

D Grammar Checkup : 문장의 구성요소(Sentence Components, S-V-O-C)

- (1) 주어(Subject) : 주어는 명령문이나 도치된 문장이 아니면 문장의 맨 앞에 위치하는 필수 요소로서, 다음과 같은 5가지 형태가 있다.
- a. *Yesterday* is a history and tomorrow is a mystery. (명사)
 - b. *They* are the most successful businessmen in the world. (대명사)
 - c. *Going* to law is losing a cow for the sake of a cat. (동명사)
 - d. *To talk* without thinking is to shoot without aiming. (명사구)
 - e. *What belongs to everybody* belongs to nobody. (명사절)
- (2) 동사(Verb) : 동사는 동작이나 상태를 나타내는 필수 요소로서, 목적어의 유무에 따라 자동사와 타동사로 구분되고, 세분하면 다음의 5가지가 있다.
- a. My supervisor *gets* up early in the morning. (완전자동사)
 - b. Cathy *is* a manager in the software company. (불완전자동사)
 - c. The employees *take* pride in the organization. (완전타동사)
 - d. The boss sometimes *gives* me some advice. (수여동사)
 - e. My idea *made* the organization very efficient. (불완전타동사)
- (3) 목적어(Object) : 목적어는 행위의 대상이 되는 필수 요소로서, 보통 타동사의 뒤에 오며, 다음과 같은 5가지 형태가 있다.
- a. We employees respect *the salesman*. (명사)
 - b. His partners also respect *him*. (대명사)
 - c. He enjoys *doing* business with foreigners. (동명사)
 - d. He likes *to go* fishing weekend. (명사구)
 - e. I think *that he leads the best life*. (명사절)
- (4) 보어(Complement) : 보어는 주어나 목적어의 불완전한 의미를 보충해주는 요소로서, 다음의 7가지 형태가 있다.
- a. My brother is *a good architect*. (명사)
 - b. The man Mary wants to meet is *he*. (대명사)
 - c. His hobby is *designing* a building. (동명사)
 - d. Mary is *most beautiful* in her company. (형용사)
 - e. Yesterday she was *at a loss* to have a wrong number. (부사구)
 - f. Her wish is *to design a home page* all alone. (명사구)
 - g. My brother is *trying* to give her a chance. (현재분사)

D Grammar Checkup : 주어-동사의 일치 (Subject-Verb Agreement)

- A. 뉴스, 고유명사, 학문명 등의 주어는 -s로 끝나더라도 단수 취급한다.
- a. *No news is good news.*
 - b. *Wales is a lovely area to visit.*
 - c. *Mathematics is a logical subject.*
- B. every나 each가 수식하는 주어는 내용에 관계없이 항상 단수 취급한다.
- a. *Everyone loves justice in the affairs of another.*
 - b. *Each boy and girl has to learn economics.*
- C. 하나의 작품이나 방법론을 나타내는 주어는 단수 취급한다.
- a. *War and Peace was written by Leo Tolstoy. (a work)*
 - b. *Slow and steady wins the race. (a method)*
- D. 하나의 요리나 세트를 나타내는 주어는 단수 취급한다.
- a. *Bread and butter is my favorite lunch. (a dish)*
 - b. *A bow and ~~an~~ arrow is an ancient weapon. (a weapon)*
- E. 명사구나 명사절이 문장의 주어가 되는 경우 단수 취급한다.
- a. *How to spend money is more important than how to make it.*
 - b. *What I want is a parallel revolution in the workforce.*
- F. 등위상관 접속사로 연결된 주어는 뒤의 명사에 동사를 일치시킨다.
- a. *Either they or their manager is going to attend the idea meeting.*
 - b. *Not only you but also he belongs to the top class.*
 - cf. *He as well as you belongs to the top class.*
- G. 일부분을 나타내는 표현에서는 뒤에 오는 명사의 형태에 동사를 일치시킨다.
- a. *Some of the products are transported overseas.*
 - b. *Some of the ocean is polluted seriously.*
- H. 복수의 시간은 복수취급 하지만, 하나의 단위로 보면 단수취급 한다.
- a. *Ten years have passed since our company moved here.*
 - b. *Ten years is a long time to wait.*

D Grammar Checkup : 명사(Nouns)

(1) 명사(Noun)의 종류

명사는 사물의 이름을 표현하는 품사로서 다음의 5가지로 분류된다.

