

# 英語問題紙

令和3年2月25日

自 9:00

至 10:20

## 答案作成上の注意

1. 英語の問題紙は1から9までの9ページである。
2. 解答用紙は①から②までの2枚である。
3. 解答はすべて解答用紙の指定された箇所に書くこと。
4. 問題紙は持ち帰ること。





1 以下の英文を読み、問いに答えなさい。

Dying patients, when you take your time and sit with them, teach you about the stages of dying. When you know that you are going to die soon, you go through the denial and the anger, and the “Why me?” and you question God and reject Him for a while. You bargain with Him, and you go through horrible depressions.

What does hope mean for you when you are dying? When you are told that you have a terminal illness, first you always think, “Oh, it is not true, it must be a mistake.” Then you hope that it’s operable\* or curable. If that’s not true, you then hope that chemotherapy\* or visualization\* or whatever at least will take care of your symptoms and ( A ) you will be functioning and relatively healthy. Then you acknowledge that no matter how much you take in an experimental drug, you just get worse, and then you get well again and worse again. It goes up and down. Is there a point when you give up? No! There isn’t a point where you give up. Whatever happens to you in terms of ups and downs, every experience that every human being in the world has is for a purpose. It will teach you one specific thing that you would <sup>2)</sup> otherwise not learn. And God doesn’t give you any more tests than you need.

When you have passed a test you may do quite well for a while, and then something new will happen. You become blind, or your diarrhea\* starts again, or this or that starts again. All of us find out, you know, what is behind all this. And you fight again if you are a fighter, and if you are somebody who <sup>3)</sup> resigns very quickly, then you resign very quickly, but the trouble is not going to go away.

And if you have another human being who cares, you may be able to reach a stage of acceptance.

But that is not just typical ( B ) dying; really it has nothing to do with dying. We only call it the “stages of dying” for lack of a better word. If you lose a boyfriend or a girlfriend or if you lose your job, or if you are moved from

your home where you have lived for fifty years and you have to go to a nursing home, and even if you only lose a parakeet\* or your contact lenses, you may go through the same stages of dying.

<sup>4)</sup> This is, I think, the meaning of suffering: all the hardships that you face in life, all the tests and tribulations\*, all the nightmares and all the losses, are still viewed as curses by most people, as punishments ( C ) God, as something negative. If you would only know that nothing that comes to you is negative! I mean nothing. All the trials and tribulations and the biggest losses that you ever experience, things that make you say, "If I had known about this, I would never have been able to make it through," are gifts to you.

Every hardship is an opportunity that you are given, an opportunity to grow. To grow is the sole purpose of existence on this planet Earth. You will not grow if you sit in a beautiful flower garden and somebody brings you gorgeous\* food on a silver platter\*. But you will grow if you are sick, if you are in pain, if you experience losses and still don't put your head in the sand,  
<sup>5)</sup> but take the pain and learn to accept it, not as a curse or a punishment, but as a gift to you with a very, very specific purpose.

Elisabeth Kübler-Ross. 1995. *Death is of Vital Importance.*

Station Hill Press. (一部改変)

#### NOTES\*

operable: able to be treated by an operation

chemotherapy: the use of drugs to control and try to cure cancer

visualization: a kind of treatment that uses the power of the imagination to help one relax or relieve symptoms

diarrhea: an illness in which waste from the bowels is watery and frequent

parakeet: a small brightly colored bird sometimes kept as a pet

tribulation: great trouble or suffering

gorgeous: extremely pleasant or beautiful

platter: a large plate that is used for serving food

- 問 1. 下線部 1) について、その内容を具体的に表した 1 文を英語で抜き書きしなさい。
- 問 2. ( A ) ~ ( C ) に最もふさわしい単語を 1 語記入しなさい。
- 問 3. 下線部 2) について、otherwise の内容を本文に即して分かりやすく日本語で説明しなさい。
- 問 4. 下線部 3) について、this の指し示す内容を本文に即して分かりやすく日本語で説明しなさい。
- 問 5. 下線部 4) について、どういう “stages” か本文に即して分かりやすく 60 字程度の日本語で説明しなさい。
- 問 6. 下線部 5) の意味について、文脈から考えて、最もふさわしいものを下記の a ~ c から 1 つ選びなさい。
- a. look down your nose at them
  - b. shut your eyes to the problem
  - c. strongly put your foot down
- 問 7. この文章中で、死に至る病をわずらうことの意味についての著者の主張を、簡潔に 70 字程度の日本語でまとめなさい。



2 以下の英文を読み、問いに答えなさい。

In America, the conventional wisdom of how to live healthily is full of axioms\* that long ago shed\* their origins. Drink eight glasses of water a day. Get eight hours of sleep. Breakfast is the most important meal of the day. Two thousand calories a day is normal. Even people who don't regularly see a doctor are likely to have encountered this information, which forms the basis of a cultural shorthand. Tick these boxes, and you're a healthy person.

In the past decade, as pedometers\* have proliferated in smartphone apps and wearable fitness trackers, another benchmark\* has entered the lexicon\*: Take at least 10,000 steps a day, which is about five miles of walking for most people. As with many other American fitness norms, where this particular number came from has always been a little hazy. But that hasn't stopped it from becoming a default daily goal for some of the most popular activity trackers on the market.

