

T 日程入試 2 限 (90 分)

科 目	ページ
英 語	2～25
小 論 文	27

〈注意事項〉

1. 試験開始の合図があるまで、問題冊子を開かないこと。
2. 解答はすべて解答用紙に記入しなさい。
3. 志望学部・学科によって選択する科目が決まっているので注意すること。

志望学部(学科)	選択する科目
文学部(日本文)	小論文
上記以外の学部(学科)	英 語

4. マークシート解答方法については以下の注意事項を読みなさい。

マークシート解答方法についての注意

マークシート解答では、鉛筆でマークしたものを機械が直接読みとって採点する。したがって解答は HB の黒鉛筆でマークすること(万年筆、ボールペン、シャープペンシルなどを使用しないこと)。

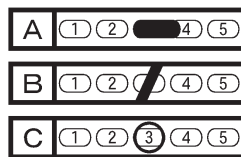
記入上の注意

1. 記入例 解答を 3 にマークする場合。

(1) 正しいマークの例



(2) 悪いマークの例



枠外にはみださないこと。

○でかこまないこと。

2. 解答を訂正する場合は、消しゴムでよく消してから、あらためてマークすること。
3. 解答用紙をよごしたり、折りまげたりしないこと。
4. 問題に指定された数よりも多くマークしないこと。

5. 問題冊子のページを切り離さないこと。

(英 語)

(注意：文学部日本文学科は27ページの「小論文」を解答すること。)

〔 I 〕 つぎの英文を読んで、問いに答えよ。

Consider the feeling you get when you love someone, or when you know you are loved in return. Think about how you experience it in your body, the sensation of warmth and comfort. Now consider the similar but distinct feeling of connection when a close friend helps you through a hard time. Or the lasting feeling of happiness when people (A) of you. Think about what it feels like to be moved to tears. Or when you get a small boost of energy sharing a laugh with a co-worker. Consider the physical pain of losing someone dear to you. Or even the momentary pleasure of waving at the mail carrier.

These feelings, big and small, are connected to biological processes. Just as our brain responds to the presence of food in our bellies by rewarding us with the pleasure sensations, so does it respond to positive contact with others. The brain effectively says to us: yes, more of this, please. Positive interaction tells our bodies that we are safe, reducing our physical excitement and increasing our sense of well-being. (B), negative experiences and interactions create a sense that we are in danger and stimulate us to produce stress hormones. Stress hormones are the main part of physical reactions that raise alertness and help us respond to situations of critical importance — the “fight or flight” response. They are also a big part of what gives us that feeling of stress.

We rely on the signals of these stress hormones and pleasurable sensations, as they guide us through the challenges and opportunities of life. (あ)

These reactions to rewarding and threatening situations have a long evolutionary history. Homo sapiens have been walking around the planet for hundreds of thousands of years with these biological guides to living built inside of us. That sense of joy you get when a baby laughs (7) your silly expressions is biologically linked to the one your distinct ancestors got when they made a baby laugh in the year 100,000 BC.

Prehistoric humans were threatened in ways we can hardly conceive of today. They had similar bodies, but primitive technology gave them only minimal protection from the environment and predatory animals, and virtually no remedies for injury or other health problems. A toothache could end in death. They lived short, hard, and probably terrifying lives.

(6) Why?

One important reason is a trait that early Homo sapiens shared with many other successful animal species: their bodies and brains had evolved to encourage cooperation. (5)

The human animal is not much different today, though the project of survival has taken (4) new meanings and complications. Compared to centuries past, life in the twenty-first century is changing faster than ever before, and many of the threats to our lives are of our own making. Along with challenges related to climate change, growing income inequality, and the vast complications of new communications technologies, we must deal with new threats to our internal states of mind. Loneliness is more pervasive than ever before, and our ancient brains, designed to seek the safety of groups, experience those negative feelings as life-threatening, which leads to stress and sickness. With each year that passes, civilization is faced (3) new challenges that were unimaginable even fifty years ago. It also presents new choices, which means life paths are now more varied than ever. But regardless of the pace of change and the choices (C) many of us now have, this fact remains: the human animal has evolved to

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be connected with other humans.

To say that human beings require warm relationships is no abstract idea. Scientific studies have told us again and again: human beings need nutrition, we need exercise, we need purpose, and we need each other.

