

第1講 文化

演習問題 A

1 次の英文を読んで、あとの設問に答えなさい。(目安時間 6分)

When I was a child, I would often (ア) my mother do laundry at home. She did it almost every day because my family was big with six members. She put the dirty clothes into the washing machine, and when it was done, hung them out under the sun. Several hours later, she took the laundry in and folded it up *neatly, which was the part I helped her with. We lived in the Japanese countryside, and our neighbors' way of laundry seemed the same as ours. On a sunny day, every home in my neighborhood had colorful laundry waving in the breeze. I appreciated the sight.

I had never thought of any other way of doing laundry until I stayed with my host family in America during my studying there. They had a huge washing machine and a dryer at home. After washing, they directly put the clothes into the dryer (イ) hanging them out to dry. My host father told me that using a dryer was the most popular way to dry, as it is much easier and faster. Another thing he had said also surprised me; some states or regions in America ^(ウ) prohibit the *residents from hanging laundry outside for *landscape preservation! I was shocked to hear that because the sight of *swaying laundry, which I really like, was regarded as a destroyer of the scenery in the country.

15 After I became accustomed to (エ) a dryer in the U.S., I was again surprised at something new about laundry when visiting my friend in Sydney, Australia. This time, it was not the way of laundry, but the frequency of doing laundry. It was a hot summer, and I stayed at his house for 10 days. On day 3, I asked him if I could use the washer. He answered, 'Of course.' Then on day 6, I again wanted to wash my clothes and told him so, but he said, 'No, I'm afraid, but you can't use the washer that often.' He continued, 'We need to save water because we suffer from water shortage all the time in this country.' He said he usually used the washing machine once a week. Hearing him, I realized the true meaning of 'When in Rome, do as the Romans do.' (約 380 語)

[注] neatly : きちんと resident : 居住者 landscape preservation : 景観保全 sway : 揺れる

(1) (ア), (エ)に入れるのに最も適切なものを、①～④から1つずつ選びなさい。

(ア) ① help ② helped ③ helping ④ to help ()

(エ) ① use ② used ③ using ④ to use ()

(2) (イ)に入れるのに最も適切なものを、①～④から1つ選びなさい。 ()

① in order to ② instead of ③ because of ④ in spite of

(3) 下線部(ウ)の意味に最も近いものを、①～④から1つ選びなさい。 ()

① allow ② prevent ③ ban ④ recommend

(4) 下線部(オ)を日本語に訳しなさい。

(5) 下線部(カ)の意味として最も適切なものを、①～④から1つ選びなさい。 ()

- ① If you can do something today, do it. Don't wait until tomorrow.
② The more you know, the more powerful you can be in different areas of your life.
③ When you are visiting another place, you should follow the customs of the people in that place.
④ Don't try to do too many things at the same time; focus on one thing at a time.

2 次の英文を読んで、あとの設問に答えなさい。(目安時間 6分)

In many countries, people usually take a close look at a potential partner's ^(ア) star sign to check their *compatibility level. But the Japanese like to do things a little differently. They do not rely on astrological information, but rather on blood type for personality matching and information. Because people believe your blood group might reveal your personality type, they are really 5 curious about such information. Japanese people use it as a tool not only to match partners, but also to *assess the potential of an employee.

As you already know, there are four primary blood types, A, B, O and AB. It is often said that people with A blood type are earnest, patient, and sensitive, and those with O are outgoing, generous, and non-punctual. Unfortunately, blood type A is not compatible with O type.... Why 10 is this matter so popular in Japan? One reason is that Japanese people have a well-balanced division in each group. A type and O type are almost the same ratio; 38% and 31%, *respectively. B type takes the third, 22% and the least ratio is AB type, 9%. On the other hand, in Europe, A and O type are common; nearly over 40% each. Thus, they are not interested in their blood type and they even don't know their blood types.

15 Some researchers have found in their studies that there are scientific facts, rather than personality information, connected to blood types. According to them, mosquitos are less attracted to people with A type than to other blood types. People with O type have lower risk of dying from malaria, but they are loved by mosquitos. (イ), recent studies have found that a person's blood type can mean a higher likelihood of developing *diabetes. Based on those studies, we can learn 20 what we should eat or avoid.

Actually, I didn't know my blood type until recently. I often asked doctors to check my blood type as a part of *check-up. All doctors just told me that 'the true purpose of blood typing, most of the time, is to know who you can safely donate blood to or receive blood from.' That is really true and most foreigners also think in the same way as doctors. When you talk with foreigners, 25 you should not choose ^(ウ) that topic in the beginning. (約 390 語)

[注] compatibility : 適合性 assess : ~を評価する respectively : それぞれ diabetes : 糖尿病
check-up : 健康診断

(1) 下線部(ア)と同じ意味のものを、同じ段落から2語で抜き出しなさい。

(2) 本文によると、日本人が血液型に関心を示す要因の1つは何か。日本語で説明しなさい。

(3) (イ)に入れるのに最も適切なものを、①~④から1つ選びなさい。 ()