I-Min Lee, a professor of epidemiology\* at the Harvard University T. H. Chan School of Public Health and the lead author of a new study published this week in the *Journal of the American Medical Association*, began looking into the step rule because she was curious about where it came from. "It turns out the original basis for this 10,000-step guideline was really a marketing strategy," she explains. "In 1965, a Japanese company was selling pedometers, and they gave it a name that, in Japanese, means 'the 10,000-step meter.'"

Based on conversations she's had with Japanese researchers, Lee believes that name was chosen for the product because the character for "10,000" looks sort of like a man walking. As far as she knows, the actual health merits of that number have never been validated\* by research.

Scientific or not, this bit of branding ingenuity transmogrified\* into a pearl of wisdom that traveled around the globe over the next half century, and eventually found its way onto the wrists and into the pockets of millions of



Americans. In her research, Lee put it to the test by observing the step totals and mortality rates of more than 16,000 elderly American women. The study's results paint a more nuanced picture of the value of physical activity.

"The basic finding was that at 4,400 steps per day, these women had significantly lower mortality rates compared to the least active women," Lee explains. If they did more, their mortality rates continued to drop, until they reached about 7,500 steps, at which point the rates leveled out. Ultimately, increasing daily physical activity by as little as 2,000 steps — less than a mile of walking — was associated with positive health outcomes for the elderly women.

That nuance can mean a lot to people who want to be less sedentary but aren't sure how to start or whether they can do enough to make a difference, says Lindsay Wilson, a clinical professor of geriatric medicine\* at the University of North Carolina School of Medicine. "I don't think setting the bar\* at 10,000 steps is a very successful way to approach exercise," she says. "Some people are not walkers. They don't have safe neighborhoods, or they feel unsteady on sidewalks. You need to be more creative. Is this a person who needs to go to a gym class or the pool, or sit on a stationary bike?"

If many of the persistent myths of American health, like eating breakfast and getting a certain number of steps, are based on marketing rather than science, why do they stick so well? "A big challenge is that the public and the media want cut-and-dried\*, black-and-white messages and findings, and science just doesn't operate that way," says Virginia Chang, a physician and sociologist at the NYU College of Global Public Health. "The uncertainty in the research doesn't get translated well into the messaging. People just want to know what they should do."

Lee says that thanks to advances in technology that make wearable fitness trackers more affordable and reporting on activity more reliable, her research is just starting to explore a fuller understanding of how physical activity and

overall health are tied. Because her study was observational, it's impossible to assert causality\*: The women could have been healthier because they stepped more, or they could have stepped more because they were already healthier. Either way, Lee says, it's clear that regular, moderate physical activity is a key element of a healthy life, no matter what that looks like on an individual level.

“I'm not saying don't get 10,000 steps. If you can get 10,000 steps, more power to you,” says Lee. “But if you're someone who's sedentary, even a very modest increase brings you significant health benefits.”

Amanda Mull. “What 10,000 steps will really get you.” *The Atlantic*. 31 May 2019. <https://www.theatlantic.com/health/archive/2019/05/10000-steps-rule/590785/> (一部改変)

#### NOTES\*

axiom: 公理  
shed: 次第になくなる  
pedometer: 歩数計  
benchmark: 基準  
lexicon: よく使われる単語, 語彙  
epidemiology: 疫学  
validate: 検証する  
transmogrify: 変容する  
geriatric medicine: 老年医学  
set the bar: 目標を設定する  
cut-and-dried: 既に決まっている  
causality: 因果関係

問 1. 下線部 1) について, “Tick these boxes” の例を 2 つ英語で本文から抜き書きしなさい。

問 2. 下線部 2), 3), 5) の意味として最もふさわしいものを下記の a ~ d から 1 つ選びなさい。

2) proliferated

- a. attempted
- b. contracted
- c. increased
- d. stopped

3) hazy

- a. cloudless
- b. distinct
- c. obvious
- d. unclear

5) sedentary

- a. animated
- b. elderly
- c. hardworking
- d. inactive

問 3. 下線部 4) について, it の内容として最もふさわしいものを下記の a ~ d から 1 つ選びなさい。

- a. 10,000 steps equals about five miles.
- b. Millions of Americans own pedometers.
- c. The 10,000 steps rule was started by a Japanese company.
- d. Walking 10,000 steps has health benefits.

問 4. 以下の問いを読み、30 語以上 45 語以下の英語で答えなさい。

According to the results of a study led by Professor Lee, was it necessary to walk at least 10,000 steps daily in order to see health improvements?

問 5. 以下の問いを読み、30 語以上 45 語以下の英語で答えなさい。

Why does Professor Wilson believe that stepping may not necessarily be the best way to exercise and what does she suggest as other possibilities?

問 6. 以下の問いを読み、30 語以上 45 語以下の英語で答えなさい。

According to the passage, why may it be difficult to make any clear conclusions from Professor Lee's study about possible health improvements resulting from stepping?







