

英 語

1 次の文章を読んで、後の設問に答えなさい。

I have always been happy that I'm not a snorer — or at least I was until recently, when my wife told me otherwise. After a few days of adamant* denials, I decided to place a tape recorder on the bedside table. When I played the tape the next morning, I was surprised to hear a rhythmic, rumbling* noise that was enough to disturb my wife's sleep. In my case, the problem was transient*, caused by a recent bout* of allergies and sinus* trouble. When my breathing cleared up, so did the snoring. Yet for millions of other couples out there, snoring is a cause not just of health worries but also of marital woes*.

According to a recent study, nearly 1 out of 4 people married to a snorer will eventually be driven out of the bedroom rather than spend another night battling for sleep. Sometimes even that's (イ). "I see a lot of patients whose spouses* can't just go to another room. They have to escape to a whole other area of the house," says Dr. Marc Kayem, medical director of the Snoring and Apnea Center of California, in Los Angeles.

Snoring is caused by a few things, but the biggest culprit* is a vibration of very relaxed muscles and tissues in the throat, which rattle* against narrow breathing passages. Symptoms are worse when you are overweight, have a short neck or still have your tonsils*. "It's almost like trying to sleep with a straw in your mouth," says Kayem. As you might guess, snorers should refrain from sleeping (ウ), as gravity will pull muscles toward the back of the throat. Sleeping on your side is best. It's also helpful to cut back on relaxants* like alcohol and certain medications before bed.

Nasal strips, which adhere to the bridge of the nose and widen airways, are popular, but I have always been dubious about them. Kayem recommends them but only for people whose snoring is due to sinus blockage. They won't help chronic snorers with loose muscles in their throats.

There are some over-the-counter* sprays that work by coating the soft palate*. But if you use the spray, be sure to reapply it after you drink any liquid. Mouth guards customized by a dentist can be useful yet pricey. They work by moving your jaw forward, which allows more room in your throat. Similar appliances are sold over the counter, but sleep experts urge patients to pass up such noncustomized* options.

(エ) plays a key role too. For many people who have noticed their snoring symptoms worsening, the answer may be as simple as dropping 5 or 10 extra pounds. But many

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people need to lose a lot more than that. For these folks, snoring is more than a nuisance; it can literally be a matter of life and death. Two-thirds of chronic snorers develop a serious condition known as obstructive sleep apnea*. In between snores, the breathing passages get completely blocked, resulting in no air at all for 10 seconds or more. In those 10 seconds, your brain isn't getting oxygen and your blood isn't pumping to your heart. This can cause high blood pressure, fatigue and a decrease in productivity. In severe cases, it can lead to stroke or heart attack.

Many patients experience dramatic improvements when their doctors prescribe nighttime breathing masks, which gently force air past obstructions. A relatively new, minimally invasive* solution called the pillar procedure may fix the problem permanently with the aid of three to five implants* inserted into the soft palate. The idea is to stiffen the tissue and provide a wider opening for breathing. Small studies show a 75% success rate. The procedure takes only about 15 minutes and is said to be virtually painless. The downside is that it costs from \$1,500 to \$3,000 and isn't usually covered by insurance. No matter what method you choose, the key is not to brush off symptoms. If you catch them early, you can protect both yourself and your marriage. So thanks, honey, for telling me I snore.

(注) adamant 断固とした rumble ゴーゴー鳴る transient 一時的な
 bout (病気の)一期間 sinus 鼻腔 marital woe 夫婦間の悩みの種
 spouse 配偶者 culprit 原因 rattle ゴロゴロ鳴る tonsil 扁桃腺
 relaxant 弛緩薬 over-the-counter 医師の処方箋なしで買える
 soft palate 軟口蓋(口蓋の後半部) noncustomized 使用者に合わせて作られていない
 obstructive sleep apnea 閉塞型睡眠時無呼吸 invasive 器具等を生体内に挿入することを要する
 implant インプラント(生体内に埋め込む器具や材料)

- (1) 下線部(ア)の表す具体的内容を一つの英文で示しなさい。
- (2) 本文中の(イ)に入れるのに最も適切な表現を一つ選び記号で答えなさい。
 A. too much B. not insufficient C. quite sufficient
 D. not so much E. not enough
- (3) 本文中の(ウ)に入れるのに最も適切な表現を一つ選び記号で答えなさい。
 A. face-down B. on their stomach C. inside out
 D. on their head E. on their back
- (4) 本文中の(エ)に入れるのに最も適切な表現を一つ選び記号で答えなさい。
 A. Heart rate B. Weight C. Breathing rate
 D. Height E. Instinct

(5) 本文の内容に合っているものを一つ選び記号で答えなさい。

- A. The author suspects that nasal strips will not help all snorers.
- B. The sprays that coat the soft palate should be used just before drinking water.
- C. Mouth guards are useful but very expensive, so experts advise patients to use noncustomized ones.
- D. We cannot consider nighttime breathing masks to be an effective cure.
- E. Pillar procedure is one of the most successful treatments but often forces patients to bear great pain.

