

2020年度

## 外国語問題

### 注意事項

- 1 問題冊子は、監督者が「解答始め」の指示をするまで開かないこと。
- 2 問題冊子は全部で28ページである。解答用紙は「外国語解答用紙（Ⅰ）英語」、「外国語解答用紙（Ⅱ）選択科目」の計2枚である。脱落があった場合には申し出ること。
- 3 各解答用紙の所定欄に氏名、受験学部、受験番号（左右2か所）を忘れずに記入すること。また、「外国語解答用紙（Ⅱ）選択科目」には第4問で選択する科目名を所定欄（3か所）に指示どおりに忘れずに記入すること。
- 4 第4問は選択科目である。  
「英語」16～21ページ、「ドイツ語」22～23ページ、「フランス語」24～25ページ、「中国語」26～27ページ、「韓国・朝鮮語」28ページより1科目を選択して解答すること。複数科目を解答した場合は、第4問の採点を行わない。
- 5 医学部医学科を志願する者は、選択科目（第4問）は必ず「英語」を選択すること。「英語」以外の科目を解答した場合は、その採点を行わない。
- 6 解答は、すべて解答用紙の所定欄に記入すること。
- 7 解答以外のことを書いたときは、該当箇所の解答を無効とすることがある。
- 8 机上に各自の「受験票」と「大学入試センター試験受験票」を出しておくこと。
- 9 問題冊子は持ち帰ること。

第1問 次の英文を読んで、設問に答えよ。

(30点)

(1) As living, breathing humans, our survival depends on our biological requirements – sleeping, eating, moving – being met. But these aren't the only things essential to our existence. There are plenty of dangers lurking in the wider world, just waiting for the opportunity to snuff us out\*. Luckily, millions of years of evolution have equipped us with a sophisticated and reliable system of defensive measures in order to [ ア ] to any potential threat, coordinated with admirable speed and efficiency by our marvellous brains. We even have an emotion dedicated to recognising and focusing on threats: fear. One down side of this is that our brains have an inherent 'better safe than sorry' approach that means we regularly experience fear in situations where it's not really warranted.

Most people can relate to (2) this. Maybe you were lying awake in a dark bedroom when the shadows on the walls started looking less like the branches of the dead tree outside and more like the outstretched skeletal\* arms of some hideous\* monster. Then you see the hooded figure by the door.

It's clearly the axe murderer your friend told you about. So, obviously, you collapse into a terrified panic. The axe murderer doesn't move though. He can't. Because he's not an axe murderer, he's a dressing-gown. The one you hung up on the bedroom door earlier.

It makes no logical sense, so [ A ] powerful fear reactions to things that are clearly utterly harmless? Our brains, however, aren't convinced of this harmlessness. We could all live in sterilised\* bubbles with every sharp edge smoothed down, but as far as the brain is concerned death could come leaping out of the nearest bush at any point. To our brains, daily life is like tightrope-walking over a vast pit full of furious honey badgers\* and broken glass; one wrong move and you'll end up as a gruesome mess in temporary but exquisite pain.

Such a tendency is understandable. Humans evolved in a [ イ ], wild environment with dangers at every turn. Those humans who developed a healthy paranoia\* and jumped at shadows (that genuinely may have had teeth) survived long enough to pass on their genes. As a result, when presented with any conceivable threat or danger, the modern human has a suite of (mostly unconscious) response mechanisms providing a reflex that enable them to deal better with said threat, and this reflex is still very much alive and [ ウ ] (as are humans, thanks to it). This reflex is the fight-or-flight response, which is a great name as it concisely but accurately describes its function. When presented with a threat, people can either fight it or run away.

The fight-or-flight response starts in the brain, as you'd expect. Information from the senses reaches the brain and enters the thalamus\*, which is basically a central hub\* for the brain. If the brain were a city, the thalamus would be like the main station where [ B ] it needs to be. The thalamus connects to both the advanced conscious parts of the brain in the cortex\* and the more primitive 'reptile' regions in the midbrain\* and brainstem\*. It's an important area.

