

## 外 国 語

英 語： 1～6 ページ

1. 試験開始の合図があるまで、この問題冊子を開いてはいけません。
2. 解答時間は 60 分間です。
3. 解答用紙の記入にあたっては、解答用紙の注意事項を参照し、HBの鉛筆を使用して丁寧にマークしなさい。
4. 受験番号、氏名、フリガナを解答用紙に記入しなさい。受験番号は正しくマークしなさい。
5. マークの訂正には、消しゴムを用い、消しきずは丁寧に取り除きなさい。
6. 試験開始後、ただちにページ数を確認し、落丁や印刷の不鮮明なものがあれば申し出なさい。
7. 試験終了後、解答用紙のみを提出しなさい。問題冊子は持ち帰りなさい。
8. 解答用紙は折り曲げないようにしなさい。
9. 受験番号欄にマークミスがあった場合は、採点対象外となります。

## PASSAGE I

Use the content from this passage, separated into 9 sections (*sec 1 - sec 9*), to answer the **PASSAGE I QUESTIONS**.

*sec 1* Focusing on your breath is a powerful tool. Learn breathing techniques that ease anxiety, depression and other stress-related issues.

*sec 2* During moments of stress, your thoughts may be drawn toward past regrets and worries about the future. Thankfully, you possess a readily accessible and free tool that can be used to manage stress — your breath.

*sec 3* Breath practices are a great way to become more in touch with your mind, body and spirit. Deep, conscious breathing (yogic breathing) can be used as an anchor to stay in the present moment. Your conscious breath can also be used to feel the energy of your emotions, especially the uncomfortable ones that you may try to escape.

*sec 4* During stressful moments, conscious breathing allows you to shift and release negative energy instead of storing it in your body. This is important, because stored-up energy often manifests as muscle tension and other physical ailments.

*sec 5* Breath work has other benefits, too. It can increase alertness and oxygen flow and allow your body to release toxins more readily. Although breathing is something your body naturally does, it's also a skill that can be sharpened.

*sec 6* **TYPES OF BREATH**

The two basic types of breath are:

- Chest breathing, which uses secondary muscles in your upper chest. Chest breathing is designed to be used in situations of great exertion, such as a sprint or race. During stressful situations, you may inadvertently<sup>1</sup> resort to chest breathing. This can lead to tight shoulder and neck muscles and sometimes even headaches. Chronic stress can magnify these symptoms.
- Diaphragmatic breathing, which comes from the body's dominant breathing muscle — the diaphragm. This type of breathing is more effective and efficient. It can lead to feelings of relaxation instead of tightness.

*sec 7* **DIAPHRAGMATIC BREATHING**

Diaphragmatic breathing is a great way to reduce stress. To get started, try the exercise below alone or with a partner:

- Get into a comfortable position. Close your eyes and bring your attention to your body and breath.
- Inhale deeply through your nose, allowing your abdomen to fill with air, gently expanding out. Exhale by relaxing and releasing all of the air through your nose.
- Place one hand on your abdomen, right below your navel<sup>2</sup>, and the other hand on your upper chest. Take a deep breath in through your nose and out through your nose. Feel the coolness of the air as it enters in and the warmth as it flows out.
- As you breathe in and out through your nose, focus on shifting your breath so that you can feel the rise and fall of your breathing in your abdomen more than in your chest. In other words, make the hand that rests on your abdomen move more than the hand on your chest. Take a deep breath in through your nose, sending it through the back of your throat and down to your belly. Let your abdomen slowly deflate as you exhale through your nose.
- Take three more slow, deep breaths with conscious focus on the rise and fall of your abdomen. Continue to breathe fully and deeply, allowing and trusting the body as the breath slows and becomes more relaxed.

*sec 8* The benefits of deep breathing extend beyond in-the-moment stress relief. Many studies have found that deep, yogic breathing helps balance the autonomic nervous system, which regulates involuntary bodily functions, such as temperature control and bladder function. This may help ease symptoms of stress-related disorders and mental health conditions such as anxiety, general stress, depression and post-traumatic stress disorder.

