV became a popular alternative to broadcast television. The compact disc and the laser disc also made their debut during the 1980s.

9 Already in the sixteenth century the first Christian missionary to Japan, St. Francis Xavier, remarked on the inquisitiveness of the people in his letters home.

This is still true of the people of Japan today.

10 New technologies have transformed the mass media.

Since the 1960s, the communication satellite has made instantaneous global communication a reality.

11 Paul Cezanne is now regarded as one of the most important painters of the twentieth century and the father of modern art.

However, for most of his life, his paintings were rather slighted and thought of as naive.

12 Office computers lie buried under a mountain of paper, faxes, photocopies, newspapers, magazines and paper cups.

It will get worse: offices are increasing their paper usage by 6 percent every year.

13 Human beings are blessed with three long-distance senses: seeing, hearing, and smelling. Of these, seeing is the longest distance sense. We can see streams of photons crossing the vacuum of space.

14 Each country considers its culture unique and therefore special. In the 1960s, Europeans - the French in particular - were concerned about American culture influence in their countries. The French called it "the American challenge."

15 Until a hundred years ago, for most people, salt was only available from far away, and so it was very expensive.

Salt has forced Man to explore, to think, to work, to trade, to learn foreign languages, and to travel.

16 A cartoon combines art and humor. A simple line drawing and a few words can make people laugh. Their troubles become small and they can enjoy life fully.

17 People on the island of Yap don't need purses.

They need a big stick and strong arms. A piece of Yap money has a hole in the middle, can be three or four meters high, and can weigh over a thousand kilograms.

18 In the seventeenth century, England became the chief slave trader. Newport, Rhode Island, was the chief home of the American slave ships in the North American colonies.

The Europeans did not capture the slaves, but bought them from the black kings along the west coast of Africa.

19 In Britain we sip the refreshing beverage from breakfast till bedtime. Tea lubricates all our social activity.

Some prefer it plain, others with milk, sugar, or both.

20 For a century before the start of the Industrial Revolution, Britain had been the richest commercial nation in Europe.

It became the paramount industrial power as well.

21 The mysterious Japanese smile should be understood in the context of the social situation.

When a Japanese commuter misses a bus, he smiles if there are other people on the site, but he curses if there is nobody around.

22 During hibernation animals breathe very slowly and their hearts scarcely beat. If they are awakened too suddenly or violently from this deep sleep they may die.

23 Radio is usually more than just a medium; it is company. Whether it is the company of first choice or of last resort makes no difference.

24 Environmentalists argue that paper consumption is already unsustainable and will have a profound impact on communities, climate, plants and wildlife.

25 At the beginning of the twentieth century, many people thought that the American family was falling apart - in other words, they thought it was dying.

A century later, we know that this was not the case.

26 Whatever we may think about mass-production, we can take it as certain that after 150 years of continuous development the system is here to stay; we cannot slow it down, or go back to the old hand methods of production.

27 People write for two primary reasons: to be read and to make money. What an author writes is based on his purpose: to entertain, to instruct, or to affect his readers.

How he writes depends upon his character, personality, zest, and capacity. How a person writes reflects what he himself is.

28 The incredible thing about us human beings is how unique each one of us is. The police know that, because of fingerprints. There are no two people with the same fingerprints.

29 Humankind has over many centuries been exploiting the Earth and its resources. Much of this exploitation has been carried out with little or no thought as to whether this use of natural resources is responsible.

30 Few of us are so balanced that we don't keep conflicts within ourselves.

Listen to the dialogue within and admit them openly.

In this way you can begin being true to yourself.

31 Most plastics are made of oil-based chemicals. They are not easily used again, because they produce poisonous gasses or substances when broken down.

32 Each person has defining moments in life. As with people, so it is with nations. Nations, of course, live longer than people and often change more dramatically as time goes by.

33 Some people may believe that gold or jewels are important treasures, but there are other treasures that are far more important.

They are our memories. Memories are our link with the past.

34 The average life expectancy has increased. A person who reaches age 65 has an average life expectancy of about 14 more years.

But the job opportunities for older people are not increasing.

35 Often the members of a society which is strong in economic and military terms look down on their poorer, weaker neighbors.

In many cases, neighboring societies which have much in common have fought wars off and on throughout the centuries. A look at today's newspaper will provide some examples.

36 Most of us think of picture books when we think of children's books. They were the books that comforted us, that put us to sleep, that we shared on the lap of a loved one.

37 The dog is not the noble animal in Spain that it is in England. The reason for this is that in Spanish villages and working-class streets it gets so much tormented by little boys that it becomes cowardly. Then it forfeits respect.

