

U8—2024—

外国語多肢

試験問題

注意事項

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2. この問題集は、本試験種目終了後に持ち帰りができます。
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第1次試験地	受験番号	氏 名
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[No. 1] Select the statement which best corresponds to the content of the following passage.

Sean Dimin is as passionate about preserving vibrant fishing communities as he is about the freshest seafood. So he and his father Michael founded Sea to Table, a boutique distributor that delivers fresh seafood from artisanal fishers directly to chefs. Dimin and his team also help fishers market their catch and share their stories with consumers.

“We seek out responsible, small-scale fisheries and connect them directly with better markets,” Dimin said.

Dimin explained that he and his father got the idea for their growing, Brooklyn-based business on a family vacation to Tobago in 1996. The Dimins were impressed by local fishermen, who were hand-catching fish on lines from small, traditional wooden boats called pirogues. “We realized that there isn’t a good market for their fish,” said Dimin.

That’s because such small-scale fishers often have a tough time competing with industrial-scale operations, especially when every filet is treated as equal to every other one.

So the Dimins started hiring trucks, building coolers, and building bridges between artisanal fishers and discerning chefs in New York City-area restaurants. A business called Tobago Wild was born in 2006. Orders grew, and the Dimins had to look beyond the West Indies to boost their inventory. So they went to Alaska with the same concept, and started Alaska Wild.

Before long, the Dimins had expanded to the Gulf of Mexico and the Northeast. “We told the story of the fishermen, why they were fishing, where the fish came from, and how it was caught. Before long we had a powerful model on our hands that was giving fishermen better markets and chefs better fish,” said Dimin. They renamed the business Sea to Table, and now serve 20 fishing communities and 600 restaurants.

Dimin added that his team is currently working on expanding into new markets and developing new distribution systems. “We are figuring out how to get more people to eat better fish,” he said. “We want to support healthy fishing communities and get people to understand that fish doesn’t come from a can or a warehouse, it comes from a fisherman. We want to build a market by telling a fisherman’s story.”

To help do that, Sea to Table sends small, high-definition video cameras to fishers in far-flung locales. They lash the cameras to their boats to document their days’ work, and conduct interviews with their crews, friends, and families. Sea to Table has even provided some media training, and they collect the footage (and stills), edit it, and share it with chefs.

Ultimately, some of these stories make their way to consumers. “Our best customers tell

the story of where the food comes from and use it as a marketing piece to their customers, whether it be at a restaurant, dining hall, or even a dinner party. Along with gorgeous fish we provide the story of where it comes from,” said Dimin.

1. When Dimin was on a family vacation to Tobago in 1996, he decided to build a bridge around the restaurants in Brooklyn.
2. Local small-scale fishers often suffer when competing with industrial-scale operations, especially because every filet is treated as equal to another.
3. Chefs told the story about where the fish came from and how the fishermen were fishing to increase the sales of Tobago Wild.
4. Dimin is as passionate about getting people to understand that fish come from not only fisherman but also from a can or a warehouse.
5. Sea to Table collects footage of fishers’ special work and interviews, and shares such information with their friends and families.

[No. 2] Select the statement which best corresponds to the content of the following passage.

At a very young age, we're taught that water puts out fire. As children, we're told why this aspect of fire safety is so important, but we don't usually learn the science of how water subdues flames. So why does water put out fire? It might work differently than you think.

"Water puts out fire mainly because it's a really good heat sink," Sara McAllister, a fire combustion and behavior expert at the U.S. Forest Service's Missoula Fire Sciences Laboratory in Montana told Live Science. "It's really good at absorbing heat."

But you might be surprised that water doesn't act on the flames themselves. Fire requires three things to keep it going: fuel, oxygen and a heat source. Rather than fight the fire directly, the water acts on the fuel. Water actually makes it harder for the fuel — whether it's wood, brush or a building — to keep burning, Michael Gollner, a combustion expert at the University of California, Berkeley told Live Science.

When wood is burning, Gollner said, the heat of the fire is actually vaporizing substances in the wood, turning them to gas, which then fuels the fire. If you douse the wood in water, the fire must be hot enough to vaporize the water and the wood.

