## 総合英語 読解問題演習

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

## 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 special and stress of city lives. ( 1 ) a naturalist, philosopher or green act,  $\vec{r}$ ,  $\vec{c}$  to  $\vec{v}$  derstand 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 have won lerful it was, how relaxing it was, and how they would like to gragain soon. A take the average golfer. While not known for their "tree noggin," golfers still spend a lot of time in the outdoors, and I feel such that not 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 an initial in nature to a certain degree.

So what would I say is 've ne... level in participating in nature?

I think that the impleacy hike for the exercise and to enjoy or experience the sealons 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 binefits of relaxation and renewal. (2) I now believe that the entire 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

for anything. And to get the benefit of being in nature, you might want to leave your personal stereo and books at home, (4) just use them on the train.

To really get into nature, the best way is to go out and sleep in the woods for a few days. Just the idea might seem quite a stretch for some people. So next time I'll give you a few ideas to consider. You might ask, "Why even bother?" And if today's column hasn't answered that question, maybe next month's will. Till then.

(1)You don' nave to be 1 We have to be  $\mathbf{2}$ 3 Some people should be 4 Anyo e can e (2)And I was right. So I have changed my ideal. 1 And I was wrong. So I have not moved on to the next level.  $\mathbf{2}$ 3 But I was right. And I have nevel changed my philosophy. But I was wrong. And I have ang d m mind. 4 (3)few of near natures 1 little of close nature.  $\mathbf{2}$ 3 plenty of nearby pl abundant of nearly mountains S  $\mathbf{2}$ (4)and at best or at least 1 3 but at most 4 so at worst