Sometimes the sensory information that reaches the thalamus is worrying. It might be unfamiliar, or familiar but worrying in context. If you're lost in the woods and you hear a growl, that's [ エ ]. If you're home alone and you hear footsteps upstairs, that's [ オ ], but in a bad way. In either case, the sensory information reporting this is tagged 'This isn't good.' In the cortex, where it's processed further, the more analytical part of the brain looks at the information and wonders 'Is this something to worry about?' while checking the memory to see if anything similar has occurred before. If there's not enough information to determine that whatever we're experiencing is [ あ ], it can trigger the fight-or-flight response.

However, as well as the cortex, the sensory information is relayed to the amygdala\*, the part of the brain responsible for strong emotional processing,

and fear in particular. The amygdala doesn't do subtlety; it senses something might be amiss\* and initiates a red alert straight away, a response far faster than the more complex analysis in the cortex could ever hope to be. <sup>(3)</sup>This is why a scary sensation, like a balloon popping unexpectedly, produces a fear response almost instantly, before you can process it enough to realise it's harmless.

The hypothalamus\* is then signalled. This is the region right under the thalamus (hence the name), and is largely responsible for 'making things happen' in the body. To extend my earlier metaphor, if the thalamus is the station, the hypothalamus is the taxi rank outside it, taking important things into the [ い ] where they get stuff done. One of the roles of the hypothalamus is triggering the fight-or-flight response. It does this by getting the sympathetic nervous system\* to put the body effectively at 'battle stations'.

(Dean Burnett, *The Idiot Brain*, 2016 より)

[注] snuff out: to stop or destroy something completely

skeletal: looking like a skeleton

hideous: very ugly and unpleasant

sterilise: to kill the bacteria in something

honey badger: ミツアナグマ, ラーテル (イタチ科ラーテル属の哺乳類)

paranoia: 偏執病

thalamus: 視床

hub: the central and most important part of a particular place or activity

cortex: 皮質

midbrain: 中脳

brainstem: 脳幹

amygdala: へん桃状部

amiss: wrong

hypothalamus: 視床下部

sympathetic nervous system: 交感神経系

問 1 下線部(1)(3)を日本語に訳せ。

問 2 下線部(2)の **this** が何を指すか、具体的に日本語で説明せよ。

問 3 次の語を並べ替えて、空所[A][B]に入る英文を完成し、その英文の4番目と7番目に来る語の番号を、その順に答えよ。

[A] ① such      ② earth      ③ on      ④ do

⑤ why      ⑥ we      ⑦ have

[B] ① before      ② being      ③ everything      ④ sent

⑤ where      ⑥ arrives      ⑦ to

問 4 空所[あ][い]に入る最も適切な語(各1語)を本文中から抜き出して書け。

問 5 空所[ア]～[オ]に入る最も適切な語を下から選び、番号で答えよ。

① alone      ② stimulate      ③ familiar      ④ kicking      ⑤ respond

⑥ impossible      ⑦ touch      ⑧ hostile      ⑨ unfamiliar      ⑩ draw

第2問 次の英文を読んで、設問に答えよ。

(30点)

Do you think you got enough sleep this past week? Can you recall the last time you woke up without an alarm clock feeling refreshed, not needing caffeine? If the answer to either of these questions is “no,” you are not alone. Two-thirds of adults throughout all developed nations [ ア ] to obtain the recommended eight hours of nightly sleep.

I doubt you are surprised by this fact, but you may be surprised by the consequences. Routinely sleeping less than six or seven hours a night demolishes your immune system\*, more than doubling your risk of cancer. Insufficient sleep is a key lifestyle factor determining whether or not you will develop Alzheimer’s disease. Inadequate sleep – even moderate reductions for just one week – disrupts\* blood sugar levels so profoundly that you would be classified as pre-diabetic\*. Short sleeping increases the likelihood of your coronary arteries\* becoming blocked and brittle\*, setting you on a path toward cardiovascular\* disease, stroke, and congestive heart failure\*. Fitting Charlotte Brontë’s prophetic wisdom that “a ruffled\* mind makes a restless pillow,” sleep disruption further contributes to all major psychiatric\* conditions, including depression, anxiety, and suicidality.