*sec 9* Finally, reflect on this passage by Donna Farhi from *The Breathing Book: Good Health and Vitality Through Essential Breath Work* to help you understand the importance of your own [ A ]: “Breathing is one of the simplest things in the world. We breathe in, we breathe out. When we breathe with real freedom, we neither grasp for, nor hold on to the breath. The process of breathing is the most accurate metaphor we have for the way that we personally approach life, how we live our lives, and how we react to the inevitable changes that life brings us.”

**Vocabulary**

(1) *inadvertently*: by accident or unconsciously; (2) *navel*: belly button

*Excerpt adapted from “Decrease stress by using your breath” (2019)*  
<https://www.self.com/story/decrease-stress-breathing>

**PASSAGE I QUESTIONS**

1. According to *sec 1*, what effects can breathing techniques have?
  - ① They can cause a variety of stress-related issues.
  - ② They can heighten a variety of stress-related issues.
  - ③ They can help with a variety of stress-related issues.
  - ④ They can increase a variety of stress-related issues.
  
2. In *sec 3*, which of the following best reflects the meaning of “anchor”?
  - ① a device used to stop a ship from floating off
  - ② a technique to maintain mental focus
  - ③ the final runner in a relay race
  - ④ the main newscaster who reads current events on television
  
3. According to *sec 3*, what does conscious breathing help you to do?
  - ① Connect with your feelings.
  - ② Practice negativity.
  - ③ Prepare for the future.
  - ④ Reflect on the past.
  
4. In *sec 4*, which of the following is closest in meaning to “manifests”?
  - ① appears
  - ② holds
  - ③ increases
  - ④ removes
  
5. In *sec 5*, which of the following is closest in meaning to “sharpened”?
  - ① impaired
  - ② improved
  - ③ shaped
  - ④ shaved
  
6. In *sec 6*, which of the following is closest in meaning to “chronic”?
  - ① acute
  - ② life-threatening
  - ③ long-term
  - ④ severe
  
7. According to *sec 6*, in which of the following situations would chest breathing be most appropriate?
  - ① during exams
  - ② during strenuous exercise
  - ③ when you have a headache
  - ④ while giving a presentation
  
8. According to *sec 7*, which of the following is NOT true about diaphragmatic breathing?
  - ① The air feels warm as you breathe out.
  - ② You breathe in and out through your nose.
  - ③ You should breathe fully and deeply.
  - ④ You should feel your breathing mostly in your chest.
  
9. Which of the following is the best fit for [A]?
  - ① breadth
  - ② breath
  - ③ breathe
  - ④ breeding
  
10. Which of the following best reflects the main message of this passage?
  - ① Breathing is simple, but doing it well can lead to numerous health benefits.
  - ② Chest breathing should be used at times of physical exertion because it uses secondary muscles.
  - ③ Deep breathing promotes in-the-moment stress relief and helps to focus on the past.
  - ④ The diaphragm is the dominant muscle responsible for making it possible to breathe.

## PASSAGE II

Use the content from this passage, separated into 7 sections (sec 1 - sec 7), to answer the **PASSAGE II QUESTIONS**.

sec 1 DAVID: Welcome to our Dementia Dialogue podcast where we are discussing changing and adapting when dementia<sup>1</sup> enters a person's life. Our guest today is Susan Bithrey who accompanied her husband Reg who lived with dementia for a period of eleven years.

sec 2 DAVID: Can you describe a little bit of your feelings or reaction when you received [Reg's] diagnosis?  
 SUSAN: Well, I think as with most people, once you actually hear a diagnosis spoken out loud, there's a sense of relief that you're not crazy. Yes. However, it was, you know, there was a lot of sorrow and anger that this should be happening to us. We were, you know, a kind of golden retiree, younger senior couple that thought we were bulletproof. I guess we weren't. Yes, there was the realization that we were as vulnerable as anyone else.

