



### 3-1 can't allocate attention to multiple things

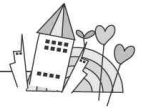
Paying attention to one thing necessarily comes at the expense of another. Letting your eyes get too taken in by all of the scientific equipment in the laboratory prevents you from noticing anything of significance about the man in that same room. **We cannot allocate our attention to multiple things at once** and expect it to function at the same level as it would were we to focus on just one activity. **Two tasks cannot possibly be in the attentional focus at the same time.** One will inevitably end up being the focus, and the other - or others - more like irrelevant noise, something to be filtered out. **Or worse still, none will have the focus** and all will be, although slightly clearer, noise, but degrees of noise all the same.

### ✓ Translation

어느 한 가지 일에 주의를 기울이면 반드시 다른 것의 희생이 뒤따른다. 여러분의 두 눈이 실험실에 있는 모든 과학 장비에 의해 너무 현혹되면 같은 방에 있는 사람에 관한 중요한 것을 알아차리지 못하게 된다. 우리는 주의력을 여러 가지 일에 동시에 할당할 수 없고, 우리가 한 가지 활동에만 집중한다면 그것(주의력)이 제 역할을 할 것과 같은 수준으로 제 역할을 하기를 기대할 수 없다. 두 가지 과업에 동시에 주의력을 집중할 수는 결코 없다. 불가피하게 하나에 초점이 맞추어지고, 나머지 하나, 또는 다른 것들은 흡사 아무런 관련이 없는 소음과 같아서 걸러져야 하는 것이 되고 만다. 혹은 훨씬 더 나쁜게는, 어떤 것(과업)도 초점이 되지 못하게 될 것이고, 모든 것(과업)이 (소음보다) 약간 더 명료하더라도 소음에 불과할 것인데, 그래도 정도의 차이가 있는 소음이 될 것이다.

### ✓ Note





## ✓Voca

- at the expense of ~을 희생하여
- take in ~을 속이다
- prevent 막다, 방해하다
- notice 알아차리다
- significance 중요성
- allocate 할당하다
- multiple 여러 개의
- inevitably 반드시
- irrelevant 관련이 없는
- filter out ~을 걸러 내다
- all the same 그래도, 그럼에도 불구하고 하고

## ✓핵심

Paying attention to one thing necessarily comes at the expense of another. Letting your eyes get too taken in by all of the scientific equipment in the laboratory prevents you from (A) noticing/missing anything of significance about the man in that same room. We cannot allocate our attention to multiple things at once and expect it to function at (B) different/the same level as it would were we to focus on just one activity. Two tasks cannot possibly be in the attentional focus at the same time. One will inevitably end up being the focus, and the other - or others - more like irrelevant noise, something to be (C) filtered/worked out. Or worse still, none will have the focus and all will be, although slightly clearer, noise, but degrees of noise all the same.

## ✓Reminding

Paying attention to one thing necessarily comes at the \_\_\_\_\_ of another. Letting your eyes get too taken in by all of the scientific equipment in the laboratory prevents you from noticing anything of significance about the man in that same room. We cannot \_\_\_\_\_ our attention to multiple things at once and expect it to function at the same level as it would be/were we to focus on just one activity. Two tasks cannot possibly be in the attentional focus at the same time. One will inevitably end up to be/being the focus, and another/the other - or others - more like irrelevant noise, something to be \_\_\_\_\_ out. Or worse still, none will have the focus and all will be, although slightly clearer, noise, but degrees of noise all the same.





### 3-2 switch to a raw food diet

Building the body's cells with raw foods naturally protects us from bacterial infections and viruses of every kind. It strengthens the cells in ways that only raw foods can because the human body, as well as all life on Earth, has been conditioned to receive its nutrients in that way for billions of years. However, highly processed foods first appeared in the 1930s. The rise of chronic disease of all kinds correlates precisely with the increased consumption of processed foods. Cancer is a perfect example of this. It has continued its sudden rise since the 1930s, and now one of every three people in the United States will get cancer in their lifetime. **Switch to a raw food diet and disease will disappear from your life for good**, or for as long as you remain a raw foodist.

### ✓ Translation

가공되지 않은 식품으로 신체의 세포를 만드는 것은 세균성 감염증과 온갖 종류의 바이러스로부터 우리를 저절로 지켜 준다. 지구상의 모든 생물체와 마찬가지로 인간의 신체도 수십억 년 동안 그런 방식으로 영양소를 섭취하도록 길들여져 왔기 때문에 그것은 가공되지 않은 식품만이 할 수 있는 방식으로 세포를 더 튼튼하게 한다. 하지만 고도로 가공된 식품이 1930년대에 처음 등장했다. 온갖 종류의 만성 질환이 늘어나는 것은 가공된 식품의 소비 증가와 정확히 상관관계가 있다. 암은 이것의 완벽한 예이다. 그것은 1930년대 이래로 급상승을 계속해 왔고, 이제 미국에서 세 명 중 한 명은 살아가는 동안 암에 걸리게 될 것이다. 가공되지 않은 식단으로 바꾸면 질병이 여러분의 삶에서 영원히 혹은 가공되지 않은 식품을 먹는 사람으로 살아가는 동안은 사라질 것이다.