Perhaps you have also noticed a desire to eat more when you’re tired? This is no coincidence. Too little sleep swells concentrations of a hormone that makes you feel hungry while suppressing a companion hormone that <sup>(1)</sup>otherwise signals food satisfaction. Despite being full, you still want to eat more. It’s a proven recipe for weight gain in sleep-deficient adults and children alike. <sup>(2)</sup>Worse, should you attempt to diet but don’t get enough sleep while doing so, it is futile, since most of the weight you lose will come from lean body mass, not fat.

Add the above health consequences up, and a proven link becomes easier to accept: the shorter your sleep, the shorter your life span. <sup>(3)</sup>The old maxim “I’ll

sleep when I'm dead" is therefore unfortunate. Adopt this mind-set\*, and you will be dead sooner and the quality of that (shorter) life will be worse. The elastic band of sleep deprivation can stretch only so far before it [ イ ]. Sadly, human beings are in fact the only species that will deliberately deprive themselves of sleep without legitimate gain. Every component of wellness, and countless seams of societal fabric, are being eroded\* by our costly state of sleep neglect: human and financial alike. So much so that the World Health Organization (WHO) has now declared a sleep loss epidemic throughout industrialized nations. It is no coincidence that countries where sleep time has declined most dramatically over the past century, such as the US, the UK, Japan, and South Korea, and several in western Europe, are also those suffering the greatest increase in rates of the aforementioned physical diseases and mental disorders.

Scientists such as myself have even started lobbying\* doctors to start “prescribing” sleep. As medical advice [ ウ ], it's perhaps the most painless and enjoyable to follow. Do not, however, mistake this as a plea to doctors to start prescribing more sleeping *pills* – quite the opposite, in fact, considering the alarming evidence surrounding the deleterious\* health consequences of these drugs.

But can we go so far as to say that a lack of sleep can kill you outright? Actually, yes – on at least two counts. First, there is a very rare genetic disorder that starts with a progressive insomnia\*, emerging in midlife. Several months into the disease course, the patient stops sleeping altogether. By this stage, they have started to lose many basic brain and body functions. No drugs that we currently have will help the patient sleep. After twelve to eighteen months of no sleep, the patient will die. Though exceedingly rare, this disorder asserts that a lack of sleep can kill a human being.

Second is the deadly circumstance of getting behind the wheel of a motor vehicle without having had sufficient sleep. Drowsy driving is the cause of



hundreds of thousands of traffic accidents and fatalities each year. And here, it is not only the life of the sleep-deprived individuals [ A ] is at risk, but the lives of those around them. Tragically, one person dies in a traffic accident every hour in the United States due to a fatigue-related error. It is disquieting to learn that vehicular accidents caused by drowsy driving exceed those caused by alcohol and drugs combined.

Society's apathy toward sleep has, in part, been caused by the historic failure of science to explain why we need it. Sleep remained one of the last great biological mysteries. All of the mighty problem-solving methods in science – genetics, molecular biology, and high-powered digital technology – have been unable to unlock the stubborn vault\* of sleep. Minds of the most stringent\* kind, including Nobel Prize-winner Francis Crick, who [ 工 ] the twisted-ladder structure of DNA, famed Roman educator and rhetorician Quintilian, and even Sigmund Freud had all tried their hand at deciphering sleep's enigmatic\* code, all in [ B ].

(Matthew Walker, *Why We Sleep*, 2017 より)

[注] immune system: the organs of the body that provide resistance to infection  
disrupt: to interrupt by causing a disturbance or problem  
pre-diabetic: 前糖尿病の  
coronary artery: 冠状動脈  
brittle: hard but liable to break easily  
cardiovascular: 循環器の  
congestive heart failure: うっ血性心不全  
ruffle: to disorder  
psychiatric: relating to mental illness or its treatment  
mind-set: attitude  
erode: to wear away gradually  
lobby: to seek to influence on an issue  
deleterious: causing harm or damage  
insomnia: habitual sleeplessness  
vault: a secure room in a bank in which valuables are stored  
stringent: strict  
enigmatic: mysterious