- A. I have *an MP3*. It is one of my favorite *machines*. (보통명사)
- B. *The committee* has a general meeting today. (집합명사)
- C. She ordered a glass of *beer*. (물질명사)
- D. Young man and woman must have a great *ambition*. (추상명사)
- E. *Andrew Carnegie* was a great businessman. (고유명사)

(2) 단수 명사(Single Noun)

다음과 같은 불가산 명사는 항상 단수 명사로만 사용된다.

- A. *Mathematics* needs a logical thought. (학문 이름)
- B. *Diabetes* is a very dangerous disease. (질병이름)
- C. *The scenery* of Grand Canyon is wonderful. (집합적 군집명사)
- D. Those who have no *money* are not always unhappy. (물질 명사)
- E. *Slow and steady* wins the race. (하나의 방법론)

(3) 명사의 복수형

복수형을 만드는 방법에는 -s를 붙이는 것 이외에도 다양한 방법이 있다.

- A. -f로 끝나는 명사의 복수형은 -ves로 표현한다.

knife / knives, wife / wives cf. chiefs, roofs

- B. 일부 명사는 -(r)en을 붙여 복수 표시를 한다.

child / children, ox / oxen, brother / brethren

- C. 모음을 변화시켜 복수형을 만드는 명사들도 있다.

mouse / mice, goose / geese, tooth / teeth, foot / feet, louse / lice

- D. 복수가 되면서 단수형과 의미가 달라지는 명사들이 있다.

color / colors, custom / customs, manner / manners,
arm / arms, wood / woods, sand / sands

- E. 일부 명사들은 단수·복수의 형태가 동일하다.

sheep, deer, carp, trout, series, swine, fish

- F. 라틴어에서 온 명사들은 어미를 변화시켜 복수형을 만든다.

phenomenon / phenomena, criterion / criteria, datum / data
bacterium / bacteria, alumnus / alumni, focus / foci

D Grammar Checkup : 인칭대명사(Personal Pronouns)

(1) 인칭, 소유, 재귀대명사

- A. 인칭대명사는 사람을 지칭하는 대명사로 다음과 같은 격을 갖는다.
- a. *They* employed the industrial spy because they didn't know *her*. (주격)
 - b. *Her* stealth did serious damage to them. (소유격)
 - c. At last they accused *her* of her criminal acts. (목적격)
- B. 소유 대명사는 '소유격+명사'의 의미로 반복을 피하기 위해 사용된다.
Her business sense is much better than *his*. (=his business sense)
 cf. mine, ours, yours, hers, theirs
- C. 재귀대명사는 주어와 같은 대상을 지칭하는 대명사로 다음과 같이 쓰인다.
- a. I heard the sad news that the millionaire killed *himself*. (재귀적 용법)
 - b. The CEO arranged the office (*herself*). (강조 용법)
 - c. The huge door opened *of itself*. (관용적 표현)
- cf. avail oneself of, accustom oneself to, pride oneself on, overwork oneself

(2) 부정대명사(Infinitive Pronoun)

- A. -body나 -thing으로 끝나는 대명사는 각기 사람과 사물을 표현한다.
- a. *Somebody* should do the difficult job.
 - b. You cannot do *everything* in a day or two.
- B. 크게 대별되는 상황에서 일부와 대비되는 나머지 일부가 한계가 명확하지 않으면 *others*를 쓰고, 한계가 명확하면 *the others*를 쓴다.
- a. *Some* love money, and *others* love honor.
 - b. *Some* of my coworkers are men and *the others* are women.
- C. 단 두 개, 혹은 세 개 등 한계가 명확한 명사를 대신하는 경우에는 다음과 같이 표현하고 마지막에는 정관사와 함께 쓴다.
- a. We have two branches; *one* is in Berlin and *the other* in New York.
 - b. I've three cars; *one* is for Biz, *another* for leisure, and *the third* for family.
- D. 두 명사 중의 하나는 *either*로, 셋 이상 여럿 중의 하나는 *any*로 받는다. 또한 의문문, 부정문, 조건 절에서는 *any*를 쓰고 긍정문에서는 *some*를 쓴다.
- a. *Either* of the two managers is more efficient than you.
 - b. *Any* of the three salesmen is more diligent than office workers.
 - c. If you have *any* business ideas, lend me *some*.