38 While working on the atom bomb at Los Alamos during the Second World War, Feynman had his wife send him letters in a code to which he did not know the key: he felt satisfied when he discovered the code.

39 What exactly do you understand by wisdom?

It is a quality that we often speak about, but have great difficulty in defining. Everyone agrees that children are born without it, and that it is gradually acquired as we grow older.

40 Almost since the first days of European settlement, South Carolina has been rice country. Rice was once to South Carolina what tobacco was to Virginia and cotton was to Texas.

41 What do the Japanese think of pets? Unlike in England, where almost everybody has one, or in America, where about half the people that I know have one, I only know three Japanese who have pets.

42 Parents are not the main influences in the lives of their children. Some of the first voices children hear are from the television; the first street they know is Sesame Street.

43 Science is not just the thing our culture does best, it is also the thing that most profoundly influences the way we live. Think of almost anything we do and you'll find that it is shaped by science.

44 Edison was guided by his belief that genius is one percent inspiration and 99 percent perspiration. Consequently, he worked day and night for much of his life. By the time he died in 1931, he had patented over 1,100 inventions.

45 In Biblical times Friday was the unluckiest day of the week.

It is said that Eve tempted Adam on Friday and the Flood started on Friday. Jesus was also put on the cross on Friday.

46 It is a curious phenomenon of nature that only two species practice the art of war men and ants, both of which, significantly, maintain complex social organizations.

This does not mean that only men and ants engage in the murder of their own kind.

47 The pronunciation of American English in words like "park" and "grass" is very close to the English people spoke in London in the 17th century. It is British English that has changed, not American English! And American slang, such as the word "guy", can be found in the pages of Shakespeare.

48 When we meet somebody, we commonly shake right hands, a formal custom for no present-day significance. But in an age when everybody carried weapons, it was a demonstration that one was prepared to converse without a weapon in one's hand, a sign of peace.

49 The 1980s brought amazing new advances in the field of technology. Computers had existed for years, but it was during the 1980s that the "Age of the Computer" really arrived.

50 To get a chocolate out of a box requires a considerable amount of unpacking. The box has to be taken out of the paper bag which it arrived; the cellophane wrapper has to be torn off, the lid opened and the paper removed; the chocolate itself then has to be unwrapped from its own piece of paper.

51 The American view is "It is cheaper to scrap the old and replace it with something new," or "No one stands still.

If you are not moving ahead, you are falling behind." These attitudes have come to the U.S. only during the last 200 years.

52 New microscopes soon may make it possible to see detailed moving pictures of the inner workings of cells.

These microscopes are versions for the traditional instruments which were developed centuries ago.

53 One of the most pleasurable learning experiences I know is
read a good book with a fine friend or loved one.

Whether you do it alone or together, what happens afterward
can be an affair to remember.

54 Aristotle, the Greek philosopher, summed up the four chief
qualities of money some 2,000 years ago. It must be lasting,
easy to recognize, easy to divide, and easy to carry about.

55 Americans like to tell fish stories. Fishermen who like to brag about the big fish they have caught may have started the habit. If you tell a story that is just a little bit too good to be true, someone will say, "There's something fishy about that."

56 The public want the government to take stronger action, because it is the government which has the most power.

What they want is for the government to provide an excellent public transport system so that people will not want to drive.

57 If a man is to be master of his own enjoyment of life, he is going to have to do some thinking for himself unless he is content to let circumstances and other people do it for him.

Bertrand Russell claimed that man was more frightened of thinking than of anything else.

58 Language is not simply a means of communicating information - about the weather or any other subject.

It is also a very important means of establishing and maintaining relationships with other people.

59 As women gain new status and responsibilities in the business world, new manners develop. Women supervising both men and women are no longer unusual. All these changes require new and different behavior; consequently, manners change.

60 In Japan students are taught at an early age to endure by their teachers and parents. There is nothing wrong with this, but it is different from the behavior found in the West, where the individual has a right to speak up, criticize, and ask questions.

61 More than ten-thousand million kilograms of plastics are produced in the United States each year. However, they take up a lot of ground space used to contain wastes produced by cities and industries. While in the ground, plastics do not break down into natural, harmless substances.

62 Many people today walk for fitness. Walking can be beneficial for the mind as well as the body. Walking can relieve stress, helping you relax at the end of the day or after a difficult task.

63 Women's leaving the home and entering the workforce has diminished men's traditional value to women.

Increasingly independent and self-sufficient, contemporary women no longer feel the same need for men to provide for or protect them.