問 1 下線部(1)の otherwise の表す内容を具体的に日本語で述べよ。

問 2 下線部(2)を日本語に訳せ。

問 3 下線部(3)の理由を日本語で述べよ。

問 4 空所[ア]～[エ]に入る最も適切な語を、下のそれぞれの選択肢から選び、番号で答えよ。

- [ア]: ① keep            ② get            ③ fail            ④ miss  
[イ]: ① stiffens        ② bends        ③ looses        ④ snaps  
[ウ]: ① comes        ② moves        ③ goes        ④ appears  
[エ]: ① emerged       ② deduced      ③ acquired      ④ experimented

問 5 空所[A][B]に入る最も適切な語（各 1 語）を書け。

問 6 科学者たちがこれまで睡眠にどう向き合ってきたのか、日本語で簡潔に説明せよ。

問7 次の英文のうち、本文の内容と一致するものを2つ選び、番号で答えよ。

- ① People of today seem to regard sleep as a waste of time though they know all about its importance.
- ② Mental disorders are improved by having a good sleep together with having a vigorous appetite.
- ③ It is human beings and other higher animals that needlessly cut down on sleep.
- ④ The phenomenon of insufficient sleep causing serious diseases occurs mainly in advanced nations rather than across the whole world.
- ⑤ Sleeping pills are useful because they generally bring forth a painless and enjoyable sleep with no health consequences.
- ⑥ The number of fatalities caused by drowsy driving is far greater than that caused by progressive insomnia.

第3問 次の日本語を読んで、下線部(1)(2)(3)の内容を英語で表現せよ。(20点)

学舎の中での学問にも意義はあるが、私は、学問の基本は、最後は独りで拓いていくものだと思っています。どんな類いの学問にせよ、すべての人が学ぶ命題はひとつで、それは「人間はどのようにして生きていけばよいか」という一点です。

それを考えると、学校の中で、それがすべて学べるはずがありません。

(1)もっと手っ取り早い方法を言えば、自分以外の人はどうやって生きているかを見る方がいい場合もある。だから昔から、若いうちにさまざまなものを見よ、若い時に旅をきなさい、と先人は言うのです。

では旅をして何が見えるか？

勿論、あんな土地もあればこんな生活もある……といったことも大切ですが、(2)実は旅をし、人々を見ることで、自分がまだ何ひとつできない若い若者でしかないということ、身をもって教えられるのです。

(3)外へ出れば、それまで家があり、家族が守ってくれていたこと、故郷に抱かれていたことを痛感します。若い時の旅は、己が何者でもないことを知る一番の勉強なのです。

それを知って、あらたに歩き出すわけだ。

小難しいことを聞かされたナ、と今は思うだろうが、いずれ君にもわかる。

(伊集院静『女と男の絶妙な話。』文藝春秋、2019より)

## 英語

第4問 次の英文を読んで、設問に答えよ。

(20点)

As time went ( ア ), my mother started nudging\* me to go outside and engage with kids in the neighborhood. She was hoping that I'd learn to glide socially the way my brother had. Craig, as I've mentioned, had a way of making hard things look easy. He was by then a growing sensation on the basketball court, high-spirited and agile\* and quickly growing tall. My father ( イ ) him to seek out the toughest competition he could find, which meant that he would later send Craig across town on his own to play with the best kids in the city. But for now, he left him to wrangle\* the neighborhood talent. Craig would take his ball and carry it across the street to Rosenblum Park, passing the monkey bars\* and swing set where I liked to play, and then cross an invisible line, disappearing through a veil of trees to the ( ウ ) side of the park, where the basketball courts were. I thought of it as an abyss\* over there, a mythic dark forest of drunks and thugs\* and criminal goings-on\*, but Craig, once he started visiting that side of the park, would set me straight, saying that really nobody over there was all that bad.

Basketball, for my brother, seemed to unlock every frontier. It taught him how to approach strangers when he wanted to snag\* a spot in a pickup game\*. He learned how to talk a friendly form of smack\*, trash-talking\* his bigger, faster opponents on the court. It helped, too, to debunk\* various myths about who was who and what was what around the neighborhood, reinforcing the possibility – something that had long been a credo\* of my dad's – that most people were good people if you just ( エ ) them well. Even the sketchy\* guys who hung out in front of the corner liquor store lit up when they spotted Craig, calling his name and high-fiving\* him as we passed by.