### ✓ Note





## ✓Voca

- raw 가공되지 않은
- infection 감염증, 감염, 전염병
- strengthen 더 튼튼하게 하다
- condition 길들이다; 상태, 조건
- nutrient 영양소
- process 가공하다
- chronic disease 만성 질환
- correlate 상관관계가 있다
- consumption 소비
- switch 바꾸다
- for good 영원히

## ✓해변

The rise of chronic disease of all kinds correlates precisely with the increased consumption of processed foods.

Building the body's cells with raw foods naturally protects us from bacterial infections and viruses of every kind. ( ① ) It strengthens the cells in ways that only raw foods can because the human body, as well as all life on Earth, has been conditioned to receive its nutrients in that way for billions of years. ( ② ) However, highly processed foods first appeared in the 1930s. ( ③ ) Cancer is a perfect example of this. ( ④ ) It has continued its sudden rise since the 1930s, and now one of every three people in the United States will get cancer in their lifetime. ( ⑤ ) Switch to a raw food diet and disease will disappear from your life for good, or for as long as you remain a raw foodist.

## ✓Reminding

Building the body's cells with \_\_\_\_ foods naturally protects us from bacterial infections and viruses of every kind. It strengthens the cells in ways that only raw foods can ( \_\_\_\_\_ ) because the human body, as well as all life on Earth, has been conditioned to receive its nutrients in that way for billions of years. However, highly \_\_\_\_\_ foods first appeared in the 1930s. The rise of chronic disease of all kinds \_\_\_\_\_ precisely with the increased consumption of processed foods. Cancer is a perfect example of this. It has continued its sudden rise since the 1930s, and now one of every three people in the United States will get cancer in their lifetime. Switch to a raw food diet and disease will disappear from your life for good, or for as long as you remain a raw foodist.





### 3-3 formal appraisals / on a regular basis

Formal appraisals are a very important part of the overall communications an employee receives concerning job performance. However, if feedback is received only once during the year, it will fall short of meeting its ultimate objective. **For an employee to receive feedback that can truly help him or her improve performance, it must be provided on a regular and more frequent basis.** If there are areas of improvement to be addressed, they should not be "saved up" until the time of the annual appraisal before being communicated to the employee. **Similarly, feedback about an individual's good job performance should also be communicated and reinforced on a frequent and regular basis.** Set up quarterly discussions, for example, or be careful to do them as projects come to an end or at other appropriate times.

#### ✓ Translation

공식적인 평가는 직원이 업무 수행과 관련해서 받는 전반적인 의사소통 중에서 매우 중요한 부분이다. 하지만 피드백이 일년에 한 번만 주어진다면, 그것은 그것의 궁극적인 목적을 충족시키는 데 미치지 못할 것이다. 직원이 업무 수행을 개선하는 데 정말로 도움이 될 수 있는 피드백을 받기 위해서는, 그것이 규칙적으로 그리고 더 자주 제공되어야 한다. 역점을 두어 다루어야 할 개선할 부분들이 있을 경우에는 그것들이 직원에게 전해지기 전에 연례 평가 시기까지 '비축'되어서는 안 된다. 마찬가지로 개인의 훌륭한 업무 수행에 관한 피드백도 자주 그리고 규칙적으로 전달되고 강화되어야 한다. 예를 들면, 분기별 토론을 계획하거나, 프로젝트가 끝났을 때에나 다른 적절한 시기에 그것을 할 수 있도록 유의하라.

#### ✓ Note





## ✓Voca

- formal 공식적인
- overall 전반적인, 종합적인
- concerning ~와 관련하여
- fall short of ~에 미치지 못하다
- ultimate 궁극적인
- objective 목적, 목표
- on a regular basis 규칙적으로
- on a frequent basis 자주
- address 역점을 두어 다루다
- save up 비축하다
- annual 매년의
- reinforce 강화하다
- quarterly 분기별의, 연4회의, 철마다(의)
- come to an end 끝나다
- appropriate 적절한

## ✓해변

Formal appraisals are a very important part of the overall communications an employee receives concerning job performance. \_\_\_(A)\_\_\_, if feedback is received only once during the year, it will fall short of meeting its ultimate objective. For an employee to receive feedback that can truly help him or her improve performance, it must be provided on a regular and more frequent basis. If there are areas of improvement to be addressed, they should not be "saved up" until the time of the annual appraisal before being communicated to the employee. \_\_\_(B)\_\_\_, feedback about an individual's good job performance should also be communicated and reinforced on a frequent and regular basis. Set up quarterly discussions, for example, or be careful to do them as projects come to an end or at other appropriate times.

## ✓Reminding

Formal appraisals are a very important part of the overall communications an employee receives concerning job performance. \_\_\_\_\_, if feedback is received only \_\_\_\_\_ during the year, it will fall short of \_\_\_\_\_ its ultimate objective. For an employee to receive feedback that can truly help him or her improve performance, it must be provided on a \_\_\_\_\_ and more frequent basis. If there are areas of improvement to be/being addressed, they should not be "\_\_\_\_\_ " until the time of the annual appraisal before being communicated to the employee. \_\_\_\_\_, feedback about an individual's good job performance should also be communicated and reinforced on a frequent and regular basis. Set up quarterly discussions, for example, or be careful to do them as projects come to an end or at other appropriate times.





