

## はじめに

本書は 21 世紀を生きる現在の私たちの暮らしが、いかにして築かれてきたかを、人類の進化の歴史をたどることによって解き明かそうと試みたものです。取り扱っているテーマは労働や国家といった社会制度から、品種改良や IT といった科学技術、さらには私たちの美的感覚や偏見、男女の性行動といった心理や行動面にまで及んでいます。たとえば、「国際試合で日本人はなぜ日本人を応援しようとするのか」、「情報伝達的手段はどのように進化してきたのか」、「恋愛において男が女を追いかけ、女が男を選ぶのはなぜなのか」といった疑問を取り上げ、人類の歴史をたどることでこれらの問題を考えてみようというわけです。さらに、私たちは今後どう変わっていくのかということにも触れています。

現在の私たちの文化や心理を人類の進化という側面から解き明かすことは、とりもなおさず「人間とは本来どのような生き物なのか」ということを考えることにつながります。「歴史に学ぶ」というのは言い古されたことばですが、本書とともにほるか 10 万年前にさかのぼって人類の歴史という観点から現在の私たちを見直してみると、きっと新しい発見に出会うだろうと思います。もちろん推測の域を出ない部分もありますが、現在の私たちを見つめ直すきっかけを与えてくれるでしょう。教室でのディスカッションの題材としても大いに利用して下さい。

本書は非常に平易な英文で書かれていますが、注をつけるにあたっては、英語の苦手な学生でも使いやすいように丁寧につけるよう心掛けました。精読の授業で辞書を使いながら読むことを前提として、通常の英和辞典で見つけにくい語義や記載されている語義が適切でないもの、日本語ではその語句の意味が伝えにくいものなどを取り上げ、必要に応じて英英辞典における定義や例文をあげました。また、内容理解の助けとして背景知識が必要な語句には簡単な解説をつけました。

各章の練習問題では語彙、内容理解、文法と語法の問題を取り上げていきます。特にここで取り上げた語彙や文法事項は基本的なものばかりで、学生に確実に身に付けてほしいと思うものを選んであります。

最後に、本書の編集と出版にあたり、金星堂編集部嶋田和成氏と犬山秀紀氏には大変お世話になりました。ここに改めて感謝いたします。また、本文の内容や練習問題に関する多くの質問に快く答えてくださった著者のポール・ステイプルトン氏にも改めて感謝いたします。

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## *Bacteria and Viruses ‘Want’ to Live Too*

### DISEASE



*Short-term pain, long-term gain*

As you read this, you are probably relaxed and sitting in a chair at a comfortable temperature. There is a good chance that you are neither sick nor in pain. You may have a cold or perhaps a sports injury, but they will soon disappear. In other  
5 words, you are probably healthy, and you take it for granted.

Now spare a moment to think about the life of our hunter-gatherer ancestors. Although we may think that they lived an easy life without pollution, pesticides, or the stresses of modern life, it is clear that they lived much more difficult  
10 lives than ours. In fact, it is very hard for us to appreciate how difficult their lives were. The causes of death in pre-

modern times were much different than they are now. Infant death, accidents, violence, starvation, and poisoning were the most common ways to die. Most of these can be very painful. Another common cause of death was parasites. Today, parasites seldom cause problems in the developed world because we know how to avoid them with better hygiene, preservatives, and chemically-treated water. Again, parasites often cause painful symptoms before finally killing the host.