Reading Comprehension

The Healthiest Foods in the World

We had better take natural foods in order to keep us healthy. Therefore many doctors and nutrition experts advise us to eat vegetables and fruits without peeling, processing, or boiling if possible. A popular magazine in America, *National Inquirer* has introduced 10 foods that are helpful for longevity, which were collected by Dr. David Keeper of The University of Arizona and other scholars. We need to know the healthful foods and their effects exactly. Now let's find out what foods they are one by one.

First, blueberries are very healthful. They have many anti-oxidants that protect cells, prevent aging, and increase the level of immunity. As blueberries contain anthocyanin, they can lower the cholesterol level, suppress cancer and ulcer, increase memory, and recover sight. Blueberries are also effective in preventing stroke, dementia, etc.

Second, salmon prevents inflammation, allergy, skin trouble, etc. as it contains much omega-3 fatty acid. Omega 3 fatty acids are important for the development of the central nervous system in babies and children. Omega 3 fatty acids also protect the part of the brain that sends messages to the body, and help keep bad cholesterol in check and fight heart disease. The International Cancer Institute announced that the people who continually take fish such as salmon and mackerel can reduce the cancer development probability to one-third.

Third, apples are effective in preventing constipation as they are rich in fibers and can control blood pressure by lowering the cholesterol level. They are good at protecting smokers' lungs by detoxifying nicotine. Apples contain anti-oxidants that prevent cancer, and they are good at curing anemia, fatigue, thirstiness, and inflammation. They can also improve memory, intelligence, and the diuretic effect of kidney. The smell of apples is effective in curing depression, insomnia and oppression. If you eat apples with pear juice and wine, you can reduce the pains in joints.

Fourth, as watermelons contain lycopene, they can lower cancer development ratio, prevent aging, and prevent foreign substances from being stacked in our artery. Watermelons are also very helpful for skin, kidney and prostate health, thirst quenching,

weight control, inflammation and diabetes curing, detoxication, fever reduction and fatigue recovery.

Fifth, peanut butter stabilizes insulin, and prevents heart diseases. It contains fibers and controls blood pressure. Peanut butter, which is mainly made with peanuts, is very good after exercise as it is rich in nutrients such as protein as general nut products are. Today, peanut butter is considered to be a high-energy food for kids.

Sixth, curry powder prevents inflammation, and relieves the pain from arthritis. Curry contains curcumin, an anti-cancer compound, that helps to prevent the spread of breast cancer, and it is also good for liver, stomach, cervical cancer, and dementia.

Seventh, some experts recommend olive as the most healthiest food. European people have long used olive for medical purposes, and Hippocrates mentioned its usefulness in his writings in ancient times. Researchers have recently shown that olive oil can reduce the chance of heart diseases by lowering cholesterol level in blood.

Eighth, yogurt is regarded as one of the most healthiest foods in the world. Yogurt is made from milk fermented by bacteria, and has many advantages for health. It is good for digestion, makes our bones stronger, and increases the resistance against diseases.

Ninth, chili peppers are rich in vitamin C. Capsaicin that tastes hot facilitates metabolism and helps weight control. Kimchi containing much chili pepper powder is traditionally a national dish of Korea. Kimchi has recently become more and more popular all over the world for its amazing health benefits. Especially Japanese women try hot Kimchi to be slim and beautiful.

