

2022年度一般選抜A試験問題

外国語（英語）

【注意事項】

1. この問題冊子には答案用紙が挟み込まれています。試験開始の合図があるまで問題冊子を開いてはいけません。
2. 試験開始後、問題冊子と答案用紙の受験番号欄に受験番号を記入しなさい。
3. 問題冊子には計5問の問題が英1～英7ページに記載されています。落丁、乱丁および印刷不鮮明な箇所があれば、手をあげて監督者に知らせなさい。
4. 答案には、必ず鉛筆（黒、「HB」「B」程度）またはシャープペンシル（黒、「HB」「B」程度）を使用しなさい。
5. 解答は答案用紙の指定された場所に記入しなさい。ただし、解答に関係のないことが書かれた答案は無効にすることがあります。
6. 問題冊子の余白は下書きに利用しても構いません。
7. 問題冊子および答案用紙はどのページも切り離してはいけません。
8. 問題冊子および答案用紙を持ち帰ってはいけません。

受験番号	
一般選抜 A	一般選抜 B

〔問 1〕 次の英文を読んで、あとの設問に答えなさい。

If you think memory problems are the preserve of the elderly, forget it. Young people frequently struggle to remember things too. ⁽¹⁾A British study shows that men and women in their twenties regularly forget anything from why they entered the room to where they put their keys, while more than half struggle to find the right word at least once a week. The researchers from Edinburgh University said we should not worry about memory lapses so much when we are older because we also have them when we are younger—in other words, memory problems are not always the first sign of dementia.

Laura McWhirter, a neuropsychiatrist at the University of Edinburgh, questioned 124 healthy adults aged between 18 and 59 ⁽⁷⁾() () () () () their memory was. The volunteers, who had an average age of 27, were also asked how often they experienced memory lapses. Only 13 per cent rated their memory as excellent. Almost four out of ten—39 per cent—said their memory was worse than five years ago, while 24 per cent thought that it was worse than that of others of the same age. More than half, 56 per cent, were scared of developing dementia, including 13 per cent who were “very afraid”. Half of respondents said they forgot why they had entered a room at least once a week and 40 per cent misplaced their mobile phone at least weekly. In fact, 17 per cent said ⁽¹⁾() () () () () a week. Some 48 per cent forgot to buy items on their shopping list at least once a week, 21 per cent could not find their keys and 18 per cent had had a mental blank over their PIN. An absent-minded 33 per cent could not remember where they had left their car or bike once a month or more. However, importantly, the memory lapses were as ⁽⁷⁾() () () () () as in the 50-somethings. The findings were reported in the journal *CNS Spectrums*.

Dr. McWhirter said: “A lot of people will be surprised at how frequent the memory lapses were. I think people think that if you are starting to forget things—something like misplacing your keys—that it is something to worry about, but it is normal. It is just a function of how the brain works and how attention works. You can only remember something if you properly attend to it. If you are doing lots of different things and not concentrating when you get in and just put your keys down somewhere, you may well forget where you have put them. You can get up and have your breakfast and drive to work and later not remember driving to work and that’s not abnormal. It’s just that your attention wasn’t really focused on the driving because you were on autopilot. Don’t worry about these things because they are normal.”

James Goodwin, a physiologist at Loughborough University and director of the campaign group the Brain Health Network, said the advice rang true. “We know that older people worry far more about their memory and are more embarrassed about lapses than younger people,” he said. “So, when we forget things as we get older, it’s easy to think that we are losing it. But although it is harder to form new memories as we get older, forgetting things doesn’t necessarily mean we are on the road to dementia.”

Dr. McWhirter added that although someone in the early stages of dementia would have memory lapses, they would ^(*)() () () () () them. In contrast, a healthy person would be able to remember that they had forgotten their keys last week. Other ^(*)() () () () () lost or disorientated when out and about, asking the same thing over and over again and having difficulty with cooking and multitasking.

出典: Fiona MacRae, "You don't need to be old to have a senior moment."
The Times, January 28, 2021.

(1) 下線部(1)を和訳しなさい。

(2) 下線部(ア)～(オ)に入るように各語群にある語句を最も適当な順に並べ替えて、意味の通る英文を完成させなさい。

語群:

(ア) good / how / on / they / thought

(イ) lost / numerous / their phone / they / times

(ウ) among / common / in / their twenties / those

(エ) be / of / tend / to / unaware

(オ) becoming / concern / include / of / signs

[問 2] 次の英文の意味が通るように、空所(ア)～(コ)に入る最も適当なものを①～⑩から 1 つ選び、数字で答えなさい。同じものを 2 度使うことはない。文頭に
来るものも小文字で示してある。

When we eat our meals is important. Scientists have (ア) noticed differences in the way we respond to food at various times of day. When overweight and obese women were put (イ) a weight-loss diet for three months, those who consumed most of their calories at breakfast lost two and a half times more weight than those who had a light breakfast and ate most of their calories at dinner—even though they consumed the same number of calories overall.

Many people think that the reason you gain more weight if you eat late at night is because you have less opportunity to burn (ウ) those calories, but this is simplistic. “People sometimes assume that our bodies shut down when asleep, but that’s not true,” says Jonathan Johnston at the University of Surrey, who studies how our body clocks interact with food.

The way we metabolize and process food varies across the day, which makes sense: “If your food is arriving at a regular time of day, you want your metabolic clocks synchronized to when you’re going to eat, (エ) that they can process it as efficiently as possible,” says Johnston.