2 下線部の発音が他と違うものを一つ選び記号で答えなさい。

- (1) A. abandon B. campus C. faraway
D. sadness E. satisfaction
- (2) A. decent B. decease C. deccit
D. December E. decide
- (3) A. award B. reward C. forward
D. war E. warming
- (4) A. healthy B. sympathy C. worthy
D. filthy E. wealthy
- (5) A. fascinate B. scenery C. scent
D. scissor E. conscience

3 ()の中に入れるのに最も適切な表現を一つ選び記号で答えなさい。

- (1) Every dictionary and nearly all journalism textbooks contain definition of the word "news." Most are accurate, but () are alike because the word "news" means many things to many people.
A. some B. many C. a few D. few E. more
- (2) Steve took Mary () the arm and led her across the street.
A. to B. from C. by D. at E. in
- (3) I can't help () that we've made a big mistake.
A. think B. to think C. thinking
D. thought E. to thinking
- (4) I was thoroughly () of myself.
A. shame B. shamed C. ashamed
D. shaming E. to shame
- (5) His face () smooth after shaving.
A. felt B. was felt C. felt to be
D. felt like E. felt itself

- (6) The substance, () almost by accident, has revolutionized medicine.
 A. discovered B. discovering C. having discovered
 D. which discovered E. which to discover
- (7) Such problems must be squarely () up to.
 A. dealt B. given C. brought D. thrown E. faced
- (8) What's the use of wishing for what is out of ()?
 A. reach B. arrival C. destination D. departure E. flight
- (9) It used to be the () that British industry was plagued by strikes, but this is no longer so.
 A. calling B. arrogance C. occasion D. case E. neglect
- (10) Do you take any () to prevent disease?
 A. scales B. orders C. commanders
 D. contents E. measures

4 次の会話中の(1)～(5)に入れるのに最も適切な表現を一つ選び記号で答えなさい。

A : Good morning. What seems to be the problem?

B : At the end of February every year, my eyes become itchy and watery, my (1) runs profusely. I sneeze many times a day, especially in the morning and at night. I can't stand it any more.

A : How many years ago did your symptoms start?

B : Four or five years ago. They've become worse and worse each year.

A : Probably you have an allergy. In order to treat an allergy, we have to know its (2). Now I'll give you a skin test to identify the allergy-producing substance. (3) your sleeve. I'll put some patches on your arm. If there is an inflamed area after I've removed the patches, you are hypersensitive to that (4) substance.

B : How long will it take to know the result?

A : About 15 to 20 minutes.

(20 minutes later)

A : Now, I can tell you what has caused your allergy. You are allergic to cedar pollen. I'll give you anti-histamines. This medicine will (5) your symptoms.

- (1) A. head B. mouth C. throat D. eyelid E. nose
 (2) A. cause B. result C. appearance D. frequency E. chance
 (3) A. Put on B. Take off C. Tear up D. Roll up E. Stretch out
 (4) A. particular B. humble C. innocent D. trivial E. workable
 (5) A. accuse B. sue C. relieve D. retreat E. observe

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5 各和文の意味に合うように()内の語(句)を並べ替えて英文を完成させなさい。ただし足りない単語が一つあるので、それは自分で補いなさい。また解答欄には()内だけ書くこと。なお、文頭に来る単語も小文字で始めています。

(1) スミスさん一家は隣人たちに見下されていました。

(were, by, the, looked, their, down, Smiths, neighbors).

(2) 推理小説を読んで犯人当てをすることは楽しい。

(and, detective stories, to, the crime, out, fun, committed, read, it's, figure).

(3) 若い女性は自分を実際より太っていると思いがちです。

Young women (fatter, they, themselves, think, to, really, tend, than).

(4) 私たちは彼女が生きて発見されるという希望を決して捨てなかった。

We never (hope, found, up, that, be, gave, would, she).

