

はじめに

本書のタイトルに使われている「プレミアム」という語を聞いたことがありますか。プレミアム付きのチケットとかプレミアムガソリンなどでしょうか。なにか少し普通より良いものをいうようですね。プレミアムにはいろいろな意味がありますが、この本の場合は、2つの意味があります。1つのプレミアムは質が高いこと、もう1つは量が多いことです。

内容も濃く、量も多いので皆さんの読解力はつくはずですよ。2人の著者はこの本が皆さんをプレミアム・リーダー（すぐれた読み手）へと導いてくれるようにと願って作りました。

皆さんが、将来何かの折に、「そういえば、前に使ったプレミアムとかいう教科書、おもしろかったなあ」と思いだし、電車の中ででも読んでくだされば、皆さんにとっても私たちにとってもこの本が「プレミアム」だったということになります。

英語の読む力をつけるということは、読むスピードを高め、語彙を増やし、行間を読む力・要約の力をつけたりすることなどをいいます。また、英語という言葉を通して、文化的思考法の違い等も学べると思います。ぜひCDをよく聞き、目からだけでなく、耳からも英語を入れて下さい。英語を「話す」「書く」力は「読む」「聞く」量に比例します。

この本の構成は簡単なものにしてあります。**VOCABULARY PREVIEW**では本文を理解する上で大事な単語を読む前に確認します。本文の右には単語の意味を書きおきましたが、数は必要最小限に抑えてあります。単語の意味をその前後関係から類推する力を奪いたくないからです。本文を読んでからは、内容理解確認のための**COMPREHENSION**、そして要約作成のための**SUMMARY**へと進みます。その解答はCDを聞いて確認することもできます。このあと日本語で書かれた**GRAMMAR FOR READING、PRACTICE、ACTIVITIES**が続きます。文法は難しく、楽しくないと思っている人が多いと思います。英文を理解するにはある程度の文の構造を知ることが不可欠です。この本ではこれも必要最小限、これだけは覚えておいてほしい項目に絞ってあります。

皆さんには私たち2人が楽しみながらこの本を書いたように、ぜひこの本を楽しんで読んで下さればと願っています。楽しむためには途中に多少の苦しみはあると思います。気がついたら、何か今までよりも読めるようになっていた、または、今までになく楽しく読めたという人が「あなた」であることを願っています。

著者

CONTENTS

Unit	Title	Grammar for Reading	Page
Unit 1	The Amazing Flying Chair	目的語と補語	1
Unit 2	Dropping Out of High School	S + V + O + O	7
Unit 3	Bad Medical Advice?	S + V + O + C	13
Unit 4	The Colonel's Bad Luck	単文・複文 (1)	19
Unit 5	A World Without Birds	単文・複文 (2)	25
Unit 6	The Great Invention	補語：名詞節を導く that	31
Unit 7	Garlic, Wonder Root	接続詞	37
Unit 8	John Chapman, a Strange, but Heroic Man	修飾語 (1)	43
Unit 9	Baseball Curses	修飾語 (2)	49
Unit 10	Untimely Death	前置詞の目的語	55
Unit 11	Train Gropers	関係代名詞	61
Unit 12	Japan Saves an Anime Star	関係副詞	67
Unit 13	Seeing Red	仮定法 (1)	73
Unit 14	What's Your Wish?	仮定法 (2)	79
Unit 15	Bob's Part-time Jobs	話法	85

Garlic, Wonder Root



最近ニンニクの評判もあまりよくないようです。手や息、更に体中にその強いにおいが残るので、食べるときには気を遣うようです。特に翌日誰かと面と向かって話す場合にはそうです。どんなに歯を磨いてもシャワーを浴びても、ニンニクのおいしは残るのです。ニンニクはビタミンを多く含むので体に良く、家庭でもあらゆることに使われるのです。自然の健康食品といってもよいでしょう。どんなに私たちにとって有効なのかを読んでみましょう