### 3-4 throw knapsack over the brick wall

In 1879 Thomas Edison announced that he would publicly display the electric lightbulb by December 31, even though all his experiments had, to that point, failed. He threw his knapsack over the brick wall - the numerous challenges that he still faced - and on the last day of that year, there was light. In 1962, when John F. Kennedy declared to the world that the United States was going to land a man on the moon by the end of the decade, some of the metals necessary for the journey had not yet been invented, and the technology required for completing the journey was not available. But he threw his - and NASA's - knapsack over the brick wall. **Though making a verbal commitment, no matter how bold and how inspiring, does not ensure that we reach our destination, it does enhance the likelihood of success.**

### ✓ Translation

1879년에 Thomas Edison은 그때까지 그의 모든 실험이 실패했음에도 불구하고 12월 31일까지 백열전구를 공개적으로 내보이겠다고 발표하였다. 그는 그의 배낭을 벽돌담 — 그가 여전히 직면하고 있던 수많은 어려움 — 너머로 던졌고, 그해의 마지막 날 빛(전구)이 있었다. 1962년, John F. Kennedy가 미국이 60년대 말까지 인간을 달에 착륙시킬 것이라고 세계를 향해 공표했을 때, 그 우주여행에 반드시 필요한 일부 금속은 아직 발명되지 않았었고, 그 여행의 완수에 요구되는 기술도 없었다. 그러나 그는 자신의 — 그리고 NASA의 — 배낭을 벽돌담 너머로 던졌다. 말로 하는 약속이 아무리 대담하고 고무적일지라도 목표에 도달하는 것을 보장해 주지는 못하지만 분명히 성공의 가능성을 높여 준다.

### ✓ Note





## ✓Voca

- |                      |                      |
|----------------------|----------------------|
| • display 전시하다, 내보이다 | • verbal 말로 된        |
| • brick 벽돌           | • commitment 약속, 헌신  |
| • numerous 많은        | • bold 대담한           |
| • face 직면하다          | • ensure 보장하다        |
| • declare 공표하다, 선언하다 | • destination 목적지    |
| • land 착륙시키다         | • enhance 높이다, 향상시키다 |
| • decade 10년         | • likelihood 가능성     |

## ✓해변

In 1879 Thomas Edison announced that he would publicly display the electric lightbulb by December 31, even though all his experiments had, to that point, failed. He threw his knapsack over the brick wall - the numerous challenges that he still faced - and on the last day of that year, there was light. In 1962, when John F. Kennedy declared to the world that the United States was going to land a man on the moon by the end of the decade, some of the metals necessary for the journey had not yet been invented, and the technology required for completing the journey was not available. But he threw his - and NASA's - knapsack over the brick wall. Though making \_\_\_\_\_, no matter how bold and how inspiring, does not ensure that we reach our destination, it does enhance the likelihood of success.

- ① limitless effort
- ② much social support
- ③ a detailed plan
- ④ things happen
- ⑤ a verbal commitment

## ✓Reminding

In 1879 Thomas Edison announced that he would publicly display the electric lightbulb by December 31, even though all his experiments had, to that point, failed. He \_\_\_\_\_ - the numerous challenges that he still faced - and on the last day of that year, there was light. In 1962, when John F. Kennedy declared to the world that the United States was going to land a man on the moon by the end of the decade, some of the metals necessary for the journey had not yet been invented, and the technology required for completing the journey was \_\_\_\_\_. But he threw his - and NASA's - knapsack over the brick wall. Though making \_\_\_\_\_, no matter how bold and how inspiring, does not ensure that we reach our \_\_\_\_\_, it does enhance the \_\_\_\_\_ of success.







### 3-5 narrative makes it itself

Imagine encountering a piece of fruit that seems to be a lemon. It has the right shape, the right smell, the right color, and the right texture. "It's a lemon," you think. But then we paint it with red nail polish, we coat it with ammonia, and we squash it flat. Is it still a lemon? Of course it is. It's just a lemon that has been abused. But note that it is no longer similar in any obvious ways to other members of the category. **What makes it a lemon is a narrative we construct about how it started and how it came to be the way it is now.** Or consider a fake \$20 bill that you have just seen come off your friend's color laser printer. It's a perfect copy, to your eyes, of a real \$20. It looks right, it feels right, it even smells right. So is it a \$20 bill? Of course not. It's a fake \$20 bill.

## ✓ Translation

레몬처럼 보이는 과일 조각과 우연히 마주친다고 상상해보라. 그것은 제대로 된 모양, 제대로 된 냄새, 제대로 된 색깔, 그리고 제대로 된 질감을 지니고 있다. '그것은 레몬이야.'라고 여러분은 생각한다. 그렇지만 우리가 그것에 빨간색 매니큐어를 칠하고, 암모니아를 입히고, 납작하게 짓누른다. 그것은 아직도 레몬인가? 물론 그렇다. 그것은 흑사당한 틀림없는 레몬이다. 하지만 그것은 그 범주에 속한 다른 것들과 그 어떤 점에서도 분명 더는 유사하지 않다는 사실에 주목하라. 그것을 레몬으로 만드는 것은 그것이 어떻게 시작되었고 그것이 어떻게 지금 존재하는 방식이 되었는지에 대해 우리가 구성하는 이야기이다. 아니면 여러분이 친구의 컬러 레이저 프린터에서 나오는 것을 방금 본 가짜 20달러짜리 지폐를 생각해 보라. 그것은 여러분의 눈에 실제 20달러짜리 지폐의 완벽한 복제품으로 보인다. 그것의 모양이 제대로고 감촉도 제대로이며, 심지어 냄새도 제대로다. 그렇다면 그것이 20달러짜리 지폐인가? 물론 아니다. 그것은 가짜 20달러짜리 지폐이다.