One thing that varies across the day is the sensitivity of our tissues to the hormone insulin, with people becoming more resistant to its effects at night. Insulin encourages our tissues to take (オ) glucose from the blood, so eating a large meal later in the day could lead to higher levels of circulating glucose. (カ) time, this might increase someone’s risk of developing metabolic syndrome and type 2 diabetes. However, that’s not the same thing as gaining more weight. If you’re eating more calories than your body uses, your tissues will eventually store some of it as fat, regardless (キ) daily variations in insulin sensitivity.

It also seems to be the case that more energy is used to process a meal when it’s eaten in the morning, compared (ク) later in the day, so you burn slightly more calories if you eat earlier. However, it’s still unclear how much of a difference this would make to overall body weight. (ケ) now, the take-home message is that it is probably healthier to breakfast like a king, lunch like a prince and eat dinner like a pauper—but we don’t (コ) entirely understand why.

出典: Linda Geddes, *Chasing the Sun*. London: Profile Books, 2019. Pages 81-82.

- | | | | | |
|--------|--------|------|--------|-------|
| ① for | ② long | ③ of | ④ off | ⑤ on |
| ⑥ over | ⑦ so | ⑧ up | ⑨ with | ⑩ yet |

〔問3〕 次の英文を和訳しなさい。

We may not ever understand why we suffer or be able to control the forces that cause our suffering, but we can have a lot to say about what the suffering does to us, and what sort of people we become because of it. Pain makes some people bitter and envious. It makes others sensitive and compassionate. It is the result, not the cause, of pain that makes some experiences of pain meaningful and others empty and destructive.

出典: Harold S. Kushner, *When Bad Things Happen to Good People*.
London: Pan Books, 2002. Page 74.

[問4] 次の英文を読んで、あとの設問に答えなさい。

Stress is also an emotion, one that we share with other animals and with one another across the life span, although the causes of stress can be quite variable. Chronic stress is especially harmful. Stress is also highly variable—what would stress out one person another takes in stride, and vice versa.

Stress can have a substantial impact on longevity. Consider an experiment with Pacific salmon. After swimming upstream to spawn, and releasing tons of glucocorticoids because of the stress, they die. ⁽¹⁾It's not because they're exhausted, or for some other biologically preprogrammed reason—rather, they experience rapid aging because of the production of those stress hormones. When researchers removed the adrenal glands of the salmon, which release all those glucocorticoids, the salmon didn't die after spawning.

As biologist Robert Sapolsky says,

If you catch salmon right after they spawn ... you find they have huge adrenal glands, peptic ulcers, and kidney lesions, their immune systems have collapsed ... [and they] have stupendously high glucocorticoid concentrations in their bloodstreams.

The bizarre thing is that this sequence ... not only occurs in five species of salmon, but also among a dozen species of Australian marsupial mice.... Pacific salmon and marsupial mice are not close relatives. At least twice in evolutionary history, completely independently, two very different sets of species have come up with ⁽²⁾the identical trick: If you want to degenerate very fast, secrete a ton of glucocorticoids.

Earlier, I mentioned my University of Montreal colleague Sonia Lupien, one of the world experts on the physiology of stress. She writes:

A week ⁽³⁾() () () () () and its deleterious effects on health.... There is a great (ア) in the field of stress research, and it relates to the fact that the popular definition of stress is very different from the scientific definition of stress.

In popular terms, stress is mainly defined as time pressure. We feel stressed when we do not have the time to perform the tasks we want to perform.... In scientific terms, stress is not (イ) to time pressure. If this were true, every individual would feel stressed when pressured by time. However, we all know people who are extremely stressed by time pressure and others who actually seek time pressure to perform adequately (so-called procrastinators). This shows that stress is a highly individual (ウ).

The term *stress* dates back to Old English in 1303 as a variant of *distress* and was

typically used in contexts of coercion or bribery. In modern times, stress was first used by engineers in the 1850s to describe outside forces that could put a (エ) on a structure—heat, cold, and pressure. In the 1930s, endocrinologist Hans Selye revived this use of the term to include physiological reactions to outside forces acting on the body, such as heat, cold, and (オ) that lead to pain. It wasn't until the 1960s that we began to use the word the way we use it today, to mean the psychological tension we feel from anticipating adverse events, and the biological correlates of them.

出典: Daniel J. Levitin, *Successful Aging*. New York: Dutton, 2020. Pages 153-154.

(1) 下線部(1)を和訳しなさい。

(2) 下線部(2)が指す内容を日本語で説明しなさい。

(3) 下線部(3)に入るように語群にある語句を最も適当な順に並べ替えて、意味の通る英文を完成させなさい。

語群: about / hearing or reading / seldom passes / stress / without

(4) 英文の意味が通るように、空所(ア)～(オ)に入る最も適当なものを①～⑤から1つ選び、数字で答えなさい。同じものを2度使うことはない。

① equivalent ② experience ③ injuries ④ paradox ⑤ strain

〔問5〕 次の和文を英訳しなさい。

発作が、来た。

初めて感じる種類の発作だった。

言葉を発したわけではないのに、陽子^{ようこ}は咄嗟^{とっさ}に両手を伸ばして隆之^{たかゆき}を支えた。おそら

く陽子は隆之と歩くとき、常にこういう事態を想定して歩いていたに違いない。

そうでなければ、これほど咄嗟に反応できるものではないからだ。

隆之は今、目の前が歪み^{ゆが}、自分がまっすぐに立っているという自信がなかった。

出典: さだまさし、『解夏^{げげ}』。幻冬舎、2004年9版。64—65頁。