Because of water's high heat capacity, it takes a lot of energy or heat to vaporize water, Gollner said. If the flame spends its energy trying to vaporize the water, it has less energy to spend on heating the fuel. As the water absorbs the heat, the fuel is cooled. And if the flame can't heat up the fuel enough to vaporize it, the flame can't feed itself — so it will dissipate.

This is also a very effective way to contain a fire — wetting the potential fuel so the fire can't spread, Gollner added. This is the strategy behind sprinkler systems. They prevent the fire from spreading further, thus buying the firefighters time to get there.

Vaporized water is also a fire-extinguishing strategy for special scenarios, Gollner said. For example, consider a company's server room — pouring water on all those computers isn't ideal. So, in enclosed spaces, a different strategy is used to try and preserve equipment. With this approach, called water misting, droplets so small that they are like a vapor are misted into a room. "You can get so much water vapor in there that it displaces the oxygen and cools the flame," Gollner said.

Clearly, water is an effective extinguishing agent. But there are situations where water isn't a feasible strategy, particularly wildland fires, McAllister said. In these massive fires, "it's a lot harder to get enough water to where it's needed," she said.

Most often, the water you see dropped on wildfires isn't meant to put it out but rather to slow it down. Adding water can buy some time for other firefighting methods to work,

“but it does not stop it,” Gollner said. “There need to be people on the ground, physically removing the fuel and smothering it with dirt, but this is not something you can do when flames are 50 feet (15 meters) high.”

1. A fire-extinguishing strategy called water misting is a strategy for special situations like massive fires in wildlands.
2. Oxygen can absorb more heat than other elements which are necessary to keep the wood burning.
3. Water is an effective extinguishing agent; however, it doesn't act on the flames themselves but on the fuel.
4. When we were children, we learned the aspect of fire safety and the science of how water subdues flames.
5. Gollner recommends that people slow wildfires down by physically removing the fuel and smothering it with dirt when flames are 50 feet high.

[No. 3] Select the statement which best corresponds to the content of the following passage.

In recent years, wooden buildings have reached new heights, with soaring timber skyscrapers completed or underway in countries like Norway, Switzerland and Australia. Singapore, meanwhile, can lay claim to the largest timber building in Asia with a sprawling 468,000-square-foot college campus that opened in May.

Now, real estate developer Atrium Ljungberg has announced plans to build the world's largest "wooden city," which will be constructed in Sweden's capital, Stockholm, from 2025.

Stockholm Wood City will feature 7,000 office spaces and 2,000 homes in the city's southeast, and will offer "a vibrant, urban environment with a mix of workplaces, housing, restaurants and shops," according to a press release. Set across 250,000 square meters (2.7 million square feet), it has been described by its developer as the "world's largest known construction project in wood."

The project is being built in Sickla, a neighborhood already home to more than 400 companies, according to Atrium Ljungberg, which owns a retail park on the former industrial site. The developer describes the area as a "five-minute city," claiming that workplaces, homes, leisure facilities and amenities are all within a five-minute walk of one another.

Timber has been championed as a sustainable alternative to concrete and steel, with ambitious new construction projects utilizing wood beyond single-family homes and modest residential or office buildings. A mixed-use development of this size would, however, be "a historic milestone for Swedish innovation capability," said Annica Ånäs, CEO of Atrium Ljungberg, in a statement.

Although some experts have raised concerns over fire risks posed by wooden buildings, advocates argue that engineered timber burns at a relatively slow and predictable rate, making it safer than many conventional steel structures.

Timber is also a "carbon sink," meaning that carbon dioxide removed from the air by trees is stored in the material rather than being returned to the atmosphere.

Wooden buildings have been found to enjoy better indoor air quality and can be constructed with significantly lower carbon emissions than those made with conventional materials. A 2022 study, published in the journal *Nature*, estimated that constructing enough mid-rise timber buildings to house 90% of new city dwellers between now and 2100 would lower carbon dioxide emissions by 106 gigatons (the planet currently emits about 40 gigatons every year).

1. Since the Stockholm Wood City is a five-minute walk from central Stockholm, the developer describes the area as a “five-minute city”.
2. Proponents of wooden buildings argue that many conventional steel structures are not as fire-safe as engineered timber buildings.
3. Stockholm Wood City will be clearly divided into three areas: workplaces, housing, restaurants and shops.
4. Timber has been garnering attention as an alternative to concrete and steel because of its low cost.
5. Buildings with conventional materials emit significantly lower amounts of carbon dioxide than those with wooden materials.