## ✓ Note





## ✓Voca

- encounter 우연히 마주치다
- texture 질감
- nail polish 매니큐어
- coat 입히다, 덮다
- abuse 학대하다
- obvious 명백한
- category 범주
- narrative 이야기
- construct 구성하다

## ✓핵심

Imagine encountering a piece of fruit that seems to be a lemon. It has the right shape, the right smell, the right color, and the right texture. "It's a lemon," you think. But then we paint it with red nail polish, we coat it with ammonia, and we squash it flat. Is it still a lemon? Of course it is. It's just a lemon that has been abused. But note that it is no longer similar in any obvious ways to other members of the category. What makes it a lemon is a narrative we construct about how it started and how it came to be the way it is now. Or consider a fake \$20 bill that you have just seen come off your friend's color laser printer. It's a perfect copy, to your eyes, of a real \$20. It looks right, it feels right, it even smells right. So is it a \$20 bill? Of course not. It's a fake \$20 bill.

The essence of a thing clearly lies in the \_\_\_\_ (A) \_\_\_\_ of it, not the \_\_\_\_ (B) \_\_\_\_ characteristics that it reveals us now.

- | (A)          | (B)       |
|--------------|-----------|
| ① origin     | invisible |
| ② origin     | physical  |
| ③ value      | physical  |
| ④ appearance | invisible |
| ⑤ appearance | empirical |

## ✓Reminding

Imagine encountering a piece of fruit that seems to be a lemon. It has the right shape, the right smell, the right color, and the right texture. "It's a lemon," you think. But then we paint it with red nail polish, we coat it with ammonia, and we squash it flat. Is it still a lemon? Of course \_\_\_\_\_. It's just a lemon that has been \_\_\_\_\_. But note that it is no longer similar in any \_\_\_\_\_ ways to other members of the category. What makes it a lemon is a \_\_\_\_\_ we construct about how it started and how it came to be the way it is now. Or consider a fake \$20 bill that you have just seen come off your friend's color laser printer. It's a perfect copy, to your eyes, of a real \$20. It looks right, it feels right, it even smells right. So is it a \$20 bill? Of course \_\_\_\_\_. It's a \_\_\_\_\_ \$20 bill.





### 3-6 color preferences / beneficial

Nicholas Humphrey suggests that color preferences arise because of the different signals that colors convey to organisms in nature. He argues that colors can send "approach" signals, such as the colors of flowers that attract pollinating bees, or "avoid" signals, such as the colors of poisonous toads that warn off potential predators. The underlying idea is that because colors carry information about which kinds of objects an organism should or should not interact with, it would be of benefit if the organism "liked" the colors that send approach signals and "disliked" the ones that send avoid signals, as these aesthetic experiences will lead the organism to behave adaptively. **The bottom line is that the relevance of color-related information for the organism's health and well-being makes it beneficial for the organism to behave in accord with such color preferences.**

### ✓ Translation

Nicholas Humphrey는 색깔에 대한 선호가 색깔이 자연의 유기체에게 전달하는 상이한 신호 때문에 생긴다는 의견을 제시한다. 그는 색깔이 꽃가루를 매개하는 벌을 유인하는 꽃의 색깔과 같이 '접근' 신호를 보내거나 잠재적 포식자에게 접근하지 말라고 경고하는 독 두꺼비의 색깔과 같이 '회피' 신호를 보낼 수 있다고 주장한다. 근본적인 생각은 색깔이 하나의 유기체가 어떤 종류의 물체와 상호작용을 해야 하는가 또는 하지 말아야 하는가에 대한 정보를 전달하므로 그 유기체가 접근 신호를 보내는 색깔을 '좋아하고' 회피 신호를 보내는 색깔을 '싫어한다면' 이룰 터인데, 그 이유는 이 미적 체험이 그 유기체가 적응에 이롭도록 행동하게 이끌 것이기 때문이라는 것이다. 요컨대 유기체의 건강과 안녕을 위한 색깔과 관련된 정보의 타당성 때문에 그 유기체가 그런 색깔 선호에 따라서 행동하는 것이 이익이 된다는 것이다.

### ✓ Note





## ✓Voca

- preference
- arise 생기다
- organism 유기체, 생명체
- toad 두꺼비
- predator 포식자, 포식 동물
- underlying 근본적인, 근원적인
- adaptively 적응하여, (자연에) 순응적으로
- the bottom line is that  
요컨대[결국은] ~라는 것이다
- relevance 타당성, 관련(성)
- well-being 안녕, 행복
- in accord with ~에 따라서, ~에 부합되게

## ✓해변

Nicholas Humphrey suggests that color preferences arise because of the different signals that colors convey to organisms in nature. He argues that colors can send "approach" signals, such as the colors of flowers that attract pollinating bees, or "avoid" signals, such as the colors of poisonous toads that warn off potential predators. The underlying idea is that because colors carry information about which kinds of objects an organism should or should not interact with, it would be of benefit if the organism "liked" the colors that send approach signals and "disliked" the ones that send avoid signals, as these aesthetic experiences will lead the organism to behave adaptively. The bottom line is that the relevance of color-related information for the organism's health and well-being makes it beneficial for the organism to