With the beginning of civilization about 10,000 years ago, infectious diseases suddenly became the most common cause of death. Before this time, people lived in small groups that were quite far apart, so diseases caused by bacteria and viruses could not be spread beyond the group. If a germ killed everyone in the group, the germ also died. However, the change in living pattern from small groups to urban communities gave harmful bacteria and viruses an ideal place to grow and reproduce. Instead of dying out with the small group it infected, a germ could be spread to thousands or even millions of people. Like a fire with plenty of fuel, these diseases could spread easily from human to human. People also began living more closely with animals, such as cattle, horses, and rats, which can also pass diseases to people. The Black Death in 14th century Europe, which killed 25 million people, was spread by rats. Many of the big killers in human history, such as smallpox (cows), flu (pigs), tuberculosis (cows), malaria (birds), and measles (cows), also evolved from animals. It is easy to imagine catching a disease from a cow after drinking its milk. Even AIDS is said to come from monkeys. Another negative factor about living in cities is

that we produce so much sewage, an ideal breeding ground for bacteria and viruses.

This discussion about death and disease makes us wonder how we now manage to be so healthy and live so long. One reason is that we are the descendants of those who managed to survive. This means that we have inherited the immune system and genes that were able to survive diseases of the past. One illustration of this idea comes from the first Europeans who arrived in the Americas. It is estimated that as much as 95 percent of the native people were killed, but most of them did not die on the battlefield. Rather, they were killed by diseases, such as smallpox, brought by the Europeans. The natives had no resistance to these new diseases and quickly died. However, Europeans and Asians who had contact with each other overland had built up a natural immunity to various diseases over the centuries. Interestingly,



*Blame us next time you get the flu*

early Europeans in the Americas rarely caught diseases from the natives because there were fewer diseases there. It is thought that this is because the native Americans did not live as closely together with huge numbers of animals as the Europeans did. 5

Of course, the other main reason we are so healthy is because we now have modern technology, medicine, a more nutritious diet, and better hygiene. Doctors are even having success with diseases of aging, such as cancer and heart disease, using powerful drugs and new hi-tech medical tools. 10 The potential of genetic engineering offers even more promise. However, bacteria and viruses also 'want' to survive and reproduce, and to do this they sometimes need our bodies as hosts. Recently, antibiotics are not as effective because new bacteria have evolved that are able to overcome these drugs. 15 Moreover, recent changes in the environment caused by humans are actually helping diseases. Global warming aids bacteria and viruses because it increases the speed at which germs reproduce. Also, because many new drugs are made from plants found in nature, the disappearance of the rain 20 forest means this potential source could be lost.

This good news and bad news about our future with diseases reflects a bigger picture. It is naïve to think that we can permanently defeat disease with modern technology. Ever since the first forms of life appeared on Earth, all life has been 25 in a struggle to survive and reproduce. The struggle against disease is not just one battle, but a war that will never end. While we think of disease as something bad, it is actually simply part of nature's plan of birth, death and rebirth.



## EXERCISES

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### I. Write the English that corresponds to each Japanese word or phrase.

One reason we are so healthy and live so long is that we are the (<sup>a</sup> 子孫 ) of those who managed to (<sup>b</sup> 生き残る ). This means that we have developed (<sup>c</sup> 免疫 ) to various diseases of the past. The other main reason is because we now have modern medicine, a more nutritious (<sup>d</sup> 食事 ), and better hygiene.

a. (            )    b. (            )    c. (            )    d. (            )

### II. Choose T (True) or F (False) for each statement.

1. Parasites were one of the common causes of death before civilization. (T / F)
2. As more people began living in cities, infectious diseases became a common cause of death. (T / F)
3. Many of the infectious diseases in human history came from animals, such as cows, pigs, and birds. (T / F)
4. Most of the native people in the Americas were killed in battles, not by infectious diseases. (T / F)
5. Global warming helps increase the speed at which the rainforest disappears. (T / F)

### III. Fill in the blanks.

1. おそらく彼女は鍵を会社に忘れてきたのだろう。  
(            ) (            ) a good chance that she left her keys in the office.
2. ただそのことを話し合うのではなく、何か行動すべきだ。  
We should do something (            ) of just talking about it.
3. その講演には 200 人もの人が集まった。  
There were as (            ) as 200 people at the lecture.
4. 職探しはうまく行きましたか。  
Did you have any (            ) in finding a job?