“How do you even know them?” I'd ask, ( オ ).

“I don't know. They just know me,” he'd say with a shrug.

I was ten when I finally mellowed enough to start venturing out myself, a decision driven in large ( カ ) by boredom. It was summer and school was out. Craig and I rode a bus to Lake Michigan every day to go to a rec camp\* run by the city at a beachfront park, but we'd be back home by four, with many daylight hours still to fill. My dolls were becoming less interesting, and without air-conditioning our apartment got unbearably hot in the late afternoons. And so I started tailing Craig around the neighborhood, meeting the kids I didn't already know from school. Across the alley behind our house, there was a mini housing community called Euclid Parkway, where about fifteen homes had been built around a common green space. It was a kind of paradise, free from cars and ( キ ) of kids playing softball and jumping double Dutch\* or sitting on stoops\*, just hanging out. But before I could find my way into the fold\* of girls my age who hung out at the Parkway, I faced a test. It came in the form of DeeDee, a girl who went to a nearby Catholic school. DeeDee was athletic and pretty, but she wore her face in a pout\* and was always ready ( ク ) an eye roll. She often sat on her family's stoop next to another, more popular girl named Deneen.

Deneen was always friendly, but DeeDee didn't seem to like me. I don't know why. Every time I went over to Euclid Parkway, she'd make quiet, cutting remarks, as if just by showing up I'd managed to ruin everyone's day. As the summer went on, DeeDee's comments only grew louder. My morale\* began to sink. I understood that I had choices. I could continue on as the picked-on\* new girl, I could give up on the Parkway and just go back to my toys at home, or I could attempt to earn DeeDee's respect. And inside that last choice lay another one: I could try to reason with DeeDee, to win her ( ケ ) with words or some other form of kid diplomacy, or I could just shut her up.

The next time DeeDee made one of her remarks, I lunged\* for her, summoning everything my dad had taught me about how to throw a punch. The two of us fell to the ground, fists flailing\* and legs thrashing, every kid in Euclid Parkway instantly clustered in a tight knot around us, their hollers\* fueled by excitement and grade school\* bloodlust. I can't remember who finally pulled us

apart, whether it was Deneen or my brother or maybe a parent who'd been called to the scene, but when it was done, some sort of silent baptism\* had taken place. I was officially an accepted member of the neighborhood tribe. DeeDee and I were unharmed, dirt stained and panting and destined never to be close friends, but at ( ｺ ) I'd earned her respect.

(Michelle Obama, *Becoming*, 2018 より)



[注] nudge: to persuade or gently encourage someone to do something  
agile: able to move quickly and easily  
wrangle: to struggle with  
monkey bars: ジャングルジム  
abyss: a very deep wide space or hole that seems to have no bottom  
thug: a violent person  
goings-on: events  
snag: to succeed in getting something quickly, often before other people  
pickup game: 臨時チームによる試合  
smack: insulting comments  
trash-talk: スポーツで相手選手を挑発して侮蔑的言葉を言う  
debunk: to expose the falseness or hollowness of an idea or belief  
credo: a belief  
sketchy: suspicious  
high-five: 片手でハイタッチをする  
rec camp: a recreation camp  
double Dutch: a game of jump rope  
stoop: the steps in front of a house  
fold: a group of people with whom you feel you belong  
pout: ふくれっ面  
morale: 意気込み  
picked-on: いじめられる  
lunge: to make a sudden powerful forward movement  
flail: 振り回す  
holler: a loud cry or shout  
grade school: an elementary school  
baptism: 洗礼

問1 空所(ア)～(コ)に入る最も適切な語を下から選び、番号で答えよ。答えとして同じ語を繰り返してはならない。

- |          |            |               |              |
|----------|------------|---------------|--------------|
| ① pushed | ② wandered | ③ incredulous | ④ through    |
| ⑤ full   | ⑥ over     | ⑦ opportunity | ⑧ reasonable |
| ⑨ far    | ⑩ into     | ⑪ treated     | ⑫ from       |
| ⑬ least  | ⑭ enjoyed  | ⑮ hero        | ⑯ by         |
| ⑰ part   | ⑱ with     | ⑲ necessary   | ⑳ luck       |