

英 語

注 意

1. 問題は全部で 20 ページである。
2. 解答用紙に氏名・受験番号を忘れずに記入すること。(ただし、マーク・シートにはあらかじめ受験番号がプリントされている。)
3. 解答はすべて解答用紙に記入すること。
4. 問題冊子の余白等は適宜利用してよいが、どのページも切り離してはいけない。
5. 解答用紙は必ず提出のこと。この問題冊子は提出する必要はない。

マーク・シート記入上の注意

1. 解答用紙(その1)はマーク・シートになっている。HBの黒鉛筆またはシャープペンシルを用いて記入すること。
2. 解答用紙にあらかじめプリントされた受験番号を確認すること。
3. 解答する記号・番号の○を塗りつぶしなさい。○で囲んだり×をつけたりしてはいけない。

解答記入例(解答が 1 のとき)

1	<input checked="" type="radio"/>	②	③	④	⑤	⑥	⑦	⑧	⑨	⑩
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4. 一度記入したマークを消す場合は、消しゴムでよく消すこと。×をつけても消したことになる。
5. 解答用紙をよごしたり、折り曲げたりしないこと。

1

次の英文を読み、以下の問いに答えなさい。

The first time I questioned the conventional wisdom on the nature of a healthy diet, I was in my salad days, almost 40 years ago, and the subject was salt. Researchers were claiming that salt supplementation was unnecessary after strenuous exercise, and this advice was being passed on by health reporters. All I knew was that I had played high school football in suburban Maryland, sweating profusely through double sessions in the swamplike 90-degree days of August. Without salt pills, I couldn't make it through a two-hour practice; I couldn't walk across the parking lot afterward without cramping.

While sports nutritionists have since come around to recommend that we should indeed replenish salt when we sweat it out in physical activity, the message that we should avoid salt at all other times remains strong. Salt consumption is said to raise blood pressure, cause hypertension and increase the risk of premature death. This is why the Department of Agriculture's dietary guidelines still consider salt Public Enemy No. 1, coming before fats, sugars and alcohol. It's why the director of the Centers for Disease Control and Prevention has suggested that reducing salt consumption is as critical to long-term health as quitting cigarettes.

And yet, this eat-less-salt argument has been

Notes:

salad days 経験不足
の若い時代

supplementation 摂
取

strenuous 多大な努
力を必要とする

profusely 過度に

swamplike 沼地のよ
うな

cramping 痙攣

nutritionist(s) 栄養
士

replenish ~を補充
する

blood pressure 血圧

hypertension 高血圧

premature 時期尚早
の

dietary 食事の

Public Enemy No. 1

社会最大の敵

Centers for

Disease Control and

surprisingly controversial—and difficult to defend. Not because the food industry opposes it, but because the actual evidence to support it has always been so weak.

When I spent the better part of a year researching the state of the salt science back in 1998—already a quarter century into the eat-less-salt recommendations—journal editors and public health administrators were still remarkably candid in their assessment of how flimsy the evidence was implicating salt as the cause of hypertension.

“You can say without any shadow of a doubt,” as I was told then by Drummond Rennie, an editor for The Journal of the American Medical Association, that the authorities pushing the eat-less-salt message had “made a commitment to salt education that goes way beyond the scientific facts.”

While, back then, the evidence merely failed to demonstrate that salt was harmful, the evidence from studies published over the past two years actually suggests that restricting how much salt we eat can increase our likelihood of dying prematurely. Put simply, the possibility has been raised that if we were to eat as little salt as the U.S.D.A. and the C.D.C. recommend, we’d be harming rather than helping ourselves.

Why have we been told that salt is so deadly? Well, the advice has always sounded reasonable. It has what nutritionists like to call “biological

Prevention 米国疾病
管理センター
controversial 議論の
余地のある

remarkably 著しく
candid 率直な
flimsy もろい
implicate (implicating)
～を巻き込む
shadow of a doubt
疑惑の影
commitment 傾倒

U.S.D.A. (United
States Department of
Agriculture) 米国農
務省
C.D.C. = Centers
for Disease Control
and Prevention

plausibility.” Eat more salt and your body retains water to maintain a stable concentration of sodium in your blood. This is why eating salty food tends to make us thirsty: we drink more; we retain water. The result can be a temporary increase in blood pressure, which will persist until our kidneys eliminate both salt and water.

