

I 次の文章を読んで、問1～4に答えなさい。(配点35点)

Prehistoric humans spent only 40 percent of their waking hours on the necessities of life, such as food and shelter, according to anthropologists*. That left 60 percent for “leisure” pursuits — napping, storytelling, painting pictograms* on cave walls, and so on. Despite the increase of “labor-saving” devices ranging from microwave ovens to drip-irrigation systems*, modern humans seem to have less leisure time than their long-lost ancestors.⁽¹⁾ Visions of a twenty-hour work week, a noble idea proposed by philosopher Bertrand Russell in the 1930s, have never come to pass. In fact, as the global and domestic economy declines, many people find themselves working fifty to sixty hours a week just to get by.⁽²⁾

In this culture, our sense of identity and even self-worth is measured largely by the work that we do, rather than by what we do with our spare time. In fact, the very adjective “spare” suggests that any time left over from work is of lesser importance. Paradoxically, however, what we do in our spare time more often⁽³⁾ defines our personalities than what we do nine to five. Certainly for some people, their professional career is identical with personal satisfaction, but for many, work is the way to pay the bills, while leisure is an opportunity to pursue activities that truly nurture them. Juliet Schor, in her essay “Exiting the Squirrel Cage,” takes this argument a step further. Drawing a distinction between “unpaid work” and “true⁽⁴⁾ leisure,” she argues that much of what we do in our “non-working” hours, routine activities such as house cleaning and trimming our toenails, is actually work. Therefore, when we add this unpaid work time to forty-odd hours per week on the job, we’re left with almost no “true leisure” time. Yet ironically, it is this tiny fraction of “true leisure” time that plays what some would argue the most important role in defining us as unique individuals.

With so little “true leisure,” the pressure to have fun and fill that time with satisfying activities becomes greater. Our weekends should be filled with great parties, hot dates, productive creativity, and meaningful spiritual activity, or we feel

as though we've failed in some way. Although we look forward to the parts of our lives away from work, the pressure to occupy free time with stimulating activity can actually become as oppressive as work itself. A sociologist calls this sense of the burden of leisure ⁽⁵⁾ “the lifestyle trap.” When the stress of work flows over into non-working hours, then leisure becomes restless, action-packed and anything but relaxing.

注 anthropologists 人類学者; pictograms 絵文字;
drip-irrigation systems 農業などで使われる細流灌漑^{かんがい}システム

問 1 下線部(1)と(2)の語句とほぼ同じ意味を表す語句を、本文中からそれぞれ抜き出して書きなさい。

問 2 下線部(3)を日本語に訳しなさい。

問 3 本文中で下線部(4)の具体例としてあげられているものを二つ、日本語で書きなさい。

問 4 下線部(5)が意味する内容を 35 字以内の日本語で書きなさい。

Ⅱ 次の文章を読んで、問 1～4 に答えなさい。(配点 40 点)

Almost all of us have to go through exams if we want to succeed in our choice of lifestyle. Whether it's school exams, learning to play an instrument or drive a car, or an important part of the way up through higher education, there is probably some form of examination used as a measure of your ability. Everyone has to do it, but some of us seem better able to cope (A) the anxieties involved.

"Stress" is not strictly a medical term, but we know what someone complaining
(1) of feeling "stressed" means. Generally people with stress are feeling anxious (B) some aspect of their lives which they are having difficulty controlling or confronting. They may have noticeable specific symptoms, or they may feel generally unwell and unable to relax.

The symptoms of anxiety include palpitations*, sweating, irritability, tiredness, loss of appetite, dizziness, unusual emotional feelings, and sleep difficulties. Some people subconsciously suppress the emotional side, but then may end (C) with physical symptoms they haven't had before such as migraine*, asthma*, indigestion or irritable bowel syndrome*, all of which are known to have a strong link to stress and anxiety.

On the positive side we should, however, realize that a small amount of stress is a vitally important part of life. As an animal it is part of our warning system, making us alert to danger and ready to run from what, in a general sense, we see as threatening situations. In the exam situation, you need a small amount of adrenaline pumping (D) you to keep you alert. The only consolation with exam stress is that it usually has a well-defined time-scale and endpoint, and the goal may be worth the difficulties in getting there.

There are a number of ways in which you can control your stress levels.

1. Control your studying. It is not good to go mad and lock yourself in with your books 24 hours a day. Plan periods of work — 2-3 hours is the maximum amount of time to study before you are no longer really absorbing what you read — divided by periods of relaxation. At some point in the day, treat yourself by doing

something you enjoy. Tell yourself that you are working hard the rest of the time, and you deserve it.⁽²⁾

2. Good sleep is vital. You may have difficulty with sleeping as part of the symptoms of exam stress, but set a definite time to go to bed and stick to it. A period of gentle music, a light snack or milk and a warm bath will help you relax before going to bed.

3. Keeping busy. An old-fashioned idea, but “keeping busy” when you are not studying is an appropriate phrase. It does keep your mind thinking about other things apart (E) the worries around you. Sport and other activities such as dancing, art and cooking can give you all-round confidence (F) yourself, as well as making you deal with your anxieties. So take regular breaks out of your studies to relax in this way. Physical activity earlier in the day will also help you sleep at night.

