

平成 27 年度入学者選抜学力検査問題(前期日程)

外 国 語

英 語 I・英 語 II  
リーディング・ライティング

(注 意)

1. 問題冊子は指示があるまで開かないこと。
2. 問題冊子は 8 ページ，解答用紙は 2 枚である。  
指示があってから確認すること。
3. 解答はすべて解答用紙の指定のところに記入すること。
4. 解答用紙は持ち帰ってはならないが，問題冊子は必ず持ち帰ること。

[ I ] 次の英文を読んで以下の設問に答えよ。

Television is a powerful form of media which has transformed our politics, religion, education and commerce into shallow forms of entertainment. A simple historical comparison can demonstrate how far American society has moved from the 19th Century "Age of Discourse\*" to our modern "Age of Show Business."

Over 150 years ago, a famous series of political debates was held in the United States between two American politicians — Abraham Lincoln and Stephen Douglas. The first of these seven debates took place on August 21, 1858 in Illinois\*. The arrangements for the debate provided that Douglas would speak first for one hour. Lincoln would then take an hour and a half to reply. After that, Douglas would talk for a further half hour to reply to Lincoln's argument. This debate was considerably shorter than those to which the two men were accustomed. In fact, they had debated several times before, and all of their encounters had been much longer. For example, on October 16, 1854, Douglas delivered a three-hour address to which Lincoln, by agreement, was to respond. When Lincoln's turn came, he reminded the audience that it was already 5:00<sup>(1)</sup> p.m., that he would probably require as much time as Douglas and that Douglas was still scheduled for a reply. He proposed, therefore, that the audience go home, have dinner, and return refreshed for four more hours of talk. The audience kindly agreed, and matters proceeded as Lincoln had outlined.

What kind of audience was this?<sup>(2)</sup> Who were these people who could so cheerfully submit themselves to seven hours of debate? It should be noted, by the way, that Lincoln and Douglas were not presidential candidates; at the time of their encounter, they were not even candidates for the United States Senate. For one thing, the power of attention of the audience would have been extraordinary by current standards. Is there any audience of Americans today who could endure seven hours of talk? Or five? Or three? Especially without pictures of any kind? Second, the audience must have had an extraordinary

capacity to understand long and complex sentences. In the Illinois debate, Douglas included three long, legally phrased resolutions while Lincoln's sentence structure was complicated and subtle. It is hard to imagine modern politicians being capable of constructing similar speeches in the age of television. Even if they could, they would surely do so at the risk of burdening the ability to understand of their modern audiences.

The Lincoln-Douglas audience also had a considerable understanding of the issues being debated, including knowledge of historical events and complex political matters. In Illinois, for example, Douglas put seven questions to Lincoln, all of which would have made no sense if the audience had not been familiar with the key issues of the day.<sup>(3)</sup> American country or state festivals of that time featured many such speakers, most of whom were provided with three hours for their arguments. Since it was preferred that speakers not go unanswered, their opponents were given an equal length of time. Although these audiences were respectful, they were not quiet or unemotional. Throughout the Lincoln-Douglas debates, people shouted encouragement to the speakers or voiced expressions of criticism. Applause was frequent, usually reserved for a humorous joke, an elegant phrase or a convincing point.

To understand how the demands of the television age have affected politics and public discourse, let's fast forward to the 20th Century and the 1984 U.S. presidential elections. As part of their campaigning, the two candidates — Ronald Reagan and Walter Mondale — confronted each other on television in what were called "debates." These were not in the least like the Lincoln-Douglas debates. Each candidate was given five minutes to address such questions as, "What would be your policy in Central America?" His opponent was then given one minute for a reply. In such circumstances, complexity, evidence and logic can play no role. The men were less concerned with giving arguments than with "giving off" impressions, which is what television does best. Comments after the TV debate largely avoided any assessment of the candidates' ideas, since there were almost none to assess. Instead, the debates were conceived as boxing

matches, the most important question being, Who defeated whom? The winner was determined by the “style” of the men — how they looked, fixed their gaze, smiled, and delivered their jokes. In one of the debates, President Reagan got off a funny comment when asked a question about his age. The following day, several newspapers indicated that Reagan had knocked out Mondale with his joke. Thus, the leader of a country is chosen by the people in the Age of Television.