sec 3 SUSAN: When Reg was diagnosed, he was told that in addition to Alzheimer's, he was exhibiting signs of aphasia which means that the parts of his brain that control speech and communication were beginning [ A ] and that was only going to get worse. He lost words rather rapidly and he didn't understand words that were being spoken to him. So conversations, you know, kind of changed radically. His inability to speak eventually caused him or was connected, I think, with his exhibiting behaviors.

sec 4 SUSAN: He became sort of aggressive. He couldn't make you understand what he wanted or didn't want by speaking to you about it. So he would show you. If he didn't want something or he didn't like something, he would take me by the wrists and make it understood that no, this wasn't a good idea. He began to be restless. He began to be suspicious of the few hours of respite care<sup>2</sup>. He didn't like the people to come into the house. He didn't understand why they were here. He further didn't understand why I wasn't [there] and all of these things kind of escalated.

sec 5 SUSAN: He began to run away from home. He became fascinated with the river here by our house and it used to scare me because early in his disease, he would threaten to end his life and I would say, "Well how would you do that?" and he would reply, "I would find a place where there's lots of water." So just everything became kind of overwhelming and his behaviors in the end overwhelmed him. And so this very gentle sweet man, at this point, was considered dangerous and that was heartbreaking.

sec 6 DAVID: So, he was admitted into a mental health unit at the hospital.  
 SUSAN: Yes. He was there for 11 weeks and it was not a pretty story. That was one of the most difficult times in his whole disease. I had to be his personal support worker basically because he wouldn't allow anyone on the hospital staff to do things for him. So I was there for eight nine hours a day and finally he would fall asleep exhausted and I [would] go home. Finally at the end of a long period of time, a local psychiatrist here who was just fed up to the teeth with the system, decided that she was going to put him into a dementia care program here that was officially closed but she made an exception.

sec 7 DAVID: Susan, we're coming to the end of the interview. Now I'm wondering whether you have any last moment thoughts, any lessons learned that you would like to share with our listeners before we come to a conclusion.  
 SUSAN: This was a journey that I was absolutely unprepared for, in every way. As most caregivers do or as lots of caregivers do, I learned on the job. In trying to be proud of what I did, I always try to remember that I was only required to learn how to be a caregiver. My husband had to go through disease. He got the worse end of all of this. I only hope that I was able to make some things along the way easy for him. I hope, I really hope.  
 DAVID: Thanks, Susan.

Vocabulary

(1) **dementia**: serious illness of the brain; (2) **respite care**: temporary care arrangement intended to give main caregivers a break

*Excerpt adapted from "Dementia Dialogue: Transcript of Interview with Susan Bithrey" (2018) by David Harvey*  
<https://www.dementiadialogue.ca/transcript-4>

**PASSAGE II QUESTIONS**

11. According to *sec 2*, which of the following best describes Susan's overall reaction to Reg's diagnosis?

- ① She felt negative about the diagnosis.
- ② She felt positive about the diagnosis.
- ③ She had mixed feelings about the diagnosis.
- ④ She was unconcerned about the diagnosis.

12. In *sec 2*, which of the following is closest in meaning to "bulletproof"?

- ① cut off from reality
- ② far from ideal
- ③ isolated from criticism
- ④ safe from harm

13. Which of the following is the best fit for [ A ]?

- ① be interfered with
- ② be interfering with
- ③ to be interfered with
- ④ to interfere with

14. In *sec 3*, which of the following is closest in meaning to "radically"?

- ① dramatically
- ② partially
- ③ theatrically
- ④ unexpectedly

15. According to *sec 3* and *sec 4*, what does Susan suggest caused Reg to become aggressive?

- ① He could not accept that his diagnosis was a life-changing event.
- ② He could not get enough rest and relaxation.
- ③ He was angry about the lack of respite care.
- ④ He was frustrated by his inability to communicate effectively.

