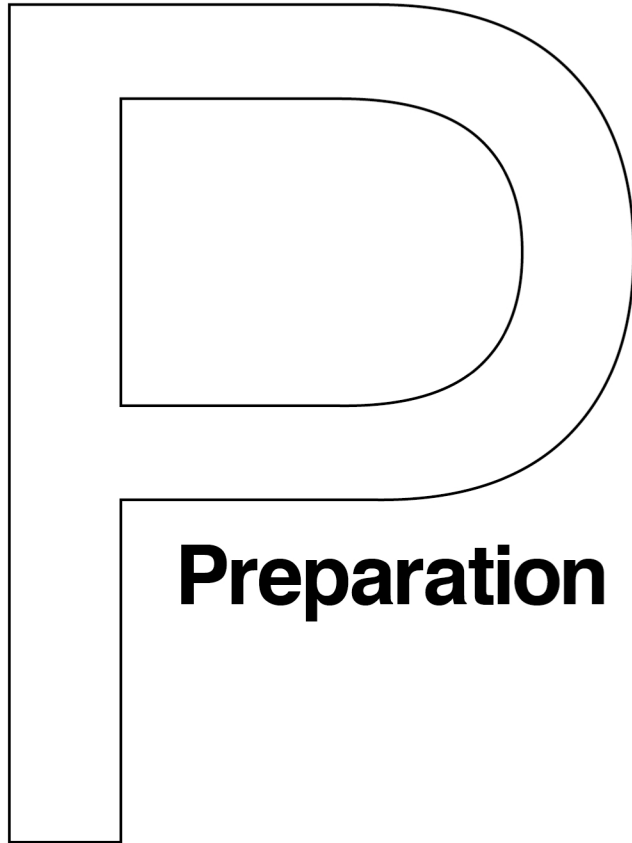


CEL

Advanced Course

Global News-Centered



Reading 1

[A]

The Japanese, as a nation of 120 million people packed into the floodplains of a largely mountainous country, are a practical people. If there's a minor inconvenience that can be solved by technology, then they've usually solved it. So there are vending machines on mountain tops, and hotel mirrors that leave a perfect oblong clear in front of the sink so you can shave, even if the rest of the mirror is steamed up.

This spirit extends to cycling. If everyone who lived in the Japanese mega-cities drove, there would be permanent gridlock of Doctor Who proportions. So, a practical attitude has developed. The first cyclist I spotted in Tokyo was an impeccably dressed grandmother, pootling along on the pavement, as is overwhelmingly allowed. She weaved in and out of the pedestrian traffic, the designated on-pavement cycle path being merely an opening point for negotiation. Road crossings have designated cycle lanes, alongside those for pedestrians.

She was riding one of Japan's *mamachari*, or granny bikes. A solid, practical, generally single-speed city bike, they're easy to ride, but unlikely to win you any races to the lights. Often found with front basket, a rear rack and frequently adorned with some form of child seating, *mamachari* are ubiquitous across Japan.

In Japan, most treat their bicycle as an extension of their legs, a sensible and logical way of getting from A to B. Most are used for local journeys: for getting to the shops, or to school, or to work. Few ride on the road, unless the footfall (or the signage) deems it absolutely necessary. Bikes are parked everywhere: outside homes, shops, and business.

To a Londoner, all this takes a bit of getting used to. *Mamachari* have built-in locks on their back wheels, but they all seem eminently nick-able. But inexpensive and legion, bikes aren't under the same threat of pilfering as they are in the U.K. Cycling on shared pavements, to someone used to battling aggressive city traffic, is similarly counterintuitive. But you quickly adapt. The infrastructure is there, and, crucially, there's a decent hierarchy: drivers are respectful of cyclists and pedestrians, and despite the occasional irritation, it's light years ahead of what two- and non-wheeled types have to tolerate in Britain.

Study Guide

◆ gridlock

◆ impeccably

◆ pootle

◆ ubiquitous

◆ pilfer

❖ (*para. 2, line 1*) Since the transmission point of a “strong tie” seems to correlate with the effectiveness of the complaint, it makes sense to ask: Who is most likely to talk to strong ties?

Question: What are the two things that are counterintuitive to a Londoner?

Reading 1

[B]

On Thursday, the Food and Drug Administration (FDA) announced that it is moving toward significantly limiting — more or less banning — trans fats from foods in the U.S. The agency decided that trans fats are not safe for human health, and shouldn't be in foods we eat.

So what are they? Trans fats are a byproduct of partially hydrogenated oils (PHOs). By bubbling hydrogen gas through oil under certain conditions, manufacturers can turn liquid oils into whatever saturation or thickness they desire. Such partially hydrogenated oils have become popular because they give foods taste and texture, and in the 1950s, trans fats emerged as a way to increase the shelf life for processed foods such as baked goods.

However, they have also been linked to major health problems such as coronary heart disease, since trans fats build up plaque in the arteries that can contribute to a heart attack. In 1999, the FDA first proposed that manufacturers disclose the amount of trans fat on nutrition labels but that did not become a requirement until 2006.

Now, after reviewing studies on trans fats, the FDA issued a Federal Register notice, which is a preliminary determination that PHOs are no longer “generally recognized as safe” (GRAS). The public, including scientists and other experts in nutrition and health, have 60 days to comment on the FDA's conclusion, and if after that time the agency still deems that trans fats are unsafe, manufacturers would need to get FDA approval to use PHOs and trans fats in their products. Foods that contain unapproved food additives cannot legally be sold, and therefore are banned.