出典：Neil Postman, *Amusing Ourselves to Death: Public Discourse in the Age of Show Business* (Penguin Books, 1985)に基づく。

\*discourse 演説, 対話

\*Illinois イリノイ(米国中西部の州)

問 1 下線部(1)を和訳せよ。

問 2 下線部(2)の質問の答えとなる audience の特徴の中で、三つの主要なものを簡潔に日本語で述べよ。

問 3 下線部(3)を和訳せよ。

問 4 次の 1～7のうち、本文の内容と合致するものを二つ選び、記号で答えよ。

1. リンカーンとダグラスは、1858年に有名な大統領選を戦った。
2. リンカーンとダグラスの1858年の討論は、彼らにとっては短いものだった。
3. 1858年の討論会では、反論の時間が確保されているわけではなかった。
4. リンカーンとダグラスの聴衆は、物静かに聞いているだけではなかった。
5. テレビ討論者の中には、自分の与える印象を気かけない人もいた。
6. テレビ討論の後では、演説者の考えの是非について報道される。
7. 現代の討論の内容は、19世紀の討論より複雑化している。

〔Ⅱ〕 次の英文を読んで以下の設問に答えよ。

Mindfulness Based Stress Reduction (MBSR)\* is an exciting new approach to health which is sweeping the country. There are now nearly 1,000 trained MBSR instructors teaching in the United States and in other countries around the world. MBSR was developed in 1979 by Jon Kabat-Zinn. Kabat-Zinn, now 69, was studying biology at MIT\* in the early 1970s when he attended a lecture about meditation\* given by a Zen Buddhist monk\*. “It was very moving. I started meditating that day,” he says. “And the more I meditated, the more I felt like there was something missing regarding how we live as human beings.”<sup>(1)</sup>

By 1979, Kabat-Zinn had earned his Ph.D. and was teaching at the University of Massachusetts. On a meditation course that year, he was inspired with a new idea. What if he could use Buddhism-based meditation to help patients cope with medical conditions like constant pain?<sup>(2)</sup> Even if he couldn't cure their symptoms, Kabat-Zinn thought that mindfulness training might help patients focus their attention so they could reduce their suffering. With three other doctors, Kabat-Zinn opened a stress-reduction clinic based on meditation and mindfulness. Almost immediately, some of the clinic's patients reported that their pain levels had decreased. For others, the pain remained the same, but the mindfulness training helped them handle the stress of living with illness.

In the years since, scientists have been able to prove that meditation and mindfulness training can lower blood pressure and increase immune\* response. Scientific research is also showing that meditation can have an impact on the structure of the brain itself. A paper published by the National Academy of Sciences in 2004 reported that Buddhist monks who had achieved at least 10,000 hours of meditation showed higher states of consciousness. Of course, most people will never meditate at the level of a monk. But scientists have shown that even far less experienced meditators may develop more capacity for working memory and have decreases in mind-wandering.

Meditation training provides benefits not only for patients, but also for business leaders and company employees living very stressful lives. Stuart Silverman, a consultant with financial advisors, receives hundreds of e-mails and phone calls every day. To cope with this kind of stress, he and his clients attended a mindfulness program. The group left their smartphones behind and spent four days at a resort in New York, meditating, sitting in silence and practicing yoga. “For just about everybody there, it was a life-changing experience,” says Silverman.

