

Lesson 6 Comprehension

[A] Choose the main idea of the passage.

1. Thanks to hormones, women are less likely to have high blood pressure, die from heart attacks, or be infected with some diseases.
2. There are two factors, biological and cultural, in explaining why women on average live longer than men.
3. The longer life expectancy of women may be due to some cultural factors causing them to smoke and drink alcohol less than men.
4. Cultural factors are now playing a more important part in the lives of women than in the past.

[B] Complete the sentences about the passage.

1. Today in the industrial society women _____.
 - a. usually live about five years longer than men
 - b. are going to get old faster than men
 - c. will continue to live longer than men
2. Women produce hormones needed for childbirth, so _____.
 - a. they get colds less often than men
 - b. they are likely to have more high blood pressure than men
 - c. they are more likely to die from heart attack than men
3. Women are physically younger in general than men of the same age because _____.
 - a. female genes work well due to some cultural factors
 - b. older women used to smoke and drink less than younger women do
 - c. the body cells of women tend to age more slowly than those of men
4. There is a possibility for women to live longer than men in the future as well, for _____.
 - a. women worked in less responsible and less stressful occupations in the past
 - b. nowadays the social habits of women are rapidly changing
 - c. women's biological factors in life expectancy certainly remain unchanged

Lesson 6

Comprehension (p.40)

A 2

B 1. c 2. a 3. c 4. c

Writing (p.41)

1. Japanese people live long (because) they[people] eat a lot of fish, beans, rice, vegetables, and take little fat. Another (reason) is that elderly people are eager to work and take part in the society.
2. (Thanks to) the mild climate and healthy diet, people in Italy live long.
3. People in Switzerland smoke and drink less compared to other Europeans. They also exercise well, and keep early hours. (This is why) life expectancy in Switzerland is long.

Lesson 6 Long Live Women!

[1]

Both men and women are living longer /
these days /
in the industrialized countries. /
However, /women on average live longer than men. /
In general, /they can expect to live /
six or seven years longer. /
The reasons for this /
are both biological and cultural. /

男性も女性も以前より長生きしている
今日
工業化された国々では
しかし女性は平均して男性よりも長生きする
一般に女性は生きると予想できる
6, 7 年(男性より)長く
その理由は
生物学的なものと文化的なものの両方である

[2]

One important reason, /
based on a biological factor, /
is the difference in hormones /
between men and women. /
Hormones are chemicals /
which are produced in the body /
to control various bodily functions. /
Between the ages of about 12 and 50, /
women produce hormones /
that are involved in fertility. /
These hormones have a positive effect /
on the heart and the blood flow. /
Also, / they help the body /
to defend itself /
against some kinds of infections. /
Thanks to these effects, /
women are less likely /
to have high blood pressure, /
die from heart attacks, /
or be infected with some diseases. /
The common cold is a good example: /
women, /on average, /
get fewer colds than men. /

重要な理由の 1 つは
生物学的要因に基づくもので
ホルモンの違いである
男女間の
ホルモンは化学物質である
体内で生産される
さまざまな身体機能を調整するために
およそ 12 歳から 50 歳の間
女性はホルモンを作る
生殖能力に関わる
こうしたホルモンはプラスの影響を与える
心臓や血流に
またそれらは身体を手助けする
自己防御するのを
いくつかの種類の感染症から
こうした効果のおかげで
女性は可能性が(男性より)低い
高血圧を患ったり
心臓発作で死んだり
あるいはいくつかの病気に感染したりする
普通のかぜがよい例である
女性は平均して
男性よりもかぜをひくことが少ない

[3]

Another reason is related to female genes. /
Scientists are still not exactly sure /
how genes influence aging, /
but some believe /
that women's body cells have a tendency /
to age more slowly than men's. /
Women, /therefore, /
are physically younger in general /
than men of the same age. /

もう 1 つの理由は女性の遺伝子に関係がある
科学者たちはまだ正確にはわかっていない
遺伝子がどのように老化に影響を与えるのか
だが、中には考えている者もいる
女性の体細胞は傾向があると
男性のものよりもゆっくりと老化する
女性はそれゆえ
一般に身体的に若い
同年齢の男性よりも

[4]

Reasons for the longer life expectancy of women /
may also be due to some cultural factors. /
For example, /
women generally smoke less than men. /
They also drink less alcohol on average. /
Both cigarettes and alcohol have proved /
to cause many health problems /
and to shorten lives. /

女性のより長い平均寿命の理由は
またいくつかの文化的要因によるものかもしれない
たとえば
女性は一般に男性よりも喫煙することが少ない
また、平均して酒を飲むことも少ない
タバコも酒もわかっている
多くの健康問題の原因となることが
そして寿命を縮めることが

[5]

Another cultural factor /
that has influenced the lives of women /
is the lack of stress. /
Stress is well known /to shorten lives. /
Until recently, /
women who worked /
were usually in less responsible /
and less stressful occupations. /
At home, /
housework tends to keep women /
in better physical condition than men. /

もう 1 つの文化的要因は
女性の寿命に影響を与えてきた
ストレスがないことである
ストレスはよく知られている寿命を縮めることが
最近まで
働く女性は
たいていそれほど責任がなく
ストレスのより少ない職業についていた
家庭では
家事をすることは、女性を保つ傾向がある
男性よりもよい体調に

[6]

These cultural factors /	こうした文化的要因は
are playing an important part for the women /	女性にとっては重要な役割を果たしている
who are now getting old. /	今、老齢にさしかかりつつある
But the social habits of women /	しかし女性の社会的習慣は
are changing. /	変わりつつある
Young women are smoking and drinking /	若い女性は喫煙や飲酒をしている
more than women used to. /	昔の女性よりもずっと
More women are working now /	今では以前より多くの女性が仕事をしている
and holding more responsible positions. /	そしてもっと責任のあるポストについている
These changes may mean /	こうした変化は意味するのかもしれない
that the cultural factors will no longer help	文化的要因がもはや女性の手助けにならないこ
women /	とを
to live healthier lives. /	より健康的な生活をおくる
However, / the other, /	しかしながらもう一方の
biological factors in life expectancy /	平均寿命に関する生物学的要因は
remain unchanged. /	もとのままである
Therefore, / there is a high possibility /	それゆえに可能性は高い
that women will continue to live /	女性が生き続ける
longer than men. /	男性よりも長く