6 次の文章を読んで、その内容に合うように後の各文の空所を埋めるのに最も適切なものを一つ選び記号で答えなさい。

The smell from the sewage* ditch grows worse under the sun. But for some people, it's the smell of progress.

People in Nairobi's Kibera slum are surviving rising food and fuel prices and poor sanitation* by using the power of two things they have a lot of : sewage and sunshine.

Some have helped to build a network of public latrines* that recycle human waste into gas for cooking and light. Others use sunlight to purify drinking water, reducing cases of waterborne* disease.

There's an urgent need for projects like these. For up to a million residents in Kibera, it's harder than ever to earn enough for one small meal a day. Food prices have doubled in six months. And the price of coal for cooking has increased by a quarter.

The "bio-latrines" in Kibera are built next to a school for orphans. Around 600 people use them, generating enough gas to cook for 68 orphans next door and provide hot water for a shower block for hundreds of people.

"Before the biogas came, the kids were just having cold washes in the winter, and now they have hot water at school they don't have so many colds," said Bernard Asanya, the school director. The money the school saved on cooking charcoal* has paid for the salaries of two extra teachers.

The project is funded by an alliance of international donors and run by the communities themselves. The first center built four years ago in Kibera proved so successful that there are now 34 other biogas projects around Kenya.

One big benefit of the bio-latrines is the fall in what residents call "flying toilets" — plastic

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bags that slum residents sometimes use to relieve themselves* and then fling* out of shack doors into alleys, occasionally catching unwary* passers-by.

But not everyone in the slums has a bio-latrines nearby. Often, streets become streams choked with garbage, used condoms and rotting food. These rivers of disease often run parallel with cracked, corroded* pipes bringing water to communal taps*. Germs enter the water supply through the leaks, sickening children whose parents cannot afford doctor fees.

That's where Kaltouma Tahir and her water purification project come in. The 52-year-old mother of six still remembers watching her neighbor's 3-year-old son Gilbert get sick and die after getting diarrhea* from drinking dirty water.

Shortly afterward, she helped start a project with a Swiss aid organization that purifies water using the sun's ultraviolet rays. She is called Mama Sodis, after the organization's name shortened from Solar Water Disinfection*.

Where the project has taken off, local clinics have seen a 90 percent reduction in the number of patients with waterborne diseases. Children don't miss school and parents don't miss work. Savings that would have gone to medicine are spent on school books or extra food.

The Kenya water project has grown from three staff members to 24, reaching 65,000 households and 15 schools in Kibera.

Worldwide, the technique is used by about 2 million people in around 30 countries, but it's still a small fraction of the 1.1 billion people who need safe water.

(注) sewage 下水 sanitation 公衆衛生 latrine トイレ waterborne 水を媒介とした charcoal 炭 relieve oneself 用を足す fling 投げる
unwary 不注意な corrode 腐食する communal tap 公共の水道の蛇口
diarrhea 下痢 disinfection 消毒

(1) The price of fuel _____.

- A. is so high that people in Kibera are trying to make good use of sunshine
- B. has dropped by a quarter in six months in Kibera
- C. has been rising these days in Kibera, which has raised the need for bio-latrines
- D. is too high for people in Kibera to find any good ways to survive
- E. has risen four times as high as food prices in Kibera

(2) The "bio-latrines" in Kibera _____.

- A. were built with the financial aids of other countries
- B. help to stop the rise of coal price
- C. so far have been built only in Kibera
- D. were built first a decade ago
- E. are run by the Kenyan government

- (3) Because of the gas produced by the bio-latrines in Kibera, _____.
- A. some teachers had to leave a school for orphans
 - B. the number of children who catch a cold has reduced
 - C. about 600 people are able to live near an orphanage
 - D. 68 orphans have recovered from cold
 - E. hundreds of people have started using flying toilets
- (4) The water purification project in Kibera _____.
- A. takes advantage of the abundant sunshine of the region
 - B. could not save Gilbert's life
 - C. was named by Kaltouma Tahir
 - D. does not always work because of cracked, corroded pipes
 - E. brought people in Kibera a lot of money, which all has been spent on medicine
- (5) The technique used in the Kenya water project _____.
- A. has reduced the number of patients with waterborne diseases by 90 percent throughout the world
 - B. provides 1.1 billion people with safe water
 - C. provides benefits to about 2 million people in around 30 countries but this is still not enough
 - D. was first developed by only 24 staff members
 - E. is now applied to the construction of 15 schools around the world