Tenth, doctors advise people to take many tomatoes. Tomatoes are good at preventing breast cancer and prostate cancer, as they have much lycopene in red pigment. Lycopene controls active oxygen that causes artery's aging and damages DNA. Tomatoes also have much vitamin C, vitamin E that makes skin healthy, and glutamine that overcomes fatigue. Tomatoes have routine that is good at preventing cardiovascular diseases and healing high blood pressure by lowering cholesterol level.

Words & Phrases

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|---------------------------------|--------------------------|
| ◦ insomnia : 불면증(sleeplessness) | ◦ constipation : 변비 |
| ◦ anemia : 빈혈 | ◦ diuretic effect : 이뇨작용 |
| ◦ prostate : 전립선 | ◦ mackerel : 고등어 |
| ◦ pigment : 색소 | ◦ dementia : 치매 |
| ◦ cervical cancer : 자궁경부암 | ◦ arthritis : 관절염 |



Reading Comprehension

The Secrets of Longevity

There are several places in the world that are famous for people who live a very long time. These places are usually in mountainous areas, far away from modern cities. Doctors, scientists, and public health experts often travel to these regions to solve the mystery of a long, healthy life; the experts hope to bring to the modern world the secrets of longevity.

Hunza is high in the Himalayan Mountains of Asia. There, many people over one hundred years of age are still in good physical health. Men of ninety are new fathers, and women of fifty still have babies. What are the reasons for this good health? Scientists believe that the people of Hunza have these three benefits: (1) physical work, usually in the fields or with animals; (2) a healthful environment with clean air and water; and (3) a simple diet high in vitamins and nutrition but low in fat, cholesterol, sugar, and chemicals.

People in the Caucasus Mountains in Russia are also famous for their longevity. In this area, there are amazing examples of very long-lived people. Birth records are not usually available, but a woman called Tsurba probably lived until age 160; a man called Shirali probably lived until 168. His widow was 120 years old. In general, the people not only live a long time, but they also live well. They are almost never sick, and when they die, they have not only their own teeth but also a full ^{hair} head of hair, and good eyesight.

Vilcabamba, Ecuador, is another area famous for the longevity of its inhabitants. This region — like Hunza and the Caucasus — is also in high mountains, far away from cities. In Vilcabamba, too, there is very little serious disease. One reason for the good health of the people might be the clean, beautiful environment: The temperature is about 70 degrees Fahrenheit all year long; the wind always comes from the same direction; and the region is rich in flowers, fruits, vegetables, and

wildlife.

In some ways, the diets of the inhabitants in the three regions are quite different. Hunzukuts eat mainly raw vegetables, fruits such as apricots and *chapatis* — a kind of pancake; they eat meat only a few times a year. The Caucasian diet consists mainly of milk, cheese, vegetables, fruit, and meat; most people there drink the local red wine daily. In Vilcabamba, people eat a small amount of meat each week, but the diet consists largely of grain, corn, beans, potatoes, and fruit.

Experts found one surprising fact in the mountains in Ecuador: Most people there, even the very old, consume a lot of coffee, drink large amounts of alcohol, and smoke forty to sixty cigarettes daily!

However, the diets are similar in two general ways: (1) the fruits and vegetables that the inhabitants of the three areas eat are all natural; that is, they contain no chemicals; and (2) the people consume fewer calories than people do in other parts of the world. A typical American takes in an average of 3,300 calories every day; a typical inhabitant of these mountainous areas, between 1,700 and 2,000 calories.

Inhabitants in the three regions have more in common than calories, natural food, their mountains, and their distances from modern cities. Because these people live in the countryside and are mostly farmers, their lives are physically hard. Thus, they do not need to go to health clubs because they get a lot of exercise in their daily work. In addition, although their lives are hard, the people do not seem to have the worries of city people. Their lives are quiet. Consequently, some experts believe that physical exercise and freedom from worry might be the two most important secrets of longevity.