- ① widen the range of its diet
- ② search for plan B for its survival
- ③ watch out for the trap of color signals
- ④ behave in accord with such color preferences
- ⑤ lead its life independently of unconditional color preferences

## ✓Reminding

Nicholas Humphrey suggests that color preferences arise because of the different signals that colors convey to organisms in nature. He argues that colors can send "\_\_\_\_\_ " signals, such as the colors of flowers that \_\_\_\_\_ pollinating bees, or "\_\_\_\_\_ " signals, such as the colors of poisonous toads that \_\_\_\_\_ potential predators. The underlying idea is that because colors carry information about which kinds of objects an organism should or should not interact with, it would be \_\_\_\_\_ if the organism "liked" the colors that send \_\_\_\_\_ signals and "disliked" the ones that send \_\_\_\_\_ signals, as these aesthetic experiences will lead the organism to behave adaptively. The bottom line is that the \_\_\_\_\_ of color-related information for the organism's health and well-being makes it beneficial for the organism to behave in \_\_\_\_\_ with such color preferences.





### 3-7 politics / be aware of media biases

Mass political opinion can be sort of like guessing the number of marbles in a glass jar. Most people's guesses will miss the mark, but the average guess of a large enough crowd is generally very accurate. The idea that the masses generally come up with good overall decisions is sometimes referred to as **the "wisdom of crowds,"** and **it really does work amazingly well for some things.** The problem is that in politics we don't see the glass jar for ourselves - we view it through the lens of the media, and the media show us a distorted view of politics. **Thus, we should be aware of such media biases in order to minimize the likelihood that they'll throw off our political judgment,** even though there's no way to permanently "fix" them.

### ✓ Translation

대중의 정치적 견해는 유리병에 담긴 구슬의 수를 짐작하는 것과 다소 비슷할 수 있다. 대부분 사람들의 짐작은 빗나가지만 충분히 많은 수의 사람들의 평균 짐작은 일반적으로 아주 정확하다. 일반적으로 대중이 훌륭한 종합적 결정을 내놓는다는 생각은 종종 '대중의 지혜'라고도 일컬어지며, 어떤 경우에는 정말로 놀랄 만큼 잘 맞는다. 문제는 정치에서는 우리가 유리병을 우리 스스로 보는 것이 아니라는 것이다. 즉 우리는 미디어의 렌즈를 통해서 그것을 보고, 미디어는 우리에게 정치에 대한 왜곡된 관점을 보여준다. 그러므로 우리는, 그러한 미디어의 편향을 영구적으로 '고칠' 방법은 없을지라도, 그것이 우리의 정치적 판단을 혼란스럽게 할 가능성을 최소화하기 위해서는 그러한 미디어의 편향을 인식해야 한다.

### ✓ Note





## ✓Voca

- mass
- jar 병, 단지
- miss the mark 예상이 빗나가다,
- accurate 정확한
- come up with (아이디어 등을) 생각해 내다,
- refer to ~ as ... ~을 ...라고 일컫다
- distorted 왜곡된
- bias 편향, 편견
- minimize 최소화하다
- likelihood 가능성
- throw off 혼란스럽게 하다
- judgment 판단
- permanently 영구적으로, 영원히

## ✓핵심

Mass political opinion can be sort of like guessing the number of marbles in a glass jar. Most people's guesses will miss the mark, but the average guess of a large enough crowd is generally very accurate.

(A) The problem is that in politics we don't see the glass jar for ourselves - we view it through the lens of the media, and the media show us a distorted view of politics.

(B) The idea that the masses generally come up with good overall decisions is sometimes referred to as the "wisdom of crowds," and it really does work amazingly well for some things.

(C) Thus, we should be aware of such media biases in order to minimize the likelihood that they'll throw off our political judgment, even though there's no way to permanently "fix" them.

## ✓Reminding

Mass political opinion can be sort of like guessing the number of marbles in a glass jar. Most people's guesses will \_\_\_\_\_ the mark, but the average guess of a large enough crowd is generally very \_\_\_\_\_. The idea that the masses generally come up with \_\_\_\_\_ overall decisions is sometimes referred to as the "\_\_\_\_\_," and it really does work amazingly \_\_\_\_\_ for some things. The problem is that in politics we don't see the glass jar \_\_\_\_\_ - we view it through the \_\_\_\_\_ of the media, and the media show us a \_\_\_\_\_ view of politics. Thus, we should be aware of such media \_\_\_\_\_ in order to minimize the likelihood that they'll throw off our political judgment, even though there's no way to permanently "fix" them.





### 3-8 seed / trust / happening

If you plant a seed in the ground and water it every day, it starts to grow towards the surface. If you don't know and trust that this seed is growing, you will doubt whether anything at all is happening underneath the surface. You may start to say: "I don't believe in this! I water this piece of ground every day, but I never see any results for all my hard work!" **Part of life is trusting that if you put in the effort, the outcome is already happening with your very intention and then your action.** Eventually, one day, that little plant breaks through the soil with its green, new stem. And from there, you watch it grow stronger and more vital every day (as long as you keep looking after it and watering it!).