4. Be nice to yourself. Self-affirmation does wonders! You may feel silly but tell yourself that you are great, you can do it.

5. Failure is not the end. Try to remember that although you want to do well, failing an exam is not the end of your chances. Many of the world’s most successful men and women have gone through life failing at exams. And if it really matters to you, remember that you can always try again.

注 palpitations ^{どうき} 動悸； migraine 偏頭痛； asthma ぜんそく；
irritable bowel syndrome 過敏性腸症候群

問 1 次の文章のうち、本文の内容に合致するものには○、合致しないものには×を解答欄に記入しなさい。

- (1) The writer believes that relaxation is important, and so he advises that you have a glass of milk just before taking an examination.
- (2) The writer recommends not repeating to your friends that you are great, you can do it, because you may be considered as a silly person.
- (3) The writer says that failing an exam is not the end of everything, since you can always sit for an exam again.

問 2 空所(A)～(F)の中に入るもっとも適切な語を下から選び、記号で答えなさい。

- | | | |
|-------------|----------|----------|
| (ア) about | (イ) from | (ウ) in |
| (エ) through | (オ) up | (カ) with |

問 3 下線部(1)を日本語に訳しなさい。

問 4 下線部(2)を、it の指す内容を明確にしながら日本語に訳しなさい。

Ⅲ 次の文章を読んで、問1と問2に答えなさい。(配点25点)

“We’d better have a meeting of the Secret Seven,” said Peter to Janet. “We haven’t had one for ages.”

“(A)” said Janet, shutting her book with a bang. “It isn’t that we’ve forgotten about the Society, Peter — it’s just that we’ve had such a lot of exciting things to do in the Christmas holidays we simply haven’t had time to call a meeting.”

“But we must,” said Peter. “It’s no good having a Secret Society unless we use it. We’d better send out messages to the others.”

“(B)” groaned Janet. “You’re quicker at writing than I am, Peter — you write three and I’ll write two.”

“Woof!” said Scamper, the golden spaniel.

“Yes, I know you’d love to write one, too, if you could,” said Janet, patting the silky golden head. “You can carry one in your mouth to deliver. That can be *your* job, Scamper.”⁽¹⁾

“(C)” said Peter, pulling a piece of paper towards him and chewing the end of his pen as he tried to think of words.

“Well — we’d better tell them to come here, I think,” said Janet. “We could use the old shed at the bottom of the garden for a meeting place, couldn’t we? Mother lets us play there in the winter because it’s next to the boiler that heats the greenhouse, and it’s quite warm.”

“Right,” said Peter, and he began to write. “I’ll do this message first, Janet, and you can copy it. Let’s see — we want one for Pam, one for Colin, one for Jack, one for Barbara — (D) I’ve forgotten.”

“George, of course,” said Janet. “Pam, Colin, Jack, Barbara, George, you and me — that’s the seven — the Secret Seven. It sounds nice, doesn’t it?”

The Seven Society was one that Peter and Janet had invented. They thought it was great fun to have a little band of boys and girls who knew the password, and who wore the badge — a button with SS on.

“(E)” said Peter, passing his sheet of paper to Janet. “You can copy that.”

“(2) It doesn't have to be my *best* writing, does it?” said Janet. “I'm so slow if I have to do my best writing.”

“Well — (F)” said Peter. “It hasn't got to go by post.”

Janet read what Peter had written: “IMPORTANT. A meeting of the Secret Seven will be held tomorrow morning in the shed at the bottom of our garden at 10 o'clock. Please give PASSWORD.”

“Oh, I say — (G)” said Janet in alarm. “It's so long since we had a meeting that I've forgotten.”

“Well, it's a good thing for you that you've got me to remind you,” said Peter. “Our latest password is Wenceslas, because we wanted a Christmassy one. Fancy you forgetting that!”

“Oh, yes, of course. Good King Wenceslas,” said Janet. “Oh, dear — now I've gone and made a mistake in this note already. I really mustn't talk while I'm doing it.”

There was a silence as the two of them wrote their notes.

問 1 空所(A)～(G)に入るもっとも適切な文を下から選び、記号で答えなさい。ただし、大文字にすべき箇所もすべて小文字で表記してある。

- (ア) five notes to write,
- (イ) oh, yes, let's!
- (ウ) so long as it's readable,
- (エ) there you are,
- (オ) what shall we say?
- (カ) what *was* the last password we had?
- (キ) who's the seventh of us?

問 2 下線部(1)と(2)を日本語に訳しなさい。

Ⅳ 太郎は留学生の Betty とコンサートに行くために待ち合わせをしていますが、Betty はなかなかやって来ません。そこで太郎は Betty に電話をかけました。次の内容を伝える文章を英語で書きなさい。(配点 25 点)

- (1) 太郎：約束の時間から 30 分以上たっていること、間違っ
て別のホールに行っ
たのかと思っていた
ということを述べる。
すぐに来られるか
どうか確かめる。
- (2) Betty：待ち合わせの時間を間違えていたことを謝罪する。これからすぐに出るので、もう少し待っていてほしいということを述べる。