We are often asked to summarize the findings of the Harvard Study of Adult Development. People want to know: what is the most important thing we've learned? We are nature resistant to simple answers so these conversations are often not as short as the questioners might like. But when we really think about the consistent signal that comes through after eighty-four years of study and hundreds of research papers, it is that one simple message: positive relationships are essential to human well-being.

(Adapted from Robert Waldinger and Marc Schulz, *The Good Life*, Simon & Schuster, 2023)

1. 空所 に入るようにつぎの a ~ f を並べ替え, 3 番目と 5 番目にくる語の記号を解答欄にマークせよ。ただし, 各選択肢は一度しか使えない。

a. are	b. proud	c. respect
d. say	e. they	f. you

2. 空所 に入る最も適切なものを, つぎの a ~ d の中から一つ選び, その記号を解答欄にマークせよ。

a. By all means	b. By contrast
c. By far	d. By the way

3. 空所 ～ に入る最も適切なものを，つぎの a ～ d の中からそれぞれ一つずつ選び，その記号を解答欄にマークせよ。ただし選択肢は一度しか使えない。

- a. And yet they survived.
- b. Avoid danger and seek connection.
- c. It is a hard fact.
- d. They survived because they were social.

4. 空所 ～ に入る最も適切なものを，つぎの a ～ d の中からそれぞれ一つずつ選び，その記号を解答欄にマークせよ。

<input type="text" value="(ア)"/>	a. at	b. in	c. on	d. to
<input type="text" value="(イ)"/>	a. after	b. by	c. for	d. on
<input type="text" value="(ウ)"/>	a. at	b. of	c. through	d. with
<input type="text" value="(エ)"/>	a. around	b. by	c. of	d. to

5. 下線部(C) varied の意味に最も近いものを，つぎの a ～ d の中から一つ選び，その記号を解答欄にマークせよ。

- a. appropriate
- b. diverse
- c. humorous
- d. prosperous

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6. つぎの(1)～(3)の英文①②について、正しいものを a～d の中からそれぞれ一つずつ選び、その記号を解答欄にマークせよ。

(1) ① Even the slightest social contact like greeting someone you don't know well can make people feel happy.

② The production of stress hormones helps us to be unaware of the effects of stress in our daily lives.

- a. ①は本文の内容に合致しているが、②は本文の内容に合致していない。
- b. ①は本文の内容に合致していないが、②は本文の内容に合致している。
- c. ①と②の両方が本文の内容に合致している。
- d. ①と②の両方が本文の内容に合致していない。

(2) ① We feel happy when we make a baby laugh because our ancestors, who lived long ago, learned to laugh like a baby.

② Primitive humans lived unprotected in harsh living conditions and were sometimes killed by minor illnesses.

- a. ①は本文の内容に合致しているが、②は本文の内容に合致していない。
- b. ①は本文の内容に合致していないが、②は本文の内容に合致している。
- c. ①と②の両方が本文の内容に合致している。
- d. ①と②の両方が本文の内容に合致していない。

(3) ① Living in the ever-changing society of the twenty-first century, we ourselves are creating threats to our way of life.

② As our brains are designed to seek group safety, they can easily cope with loneliness.

- a. ①は本文の内容に合致しているが、②は本文の内容に合致していない。
- b. ①は本文の内容に合致していないが、②は本文の内容に合致している。
- c. ①と②の両方が本文の内容に合致している。
- d. ①と②の両方が本文の内容に合致していない。

〔Ⅱ〕 つぎの会話を読んで、問いに答えよ。

つぎの会話は、演劇作品 *Arsenic and Old Lace* (Joseph Kesselring 原作) の一節である(一部改変)。Elaine は牧師(minister)の娘で、劇評家 Mortimer の恋人である。Abby と Martha は Mortimer の叔母であり、Elaine の父の牧師館(parsonage)の隣人である。Elaine と Mortimer は、叔母たちの家でデートの待ち合わせをしている。

Elaine: Good afternoon, Miss Abby. Good afternoon, Miss Martha. I thought Father was here.

Martha: He just this minute left. Didn't you meet him?

Elaine: No, I took the short cut through the cemetery. Mortimer hasn't come yet?

Abby: No, dear.

Elaine: Oh? He asked me to meet him here.

(ア)

Martha: Not at all.

Abby: Why don't you sit down, dear?

Martha: But we really must speak to Mortimer about doing this to you.

Elaine: Doing what?

Martha: Well, he was brought up to know better. When a gentleman is taking a young lady out he should call for her at her house.