### ✓ Translation

여러분이 하나의 씨앗을 땅에 심고 그것에 매일 물을 주면, 그것은 지표면 쪽으로 자라기 시작한다. 여러분이 이 씨앗이 자라고 있다는 것을 알고 믿지 않는다면, 여러분은 어떤 일이 과연 지표면 아래에서 일어나고 있기는 한 것인지를 의심할 것이다. 여러분은 "나는 이것을 믿지 않아! 나는 이 한 조각의 땅에 매일 물을 주지만 나의 모든 노고에도 불구하고 결과를 전혀 보지 못해!"라고 말하기 시작할지도 모른다. 삶의 일면은 여러분이 노력을 기울이면 그 성과가 여러분의 바로 그 의도와 더불어, 그리고 나서는 여러분의 행동과 더불어 이미 생겨나고 있다는 것을 믿는 것이다. 결국 언젠가는 그 작은 식물이 푸른 새 줄기로 흙을 뚫고 나온다. 그리고 거기서부터, 여러분은 그것이 매일 더 튼튼하고 더 활기차게 자라는 것을 지켜보게 된다(여러분이 계속 그것을 돌보고 그것에 물을 주지만 하면!).

### ✓ Note





## ✓Voca

- plant 심다, (씨를) 뿌리다
- water 물을 주다
- doubt 의심하다
- underneath ~의 아래에
- outcome 성과, 결과
- intention 의도
- stem 줄기
- vital 활기찬, 생기발랄한

## ✓햇변

If you plant a seed in the ground and water it every day, it starts to grow towards the surface. If you don't know and trust that this seed is growing, you will doubt (A) that/whether anything at all is happening underneath the surface. You may start to say: "I don't believe in this! I water this piece of ground every day, but I never see any results for all my hard work!" Part of life is trusting that if you put in the effort, the outcome is already (B) happened/happening with your very intention and then your action. Eventually, one day, that little plant breaks through the soil with its green, new stem. And from there, you watch it (C) grow/grew stronger and more vital every day (as long as you keep looking after it and watering it!).

## ✓Reminding

If you plant a seed in the ground and water it every day, it starts to grow towards the surface. If you don't know and \_\_\_\_\_ that this seed is growing, you will doubt whether anything at all is happening underneath the surface. You may start to say: "I don't believe in this! I water this piece of ground every day, but I never see any results for all my hard work!" Part of life is \_\_\_\_\_ that if you put in the effort, the outcome is already \_\_\_\_\_ with your very intention and then your action. Eventually, one day, that little plant breaks through the soil with its green, new stem. And from there, you watch it grow stronger and more vital every day (as long as you keep looking after it and watering it!).







### 3-9 don't be obsessed with regulating CO<sub>2</sub>

When we talk about global warming we seem obsessed with regulating just one parameter - namely, CO<sub>2</sub>. But while reducing the CO<sub>2</sub> level in the atmosphere may be part of the solution, surely our primary concern ought to be to advance human and environmental well-being the most, where many other factors are in play. **While cutting CO<sub>2</sub> will save some people from dying of heat, it will at the same time cause more people to die from cold.** This highlights how reducing CO<sub>2</sub> means blindly eliminating both negative and positive effects of global warming. We ought at least to consider adaptive strategies that would allow us to hold on to the positive effects of climate change while reducing or eliminating its damages.

### ✓ Translation

지구 온난화에 관하여 이야기할 때 우리는 단 한 가지 요인 — 즉, 이산화탄소 —를 규제하는 데만 집착하는 듯하다. 그러나 대기 중의 이산화탄소 양을 줄이는 것이 부분적인 해결책이 될 수는 있지만 분명 우리의 주된 관심은 인간과 환경의 안녕을 최대로 증진시키는 것이어야 하며, 여기에는 많은 다른 요인들이 작용하고 있다. 이산화탄소를 감축함으로써 더위 때문에 죽는 사람들을 구할 수는 있지만 동시에 더 많은 사람이 추위로 죽게 될 것이다. 이는 이산화탄소 감축이 지구 온난화의 부정적 효과와 긍정적 효과를 무차별적으로 제거하는 것을 의미한다는 것을 잘 보여 준다. 우리는 적어도 기후 변화로 인한 피해를 줄이거나 없애면서 동시에 기후 변화의 긍정적인 효과를 유지할 수 있는 적응 전략을 고려해야 한다.

### ✓ Note





## ✓Voca

- regulate
- parameter 요인, 매개변수
- reduce 줄이다
- ought to ~해야 한다
- highlight 눈에 띄게 하다, 강조하다
- eliminate 제거하다
- adaptive 적응할 수 있는, 적응성의
- hold on to ~을 계속 유지하다
- damage 손상, 피해

## ✓햇변

When we talk about global warming we seem obsessed with regulating just one parameter - namely, CO<sub>2</sub>.

① But while reducing the CO<sub>2</sub> level in the atmosphere may be part of the solution, surely our primary concern ought to be to advance human and environmental well-being the most, where many other factors are in play. ② While cutting CO<sub>2</sub> will save some people from dying of heat, it will at the same time cause more people to die from cold. ③ This highlights how reducing CO<sub>2</sub> means blindly eliminating both negative and positive effects of global warming. ④ Reducing CO<sub>2</sub> is the most obvious way that we can hand the planet to our descendents intact. ⑤ We ought at least to consider adaptive strategies that would allow us to hold on to the positive effects of climate change while reducing or eliminating its damages.

