

ベーシックセンター

英 語

不要文削除(1)

次の問いのパラグラフ（段落）には、まとまりをよくするために取り除いた方がよい文が一つある。取り除く文として最も適当なものを、それぞれ下線部①～④のうちから一つずつ選べ。

(1)

Getting the right amount of sleep is important for keeping ourselves healthy. New research on sleep indicates that reducing our hours of sleep is not only unhealthy, but can shorten our life span, too. ① People who regularly do not get enough sleep may be at risk of dying earlier than those who usually sleep well. ② Surprisingly, the research shows that too much sleep can also have a negative influence on our health. ③ Statistics show that women live longer than men. ④ For example, in some cases, sleeping more than nine hours per night seems to be associated with a shorter life. Research such as this can provide us with reasons to take a careful look at our own lifestyles.

(2)

If you go hiking or camping, take your dog with you. The sights and sounds of nature can be very relaxing for people, and this is true for dogs as well. ① Dogs have long been considered to be people's best friends. ② Dogs enjoy running around open fields or through the woods. ③ They may even find interesting things along the way and surprise their owners. ④ People can also experience many things while spending time out in nature with their dogs. You can expect twice as much fun when you spend time outdoors with your dog.