(A)

Elaine: Oh, there's something about calling for a girl at a parsonage, that discourages any man who doesn't like needlecraft.

Abby: He's done this too often — we're going to speak to him.

Elaine: Please don't. After young men whose idea of night life was to take me to prayer meeting, it's wonderful to go to the theatre almost every night of my life.

(B)

Martha: It's comforting for us too, because if Mortimer has to see some of those plays he has to see — at least he's sitting next to a

(C)

minister's daughter.

Elaine: By the way, Father must have been surprised not to find me at home. I'd better run over and say good night to him.

Martha: (イ)

Elaine: If Mortimer comes you tell him I'll be right back.

[*She has opened door, but sees Mortimer just outside.*] Hello, Mort!

Mortimer: Hello, Elaine.

Abby: How are you, dear?

Mortimer: All right. And you look well. You haven't changed much since yesterday.

Abby: Oh, my goodness, it was yesterday, wasn't it? (ウ)
Well, come, sit down. Sit down.

Martha: Abby — haven't we something to do in the kitchen?

Abby: Huh?

Martha: You know — the tea things.

Abby: [*Suddenly seeing Mortimer and Elaine, and catching on to the situation.*] Oh, yes! Yes! The tea things! Well — you two just make yourselves at home.

Martha: Make yourselves at home.

[*They exit kitchen door, Abby closing door.*]

Elaine: [*Stepping to Mortimer, ready to be kissed.*] (エ)

Mortimer: No... that was pretty obvious. A lack of refinement, I should say.

Elaine: Yes — that's exactly what you'd say.

(D) Mortimer: Where do you want to go for dinner?

Elaine: I don't care. I'm not very hungry.

Mortimer: Well, I just had breakfast. (オ)

Elaine: But that will make it pretty late, won't it?

- Mortimer: Not with the disaster we're seeing tonight. From what I've
(E) heard about it we'll be having dinner by ten o'clock.
- Elaine: You ought to be fair to these plays.
- Mortimer: Are these plays fair to me?
- Elaine: I've never seen you walk out on a musical.
- Mortimer: That musical isn't opening tonight.
- Elaine: [*Disappointed.*] No? I was hoping it was a musical.
- Mortimer: You have such a simple perspective.
- Elaine: Not at all. Musicals somehow have a humanizing effect on you. After a serious play we join regular workers going home in the subway and I listen to a (X) on the drama. After a musical you bring me home in a taxi whispering romantic words.
- Mortimer: Now wait a minute, darling, that's a very inaccurate piece of
(F) reporting.

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1. 下線部(A)～(F)の発話の意味または意図として、最も適切なものを a～c の中から一つずつ選び、その記号を解答欄にマークせよ。

- (A) a. そのくらい誰にでもわかることよ。
b. そのくらいのマナーは教わったはずよ。
c. そのくらい無視しても平気よ。
- (B) a. これまで父がお芝居を観せてくれなかったの。
b. これまで通りお祈りの会にも行くつもりよ。
c. これまでのボーイフレンドは退屈だったの。
- (C) a. モーティマーの観るお芝居は感心しないけど、あなたが一緒なら安心だわ。
b. モーティマーの観るお芝居は面白いので、あなたにも楽しんでもほしいの。
c. モーティマーの観るお芝居は難しいので、あなたには退屈かもしれないわね。
- (D) a. あなたの言うとおりにね。 b. そう言うと思ったわ。
c. それは言わない約束よ。
- (E) a. 空腹でも集中できるよ。 b. 先に夕飯でもいいよ。
c. 途中で抜け出すんだよ。
- (F) a. 君が楽観的で助かるよ。 b. 仕事だから仕方がないんだ。
c. その評価は正しくないな。

2. 空所 (ア) ～ (オ) に入る最も適切な発話を、つぎの a～e の中から一つずつ選び、その記号を解答欄にマークせよ。ただし、同じ選択肢を二度以上使用しないこと。

- a. Do you mind if I wait?
b. It's a shame you missed him, dear.
c. Suppose we wait until after the show?
d. Well, can't you take a hint?
e. We're seeing a great deal of you lately.