## ✓Reminding

When we talk about global warming we seem \_\_\_\_\_ with regulating just one parameter - namely, CO<sub>2</sub>. But while reducing the CO<sub>2</sub> level in the atmosphere may be part of the solution, surely our primary concern ought to be to advance human and environmental well-being the most, where many other factors are in play. While cutting CO<sub>2</sub> will save some people from dying of heat, it will at the same time cause more people to \_\_\_\_\_ from cold. This highlights how reducing CO<sub>2</sub> means blindly eliminating both negative and positive effects of global warming. We ought at least to consider \_\_\_\_\_ strategies that would allow us to hold on to the positive effects of climate change while reducing or eliminating its damages.





### 3-10 tennis / make use of opportunities

Some tennis players believe that the first chance of serving is for trial and invariably use the second chance. The result is that they make a mistake with both serves quite often. Once you have faltered in serving, there is no question of playing further. At times they commit a double fault at such a crucial stage of the game that it becomes suicidal. **The lesson to be learnt is that, first of all, one should avoid committing mistakes in life and the opportunity should be grabbed in the first instance itself.** If a mistake has been committed, however, it should not be repeated because life does not give you many chances. If you miss all your chances, you lose the game of life. **Therefore one has to be watchful in order to make use of the opportunities offered by life.** In no case should any opportunity be lost in the hope that more opportunities will come.

### ✓ Translation

어떤 테니스 선수들은 첫 번째 서브 기회는 시험용이라고 믿고 항상 두 번째 기회를 사용한다. 결과적으로 그들은 꽤 자주 두 번의 서브를 모두 실수한다. 일단 여러분이 서브에서 실패하면 게임을 더 할 수 없다. 때때로 그들은 게임의 매우 결정적인 단계에서 더블 폴트를 범해 그것이 자멸을 초래하게 된다. 배워야 할 교훈은 무엇보다도 인생에서 실수하는 것을 피해야 한다는 것이고 기회는 맨 처음부터 잡아야 한다는 것이다. 하지만 실수를 했다면, 인생은 여러분에게 많은 기회를 주지 않으므로 그것을 반복하지 말아야 한다. 여러분이 모든 기회를 놓치면, 여러분은 인생이라는 게임에서 지게 된다. 그러므로 인생이 제공하는 기회를 이용하기 위해 주의를 기울여야 한다. 어떤 경우여라도 더 많은 기회가 올 거라고 기대하면서(찾아온) 기회를 절대 놓쳐서는 안 된다.

### ✓ Note





## ✓Voca

- trial , 시도
- invariably 항상, 변함없이
- there is no question of ~일 수는[가능성은] 없다
- double fault (테니스) 더블 폴트
- crucial 결정적인, 중대한
- grab 잡다
- in the first instance 처음에, 첫 단계에

## ✓해변

Some tennis players believe that the first chance of serving is for trial and invariably use the second chance. The result is that they make a mistake with both serves quite often. Once you have faltered in serving, there is no question of playing further.

(A) If a mistake has been committed, however, it should not be repeated because life does not give you many chances. If you miss all your chances, you lose the game of life.

(B) At times they commit a double fault at such a crucial stage of the game that it becomes suicidal. The lesson to be learnt is that, first of all, one should avoid committing mistakes in life and the opportunity should be grabbed in the first instance itself.

(C) Therefore one has to be watchful in order to make use of the opportunities offered by life. In no case should any opportunity be lost in the hope that more opportunities will come.

## ✓Reminding

Some tennis players believe that the first chance of serving is for trial and invariably use the second chance. The result is that they make a mistake with \_\_\_\_\_ serves quite often. Once you have faltered in serving, there is no question of playing further. At times they commit a double fault at such a crucial stage of the game that it becomes \_\_\_\_\_. The lesson to be learnt is that, first of all, one should avoid committing mistakes in life and the opportunity should be grabbed in the \_\_\_\_\_ instance itself. If a mistake has been committed, however, it should not be \_\_\_\_\_ because life does not give you many chances. If you miss all your chances, you lose the game of life. Therefore one has to be watchful in order to make use of the opportunities offered by life. In no case should any opportunity be lost in the hope that \_\_\_\_\_.





### 3-11 plant-based diet / environmental sanity

Stabilizing our climate would help resolve what many scientists consider to be the gravest environmental danger humankind has ever faced. **Each of us has a part to play in shifting our culture toward a way of life that respects the natural world.** The choices we make and the way we live can play roles in turning the tide. By eating in a way that is suitable both for our own health and for the health of the biosphere, we can help our society to face and to overcome the enormous environmental challenges of our times. The more people move toward plant-based food choices, the greater the possibility that our species will not only survive but will thrive. **A cultural shift toward a plant-based diet would be a step toward environmental sanity.** It would be an act of love for all generations yet to come.