The scientific question is whether this temporary phenomenon translates to chronic problems: if we eat too much salt for years, does it raise our blood pressure, cause hypertension, then strokes, and then kill us prematurely? It makes sense, but it’s only a hypothesis. The reason scientists do experiments is to find out if hypotheses are true.

In 1972, when the National Institutes of Health introduced the National High Blood Pressure Education Program to help prevent hypertension, no meaningful experiments had yet been done. The best evidence on the connection between salt and hypertension came from two pieces of research. One was the observation that populations that ate little salt had virtually no hypertension. But those populations didn’t eat a lot of things — sugar, for instance — and any one of those could have been the causal factor. The second was a strain of “salt-sensitive” rats that reliably developed hypertension on a high-salt diet. The catch was that “high salt” to these rats was 60 times more than what the average American consumes.

plausibility 可能性
retain 保持する
sodium ナトリウム

kidney(s) 腎臓

chronic 慢性の

stroke(s) 脳卒中

National Institutes of Health 米国国立衛生研究所

causal 原因となる
strain 血統
catch 問題点

Still, the program was founded to help prevent hypertension, and prevention programs require preventive measures to recommend. Eating less salt seemed to be the only available option at the time, short of losing weight. Although researchers quietly acknowledged that the data were “inconclusive and contradictory” or “inconsistent and contradictory” — two quotes from the cardiologist Jeremiah Stamler, a leading proponent of the eat-less-salt campaign, in 1967 and 1981 — publicly, the link between salt and blood pressure was upgraded from hypothesis to fact.

cardiologist 心臓病
の専門医
proponent 提案者

In the years since, the N.I.H. has spent enormous sums of money on studies to test the hypothesis, and those studies have singularly failed to make the evidence any more conclusive. Instead, the organizations advocating salt restriction today — the U.S.D.A., the Institute of Medicine, the C.D.C. and the N.I.H. — all essentially rely on the results from a 30-day trial of salt, the 2001 DASH-Sodium study. It suggested that eating significantly less salt would modestly lower blood pressure; it said nothing about whether this would reduce hypertension, prevent heart disease or lengthen life.

N.I.H. = National
Institutes of Health
singularly 奇妙に

While influential, that trial was just one of many. When researchers have looked at all the relevant trials and tried to make sense of them, they've continued to support Dr. Stamler's “inconsistent and contradictory” assessment. Last year, two such

“meta-analyses” were published by the Cochrane Collaboration, an international nonprofit organization founded to conduct unbiased reviews of medical evidence. The first of the two reviews concluded that cutting back “the amount of salt eaten reduces blood pressure, but there is insufficient evidence to confirm the predicted reductions in people dying prematurely or suffering cardiovascular disease.” The second concluded that “we do not know if low salt diets improve or worsen health outcomes.”

The idea that eating less salt can worsen health outcomes may sound bizarre, but it also has biological plausibility and is celebrating its 40th anniversary this year, too. A 1972 paper in The New England Journal of Medicine reported that the less salt people ate, the higher their levels of a substance secreted by the kidneys, called renin, which set off a physiological cascade of events that seemed to end with an increased risk of heart disease. In this scenario: eat less salt, secrete more renin, get heart disease, die prematurely.

With nearly everyone focused on the supposed
^Bbenefits of salt restriction, little research was done to
look at the potential dangers. But four years ago, Italian researchers began publishing the results from a series of clinical trials, all of which reported that, among patients with heart failure, reducing salt consumption increased the risk of death.

