

CEFR-J レベル

B2.1

技能

Reading

Can Do descriptor

現代の問題など一般的関心の高いトピックを扱った文章を、辞書を使わずに読み、複数の視点の相違点や共通点を比較しながら読むことができる。

テスト・タスク

You are going to give a presentation on the comparison between a traditional and modern way of life, and you found the following article. *In order to make your presentation slides, read the article and choose the idea or information you should show in each slide.*

Which do People Choose, Modern Medicine or Traditional Medicine?

The quality of our life has been greatly improved thanks to the progress of science. However, there are certain fields where traditional methods are still being used. Medicine is a good example in which two opposite approaches exist. One is known as 'modern medicine'. Modern medicine is born from science and technology. The other is called 'alternative medicine'. It comes from old thoughts and experiences. Both approaches have their own advantages and disadvantages. Patients can make a better choice if they understand the differences between them.

One difference between these two practices is their way of looking at the patient's problems. Modern medicine concentrates on the part which causes the illness and tries to provide a specific treatment. It does not consider the relationship between illness and the patient's personality or background. On the other hand, alternative medicine looks at the balance between the patient's body and their background. Illness is considered to be caused by an imbalance between them. That is to say, alternative medicine tries to improve the conditions of the whole body rather than only take off the bad part. Some people might think that modern medicine is more effective and reasonable because it focuses on only the local part that is a problem. However, others might worry about the recurrence of their illness caused by their physical makeup, even after the treatment of modern medicine.

Another difference is their approach to health and illness. Alternative medicine considers health as a lifelong process. In order to keep a healthy body and mind, a person should try to eat a healthy diet, exercise, and so on. It produces more stable results, but needs more time and effort. Quick change cannot be expected because the healing process takes place gradually. In contrast, modern medicine depends mostly on drugs and surgery. This approach is more effective in serious situations or as emergency ways, but is less effective for long-continued illness. In addition, it is extremely expensive compared to alternative medicine, which is much more reasonable.

Treatment methods are also different greatly between these two approaches. While modern medicine relies on artificially produced drugs, alternative medicine uses natural materials such as plants. Alternative medicine also makes use of traditional ways of healing illness, such as acupuncture, massage, yoga, breath control, and so on. Modern medicine, however, usually uses scientifically-proven ways of treatment, though acupuncture and massage are sometimes used. Some might point out that the drugs that modern medicine uses have some side effects and the surgeries always have some danger. Compared to that, the traditional methods of treatment are relatively safe and unharmed.

Modern and alternative medicine have different viewpoints of understanding and curing illness. Both of them have advantages and disadvantages. The ideas of alternative medicine are especially helpful for dealing with continued illness or living a healthy lifestyle. However, if we suddenly get a serious injury, modern medicine would be more helpful. It is important to know the difference between the two. By the knowledge, patients can make a wiser choice in their specific situation.

Features of Alternative Medicine

- (1)
- (2)
-



Benefits of Modern Medicine

- (3)
-
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Conclusion

The author think ...

- (4)



1. a) It identifies the specific part of the body as a target of treatment.
 b) The process of recovering is relatively quick.
 c) It uses artificially-produced drugs if necessary.
 d) It tries to improve the conditions of the whole body of a patient.
2. a) It is based on modern science in terms of approaches and treatment methods.
 b) It sometimes relies on traditional ways of treatment.
 c) It is free from worries about side effects and serious risks.
 d) It doesn't put so much emphasis on a patient's background.
3. a) It is effective for long-continued illness or injury.
 b) It is relatively inexpensive.
 c) It is suitable for urgent medical conditions.
 d) It is expected to produce a stable result.
4. a) Alternative medicine cannot be recommended so much because it is not scientifically approved.
 b) We should rely on both kinds of medicine according to the case.
 c) Alternative medicine is more important because it introduces ways to maintain a healthy body and mind.
 d) Immediate effect should always be top priority in medicine.

正答・採点基準 正答： 1. d) 2. c) 3. c) 4. b)

開発段階

第1期（作成） 第1期（実施） 第1期（分析）

✓第2期（改訂） 第2期（実施） 第2期（分析）

メモ

イラスト出典：いらすとや

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