64 In 1940 Superman began his radio career, with Clayton Collyer providing the voice of the man from Krypton.

Throughout the 1960s and 1970s people continued to have an interest in the man of steel, with plays, television movies, and animated series produced every few years.

65 When it comes to guns, the cultural gulf between Japan and the United States is as wide and deep as the ocean that separates the two countries.

Americans are torn between two feelings about guns.

One side believes that owning guns is a basic Constitutional right as valuable as life itself.

The other side believes that guns have become so widespread and deadly that the law must change.

66 American parents want their children to do better than they did. Middle-class children are encouraged to get better educations so that they can make more money and live in a better neighborhood than their parents.

67 The Japanese are always asking questions, especially of foreigners like myself. It is perhaps only natural for them to ask questions of foreigners; and it is no less natural for foreigners to comment on the fact with astonishment.

68 What would happen if society looked at young people as competent community-builders? This question is not trivial, for the dominant image of youths in any society will affect the beliefs and behavior both of adults and of youths themselves.

69 While dioxin is treated like radioactive waste in Germany, in Japan garbage is burned in waste incinerators next to houses and farms. Only in 1997 did Japan enact its first law regulating dioxin emissions from incinerators.

70 You have probably noticed that pushing a car uphill is hard work. While you can stop for a rest, you must finish the job or chances are your car will slide all the way back to the bottom of the hill. Then you have to start pushing all over again.

Work is like that. So is studying.

演習 1 Nonsmokers often breathe in the smoke from other people's cigarettes. This is secondhand smoke.

演習 2 Millions of immigrants from scores of homelands brought diversity to our continent.

In a mass migration, some 12 million immigrants passed through the waiting rooms of New York's Ellis Island.

演習 3 In the late 1800s and early 1900s, there were mainly two types of families in the United States: the extended and the nuclear.

The nuclear family consists of only parents and children.

演習 4 Radio cannot dazzle us with visual spectacles; it has to capture and hold our attention through our ears.

That is, it has to speak to us, through either words or music.

演習 5 A desert in summer is a hot, dry place. In the daytime the ground very hot. At night it is cool in the desert.

演習 6 The computer age was supposed to herald the arrival of the "paperless office," but after 15 years of desktop computers we are using more paper than ever.

演習 7 A good journalist casts anxious and inquiring glances over his shoulder, and a good historian lifts his eyes from the page to look at the world around him.

Sometimes the roles merge completely.

演習 8 For some reason or other, I am an eager Sunday gardener.

I will die one. I am a bit "touched" by every green-growing thing on earth. This strangeness has not put me in any hospital.

演習 9 Japan's trade with the outside world from the 14th to 16th centuries brought many new influences. Kabocha, the much-loved green-skinned pumpkin, was introduced via Cambodia by the Portuguese in the 16th century.

演習 10 There are a few problems in Hawaii, but in general people have learned to live together in peace. They call Hawaii the Aloha State. Aloha means both hello and goodbye.

演習 11 Americans look forward to their Saturdays and Sundays - days off - with great anticipation. And an annual 2- or 3-week vacation is taken for granted by most people.

演習 12 A tropical rain forest is a forest of tall trees in a region of year-round warmth and plentiful rainfall.

Tropical rain forests stay green throughout the year.

Almost all such forests lie near the equator.

演習 13 Even people in their 40s and 50s feel their memory starting to slip. “Why can't I remember names?” they sigh. “Where did I put my keys?” With the passing of the years, the questions move from annoyance to concern.

演習 14 Leisure is a very important topic, for several reasons. Many people spend more time at their leisure than at work; many find their leisure more satisfying than their work; leisure can be a major source of happiness and of mental and physical health.

演習 15 Positive and negative effects occur hand-in-hand.

Telephones allow us to communicate with anyone anywhere; yet they also cause us to forget the pleasure of sending and receiving letters.

Television enables us to view distant places, though it also teaches us to favor images over actual experiences.

演習 16 Although I have a car, I prefer to travel by train. As the train travels at speed through the countryside, I can relax, drink coffee, read a book, or just gaze out of the window.

Sometimes the movement of the train makes me fall asleep.

演習 17 Sometimes an indigenous language emerges as a lingua franca - usually the language of the most powerful ethnic group in the area. The other groups then learn this language with varying success, and thus become to some degree bilingual.

演習 18 One of the rules of a good discussion is that the participating speakers should remember the subject being discussed, and not wander away from it. Their remarks and examples should be clearly related to the subject.

演習 19 The Swiss mountains make up nearly two-thirds of the country's area, with only 12 percent (750,000) of the population, and have always been a problem. Incomes have been lower than in the rest of the country, services fewer, opportunities more limited, and populations decreasing.