Those trials have been followed by a slew of

meta- より高度な

unbiased 偏見のない

cardiovascular 心臓
血管の

bizarre 突飛な, 奇
妙な

secrete(d) (器官な
どが)~を分泌する

renin 凝乳酵素

physiological 生理学
上の

(a) cascade of ~たく
さんの

clinical trial 臨床実
験

a slew of たくさんの

studies suggesting that reducing sodium to anything like what government policy refers to as a “safe upper limit” is likely to do more harm than good. These covered some 100,000 people in more than 30 countries and showed that salt consumption is remarkably stable among populations over time. In the United States, for instance, it has remained constant for the last 50 years, despite 40 years of the eat-less-salt message. The average salt intake in these populations — what could be called the normal salt intake — was one and a half teaspoons a day, almost 50 percent above what federal agencies consider a safe upper limit for healthy Americans under 50, and more than double what the policy advises for those who aren’t so young or healthy. This consistency, between populations and over time, suggests that how much salt we eat is determined by physiological demands, not diet choices.

intake 摂取

federal 米国国家の

One could still argue that all these people should reduce their salt intake to prevent hypertension, except for the fact that four of these studies — involving Type 1 diabetics, Type 2 diabetics, healthy Europeans and patients with chronic heart failure — reported that the people eating salt at the lower limit of normal were more likely to have heart disease than those eating smack in the middle of the normal range. Effectively what the 1972 paper would have predicted.

diabetic(s) 糖尿病患者

smack in the middle of
～のちょうど真ん中

〔1〕 下線部A, Bを日本語にしなさい。(解答用紙その2)

〔2〕 1～15の質問に対して英文の内容から判断し, 最も適切だと思われるものをひとつ選び, その番号をマークしなさい。(解答用紙その1)

1. Sports nutritionists now think that

- (1) we shouldn't replace salt lost during exercise.
- (2) we need to replace salt lost during exercise.
- (3) we need salt at all times, but not after exercise.
- (4) salt is retained in the body despite our sweating during exercise.

2. The argument to eat less salt

- (1) is not controversial at all.
- (2) has been proven to be true time and time again.
- (3) has little evidence to support it.
- (4) has strong evidence to support it.

3. Drummond Rennie, editor for The Journal of the American Medical Association, strongly suggests that the

- (1) authorities' accusations against salt have not been proven.
- (2) eat-less-salt message is completely accurate.
- (3) authorities are committed to salt education in a scientific manner.
- (4) eat-less-salt message is appropriate given the evidence that salt is the cause of hypertension.

4. Evidence from studies published over the past two years
 - (1) indicates that salt harms rather than helps us.
 - (2) supports past findings that salt is harmful.
 - (3) supports the U.S.D.A and the C.D.C. recommendations.
 - (4) contradicts past research that supports the eat-less-salt message.

5. When a person consumes salt, his or her body
 - (1) releases water to maintain a stable concentration of sodium.
 - (2) keeps water in to maintain a stable concentration of sodium.
 - (3) tends to lower blood pressure to maintain a stable concentration of sodium.
 - (4) tends to increase blood pressure so as to maintain more water in the body.

6. Which of the following statements is NOT true?
 - (1) Eating salt does not lead to an increase in blood pressure.
 - (2) An increase in blood pressure due to salt consumption can be temporary.
 - (3) The kidneys are responsible for eliminating salt and water from our bodies.
 - (4) Eating salty foods tends to make people thirsty.

7. It _____ that eating salt leads to long-term health problems.
 - (1) has been proven
 - (2) has not been proven
 - (3) is scientifically correct to think
 - (4) is a fact

8. The National High Blood Pressure Education Program was created to
- (1) reduce the amount of sugar recommended.
 - (2) encourage high-salt diets.
 - (3) help prevent hypertension.
 - (4) protect "salt-sensitive" rats.
9. The "Dash-Sodium" study of 2001 suggested that eating significantly less salt would
- (1) lower blood pressure and reduce hypertension.
 - (2) lower blood pressure and prevent heart disease.
 - (3) lower blood pressure and lengthen life.
 - (4) lower blood pressure.
10. A paper published in 1972 in The New England Journal of Medicine
- (1) confirms the N.I.H. position stated in the same year.
 - (2) seems to indicate that eating less salt has no effect on our health.
 - (3) does not support the N.I.H. position of the same year.
 - (4) theorizes that the amount of renin in our bodies increases with an increase in salt eaten.
11. Since an Italian study was published four years ago, many other studies have also suggested that reducing salt to levels recommended by governments _____ our health.
- (1) could be beneficial for
 - (2) would be good for
 - (3) would have no effect on
 - (4) could be harmful to