[No. 4] Select the statement which best corresponds to the content of the following passage.

Alfred Belay has been coming to Gottscheer Hall since he arrived in America more than 60 years ago. Then, the neighborhood was filled with refugees from Gottschee, a settlement that once occupied the highlands of modern-day Slovenia. Now, he's one of a few thousand remaining speakers of its language, Gottscheerisch. Every Christmas he leads a service in his 600-year-old native language that few understand. "Imagine if someone who plays music suddenly can't use their fingers," he says. "We're still alive but can only remember these things."

《Lines omitted》

Hearing such a rare language spoken on a residential block of Queens is not unusual for Bogre Udell, the co-founder of a nonprofit called Wikitongues. There are some 800 languages spoken within the 10-mile radius of New York City, which is more than 10 percent of the world's estimated 7,099 languages. Since he has decided to record all of them, the melting-pot metropolis is a natural launching point.

Bogre Udell, who speaks four languages, met Frederico Andrade, who speaks five, at the Parsons New School in New York City. In 2014, they launched an ambitious project to make the first public archive of every language in the world. They've already documented more than 350 languages, which they are tracking online, and plan to hit 1,000 in the coming years.

"When humanity loses a language, we also lose the potential for greater diversity in art, music, literature, and oral traditions," says Bogre Udell. "Would Cervantes have written the same stories had he been forced to write in a language other than Spanish? Would the music of Beyoncé be the same in a language other than English?"

Between 1950 and 2010, 230 languages went extinct, according to the UNESCO Atlas of the World's Languages in Danger. Today, a third of the world's languages have fewer than 1,000 speakers left. Every two weeks a language dies with its last speaker, 50 to 90 percent of them are predicted to disappear by the next century.

《Lines omitted》

Starting this year, Wikitongue's collections will be stored at the American Folklife Center through a partnership with the Library of Congress. But their goals stretch past documentation — the founders also plan to provide a way to learn languages long after they've gone extinct. An app they're building called Poly allows people to create language dictionaries using text, audio, and video.

1. Over two-hundred and thirty rare languages went extinct in the last fifty years.
2. The founders of Wikitongues plan to make an app to help people create new languages.
3. New York City hosts over ten percent of the world's most endangered languages.
4. A language called Gottscheerisch is spoken each year at a 600-year-old service.
5. Two multilinguals plan to document all of the world's languages in a public archive.

[No. 5] Select the statement which best corresponds to the content of the following passage.

Alongside sodium, potassium, calcium and phosphorus, magnesium is a key micronutrient in supporting our bodies. It helps to regulate blood pressure, aids muscle and nerve function, keeps bones healthy, and could help to reduce leg cramps and bone fractures, according to research.

As such, a recent social media fad has prompted many people to turn to magnesium for just about any ailment. Generally, though, experts caution that immediately jumping to supplements is not the best approach for personal health concerns. So, why all the hype around magnesium?

“A lot of the research has pointed to magnesium being a really valuable micronutrient in relation to most aspects of health,” says Hazel Flight, program lead of nutrition and health at Edge Hill University in the U.K. In relation to sleep and anxiety, Flight underlines magnesium’s connection to the nervous system. “It can help regulate melatonin levels, which is one of the hormones needed for sleep,” she says.

For similar reasons, magnesium could potentially support problems with anxiety, as these can also be exacerbated due to lack of sleep. It’s also involved in serotonin regulation, which is connected to mood. But the contribution of supplements in alleviating problems such as sleep, anxiety and mood requires further study, say experts. “Sleep is largely controlled by the nervous system, and experts believe that nutrients like magnesium may play a role in sleep health,” according to statements from the Sleep Foundation. “However, the exact relationship between magnesium and sleep is still being studied.”

Flight voiced similar thoughts about the limited research results. “I definitely think there needs to be a lot more research, not just into magnesium, but a lot of micronutrient deficiencies,” she says, stating that magnesium may only be a part of wider, underlying issues. “This nutrient alone will not alleviate all symptoms and it needs to be considered alongside a number of other factors.”