① However ② Moreover ③ Therefore ④ Accordingly

(4) 本文によると、血液型を知るための本来の目的は何か。日本語で説明しなさい。

(5) 下線部(ウ)が指すものを、日本語で答えなさい。

演 習 問 題 B

次の英文を読んで、あとの設問に答えなさい。(目安時間 16分)

How long do you usually sleep at night? Most people sleep 7 hours on average. Among *mammals, humans sleep quite longer than other mammals. Mammals sleep to save their energy and restore mental and physical energy. ⁽⁷⁾ The amount of sleep that mammals need depends on several factors, including age, body size, environment, diet, and the safety of the
 5 *sleep site. Whether a mammal lives on land or in the sea can also affect how much sleep it needs. Even within land mammals, the amount of sleep required *varies from species to species. Giraffes need surprisingly little sleep. The average giraffe sleeps for 4.6 hours per day. The elephant is another animal that sleeps very little. Some researchers have documented their total sleep time at just 2 hours per day. On the other hand, dogs spend over a third of their day asleep.
 10 Just as we see the difference among mammals, there are some differences in how long people in the world sleep. Sleep quality, patterns, and duration may vary among countries. According to the survey conducted by OECD 2021, the average (1) of a night's sleep for adults over the age of 25 is 6.9 hours per night. Experts have long emphasized that ⁽⁷⁾ developing good sleeping habits can help to maintain our physical and mental health. Ongoing sleep *deprivation can
 15 also cause severe, long-term health conditions such as heart disease, a weak *immune system, high blood pressure and so on.

Now let's take a look at one of the top countries where people sleep the most. As you imagine, *Spaniards sleep fairly long all over the world. Spain has the most globally known sleep custom which is the daily afternoon nap time called *siesta*. The nap times are still quite the *norm
 20 outside of big cities, even for adults. After lunch, generally from 2 pm to 4 pm, professionals have a break in the workday and local businesses close after lunchtime for a *siesta*. During the time, you can find offices empty, streets clear and a heat wave emerges. It is just like a ghost town. Some sleep researchers insist that the Spanish biorhythm is tuned more closely to human biological clocks. According to their opinion, it is natural that people feel sleepy after lunch.
 25 *Ironically, Spaniards have the latest bedtime of all because of the result of those afternoon naps.

Next, let's move on to the least sleep countries. Japan came to the top followed by Korea. There are a number of *hypotheses on why Japanese are so deprived of sufficient sleep, including the long working hours and long commutes. Traditional Japanese working culture also places a strong emphasis on *compulsory social events where alcohol is typically consumed, which could
 30 also contribute to the sleeplessness. Additionally, much of the sleep loss occurs because Japanese people are going to bed much later than their international counterparts. Especially Japanese women as full-time housewives stay up late, compared to other countries. That's why there is the practice *inemuri* — sleeping while present at a café or in the train. This mid-day dozing is commonly seen as a sign of hard work because they don't secure a full night's sleep.

35 Taking a nap of any kind, such as *siesta* or *inemuri*, is to guarantee the quality of sleep. Napping isn't just for babies. Studies show that an afternoon nap is great for adults, too. There's no need to feel lazy for *indulging in daytime sleep. A short nap in the mid-afternoon can boost memory, improve job performance, lift your mood, make you more alert, and ease stress. Furthermore, there is some evidence that naps only improve certain types of learning when the
 40 person takes them regularly: the ability to tell the difference between similar things like images or textures! If you are scolded due to closing your eyes while working, you can claim that this would be a training for sensibilities. (約 650 語)

[注] mammal : 哺乳動物 sleep site : 寝所 vary : 異なる deprivation : 欠如 immune : 免疫の
Spaniard : スペイン人 norm : 標準 ironically : 皮肉にも hypotheses : 仮説
compulsory : 義務の indulge in : (欲望など)にふける

(1) 本文の内容と合うように、①～④の動物の平均睡眠時間を短いほうから順に並べ、番号で答えなさい。
① human ② giraffe ③ elephant ④ dog
(→ → →)

(2) 下線部(ア)を日本語に訳しなさい。

(3) (イ)に入れるのに適切なものを、本文中より1語で抜き出しなさい。

(4) 下線部(ウ)を日本語に訳しなさい。

(5) *siesta* について、50字程度の日本語で説明しなさい。

(6) 日本人の睡眠不足の原因として不適切なものはどれか。①～④から1つ選びなさい。 ()

- ① Japanese people are busy working for a long time.
- ② Japanese people often live far from their office.
- ③ Japanese people love drinking alcohol after work.
- ④ Japanese people stay awake till late at night.

(7) 本文によると、短時間の昼寝の効用は何か。日本語で5つ答えなさい。

(8) 本文によると、短時間の昼寝でしか得られないスキルは何か。日本語で説明しなさい。

(9) 本文の内容に合うものには○を、合わないものには×を()に書きなさい。

- 1. Like humans, sleep hours differ from mammal to mammal. ()
- 2. Scientists say that only short-time naps can be effective. ()