12. Since the eat-less-salt message was announced 40 years ago,
- (1) salt consumption in 30 countries has decreased.
 - (2) salt consumption in the U.S. has not changed.
 - (3) salt consumption in 30 countries has increased greatly.
 - (4) salt consumption in the U.S. has gone down, as was expected.
13. Americans under 50 consume almost _____ the amount of salt that is recommended for their age group by government agencies.
- (1) half
 - (2) 100%
 - (3) triple
 - (4) 1.5 times
14. At the end of the article, the author introduces four studies that support
- (1) the findings of a paper published in 1972 in The New England Journal of Medicine.
 - (2) the message of the N.I.H. program from 1972.
 - (3) the hypothesis that eating less salt is better than eating too much salt.
 - (4) the idea of reducing our consumption of salt.
15. The author most likely wants readers to understand that
- (1) salt is a leading killer and is as bad for people as fats, sugars, and alcohol.
 - (2) salt should be limited in people's diets, following government guidelines.
 - (3) salt is not as bad for people as we have been told for many years.
 - (4) salt in unlimited quantities is not harmful.

2

以下のそれぞれの定義に従って、最初と最後の文字が与えられた最も適切な単語を書きなさい。ただし、1下線に1文字が入る。(解答用紙その2)

(解答例)

someone who is trained in science, especially someone whose job is to do scientific research

⇒(s _____ t)

正解(scientist)

1. a change in the form, position, condition, or amount of something

⇒(v _____ n)

2. to cause (two or more things) to be together or to work together

⇒(c _____ e)

3. to find (a number, answer, etc.) by using mathematical processes

⇒(c _____ e)

4. a special quality that makes a person, thing, or group different from others

⇒(c _____ c)

5. a thought, plan, or suggestion about what to do

⇒(i _____ a)

6. an official written document that gives proof of something

⇒(r _____ d)

7. an effort to achieve or complete a difficult task or complete something difficult

⇒(a _____ t)

8. chairs, tables, beds, etc., that are used to make a room ready for use

⇒(f _____ e)

9. a formal act or event that is a part of a social or religious occasion

⇒(c _____ y)

10. to move or copy (a file, program, etc.) from a usually larger computer system to another computer or device

⇒(d _____ d)

3 下線部に最も適切だと思われるものをひとつ選び、その番号をマークしなさい。(解答用紙その1)

16. We watch movies from time to _____.

- (1) sometimes
- (2) time
- (3) now
- (4) then

17. If I _____ last night, I would not have passed the test.

- (1) had studied
- (2) haven't studied
- (3) have studied
- (4) hadn't studied

18. _____ recovered from his injury, the tennis player raised his ranking.

- (1) Having
- (2) Being
- (3) Becoming
- (4) Letting

19. You should not have made _____ careless mistakes.

- (1) so much
- (2) many such
- (3) so many
- (4) such more

20. Some customers complain that it _____ too long for them to get their food.

- (1) costs
- (2) spends
- (3) takes
- (4) spares

21. _____ present at the concert were surprised by our

- (1) This
- (2) That
- (3) These
- (4) Those

22. I could not help but _____ at the joke.

- (1) laugh
- (2) to laugh
- (3) laughing
- (4) laughed

23. It was _____ we found the antique silver spoons.

- (1) what in Paris
- (2) in Paris that
- (3) in Paris which
- (4) Paris in where

24. If you wear a suit and necktie, you'll look a lot more _____.

- (1) reliable
- (2) relying
- (3) reliance
- (4) relied

25. I worked all day long. It was a very _____ day today.

- (1) tired
- (2) tiring
- (3) tireless
- (4) tire

26. I _____ a headache since this morning.

- (1) have had
- (2) had
- (3) have been having
- (4) have

27. This is the new concert hall _____ has attracted a lot of attention.

- (1) whose
- (2) where
- (3) which
- (4) what

28. _____ we go on a hike tomorrow depends on the weather.