16. In *sec 4*, which of the following is closest in meaning to "escalated"?

- ① alleviated
- ② enlarged
- ③ heightened
- ④ worsened

17. According to *sec 5*, what was Susan scared about?

- ① She was afraid because Reg threatened to kill her.
- ② She was afraid because Reg was too adventurous.
- ③ She was afraid that Reg would kill himself.
- ④ She was afraid that Reg would run away from home.

18. In *sec 6*, which of the following is closest in meaning to "fed up to the teeth"?

- ① bright and early
- ② hard and fast
- ③ sick and tired
- ④ sweet and sour

19. In *sec 7*, what does Susan mean when she says that she "learned on the job"?

- ① She learned how to be a caregiver as she was working in another occupation.
- ② She learned how to be a caregiver before she started caring for her husband.
- ③ She learned how to be a caregiver by caring for her husband.
- ④ She learned how to be a caregiver, and now she is a professional caregiver.

20. Which of the following best summarizes Susan's reflections at the end of the conversation?

- ① She is resentful about the journey that she took with her husband.
- ② She struggled as a dementia caregiver, but Reg faced greater difficulties as a dementia patient.
- ③ She wanted to help her husband, but thinks instead she made things worse for Reg.
- ④ She was in the same position as other caregivers, thoroughly prepared.

## PASSAGE III

Use the content from this passage, separated into 21 sections (*sec 1 - sec 21*), to answer the **PASSAGE III QUESTIONS**.

*sec 1* Climate change is bringing diseases once considered [ A ] afflictions to the United States, and new research warns that a parasite spread by sand flies may be the latest to join this growing list.

*sec 2* The *Leishmania* parasite causes several forms of the disease leishmaniasis, including cutaneous leishmaniasis, which causes skin sores. Cutaneous leishmaniasis infects up to 1 million people each year, mainly in the Middle East, central Asia, northern Africa and Latin America.

*sec 3* Another potentially life-threatening form of the disease, visceral leishmaniasis, affects the spleen, liver and bone marrow, and a new study suggests this form may be gaining a foothold in U.S. sand flies when they feed on infected dogs brought into the country by well-meaning dog rescue organizations.

*sec 4* The findings were presented Thursday at the annual meeting of the American Society of Tropical Medicine and Hygiene, in Chicago. Such research is considered preliminary until published in a peer-reviewed journal.

*sec 5* “As our weather gets more erratic<sup>1</sup> and the planet as a whole gets warmer and wetter, it becomes a much better place for these bugs to live and create disease,” said study author Christine Petersen, director of the Center for Emerging Infectious Diseases at the University of Iowa. “We need to up our game and remember these tropical diseases aren’t going to be so tropical anymore due to global warming,” she added.

*sec 6* In addition to leishmaniasis, U.S. researchers are also seeing an uptick in other formerly tropical diseases such as malaria and yellow fever, she noted.

*sec 7* As many as 1 million dogs enter the United States every year, most without receiving proper screening for infectious diseases, Petersen said.

*sec 8* “If the dog is infected, leishmaniasis can spread to sand flies where it will be transmitted locally, leading to human disease,” she explained. Petersen first started hearing about leishmaniasis in dogs in 2018 as rescue groups began to bring dogs into the United States from Turkey, where leishmaniasis is endemic.

*sec 9* “It’s great that we don’t want to go to puppy mills<sup>2</sup>, but we have to remember that dogs can bring in parasites from the rest of the planet,” she said. As it stands, rescue groups make sure dogs are vaccinated against rabies and often provide deworming medication, but that may be all.

*sec 10* There needs to be an all-hands-on-deck approach to screening these dogs at ports of entry, in addition to wider use of sand fly insecticides and repellents, she stressed.

*sec 11* It’s important to know where any rescue pup is from and to make sure the dog is adequately tested for diseases that are endemic to that country.

*sec 12* “This parasite can cross the placenta in pregnant women,” Peterson said. “It is essential to know what the dog could have been exposed to.” There are no drugs to prevent this disease, but there are vaccines for dogs in Europe and Brazil, she noted.

*sec 13* Then there is cutaneous leishmaniasis to worry about, which has typically only been found in people who have recently traveled to endemic areas.