It's still possible for a company to petition the FDA to prove that a specific use of PHO is safe, under the “reasonable certainty of no harm” FDA safety standard, but this would be quite difficult to prove.

What worries some health experts is what the food industry will come up with to replace the trans fats. “That question is the potential devil in the details,” says Dr. David Katz, the director of the Yale-Griffin Prevention Research Center. “There are other ways to manipulate fat, and we have to be careful we don't wind up with another bad invention.”

Study Guide

◆ saturation

◆ coronary

◆ artery

◆ preliminarily

◆ manipulate

❖(*para. 2, line 2*) By bubbling hydrogen gas through oil under certain conditions, manufacturers can turn liquid oils into whatever saturation or thickness that they desire.

Question: For what purpose do manufacturers use trans fats in their products and why are they bad for your health?

Reading 2

Humans' first fashions

Fashion followers around the planet are quivering with excitement over upcoming shows in New York, Paris and L.A., where models will walk the runway wearing feathers, fake furs and a galaxy of clothing that runs the gamut from the sublime to the absurd. If you have ever wondered how clothing started, the University of Florida says it has found the origins of fashion far, far away in the mists of time.

According to new research from the school, a study of the evolution of lice shows modern humans first began wearing clothing about 170,000 years ago. David Reed, associate curator of mammals at the Florida Museum of Natural History, on the UF campus, studies lice in modern humans to try to understand human evolution and how that translates into migration patterns. His latest study looked at how clothing lice first began to diverge from human head lice. "We wanted to find another method for pinpointing when humans might have first started wearing clothing," Reed said in a news release. "Because they are so well adapted to clothing, we know that body lice or clothing lice almost certainly didn't exist until clothing came about in humans."

According to Reed's data, humans first put on shirts and such about 70,000 years before migrating out of Africa into colder climates. That trek northward began about 100,000 years ago. That fur and leather number that Raquel Welch donned for *One Million Years B.C.*, was way ahead of its time, according to the study which says the lice tell the true tale. Reed says the date of the first fashions would be virtually impossible to determine using archaeological data because early clothing would not survive in archaeological sites.

The study also shows humans started thinking about clothing long after they lost all that body hair they were sporting in the early days. What that means is that humans were hanging around naked for a considerable period of time until the Coco Chanel of the day came up with the equiva-

Reading 2

lent of a pair of balloon pants and a halter top. “It’s interesting to think humans were able to survive in Africa for hundreds of thousands of years without clothing and without body hair, and that it wasn’t until they had clothing that modern humans were then moving out of Africa into other parts of the world,” Reed said.

He adds that lice are studied because they are on their hosts for long periods of evolutionary time. This icky relationship allows the scientists to learn about evolutionary changes to the host humans based on changes to the parasite. “The . . . result from this lice study is an unexpectedly early date for clothing, much older than the earliest solid archaeological evidence, but it makes sense,” said Ian Gilligan, a lecturer in the School of Archaeology and Anthropology at the Australian National University. “It means modern humans probably started wearing clothes on a regular basis to keep warm when they were first exposed to Ice Age conditions,” Gilligan said.

The last Ice Age occurred about 120,000 years ago, Gilligan said, but the study’s date suggests humans started wearing clothes in the preceding Ice Age 180,000 years ago.

So, the next time you are looking at a cashmere sweater on the runway in New York, or a space age wrap on the catwalk in Paris, you can thank your ancestors from way back when who first figured out it might be better to cover up a few of the fleshy parts or lose them to frostbite.

Study Guide

◆ quiver

◆ gamut

◆ sublime

◆ translate into

◆ don

◆ sport

◆ icky

◆ preceding

◆ frostbite

❖(*para. 1, line 1*) Fashion followers around the planet are quivering with excitement over upcoming shows in New York, Paris and L.A., where models will walk the runway wearing feathers, fake furs and a galaxy of clothing that runs the gamut from the sublime to the absurd.

❖(*para. 3, line 3*) That fur and leather number that Raquel Welch donned for One Million Years B.C., was way ahead of its time, according to the study which says the lice tell the true tale.

❖(*para. 4, line 5*) “It’s interesting to think humans were able to survive in Africa for hundreds of thousands of years without clothing and without body hair, and that it wasn’t until they had clothing that modern humans were then moving out of Africa into other parts of the world,” Reed said.

❖(*para. 7, line 2*) ... you can thank your ancestors from way back when who first figured out it might be better to cover up a few of the fleshy parts or lose them to frostbite.

Study Guide

Questions:

No. 1 Which of the following is stated or implied in the article?

- 1 Humans started wearing clothes long, long ago, before lice came to live on their human hosts, making archaeology unsuitable for studies on human clothing.
- 2 After leaving Africa, humans lost their ape-like body hair and they had to wear something to survive in colder climates.
- 3 By the time our ancestors experienced the last Ice Age, they had already known that they could keep themselves warm by wearing clothes.
- 4 Based on archaeological data, it was previously thought that humans came up with clothing one million years ago.

No. 2 Explain why it is possible to determine the date of the first human use of clothing by studying the divergence of clothing lice from head lice?

[Note Space]



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