#### ✓ Translation

우리의 기후를 안정시키는 것은 많은 과학자들이 인류가 지금까지 직면했던 환경의 위험 중 가장 심각한 것으로 여기는 문제를 해결하는 데 도움이 될 것이다. 우리 각자는 자연 세계를 존중하는 생활 방식으로 우리의 문화를 바꾸는 데 해야 할 역할이 있다. 우리가 내리는 선택과 우리의 생활 방식이 그 흐름을 바꾸는 데 역할을 할 수 있다. 우리 자신의 건강뿐 아니라 생물권의 건강에도 적합한 방식으로 식생활을 함으로써 우리는 사회가 이 시대의 엄청난 환경 문제에 맞서 이를 극복할 수 있도록 도움을 줄 수 있다. 채식 위주의 음식 선택을 지향하는 사람이 많으면 많을수록 우리 인류가 생존할 뿐만 아니라 번영도 누릴 가능성이 더 커진다. 채식 위주 식단으로의 문화적 전환은 환경 건전성을 향한 하나의 발걸음(조치)이 될 것이다. 그것은 앞으로 태어날 모든 세대를 위한 사랑의 행동이 될 것이다.

#### ✓ Note





## ✓Voca

- stabilize
- resolve 해결하다
- grave 심각한
- shift 바꾸다; 전환
- turn the tide 흐름을 바꾸다
- suitable 적합한
- enormous 엄청난, 거대한
- survive 생존하다
- thrive 번성하다

## ✓핵심

Stabilizing our climate would help resolve (A) that/what many scientists consider to be the gravest environmental danger humankind has ever faced. Each of us has a part to play in shifting our culture toward a way of life that respects the natural world. The choices we make and the way we live can play roles in turning the tide. By eating in a way that is suitable both for our own health and for the health of the biosphere, we can help our society to face and to overcome the enormous environmental challenges of our times. The more people move toward plant-based food choices, the greater the possibility (B) that/which our species will not only survive but will thrive. A cultural shift toward a plant-based diet would be a step toward environmental sanity. It would be an act of love for all generations yet (C) to come/come.

## ✓Reminding

Stabilizing our climate would help resolve what many scientists consider to be the gravest environmental danger humankind has ever faced. Each of us has a part to play in shifting our culture toward a way of life that \_\_\_\_\_ the natural world. The choices we make and the way we live can play roles in turning the tide. By eating in a way that is \_\_\_\_\_ both for our own health and for the health of the biosphere, we can help our society to face and to overcome the enormous environmental challenges of our times. The more people move toward \_\_\_\_\_ food choices, the greater the possibility that our species will not only survive but will \_\_\_\_\_. A cultural shift toward a plant-based diet would be a step toward environmental \_\_\_\_\_. It would be an act of love for all generations yet to come.





### 3-12 building design / citizen critics

Buildings are everywhere, large and small, ugly and beautiful, ambitious and dumb. We walk among them and live inside them but are largely passive residents in cities of towers, houses, open spaces, and shops we had no hand in creating. But we are their best audience. Architecture critics can praise and pick on new designs, but their readership has lately been too limited. We talk about homes as investments, building sites as opportunities, unsold condos as an economic disaster, but all that kind of chatter avoids the physical reality of projects built and unbuilt. **Rather than just talking about money, we should also be talking about height and bulk, style and sustainability, openness of architecture and of process.** Design is not the icing on the cake but what makes architecture out of buildings, what turns them into places where we want to live and eat and shop. Instead of less talk, **what we need are more critics - citizen critics** - equipped with the desire and the vocabulary to remake the city.

#### ✓ Translation

큰 빌딩, 작은 빌딩, 못생긴 빌딩, 아름다운 빌딩, 야심만만해 보이는 빌딩, 우둔해 보이는 빌딩 — 빌딩은 어디에나 있다. 우리는 빌딩 사이를 걸어 다니고 빌딩 안에서 살지만 대개 우리는 건설하는 데 전혀 관여하지 않은 고층건물, 주택, 공공용지, 가게로 이루어진 도시 안에서 수동적인 거주민으로 살아간다. 그러나 우리는 그것들의 최고의 관중이다. 건축 비평가들이 새로운 디자인에 대해 칭찬하고 혹평할 수 있지만, 요즘에는 그것을 읽는 독자 수가 매우 제한적이다. 우리는 집을 투자 대상으로 이야기하고 건축 부지를 기회로 이야기하고, 팔리지 않은 콘도를 경제적 참사로 이야기하지만, 모든 이런 종류의 수다는 이미 건축된, 그리고 아직 건축되지 않은 프로젝트의 물리적 실체를 피하고 있다. 우리는 단지 돈에 대해서만 이야기하기보다는 빌딩의 높이와 크기, 스타일과 지속가능성, 건축과 과정의 개방성에 관해서도 이야기해야 한다. 디자인이란 케이크의 당의(겉치레 자식)가 아니라, 건물은 건축물이 되게끔 하는 것이요, 건물을 우리가 그 안에서 살고 싶고, 먹고 싶고, 쇼핑하고 싶은 장소로 바꾸어 주는 것이다. 이야기를 덜 하는 것 대신에 우리에게 필요한 것은 도시를 새로 만들고자 하는 소망과 언어를 갖춘 더 많은 비평가 — 시민 비평가 — 이다.

#### ✓ Note





## ✓Voca

- ambitious 야심 있는
- largely 대체로
- passive 수동적인, 소극적인
- resident 거주자
- architecture 건축, 건축물
- critic 비평가
- pick on ~을 혹평하다
- readership 독자 수[층]
- disaster 재난, 참사
- chatter 수다, 재잘거림
- bulk 크기
- icing (케이크 장식용) 당의
- equipped with ~을 갖춘

## ✓Reminding

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