3. 空所 (X) に入るのに最も適切な語を, つぎの a ~ d の中から一つ選び, その記号を解答欄にマークせよ。

- | | |
|-----------|------------|
| a. chorus | b. lecture |
| c. poem | d. verse |

4. つぎの(1)と(2)のそれぞれについて, 本文の会話から明らかであると判断できるものを a ~ d の中から一つずつ選び, その記号を解答欄にマークせよ。

- (1)
- a. Elaine does not like Mortimer's aunts.
 - b. Elaine's father does not like Mortimer.
 - c. Elaine often sings for her father's service.
 - d. Elaine prefers musicals to heavy dramas.
- (2)
- a. Mortimer's aunts are old-fashioned about dates.
 - b. Mortimer's aunts do not want Elaine to get married to Mortimer.
 - c. Mortimer's aunts are so rich that they can donate much to a parsonage.
 - d. Mortimer's aunts would like to live with the couple, Mortimer and Elaine.

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〔Ⅲ〕 つぎの英文を読んで、問いに答えよ。

The British Museum is holding private talks with foreign governments about the return of four items in its collection, *The Telegraph* has reported.

It said it could not reveal which objects had been discussed as ^(A) communications with the states in question were “ongoing”.
^(B)

A document seen by *The Telegraph* shows that since 2015, the museum has received 12 separate formal requests for the return of items.

Of these, four were made by overseas administrations through “confidential diplomatic contacts” rather than through published letters or media appeals.

The museum is prevented by law (C) permanently returning any objects except in extremely limited circumstances — such as if they contain human remains or were robbed by the Nazis during the Second World War.

Its trustees^{*1} have in recent years agreed for items to go back to their countries of origin (D) the basis of “long term loans”. Such an agreement was reached earlier this year with the Manhyia Palace Museum in Ghana, over a collection of gold pieces that have been called the country’s “crown jewels”.

Ghana requested the return of the regalia^{*2}, originally the property of the Asante King, in 1974, and was told months later by the museum that it would be “legally impossible” ^(E) to do so.

Last year it was reported that George Osborne, head of the museum’s board of trustees, (F) over a deal with Greek officials to loan the Elgin Marbles back to the country.

The museum would not confirm that it had totally rejected any of the 12 formal requests it had received in the past decade. It did state that the Rosetta Stone, taken from Egypt in 1802, was not one of the four items privately requested for return.

It had been speculated that the stone could be returned after the museum dropped the “Rosetta Project” name from its £1 billion renovation plan last summer. In August, a Chinese newspaper demanded that the museum give back all its country’s ancient treasures, after it emerged that a curator^{*3} had been responsible for several thefts from other parts of its collection. The museum confirmed that it has not yet received any formal return requests from the Chinese government.

At least two other nations have made private repatriation^{*4} requests in the last financial year.

Requests for the repatriation of objects are received and handled by the museum’s trustees, who are legally responsible for its collection. They must sign off on all loan agreements, even if they are arranged by the director of (G) the museum.

Items that have been formally requested for return since 2015 include 133 sculptures from Amaravati in India, a Moai statue from Easter Island and an unspecified number of antiques from Nigeria known as the Benin Bronzes.

These items can be named as the (H) to do so publicly, rather than through private communications with the British Government. They are listed on a selection of the British Museum website called “contested objects”, as are the ancient gold objects recently loaned back to Ghana. Nowhere on this site does the museum acknowledge that it has received formal repatriation requests that are not disclosed to the public.

In a document seen by *The Telegraph*, released after a freedom of information request, the museum recognised that there is a “public interest” argument for (I) it to disclose which items (J) it has privately been asked to repatriate. This was “because of the current public debate about the origins of some historic collections and the question of whether certain objects should be returned to their place of origin”, it said.

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However, the museum decided (K) this ^(L)as to do so “would have a negative effect (M) its relationship with the nations at a time when negotiations are on the way”.

*¹ trustee: 理事

*² regalia: 国王が即位に使用する宝器

*³ curator: 博物館学芸員

*⁴ repatriation: 本国への送還

(Adapted from Lauren Shirreff, “British Museum in private talks over returning foreign artefacts,” *The Telegraph*, 1 April 2024)

1. 下線部(A) as の言い換えとして最も適切なものを、つぎの a～d の中から一つ選び、その記号を解答欄にマークせよ。

- a. but b. during c. since d. though

2. 下線部(B) the states in question の言い換えとして最も適切なものを、つぎの a～d の中から一つ選び、その記号を解答欄にマークせよ。

- a. the circumstances being considered
b. the countries involved in discussion
c. the properties being investigated
d. the provinces involved in research

