

# 総合英語 読解問題演習

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Read the passage below and choose the best word or phrase from among the four choices for each blank.

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## Back to Nature

I think that life on Earth is an equation: We need nature and nature needs us. We need nature to bring back some balance to our city lives and some sanity to our minds and hearts. Nature needs us to protect itself against its biggest enemy: us.

Nature can give us some rest from the speed and stress of city lives. ( 1 ) a naturalist, philosopher or green activist to understand this. Ordinary people can, and do, "get it."

You don't think so? Just ask anyone who has gone to an *onsen* hot spring recently. They will tell you how wonderful it was, how relaxing it was, and how they would like to go again soon. Or take the average golfer. While not known for their "tree hugging," golfers still spend a lot of time in the outdoors, and I feel sure that a lot of the pleasure they get from the game is being outside, away from the buildings, the concrete and the crush of the city. They might not be aware of it, but each time they go out to the "greens" they are participating in nature to a certain degree.

So what would I say is the next level in participating in nature?

I think that a simple day hike for the exercise and to enjoy or experience the seasons would be it. I used to think that day hikes were not so useful. I felt that it was necessary to spend a couple of days out of the city to get the benefits of relaxation and renewal. ( 2 ) I now believe that even one day can make a big impact on city stress. One long day from morning to night can bring back a certain amount of sanity and balance to you and to me.

For those of us who live in the Tokyo-Yokohama area, there are ( 3 ) to go for a day hike. An easy entry-level hike is to Mt. Takao in western Tokyo or to Oyama in Kanagawa Prefecture. Both of these can be reached in about an hour. And as for gear, you only need a few things: a simple day pack, some water bottles, a hat, a wind or rain jacket and some food. There are a few things that I always take in addition to the above, and they include a first-aid kit, flashlight, an emergency whistle, a compass, some nylon cord, a knife, a couple of plastic lighters and a hand towel. I also carry a plastic poncho for rain, which can also be made into a simple shelter, and, of course, I always take a mobile phone. You might not want to carry all that stuff. Fine. I do. I like being prepared