- (1) If
- (2) Why
- (3) Unless
- (4) Whether

29. The organization _____ a leading research center for the past 10 years.

- (1) was
- (2) has been
- (3) will be
- (4) would be

30. Even though we love Shakespeare, we have never visited the town where he _____.

- (1) was born
- (2) have born
- (3) had born
- (4) born

31. The business magazine keeps us very well _____.

- (1) informative
- (2) informal
- (3) informational
- (4) informed

32. The students made six spelling mistakes in _____ many lines.

- (1) for
- (2) with
- (3) of
- (4) as

33. _____ to this email is an important document.

- (1) Attach
- (2) Attaches
- (3) Attached
- (4) Attaching

34. Try as _____, you can't beat the computer at chess.

- (1) will you
- (2) you will
- (3) have you been
- (4) would you

35. Little _____ that today was my friend's birthday.

- (1) did I know
- (2) I did know
- (3) I knew
- (4) I know

4

次の会話文を読んで、以下の問いに答えなさい。

Frank: Hey, Tommy. What's the matter? You look completely stressed out.

Tommy: Really? Do I look that bad? Well, it's been a really rough week at school.

Frank: What's going on?

Tommy: Well, I've got to (36) with an idea for my presentation class.

Frank: Can't you (37) it tomorrow? Let's have some fun tonight.

Tommy: But . . . I have to give my presentation next week.

Frank: Oh, (38), Tommy.

Tommy: What do you mean? You know that I'm a serious student.

Frank: Yeah, and you've been so busy lately that we haven't been able to (39) at all.

Tommy: Okay then. Help me with an idea for my presentation. I've got to talk for five minutes.

Frank: Can the topic be on anything?

Tommy: Not just anything. It has to be related to university life . . . from a student's point of view.

Frank: You mean, any topic that's connected to your life as a university student? That's (40). What do you spend your time thinking about these days?

Tommy: That's easy. I think about how stressful my presentation class is.

[1] 下の選択肢1～0の中から、上の空欄36～40に最も適切だと思われるものをひとつ選び、その番号をマークしなさい。(解答用紙その1)

- | | |
|--------------------|----------------------|
| 1. a piece of cake | 6. come up |
| 2. look up | 7. no matter |
| 3. deal with | 8. take advantage of |
| 4. in order to | 9. come on |
| 5. hang out | 0. up to |

[2] 次の文で、会話文の内容と一致するものは1を、一致しないものは2をマークしなさい。(解答用紙その1)

41. Frank would like to spend some more time with Tommy.
42. Frank is concerned about Tommy.
43. Frank and Tommy are in the same presentation class.
44. Tommy considers himself to be a lazy student.
45. Frank believes that finding a presentation topic should be easy.

5

次の日本語の文を表す英文を、与えられた語句を用いて完成させた場合、2番目と4番目になる語句を番号で答えなさい。(解答用紙その1)

46. シートベルトをすると乗客がバスから放り出されることを防ぐ。

Wearing seat belts
2番目 4番目

- ① keeps ② from ③ thrown out ④ passengers ⑤ being
 ⑥ of a bus

- 1) ①-⑥ 2) ①-④ 3) ④-⑤ 4) ④-③

47. 森に囲まれ隔絶された環境に滞在したい。

We'd like
2番目 4番目

- ① by woods ② in ③ an isolated environment ④ surrounded
 ⑤ stay ⑥ to

- 1) ⑤-③ 2) ④-① 3) ⑥-① 4) ①-⑤

48. 最近、日本の漫画は、それが売られる国の言語に翻訳されている。

Recently, Japanese comics are

2番目 4番目

- ① where ② into ③ they ④ the language of the country
 ⑤ are going to be sold ⑥ being translated

- 1) ④-③ 2) ②-① 3) ③-④ 4) ①-⑥

49. 自分を実際よりも知的であるように見せる言葉を口にする人もいる。

There are some people who like to
 more intelligent than they really are.
2番目 4番目

- ① appear ② to ③ themselves ④ make ⑤ things ⑥ say

- 1) ③-② 2) ③-④ 3) ⑤-② 4) ⑤-④