3. 空所 , , , に入る最も適切なものを、つぎの a～d の中からそれぞれ一つずつ選び、その記号を解答欄にマークせよ。

<input style="border: 1px solid black; width: 50px; height: 20px;" type="text" value="(C)"/>	a. for	b. from	c. of	d. to
<input style="border: 1px solid black; width: 50px; height: 20px;" type="text" value="(D)"/>	a. for	b. in	c. on	d. to
<input style="border: 1px solid black; width: 50px; height: 20px;" type="text" value="(K)"/>	a. against	b. despite	c. for	d. to
<input style="border: 1px solid black; width: 50px; height: 20px;" type="text" value="(M)"/>	a. by	b. in	c. on	d. with

4. 下線部(E) to do so の内容に最も近いものを、つぎの a～d の中から一つ選び、その記号を解答欄にマークせよ。

- a. to delay the reply about the items for months
- b. to give back the requested items
- c. to prohibit the legal claim for the items
- d. to request the return of the items

5. 空所 に入る最も適切なものを、つぎの a～d の中から一つ選び、その記号を解答欄にマークせよ。

- a. had negotiated
- b. has negotiated
- c. negotiates
- d. negotiate

6. 下線部(G) sign off on の意味に最も近いものを、つぎの a～d の中から一つ選び、その記号を解答欄にマークせよ。

- a. approve
- b. demand
- c. deny
- d. neglect

7. 空所 に入るようにつぎの a～e を並べ替え、2 番目と 4 番目にくる語の記号を解答欄にマークせよ。ただし、各選択肢は一度しか使えない。

- a. chosen
- b. governments
- c. have
- d. requesting
- e. them

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8. 下線部(I) it と(J) it が示す内容として正しい組み合わせを, つぎの a ~ d の中から一つ選び, その記号を解答欄にマークせよ。

- a. (I) it → *The Telegraph* (J) it → *The Telegraph*
- b. (I) it → *The Telegraph* (J) it → the museum
- c. (I) it → the museum (J) it → *The Telegraph*
- d. (I) it → the museum (J) it → the museum

9. 下線部(L) to do so の内容に最も近いものを, つぎの a ~ d の中から一つ選び, その記号を解答欄にマークせよ。

- a. to receive formal repatriation requests privately
- b. to recognise that there is a “public interest” argument
- c. to return certain objects to their place of origin
- d. to reveal which items have been privately requested to return

10. つぎの(1), (2)の英文(ア), (イ)について, 正しいものを a ～ d の中からそれぞれ一つずつ選び, その記号を解答欄にマークせよ。

(1) (ア) Some governments tried to bring back items from the British Museum in an open way.

(イ) If the British Museum has an object in its collection taken by the Nazis, it is possible to restore it to its original owner.

- a. (ア)は本文の内容に合致しているが, (イ)は本文の内容に合致していない。
- b. (ア)は本文の内容に合致していないが, (イ)は本文の内容に合致している。
- c. (ア)と(イ)の両方が本文の内容に合致している。
- d. (ア)と(イ)の両方が本文の内容に合致していない。

(2) (ア) An expensive renovation plan by the British Museum once had a title referring to an ancient Egyptian treasure.

(イ) A curator of the British Museum was sued by the Chinese government for stealing many items from the museum's collection.

- a. (ア)は本文の内容に合致しているが, (イ)は本文の内容に合致していない。
- b. (ア)は本文の内容に合致していないが, (イ)は本文の内容に合致している。
- c. (ア)と(イ)の両方が本文の内容に合致している。
- d. (ア)と(イ)の両方が本文の内容に合致していない。

〔Ⅳ〕 Read the passage and answer the questions that follow it.

Americans have long been known for their industry and ambition, but until recently, they also recognized the value of rest. The Puritans had a famously strict work ethic, but they also took their Sundays very seriously. In 1842, Henry Thoreau observed, “The really efficient laborer will be found not to crowd his day with work, but will walk to his task surrounded with an air of ease and leisure.” ^(A) A decade later he wrote, “A broad margin of leisure is as beautiful in a man’s life as in a book.” America’s Post-Civil War leaders didn’t rise and grind. ^(B) According to business journalist B.C. Forbes: Industrialists like Coleman du Pont and politicians such as Theodore Roosevelt whole-heartedly enjoyed and actively pursued sport and other forms of recreation.