VOCABULARY PREVIEW

次の空欄にあてはまる適切な語を a～c から選びなさい。

- My son had lunch at home. Look at the _____. The table is full of dirty dishes.
 a. evidence b. practice c. flu
- I have an _____ to cats. When I touch them, I get red eyes and sneeze a lot.
 a. effect b. unlike c. allergy
- I don't like getting a sunburn. A few days later, my skin becomes very _____, so I need to scratch a lot.
 a. lovely b. itchy c. colorless
- This medicine comes in two types. You can rub this cream on your skin, or you can take a _____ with some water.
 a. eat b. pill c. sale
- My father has high _____, but mine is normal. He eats food with a high fat content.
 a. infection b. sickness c. cholesterol

When you think of a strong-smelling food, garlic is one that comes to mind. After eating garlic, we often worry that we will smell of it the following day. No matter how hard we brush our teeth and shower, the aroma, or smell, of garlic may stay with us.

In fact, this is evidence that garlic is a very powerful and effective root. There may be nothing more useful in nature for our bodies and lifestyles. Garlic is excellent for the body as both a vitamin supplement and medicine, and it can be used in the home for many purposes. It is a natural health product.

First, garlic is very good for the blood. We can lower our cholesterol and control our blood pressure by using it. Furthermore, doctors say that it helps blood to flow or move more smoothly. It also helps with respiratory, or breathing, problems. People with the flu, colds, bronchitis, and allergies have said that garlic helps to reduce or get rid of these troubles. Finally, people in China believe that taking it internally will lower a person's chances of getting stomach cancer.

Garlic oil, which is made by mixing very small pieces of garlic with olive oil, can be rubbed onto itchy areas and infections. Long ago, parents put a little into the ears of their children when they had ear infections. Its success rate was very high. It is a very effective medicine. By drinking this daily, you might reduce the number of colds you catch. Of course, eating it straight will help you even more.

come to mind 「心に浮ぶ」

aroma 「香り」

evidence 「証拠」

powerful 「力強い」

effective 「効果のある」

root 「根」

cholesterol 「コレステロール」

blood pressure 「血圧」

respiratory 「呼吸の」

bronchitis 「気管支炎」

allergy 「アレルギー」

internally 「内に」

rub 「こする」

itchy 「かゆい」

infection 「感染」

straight 「そのまま」

Put some garlic in a blender with water, then spray
30 your garden plants with it. It should work well to keep
insects away. Spray it on ant nests or on areas in which
these insects enter your home. Long ago, people used it
to keep cockroaches away. Finally, if you grow it in your
garden, among your plants, it will help to keep insects
35 away from other plants as well.

It was said that garlic could keep vampires away. If
anything could, garlic would be it. All in all, it is one of
the healthiest foods we can take regularly. At health
food stores, garlic pills are very popular. However, for
40 many people, they see no point in buying and taking such
vitamin tablets. There is no problem at all with taking
garlic in large quantities. The more you consume, the
healthier you will be.

How about changing your diet tomorrow? You may
45 lose friends. Nobody may want to talk with you, but you
will be healthier.

blender 「(果物・野菜用
などの) ミキサー」

cockroach 「ゴキブリ」

vampire 「吸血鬼」

all in all 「全体としてみ
て」

tablet 「錠剤」

quantity 「量」
consume 「消費する」



COMPREHENSION

次のそれぞれの質問に対する答えとして正しいものを a～c から選びなさい。

- How was garlic used long ago?
 - It was used as a medicine for children.
 - It was used to make paper.
 - It was used as a substitute for toothpaste.
- Which of the following is not true about garlic?
 - It lowers cholesterol and blood pressure.
 - It can reduce infections and itchy areas.
 - It eliminates the chances of getting cancer.
- Why should you put it on your garden plants?
 - Garlic helps plants to grow taller.
 - Garlic helps to keep insects away.
 - Garlic helps to make your plants greener.
- Why are garlic pills useless to many people?
 - Garlic can be taken naturally in large amounts.
 - Garlic pills are too expensive for the average person.
 - It is difficult to find garlic pills in shops.
- What is one negative effect of garlic?
 - Those eating garlic cannot meet vampires easily.
 - Those eating it may smell of it the next day.
 - Those eating it will be attacked by insects.