演習 20 The amazon forest, in Brazil, covers five million square kilometers. It contains one third of the world's trees.

However, the trees are, disappearing.

By 1974, a quarter of the forest had already been cut down.

演習 21 Whether we like it or not, the world we live in has changed a great deal in the last hundred years, and it is likely to change even more in the next hundred.

演習 22 Although the skillfulness and acts of courage of the immigrants - our ancestors - shaped the North American way of life, we sometimes take their contributions for granted.

演習 23 All writing that is not directly copied from another source is creative. A letter is creative.

An advertising slogan is creative. Whatever goes through the mind of a human being and is altered by it is creative.

演習 24 The ozone layer over Europe is now dangerously thin, and over Australia holes have actually developed in it.

This means that people will not be able to sit freely in the sun.

In Britain, as everywhere, people are now saying: "Mother Earth needs our help!"

演習 25 Roman soldiers built many roads.

The emperors thought road building was useful work for soldiers in peacetime. The soldiers did not share that view.

They complained they had not joined the army to use a pick and shovel.

演習 26 One often hears it said, in Japan and in the West, that young people are not as well educated as they used to be. They do not write as well, nor do they read with as much speed and understanding.

演習 27 An English passenger kindly drew me into conversation. He was older than I. He asked me what I ate, what I was, where I was going, why I was shy, and so on.

He also advised me to dine with him.

演習 28 I think part of the uproar over cloning is that many people simply don't understand what it is. They seem to have it confused with genetic alteration, another technology that's creating a stir.

演習 29 The historian's method begins with the collection and questioning of so-called factual information. Once historians have collected a good deal of information, they study it and develop explanations of how the facts relate.

演習 30 In India, some land has been so badly damaged by farming and tree cutting that mud now slides into the Indus and Ganges rivers.

演習 31 Language, in short, while in itself the most significant invention, or product, of culture, is the foundation on which culture is erected. The social life of humans is dramatically affected by language.

演習 32 Learning a foreign language is a double experience: as we learn about the new language, this new knowledge makes us discover more about our own language.

演習 33 In general, social groups are divided into a few who rule and the many who are subject. Subjects are sometimes mistreated but usually can do little about it.

In the nineteenth century, when the Industrial Revolution was leading to the establishment of factories all over western Europe, a new class of underlings-factory workers-came into existence.

演習 34 Cartoons make people laugh at their own personal worries. Young people who are not always sure of how to act can smile at their awkwardness. Students who have studied too little before an examination can laugh at their anxiety.

演習 35 Fever is an example of a biological defense mechanism that is often regarded as merely an unpleasant symptom of disease. A raised body temperature is a standard biological response to infection by bacteria and viruses, and a good indicator of illness.

演習 36 In the winter of 1988, a group of nuns working under Mother Teresa were walking through the snow in New York City in their Indian clothes. They were looking for an abandoned building that they might convert into a shelter for people who are homeless.

演習 37 Looking back at my childhood, I can see my mother's strong influence in making me the shy person that I am today.

演習 38 In 1898, Doyle wrote a story in which the great detective Holmes was killed. Holmes' death upset his readers very much. Finally, public demand forced Doyle to bring Holmes back to life in another story.

演習 39 Have you ever heard of the SAT?

The letters stand for the Scholastic Aptitude Test.

The SAT is a test that almost every high school student in America knows about.

演習 40 What everyone remembers about Charlie Chaplin is the unique clothes and makeup he wore - a derby hat on his head, a short mustache, baggy trousers, heavy work shoes and a cane.

演習 41 British tourists going abroad are often advised to drink only boiled or bottled water. The few occasions when I have ignored this advice have been followed by expensive visits to the doctor's.

演習 42 I read with interest the article on American families.

In general I agree with it. But there are some important things it left out. It didn't tell the reader much about the life of a househusband. It's not an easy life.

I know this, because I'm now a househusband myself.

演習 43 While my friends spent six months in Europe, I took care of their husky, Misha. Misha could jump most fences and travel freely. He jumped our fence the day I took him in.

演習 44 What is interesting is the way the salesperson is supposed to catch the eyes of passengers. It would be discourteous to look at the eyes of a passenger too long.

A short look might give the impression that the salesperson is indifferent.

演習 45 To date it has been shown that there is little relationship between employed women and divorce.

In fact busy wives and higher double incomes seem to be a factor towards greater stability.

演習 46 Technology - which took us to new continents and world domination, transforming our appearance and surroundings - now threatens to rebound on us.

