

Read the following passage and answer the questions below.

Anger, said Seneca, is a temporary madness that enslaves reason. It begins as a spark of wounded pride, yet if left unchecked, it spreads like fire through the mind, consuming judgment and destroying peace. To conquer anger, therefore, is not to extinguish
5 emotion itself but to bring it, fierce though it is, under the steady rule of reason. (1)It is precisely this equilibrium of mind that Seneca held to be the very root of virtue, believing that, calm and disciplined within, man alone can command himself, and that freedom, however loudly proclaimed, is but an illusion where such
10 mastery is lacking. The Stoic ideal was not apathy but harmony—emotion purified, not suppressed.

He wrote that *“no plague has cost mankind more dearly than anger”*—not war, nor disease, nor fortune’s blind blows. Empires fall, families crumble, and friends turn foes, all for lack of
15 self-restraint. (2)When pride once turns to fury, and reason, long its sovereign, to servant, man—thinking himself to strike another—brings upon himself his own undoing. (3)With no mercy whatever on his own peace of mind, he inflicts a deeper wound upon himself than that which he would have dealt; and, blind to how it is his own hand
20 that brings the ruin, he falls by the blow he meant for others. Thus, patience is not weakness but wisdom; for to master anger is to master the self, and in that mastery, all true liberty begins.

Q1.

Translate the underlined part (1) into Japanese.

Q2.

Translate the underlined part (2) into Japanese.

Q3.

Translate the underlined part (2) into Japanese.

Q4.

Seneca said that “anger is a brief madness.”

How do you deal with your own anger?

Explain your way of coping with one or two concrete examples.