The New York program was designed by Janice Marturano, who leads an organization called the Institute for Mindful Leadership. She says most leaders she encounters feel exhausted by long work hours and near constant Internet connection. For these people, there seems to be no time to focus on what’s important or to plan ahead. Researchers have found that multitasking — doing several things at once — leads to lower overall productivity. Students and workers who constantly switch between tasks have less ability to ignore unimportant information and make more mistakes as a result. And many corporate workers today find it impossible to take breaks. According to a recent survey, more than half of employed American adults check work messages on the weekends and 4 in 10 do so while on vacation. It’s hard to relax in your free time when your boss or employees know that you’re just a smartphone away. “The technology has gone beyond what we are capable of handling,” says Marturano.

It might seem to be a paradox, then, that Silicon Valley\* has become a center of mindfulness classes and conferences. <sup>(3)</sup> Wisdom 2.0, an annual mindfulness conference for technology leaders, started there in 2009 with 325 people. Organizers expect more than 2,000 at this year’s event.

Google has its own mindfulness program called Search Inside Yourself. This seven-week course is offered four times a year on the company’s California campus. Through the course, Google staff members learn meditation techniques

which help them free up mental space for creative new ideas. Steve Jobs, the co-founder of Apple, said that his meditation practice was directly responsible for his ability to concentrate.

It may seem that modern technology — cell phones, computers and tablets — is the cause of the problem. However, technology is being used for solutions, too. There are now hundreds of meditation software programs available from iTunes, including several offered by Headspace, a company run by Andy Puddicombe. “There’s nothing bad about the smartphone if we have the awareness of how to use it in the right way,” says Puddicombe.

出典： *Time* (February 3, 2014) に基づく。

\*Mindfulness Based Stress Reduction (MBSR) マインドフルネス(気づき)ストレス低減法

\*MIT: Massachusetts Institute of Technology マサチューセッツ工科大学

\*meditation 瞑想

\*Zen Buddhist monk 禅宗の仏教僧(禅僧)

\*immune 免疫の

\*Silicon Valley シリコン・バレー(米国サンフランシスコ市南東のハイテク産業の中心地の通称。)

問 1 下線部(1)を和訳せよ。

問 2 下線部(2)を和訳せよ。

問 3 下線部(3)について、何が paradox なのかを簡潔に日本語で説明せよ。

問 4 次の 1～7のうち、本文の内容と合致するものを二つ選び、記号で答えよ。

1. MSBR was established in 1979 by a Buddhist monk named Jon Kabat-Zinn.
2. Some of the medical patients at Kabat-Zinn's stress-reduction clinic reported that their pain had decreased while others reported that their pain had increased.
3. By meditating, people are able to improve their memory skills and power of concentration.
4. In order to cope with his stress as a financial consultant, Stuart Silverman made hundreds of e-mails and phone calls to his colleagues.
5. More than half of Americans check their work e-mail while on vacation.
6. Trying to do several tasks at the same time leads to a drop in productivity.
7. We have to be careful about using electronic appliances such as smartphones since they only serve to increase stress.



〔Ⅲ〕 下線部を英訳せよ。

1. 禅生活は、知性でとらえることのできないある不可思議なものを悟ることを、われわれに指示する。…禅生活は、これまでずっと心の中に存して、しかも認識することのできなかつた「些事\*」を悟らせることになるのだ。けれども、この「些事」こそ、諸君の全生涯に影響をあたえるとき、それが「大事」となるのである。

出典：鈴木大拙『禅による生活』（春秋社，1975）

\*些事 ささいなこと

2. 一度きりの人生をいかに生きるか。これこそ、おおよそ万人にとって最も根源的な問いではなかろうか。もちろん夢を追うことだけが生き方ではない。利他的な生き方もあれば、国や社会や世界に身を捧げる生き方もある。愛する家族のために尽くすのだって素晴らしい生き方だ。生き方に優劣はない。だからこそ、自分がどう生きるかを、人に流されるのでも流行に乗るのでもなく、自分の頭で考える必要があるのだ。

出典：小野雅裕『宇宙を目指して海を渡る』（東洋経済新報社，2014）











