

入院はいやなもの。大人はある程度心構えができていられるでしょうが、子どもは入院の知識も情報もありません。どうやって子どもたちに入院の準備をさせましょうか。

The thought of staying in a hospital is stressful for adults, but it is even worse for children. Because they have far less knowledge of hospitals, disease, and medical treatment, their imaginations can run wild with fearful images of what they may find. However, children will be much better able to cope if adults take some steps to prepare them in advance.

adult  
大人  
disease  
病気  
treatment  
治療  
run wild  
暴れる  
cope  
うまく処理する  
pretend  
ふりをする

Role-playing is a valuable, even fun, way to prepare for the hospital stay. First, the child can pretend at home to be in the hospital, and the adult can pretend to be the nurse or doctor. As the "nurse," the adult can arrange the pillows and take the child's temperature. Then the pretend nurse can show the child how to ring a bell for help or turn on the television set. The nurse can set up a tray for lunch and say, "This is the way you will be served lunch in the hospital." Then the adult and child can reverse the roles with the child becoming the nurse and the adult becoming the patient. When it is time for the child to enter the real hospital, she will have some idea of what to expect.

temperature  
体温  
reverse  
入れ替える

Another important part of the preparation process is discussion with the child. It is particularly important to let the child know that she will not be left entirely alone in a strange place with no familiar faces. Rather, family members will be there as much as possible. The child can also bring her own toys and dolls to help her feel more comfortable in the hospital. As part of the discussion, the child must be given chances to ask questions. The adults should answer the questions as honestly as possible. If the child wants to know if it will hurt, the adult should respond by saying, "Yes, it may hurt a little, but the nurse and doctor will be as gentle as possible." Then the benefits of the treatment can be explained. For example, the child can be told that it won't hurt as much as it does now or that she will be able to play more after the treatment. The adult must make the child feel comfortable talking about the hospital stay.

patient  
患者  
preparation  
準備  
familiar  
なじみのある  
comfortable  
心地よい  
respond  
答える  
benefit  
利益

If time allows, the adult and child might visit a library for more specific information. At the library they can read children's books and view simple videos about hospitals. Books that show the internal parts of the body can be useful because the adult can use them to show the child what part of the body will be treated. It is important that explanations are given in a way that the child can understand.

specific  
明確な  
internal  
体内の  
explanation  
説明

Children's psychological condition deserves as much attention as their physical condition. Role-plays, discussions, and access to information all help children understand what will happen to them and keep them from imagining the worst.

psychological  
心理的な  
deserve ~  
~に値する

(西南学院大)

□ 1 次の①~⑫の中から本文の内容に合うものを4つ選びなさい。

- ① Preparation for a hospital stay will help children keep negative images in mind.
- ② Even though role-plays can be expensive, adults do them because children think that role-plays are fun.
- ③ Adults can make children feel comfortable in the hospital by staying at home.
- ④ After playing one role in role-plays, the adult and child can switch roles.
- ⑤ Role-plays offer an opportunity for the child to pretend to be at home while she is actually in the hospital.
- ⑥ Part of preparing a child for a hospital stay includes leaving her alone.
- ⑦ If the child does not have relatives, she is not allowed to bring her own toys and dolls with her.
- ⑧ The child's questions should be responded to by adults as frankly as possible.
- ⑨ Role-plays and discussions should be done in advance, but library visits should be done at the last minute.
- ⑩ The author does not recommend showing books about the organs in the body to children who are going to the hospital.
- ⑪ It is a good idea to show videos about hospitals to the child before her actual stay.
- ⑫ One of the points of preparation is to help children form a realistic image of what they will experience at the hospital.

□ 2 下線部の意味・内容に最も近いものを、㉗~㉛の中から1つ選びなさい。

- ㉗ the nurse will know something about what she can expect of the child
- ㉘ the child will learn something about the other patients in the room
- ㉙ the nurse will be somehow aware of what the patient is like
- ㉚ the child will know something about what her hospital stay will be like

# 19 睡眠の重要性

## 手引き

人は1日に何時間眠る必要があるのでしょうか。また、何時間連続して睡眠を取らずに活動できるのでしょうか。不眠不休は可能でしょうか。睡眠の取り方を確認しましょう。

How important is sleep? In many cases, production in an industrial plant tends to be low on Monday. By Tuesday or Wednesday, workers seem to be "warmed up." Production is at its highest for the week. One possibility is that Friday, Saturday, and Sunday nights may be spent in long and tiring entertainment. The resulting loss of sleep shows up in lower production on Monday.

production  
生産、生産性  
plant  
工場

possibility  
可能性  
entertainment  
娯楽

indicate  
示す  
performance  
業績

motivated  
やる気のある  
stay awake  
目覚めている

subject  
被験者  
continuously  
連続して  
faint  
失神する  
reduce  
減らす

intelligence-test  
知能検査

individual  
個人

vary  
異なる

available  
利用できる

Various tests indicate that loss of sleep is followed by poorer performance. It is true that very motivated people can do surprisingly well after long periods of staying awake. But they are able to do so only by using up a great amount of energy.