At the same time, union organizers, mass media and entertainment, and the parks movement democratized leisure: ^(C) rest became a right, visible as much in college sports and games centers as in labor law. Richard Nixon, during a campaign speech in 1956, predicted that “new forms of production will evolve” to make “back-breaking work and mind-wearying stress” a thing of the past, and “a four-day workweek with lots of family time will be enjoyed by every American.”

But in recent decades, the world turned against rest. Globalization, the decline of unions, and the rise of freelance work are factors that have created an environment in which people and companies feel compelled to work constantly. Technology lets us carry our offices around in our pockets, and makes it almost impossible for us to disconnect from work. Even the midnight glow of our screens and late-night traffic noise can have a measurable impact on the quality of our sleep. Add raising children and managing family schedules, and Thoreau’s “broad margin of leisure” sounds great but, ultimately, impossible.

Early in your career, it's easy to believe that passion and youthful energy are inexhaustible. But at some point, family demands, a health scare, or the passage of time forces you to find ways of working that are more sustainable, and let you run marathons rather than sprints. Not everyone successfully makes the transition, though.

There are few things better for us than regular rest. Whether it's breaks during the day, hobbies that take our mind off work, weekly holidays, or annual vacations, routines that alternate periods of work and rest help us be more productive, have more sustainable careers, and enjoy richer and more meaningful lives. But too often, rest gets a bad rap in our always-on, work-obsessed world. ^(D) It's also the case that learning to rest well is actually hard.

According to some experts, people who have control over their daily schedules often alternate periods of “deep work” and “deliberate rest,” which is time to both recharge and let the creative subconscious examine problems that they haven't been able to solve through hard work. Many great scientists, mathematicians, and composers have daily routines in which they work intensively for a couple of hours, take a long break, then work a couple more — and those relaxation periods give you enough time to make steady progress on your work, and come up with some new, unexpected ideas.

People in high-stress, unpredictable jobs can't depend on such routines; but the most successful at dealing with the challenges of work rely on two other things: First, they have definite divisions between work and personal time. Second, they have serious hobbies — everything from knitting to rebuilding classic cars to running marathons — that are as absorbing as their work. This “deep play” illustrates another important point: the best rest is active, not just passive. We often think of “rest” as involving snacks and a TV remote, but working out or playing piano actually recharges your mental and physical batteries more effectively than spending lots of time

watching TV.

Taking annual vacations boosts your happiness, improves your health, and helps you age better compared with colleagues who chain themselves to the office. Vacations can also make you more creative. So let's say you take rest seriously, recognize its importance for health and performance, and calculate that a more disciplined, measured approach to work will pay off in the long run. How can you get started?

For many, it begins at work. Reducing distractions, becoming more efficient at tasks you can control, and automating routine duties can create time in your day for short breaks that recharge your batteries, and make it easier to maintain clear lines between work and personal time. Better planning and prioritizing will also mean fewer late nights and avoidable crises. Doing this with colleagues increases the benefits. Companies that adopt four-day workweeks succeed because they redesign their workday to give everyone more deep-work time, less time in meetings, and fewer interruptions.

Next, find your deep play. If you have a hobby you're passionate about, you're more likely to make time for it, and feel good about doing it. If you ^(E) already have a favorite pastime that was crowded out by work, you have permission to take it back up. If not, look for something that offers satisfactions as rich as work in a completely different environment like the outdoors if you work in an office.

Take your vacations. Shorter, more frequent vacations are often more restful, because they are easier to plan and return from. The only bad vacation is the one you don't take.

Finally, play a long game. ^(F) It may feel like a waste of time at first, but alternating periods of work and rest in your day, your week, and your year help you work more consistently, more sustainably, and to a higher level of quality. We're fascinated by youthful genius and overnight success, but

great accomplishments often come later in life, after decades of steady work: Charles Darwin was 50 when he published *The Origin of Species*; and J.R.R. Tolkien finished writing *The Lord of the Rings* trilogy at 63. Deliberate rest, mixed into your days and life, acts as a motivator and regulator, giving you more energy, more ideas, and more time for good work and a good life. In today's always-on world, few things are harder to do than rest. But few things are more worthwhile.^(G)

(Adapted from Alex Soojung-Kim Pang, "Rest actually takes hard work," *Time*, 26 February 2024)

1. Choose the phrase that is closest in meaning to will walk to his task^(A) surrounded with an air of ease and leisure, and mark the letter on your answer sheet.
 - a. will approach all work with the proper religious attitude
 - b. will freely make all efforts required for a broad success
 - c. will take part in his work with a relaxed casual manner
 - d. will travel to work slowly only when he is comfortable

