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次の文を和訳せよ。

History begins when men begin to think of the passage of time in terms not of natural processes — the cycle of the seasons, the human life-span — but of a series of specific events in which men are consciously involved and which they can consciously influence. History, says *Burckhardt, is "the break with nature caused by the awakening of consciousness". History is the long struggle of man, by the exercise of his reason, to understand his environment and to act upon it. But the modern period has broadened the struggle in a revolutionary way. Man now seeks to understand, and to act on, not only his environment but himself; and this has added, so to speak, a new dimension to reason, and a new dimension to history.

*Burckhardt ブルクハルト(1818~97):スイスの歴史家