SUMMARY

CD 15

次の()内に、与えられた文字で始まる適切な語を 1 語ずついれなさい。その後、CD を聞いて確認しなさい。

Although garlic does not ^①(s) very good to many people, it is a natural ^②(h) product. It is a powerful and ^③(e) root, as it can do many things for us.

Garlic is very good for a person's ^④(b). It controls blood pressure and helps blood to move about the body more ^⑤(s). In China, people believe that garlic will stop some types of ^⑥(c).

When it is cut into small pieces and used in an ^⑦(o), garlic is good for ear infections and ^⑧(i) areas. When we mix it with water and ^⑨(s) it on plants, it will keep away ^⑩(i). Garlic is one of the healthiest foods we can eat.

The more we eat, the better for our bodies.

☑ 接続詞

接続詞はその働きの上から等位接続詞と従属接続詞の2つに分けられる。

等位接続詞：次の下線部の語句は太字の等位接続詞に結びつけられている。これらの下線部は文法上対等の関係にある。

例 1 I found Bill unfriendly at first, **but** now I like him.

(ビルを最初は嫌なやつだと思ったが、今は好きだ)

例 2 **Either John or Bill** is going to be the speaker. (ジョンかビルのどちらかが話し手でしょう)

従属接続詞：次の2つの例文は共に太字の接続詞の前の節が主節であり、そのあとが従属節となる。このように主従の関係を作る接続詞を従属接続詞と呼ぶ。

例 3 I was working at the supermarket **before** you were born.

(あなたが生まれる前、私はスーパーで働いていた)

例 4 I have no idea **where** my black belt has gone.

(黒のベルトがどこにあるのか全く見当が付かない)

同格の that：次の**例 5**で a rumor という名詞の内容を、それに続く that 節が説明している。

例 5 I heard a rumor **that** the king is seriously ill.

(王が重病だといううわさを聞いた)

that は a rumor と同格の名詞節を導く接続詞である。

 TEXT HIGHLIGHT!

This is evidence **that** garlic is a very powerful and effective root.

(これがニンニクが力強い効果のある根であるという証拠です)

When you think of a strong-smelling food, garlic is one **that** comes to mind.

(強く匂う食べ物というと、ニンニクが浮かんでくると思います)

 PRACTICE

次の空欄にあてはまる語を、下の囲みの中から選びなさい

1. The blue suit, () is on the chair, is what I will wear today.
2. I can lend you some money, () I received my salary today.
3. () is Bill good at basketball, but he is a star pitcher as well .
4. You can borrow my red pen; (), I need it back by the 4th period.
5. I don't know () Eddie finished that book in time.

how which for however not only



ACTIVITIES

以下の英文を読み、下の囲みの中から適切なものを選び、英文を完成させなさい。

1. Seaweed is the healthiest food ① () we can eat. Not only does it contain many vitamins, ② () it is also a super “cleaner.” In other words, it takes out toxic, or bad, material from our bodies. Seaweed is high in vitamin D; ③ (), it can lower your cholesterol. If you have no idea ④ () to lose weight, seaweed may help you. ⑤ () it is high in iodine, it helps keep your weight normal. So don't look for your vitamins on the shelf at breakfast tomorrow. Have some seaweed instead. You will get calcium, vitamin A, vitamin B, protein, and much more.

because but furthermore that how

2. What should you do ① () you meet a bear while hiking through the woods? Unfortunately, there is no good answer to this, so you have to hope for luck. Some lie on the ground ② () pretend to be dead. Others walk back slowly ③ () they talk to the bear. Some try to make a loud noise ④ () this might scare the bear. Some just run. No one knows whether any of these ideas will work. Did you surprise the bear? Are the bear's babies nearby? Is the bear hungry? If the answer to these questions is yes, ⑤ () it is better not to challenge the bear. Moreover, keep in mind that the bear is the victim. We are invaders in its space.

then and because while if