2. Choose the phrase that is closest in meaning to didn't rise and grind,^(B) and mark the letter on your answer sheet.
 - a. crushed labor movements and hated unions
 - b. didn't become polished and succeed overnight
 - c. viewed life in the same way as their typical workers
 - d. didn't wake up and work hard all day long

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3. Choose the phrase that is closest in meaning to democratized leisure,
(C) and mark the letter on your answer sheet.
- a. allowed all members of society to have time off from work
 - b. encouraged politicians to make election days national holidays
 - c. let workers vote to decide on labor conditions and days off
 - d. made democratic leaders more relaxed about citizens' power
4. Choose the phrase that is closest in meaning to But too often, rest gets
(D) a bad rap in our always-on, work-obsessed world, and mark the letter on your answer sheet.
- a. People are too focused on taking time off and not really engaged in their work.
 - b. People listening to some types of music cannot rest or work well anytime.
 - c. Taking time away from work is frequently viewed negatively and discouraged.
 - d. Taking too many breaks usually disrupts natural work rhythms and efficiency.
5. Choose the phrase that is closest in meaning to If you already have a
(E) favorite pastime that was crowded out by work, you have permission to take it back up, and mark the letter on your answer sheet.
- a. You are allowed to change your mind about your favorite hobbies no matter what co-workers may say.
 - b. You are allowed to move past the crowd at work and reserve your place at the front of the line.
 - c. You have the power to enjoy your best memories of past events even while you are at work.
 - d. You have the right to return to your favorite hobbies that work once forced you to abandon.

6. Choose the phrase that is closest in meaning to Finally, play a long game ^(F) in the context of the passage, and mark the letter on your answer sheet.
- a. At last, you will see the true value in hard work and determination.
 - b. Eventually, you will realize life is short and work is meaningless.
 - c. In the end, it is essential to maintain a good work-life balance.
 - d. Ultimately, it is important to judge progress in hours spent, not years.
7. Choose the phrase that is closest in meaning to In today's always-on world, few things are harder to do than rest. But few things are more worthwhile ^(G), and mark the letter on your answer sheet.
- a. Although modern life is very busy and relaxation is difficult to obtain, it is truly worth the effort.
 - b. Despite the risk of losing free time, doing more than the rest is where success can be found.
 - c. Even though leisure is hardly the goal of modern life, it is valuable while you are still young.
 - d. In spite of work being its own reward, worthy people always find it easier to rest than others.
8. For the following statements (I) and (II), choose the correct answer from a - d, and mark the letter on your answer sheet.
- (I) Thoreau thought efficiency was only possible through hard work.
 - (II) Darwin made his greatest achievements when he was quite young.
- a. Both (I) and (II) are true according to the passage.
 - b. Only (I) is true according to the passage.
 - c. Only (II) is true according to the passage.
 - d. Neither (I) nor (II) is true according to the passage.

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9. For the following statements (I) and (II), choose the correct answer from a - d, and mark the letter on your answer sheet.

(I) Watching television is a better form of relaxation than more vigorous hobbies.

(II) Longer vacations don't recharge people's batteries as much as frequent shorter ones.

- a. Both (I) and (II) are true according to the passage.
- b. Only (I) is true according to the passage.
- c. Only (II) is true according to the passage.
- d. Neither (I) nor (II) is true according to the passage.

10. For the following statements (I) and (II), choose the correct answer from a - d, and mark the letter on your answer sheet.

(I) Some of the most creative people employ a strategy of concentrated work followed by periods of rest.

(II) There is no such thing as a bad holiday except for the one you do not leave for.

- a. Both (I) and (II) are true according to the passage.
- b. Only (I) is true according to the passage.
- c. Only (II) is true according to the passage.
- d. Neither (I) nor (II) is true according to the passage.

11. For the following statements (I) and (II), choose the correct answer from a - d, and mark the letter on your answer sheet.

(I) The concepts of “deliberate rest” and “deep play” are different sides of the same coin.

(II) The ability to make a clear division between work time and non-work time is also important for people who have intense irregular work schedules.

- a . Both (I) and (II) are true according to the passage.
- b . Only (I) is true according to the passage.
- c . Only (II) is true according to the passage.
- d . Neither (I) nor (II) is true according to the passage.

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