*sec 14* In a second study presented Thursday at the same meeting, researchers identified a potentially new, locally acquired strain<sup>3</sup> of cutaneous leishmaniasis in the United States.

*sec 15* For the study, researchers analyzed 1,222 samples from people with cutaneous leishmaniasis. Of these, 1,136 were from people reporting international travel and 86 came from non-travelers. Overall, a new strain called *Leishmania mexicana* was seen among non-travelers, primarily from Texas, while a previously known strain was seen in travelers.

*sec 16* *Leishmania mexicana* has a slightly different genetic fingerprint, which suggests that it is being spread by local sand fly populations, said study author Dr. Mary Kamb. She is a medical epidemiologist in the division of parasitic diseases and malaria at the U.S. Centers for Disease Control and Prevention’s National Center for Emerging and Zoonotic Infections.

*sec 17* “While most of these infections were in people living in Texas, sand flies that can transmit leishmaniasis are found in many parts of the country, and especially in the southern United States,” she said.

*sec 18* The hope is that by identifying the new strain, researchers will be better able to stay on top of its spread. “Cutaneous leishmaniasis needs to be on doctors’ radars,” Kamb said.

*sec 19* Certain types of cutaneous leishmaniasis can cause sores in the nose, mouth or throat, and can sometimes lead to visceral leishmaniasis, the most severe form of the disease. Treatment is available, but it can be expensive and may require daily hospital visits for roughly a month.

*sec 20* “Some of the things driving climate change, like deforestation, are also contributing to the expansion of leishmaniasis in places like Brazil,” explained Dawn Wesson, an associate professor at Tulane University School of Public Health and Tropical Medicine, in New Orleans.

*sec 21* The good news? Sand flies are susceptible to insecticides, just like mosquitoes, Wesson noted. “Some of the flea and tick topicals for dogs are also supposed to work for mosquitoes and should therefore work for sand flies, but people need to use them,” Wesson said.

Vocabulary

(1) *erratic*: unpredictable; (2) *puppy mills*: dog breeding facility that prioritizes profit over the well-being of the animals;  
(3) *strain*: genetic variant or sub-type of disease-causing organism

**PASSAGE III QUESTIONS**

21. Which of the following is the best fit for [ A ]?

- ① accidental
- ② occidental
- ③ topical
- ④ tropical

22. In *sec 3*, which of the following is closest in meaning to “gaining a foothold”?

- ① becoming endangered
- ② establishing its presence
- ③ gaining popularity
- ④ going viral

23. According to *sec 4*, why are these research findings still viewed as provisional?

- ① because many academics do not believe in climate change
- ② because the sample size of the study was too small
- ③ because the study is controversial
- ④ because they have not appeared in an academic publication yet

24. In *sec 5*, what does “it” refer to?

- ① leishmaniasis
- ② the Center for Emerging Infectious Diseases
- ③ the weather
- ④ the world

25. According to *sec 7* and *sec 8*, why does the entry of so many dogs into the U.S. pose such a health risk?

- ① Dogs are inadequately checked for infectious medical conditions.
- ② Many dogs are abandoned and die of infection after they arrive.
- ③ Most dogs are carriers of infectious diseases.
- ④ People in the U.S. do not have resistance to infectious diseases from abroad.

26. According to *sec 8* to *sec 11*, which of the following best reflects the main point about dogs being brought into the U.S. from Turkey?

- ① It is unethical that dogs are imported without any form of health screening.
- ② Puppy mills are an ethical alternative for owners looking for a healthy dog.
- ③ Rescue group deworming is as important as vaccination against rabies.
- ④ Rescue groups do good work, but more should be done about disease prevention.

27. According to *sec 13*, when has cutaneous leishmaniasis most commonly been observed in people living in the U.S.?

- ① after traveling to a domestic destination
- ② after traveling to areas where it is prevalent
- ③ after traveling to areas with temperate climates
- ④ after traveling with their pets

28. According to *sec 14* to *sec 17*, what does the genetic makeup of *Leishmania mexicana* suggest about its origins?

- ① It is only found in Texas and Mexico.
- ② It is responsible for most new cases of new cutaneous leishmaniasis.
- ③ It is the same as other strains of leishmania found in Central Asia.
- ④ It is transmitted by sand flies native to the U.S.