People can lose sleep in two ways. They may go without any sleep for a long period. Or, they may sleep much less than usual for a period of several nights. In one experiment, first of all, subjects were kept awake continuously for 72 hours. They were under medical care during this dangerous experiment. Even so, some fainted at the end. In another part of the experiment, the same subjects reduced the amount of their sleep from about 8 hours to about 5 hours a night for five nights. In both cases, the subjects were given tests before and after the periods of no sleep or reduced sleep. Intelligence-test scores dropped 24.5 percent following a period of 72 hours without sleep. However, the scores dropped only 14.9 percent following five nights with only 5 hours' sleep each night. How much the individual swayed forward and backward when trying to stand still was also measured. After 72 hours without sleep, there was a 51.8 percent loss in control of bodily swaying. After five nights of 5 hours' sleep each, there was a loss of only 6.1 percent.

The amount of sleep a person needs varies with age. It also varies from individual to individual. But suppose it is absolutely impossible to get normal amounts of sleep. Studies have shown that it is better to take a number of short naps than to use all available sleeping time in one period. Other studies have found

that performance drops in the early afternoon. One way of improving performance is to take a nap about halfway through the waking period. 〔近畿大一改〕

□ 1 本文の第1段落の内容に合うものとして最も適当なものを㉗～㉕から1つ選びなさい。

- ㉗ Low production seen on Monday results in loss of sleep.
- ㉘ People have a tendency to get tired by Tuesday or Wednesday.
- ㉙ People try to work harder to make up for the loss of sleep on Monday.
- ㉚ Poor performance on Monday may be caused by lack of sleep on weekends.

□ 2 本文の第3段落にある実験の結果として最も適当なものを㉗～㉕から1つ選びなさい。

- ㉗ Subjects performed better on a physical test when they went without sleep for 72 continuous hours.
- ㉘ There was no major difference on test results between cases with no sleep and reduced sleep.
- ㉙ The ways the subjects lost sleep had little effect on the scores of the two tests.
- ㉚ When the subjects' amount of sleep was reduced over five nights, they showed better performance than when they went without sleep for 72 hours.

□ 3 次の㉗～㉕から本文の内容に合う文を2つ選びなさい。

- ㉗ Performance is not likely to improve by the middle of the week even though people have time to "warm up."
- ㉘ Loss of sleep affects motivated people as much as it does unmotivated people.
- ㉙ Intelligence-test scores are likely to suffer more when people don't sleep at all for a long period of time.
- ㉚ After not having slept for a long period of time, people are still able to function properly.
- ㉛ Staying awake for three days has the same effect as sleeping less for five days.
- ㉜ People shouldn't take naps in the middle of the day or else performance will drop.
- ㉝ Taking several short afternoon naps is helpful if you can't get a normal amount of sleep at night.

□ 4 次の英文を日本語に訳しなさい。

It's true that the best-connected individuals at the center of the social network are more likely to be affected by an unhappy wave spreading through the network, but they are even more likely to be affected by a happy wave. 〔北海学園大〕

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# 20 新種の鶏

## 手引き

人はいろいろなものを発明してきましたが、今度の発明品は鶏です。「何？鶏は発明品なのか？」と思うでしょうが、とにかく、試みに、ある科学者の発明になる「鶏」をご賞味あれ！

An Israeli scientist has created a new type of chicken that is born without feathers. Though the chickens look odd, the researcher says that featherless chickens are better for the poultry industry. In hot areas of the country, it is much more difficult for chickens with feathers to stay cool. Because they are uncomfortable, they eat less, and therefore they do not grow heavy and large. Small, light chickens have much less meat to eat when they are cooked, and shoppers will not pay high prices for them. Because of this, chicken farmers in hot countries are forced to buy expensive air conditioners. In addition, regular chickens must have their feathers pulled off after they are killed, and this requires expensive machinery and takes more time before taking them to market. These featherless "super-chickens" are bigger, heavier and cooler. Already many farmers have begun to raise this new kind of chicken. Many farmers believe that poultry industry sales will increase, and that they will become wealthy. However, there could be one problem: the researcher did not say if "super-chickens" taste good when they're cooked.

feather  
羽  
poultry  
家禽

uncomfortable  
不快な

increase  
増す

(明海大)

□1 上の文を読み、各問いに答えなさい。

(1) 次の文は本文を要約したものです。( )内に適切な日本語を入れ、要約文を完成しなさい。  
イスラエルの科学者が①( )のない鶏をつくり出した。これは養鶏業には望ましい。暑い地域では鶏は②( )状態になれず不快になり、③( )がなく  
なり、太らないので、これまで養鶏業者は高価な④( )設備に投資していた。これ  
で問題解決といきたいところだが、この新種の鶏が⑤( )かどうかは分からない。

(2) 下線部 this の内容として正しいものを⑦~⑨から1つ選びなさい。( )

- ⑦新種の鶏をつくり出すこと。
- ⑧新種の鶏を飼うこと。
- ⑨鶏の羽をむしり取ること。

□2 次の各文の( )内に右の語群から適語を選んで入れ、意味が通るようにしなさい。

- ① How does the new salt ( )?
- ② What's wrong with you? You ( ) pale.
- ③ Few stores ( ) open in this village.
- ④ The baby will ( ) heavy.
- ⑤ If you take this medicine, you will ( ) better.