It is an irony that our own creations threaten to bring us down.

演習 47 In the 1700s, sailors often suffered from scurvy.

When the sailors started eating fresh limes, the disease disappeared. They knew that limes controlled scurvy, but they did not know that it was the vitamin C in this fresh fruit that was helping them.

演習 48 Both reading and writing demand the full use of one's mental powers. When you write, you have to probe the deep understanding of relationships, ideas, and facts. All this must be put together into a whole, a composition, a letter, or a report. It is an activity that literally stimulates the brain cells.

演習 49 More than a thousand years ago, people used to cut up green coffee beans into very small pieces, mix them with fat, and eat them for dessert. Then it became the custom to boil the green beans in water to make a kind of tea. Probably it was quite by accident that somebody dropped coffee beans into a fire and cooked them, which made a wonderful smell!

演習 50 Westerners like to make friends so that they can express their feelings. With the exception, perhaps, of the British, they seek intimacy and try to avoid small talk.

They don't like talking around a subject when they can discuss it head-on.

演習 51 People often think and act differently in groups from the way they would do as individuals. It takes a considerable effort of will, and often calls for great courage, to stand out against one's fellows and insist that they are wrong.

演習 52 One of the biggest problems facing Japanese companies is the strength of the yen. The value of the yen has increased dramatically in recent years and some Japanese businesses have found it difficult to sell their goods abroad.

演習 53 On July 20, 1969, one of the most memorable moments in America and scientific history occurred.

Neil Armstrong, dressed in a white spacesuit, stepped down from his spacecraft onto the moon.

He became the first human being to set foot on another world.

演習 54 Every ancient Greek city-state, wherever it might be, was an independent city and an independent state: in fact, the Greeks used the same word to mean both "state" and "city." The word was "polis."

演習 55 Kohler found that chimpanzees could use sticks as tools to pull down bananas which were hanging out of their reach. They were intelligent enough to see that this tool - the stick - could be used to extend their arms and get the banana.

演習 56 I'm not sure how the boy got to my clinic but when I walked into the waiting room he was lovingly petting his cat lying in his lap. He had brought his sick cat in for me to heal.

演習 57 Side by side with the political revolutions that swept Europe at the end of the 18th century, there occurred an Industrial Revolution which was to transform the lives of everyone in the Western world.

演習 58 A good sense of humor is important to Americans.

Laughing at themselves or their country is something they do very well. But they may not appreciate a foreigner doing the same, especially in a critical tone.

演習 59 Although many college students do temporary work, many part-timers are also housewives working to meet rising educational costs or the monthly housing loan payment.

演習 60 The secret of the phone card's success in Japan lies in a series of shrewd moves made by the main telephone company, NTT. It opted for a very thin kind of card, unlike the bulky pieces of plastic adopted by other countries like Britain.

演習 61 Breakfast can actually help you lose weight.

After a good breakfast, you are likely to eat less for lunch and dinner. Also, calories consumed early in the day are used primarily for fuel, while calories consumed at night tend to be stored as fat.

演習 62 An experiment was conducted on the behavior of a group of people waiting to cross a street. A red traffic light was on. Ignoring the light, a man in a suit and a tie, with a topcoat on, stepped into the road. Many others followed suit.

演習 63 Compared with aircraft, conventional ships are incredibly slow. No significant increase in their speed occurred for centuries, until recently.

Today novel kinds of craft are designed to be seagoing which are capable of speeds up to 150 km/h.

演習 64 If a person sets out on some undertaking, he doesn't want to stop in the middle with the job unfinished.

When I took up a project, the main thing on my mind was that I didn't want to let everybody down.

演習 65 There are some people who actually enjoy work.

They spend many extra hours on the job each week and often take work home with them. These workaholics are as addicted to their jobs as other people are to drugs or alcohol.

演習 66 The custom of shaking hands in the United States varies in different parts of the country and among different groups of people. When men are introduced, they generally shake hands. Women shake hands less frequently.

演習 67 Hunter-gatherers live together in small groups.

These bands, which stay together for most of the year, are no larger than twenty-five individuals.

演習 68 If one were to shake an American awake in the middle of the night and ask what "rights" mean, he would say they were something belonging to him. A Japanese shaken awake would respond that "rights" were something belonging to us.

演習 69 Nowhere else in the universe have we been able to detect culture. Is this merely bad luck, or have all other alien civilizations simply died out?

演習 70 Ten years ago, when I began writing romantic novels, it seemed to me there was no reason I shouldn't simply write the kind of book I' d like to read. Nor could I see any reason why I shouldn't use the same methods I had used in writing suspense.