29. In *sec 18*, what suggestion does the author give for doctors working in the southern states of the U.S.?

- ① They get training in tropical medicine.
- ② They should be on the lookout for cases of cutaneous leishmaniasis.
- ③ They should expect a sudden increase in the number of cutaneous leishmaniasis cases.
- ④ They should tell patients to check their dogs for sand fly bites.

30. According to the passage, what is the underlying factor driving the spread of infectious tropical diseases to new areas?

- ① dogs
- ② domestic travel
- ③ global warming
- ④ sand flies

フリガナ

氏名

## 外語

## 解答用紙

マークの仕方  
(シャーペンシル・ボールペン・サインペン等は不可)  
マークを消す時は、消しゴムで完全に消し、消しきずを  
残さないこと

(良い例) ① (悪い例) ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ ⑨ ⑩

消い 短い うすい はみてる

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受験者は記入しないこと

欠席者 ○

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24	①	②	③	④	⑤	⑥	⑦	⑧	⑨
25	①	②	③	④	⑤	⑥	⑦	⑧	⑨
26	①	②	③	④	⑤	⑥	⑦	⑧	⑨
27	①	②	③	④	⑤	⑥	⑦	⑧	⑨
28	①	②	③	④	⑤	⑥	⑦	⑧	⑨
29	①	②	③	④	⑤	⑥	⑦	⑧	⑨
30	①	②	③	④	⑤	⑥	⑦	⑧	⑨
31	①	②	③	④	⑤	⑥	⑦	⑧	⑨
32	①	②	③	④	⑤	⑥	⑦	⑧	⑨
33	①	②	③	④	⑤	⑥	⑦	⑧	⑨
34	①	②	③	④	⑤	⑥	⑦	⑧	⑨
35	①	②	③	④	⑤	⑥	⑦	⑧	⑨
36	①	②	③	④	⑤	⑥	⑦	⑧	⑨
37	①	②	③	④	⑤	⑥	⑦	⑧	⑨
38	①	②	③	④	⑤	⑥	⑦	⑧	⑨
39	①	②	③	④	⑤	⑥	⑦	⑧	⑨
40	①	②	③	④	⑤	⑥	⑦	⑧	⑨
41	①	②	③	④	⑤	⑥	⑦	⑧	⑨
42	①	②	③	④	⑤	⑥	⑦	⑧	⑨
43	①	②	③	④	⑤	⑥	⑦	⑧	⑨
44	①	②	③	④	⑤	⑥	⑦	⑧	⑨
45	①	②	③	④	⑤	⑥	⑦	⑧	⑨
46	①	②	③	④	⑤	⑥	⑦	⑧	⑨
47	①	②	③	④	⑤	⑥	⑦	⑧	⑨
48	①	②	③	④	⑤	⑥	⑦	⑧	⑨
49	①	②	③	④	⑤	⑥	⑦	⑧	⑨
50	①	②	③	④	⑤	⑥	⑦	⑧	⑨
51	①	②	③	④	⑤	⑥	⑦	⑧	⑨
52	①	②	③	④	⑤	⑥	⑦	⑧	⑨
53	①	②	③	④	⑤	⑥	⑦	⑧	⑨
54	①	②	③	④	⑤	⑥	⑦	⑧	⑨
55	①	②	③	④	⑤	⑥	⑦	⑧	⑨
56	①	②	③	④	⑤	⑥	⑦	⑧	⑨
57	①	②	③	④	⑤	⑥	⑦	⑧	⑨
58	①	②	③	④	⑤	⑥	⑦	⑧	⑨
59	①	②	③	④	⑤	⑥	⑦	⑧	⑨
60	①	②	③	④	⑤	⑥	⑦	⑧	⑨