Words & Phrases

- longevity: 장수, 수명, 장기근속
- nutrition: 영양, 음식물, 영양학
- available: 이용 가능한
- inhabitant: 주민, 거주자 / 서식하는
- Fahrenheit: 화씨온도(계)
- apricot: 살구
- consist of: ~로 구성되다
- consume: 소비하다, 낭비하다
- environment: 환경, 포위, 주위 정황
- chemical: 화학의 / 화학성분, 화공약품
- widow: 과부, 미망인
- temperature: 기온, 온도
- vegetable: 야채, 채소, 무성귀, 식물인간
- chapatis: 일종의 팬케이크
- bean: 콩, 시시한 것, 머리, 동전
- consequently: 결과적으로, 그러므로



Reading Comprehension

Ten Conditions of Happiness

All the people in the world want to be happy, but they hesitate to say what the conditions of their happiness are. Each person wants to have different things for his or her happiness. But first of all, they would like to have much money as a precondition of their happiness. Of course, if they have money, they can have many things such as car, clothe, food, house, etc. and can go on an overseas travel and launch a business. Nobody can deny that money is necessary for their comfortable life.

Second, people want to be healthy for their happiness. In a sense, health can be more important than money. If you have much money and ill health, would you be happy? Probably you would say 'NO.' Therefore you should try to increase or maintain your health. If you lose your health, in fact you lose everything. Especially in your old age, your ill health may often cause your family members troubles.

Third, you should have family for your happiness. Please think how much pleasure your family give you right now. Your parents' devotional love to you, your beloved wife or husband's encouragement, your child's innocent smile, etc. All these things make your life meaningful. Even though you have many other conditions of happiness, you can be nothing without your family, for loneliness may destroy all those things.

Fourth, many people want to have a job to be happy. A job is not only a means of making a living but also a source of self-development. Your job also can bring a social position to you, and the status makes you recognized. Although you are rich now, your wealth may disappear soon without your job. If you don't have a regular job, your life may be lazy or irregular. Such a life is not a good one at all.

Fifth, you should have honor for your happiness. Honor is a moral value and means a social respect and recognition. Most people want to lead a honorable life after accomplishing their basic desires. So when they are poor, they may do a unrespectable but profitable work, but they don't like to do such a work after they become rich. The reason is that a good reputation brings happiness to people, but an antisocial work only gives disgrace to them.

Sixth, you need leisure for your healthy and happy life. Work is important, of course, but it is meaningful only if it is balanced with rest. Overwork is more harmful for your health than anything else. If you have a tough schedule on weekdays, you had better enjoy free and restful weekend. Free time may seem meaningless, but it can really make you refreshed and increase your work efficiency.

Seventh, if you have a good hobby, it can bring happiness to you. A good hobby can relieve the stress from work, and can make your life pleasant. Especially if you do static works indoors, outdoor activities in the nature such as mountain-climbing, golfing, or rafting can help your physical and mental health. In some cases, your hobby can be connected to your social activity or business.

Eighth, you also need friendship for your happiness. Good friends not only can make you not lonely, but also can help you emotionally, socially or economically. That is, your friends are your lifelong priceless property. You can share many things such as hobby, pleasure, or sadness with your friends. Bear it in your mind that joy is doubled and sadness is halved when they are shared.

Ninth, you should have some knowledge or culture for your happiness. All people need not be great scholars, but your knowledge or culture can lead you to a desirable life. When you are educated or read books, you get to know how to live a meaningful life and understand others' life. The reason why you should have knowledge or culture is that ignorance can mislead you into bad acts without knowing them.

Last, charity activities can give you great satisfaction and happiness. When you are young, you would probably like to receive something from others. But as you grow, you can feel more pleased in giving something to others than in receiving. That is why a money-giver feels more pleasant than a beggar. Though you were physically tired after a volunteer activity, your heart might have felt light and fruitful. So a person who experienced the pleasure of donation would like to donate something again and again.

Words & Phrases

- precondition : 전제조건
- antisocial : 반사회적인
- priceless : 가치를 헤아릴 수 없는
- ignorance : 무지, 무식
- cause troubles : 폐를 끼치다
- efficiency : 능률, 효율성
- bear in mind : 명심하다
- volunteer activity : 자원봉사활동