語群  
feel  
grow  
look  
stay  
taste

□3 次の各問いの日本語を参考に、( )内に適語を1語ずつ入れなさい。

- ① 加えて、昨日は雨が激しく降っていました。  
( ) ( ), it was raining heavily yesterday.
- ② このため、昨日、私たちは家にいました。  
( ) ( ) this, we stayed home yesterday.
- ③ 兄が新種のゲームをくれました。  
My brother gave me a new ( ) ( ) game.
- ④ そのゲームを終わらせるのにそれほど時間はかかりませんでした。  
It didn't ( ) much ( ) to finish the game.
- ⑤ 私たちは、ゲームの後は勉強せざるをえませんでした。  
We were ( ) ( ) study after the game.

□4 次の英文を日本語に訳しなさい。

① The children start coming into the school health center after the first period. "I don't feel well," they complain. (国学院大)

② Within five years, Sakai hopes to publish a total of 100 books. "I would also like to have some of my books listed in *The New York Times* best-seller list," he said. (関西大)

### 重要四通語句

microscope 顕微鏡    result 結果    data データ    statistics 統計    decrease 減る  
laboratory 実験室    factory 工場    instrument 道具, 器具

# 21 会話と文化

## 手引き

ここに登場する Amish(アーミッシュ)はキリスト教の一派で、電気を使わず、車を持たず、文明をできるだけ排除し、質素な生活をしています。彼らの会話とはどのようなものでしょうか。

Studying conversation in different cultures at different historical moments can tell us much about those societies: where, when and why people talk, and what they talk about. For example, there are countries and societies in which people are not allowed to talk freely due to their governments. There are ①(in which, not to, talk, communities, choose, people). For example, some members of the Amish community in the United States communicate with each other silently, using signs, symbols and action rather than words. They do ②this because they believe ③it is possible to reach a higher level of spirituality by avoiding the misunderstandings and conflicts that are sometimes caused by language and conversation.

historical  
歴史の

allow  
許す  
government  
政府

spirituality  
精神性

【日本女子大】

□1 上の文を読み、各問いに答えなさい。

(1) ①の( )内の語句を、意味が通るように並べかえなさい。

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(2) 下線部②の this の内容として正しいものを㉑~㉗から1つ選びなさい。( )

㉑アーミッシュが会話を許されていないこと。

㉒アーミッシュがしぐさや身振りで会話をする事。

㉓沈黙を守ることで高い超俗性に到達できること。

(3) 下線部③を日本語に訳しなさい。

.....

.....

.....

□2 次の各組の文が同じ意味になるように、( )内に適語を1語ずつ入れなさい。

① The conversation caused their misunderstandings.

Their misunderstandings ( ) ( ) ( ) the conversation.

② They do not allow children to play here.

Children are ( ) ( ) ( ) play here.

③ The boys saw the young men enter the house.

The young men ( ) ( ) ( ) enter the house by the boys.

□3 次の各問いの( )内に入る適切な語句を㉑~㉗から1つずつ選びなさい。

① ( ) with last year, statistics show a 15% reduction in burglary in this area.

㉑ Comparing      ㉒ Compared      ㉓ Having compared      ㉔ Compare

② ( ) efficiently, one liter of gasoline will move this car at least 20 kilometers.

㉕ Having used      ㉖ Having been used      ㉗ Used      ㉘ Using

③ ( ) from the plane, it looks like a toy.

㉙ Seeing      ㉚ Seen      ㉛ To see      ㉜ To have seen

④ ( ) how to study, the student visited his adviser's office.

㉝ Not to knowing      ㉞ Knowing not to      ㉟ To not knowing      ㊱ Not knowing

⑤ ( ) repeatedly in 1940 and 1941, the city of London lost many of its famous churches.

㊲ Bomb      ㊳ To bomb      ㊴ Bombed      ㊵ Bombing

□4 次の英文を日本語に訳しなさい。

It is not surprising, then, that a study by the medical department of University College London has shown that some parts of the brain are larger in taxi drivers than in other people. 【中央大】

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重要単語  
comparative culture 比較文化      comparative literature 比較文学      sociology 社会学  
national character 国民性      tradition 伝統      custom 習慣