Magnesium deficiencies are widespread in today’s world and can contribute to a range of health problems. Levels in foods have dropped over the last decades and processed foods are stripped of many nutrients, contributing to the problem.

1. Experts are quite sure about the research which clarifies the relationship between sleep and anxiety.
2. Unlike sodium, potassium, calcium and phosphorus, magnesium is a minor micronutrient which plays a less important role in our bodies.
3. People believe that magnesium is good for our health, while recently social media has revealed that it actually doesn't have a positive impact on our health.
4. Hazel Flight expresses doubts about the idea that more research is needed on micronutrient deficiencies as well as on magnesium.
5. Magnesium is related to not only melatonin regulation but also regulation of serotonin, which is connected to mood.

【No. 6】 Select the statement which best corresponds to the content of the following passage.

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1. The plastics problem is not a simple problem that can be solved comprehensively by just prohibiting the use of plastic nets and other fishing gear.
2. Pinheiro and his colleagues surveyed 84 coral reef sites and found large fragments over five centimetres in diameter on all of them.
3. The United Nations has concrete plans to force each country to accept responsibilities for eliminating plastic pollution on behalf of their plastics producers, exporters and recyclers.
4. Decades of experience with UN environmental treaties have shown that agreements are more important than effective measurements and compliance mechanisms.
5. The impact of plastic waste contamination on coral reefs at depths of 30-150 metres has been extensively studied for decades.

[No. 7] Select the statement which best corresponds to the content of the following passage.

The remains of a Roman mausoleum “with an astonishing level of preservation” — believed to be the most intact structure of its kind discovered in Britain — have been unearthed in London. The “incredibly rare” find has been excavated at The Liberty of Southwark development site, a stone’s throw from Borough Market and London Bridge station, the Museum of London Archaeology (MOLA) has revealed.

The excavation of the tomb follows the discovery in February last year of some of the largest Roman mosaics found in London in more than 50 years on the same site. The find includes the walls and interior floors. At its centre is a striking mosaic surrounded by a raised platform on which the burials were placed. The lowest entrance steps also survive. The level of preservation of the interior makes this the most intact Roman mausoleum ever to be discovered in Britain, according to MOLA, which led the archeological investigations on behalf of Landsec and Transport for London (TfL) which own the site, and Southwark council.

There are plans for the future public display of the mausoleum, which underwent significant modifications. A second mosaic directly beneath the first indicates it was raised during its lifetime. The two mosaics are similar, with a central flower surrounded by concentric circles. Although the tomb was almost completely dismantled, probably during the medieval period, the signs are it was a substantial building, perhaps two storeys high, and would have been used by wealthier Romans, possibly as a family tomb.

Though no coffins or burial remains were found, more than 100 coins, together with scrap pieces of metal, fragments of pottery and some roofing tiles were discovered. The area surrounding the mausoleum contained more than 80 Roman burials, including copper bracelets, glass beads, coins, pottery and even a bone comb. Antonietta Lerz, senior archaeologist at MOLA, said: “This relatively small site in Southwark is a microcosm for the changing fortunes of Roman London — from the early phase of the site where London expands and the area has lavishly decorated Roman buildings, all the way through to the later Roman period when the settlement shrinks and it becomes a more quiet space where people remember their dead. It provides a fascinating window into the living conditions and lifestyle of this part of the city in the Roman period.”

The site is being redeveloped as The Liberty of Southwark, a complex of offices, homes and shops. Southwark council cabinet member Catherine Rose said the council would ensure the archeological treasures would be preserved and accessible to the community for generations to come. She said: “The rediscovery of this Roman mausoleum and mosaics is a

testament to the rich tapestry of our past.”

1. The mausoleum was found only a short distance from The Liberty of Southwark.
2. The find is the most complete example of a Roman mausoleum in British history.
3. There are two mosaics at the site, but the second one could not be reached.
4. Many items were discovered at the mausoleum, including jewelry, coins, pottery, and coffins.
5. Southwark council plans to build offices, shops, and a new mausoleum at The Liberty of Southwark.

[No. 8] Select the statement which best corresponds to the content of the following passage.

Northern elephant seals sleep while drifting hundreds of metres below the sea surface — at depths where their predators do not usually lurk. US researchers tracked the animals, recording their brain activity as the seals swam for thousands of kilometres. The mammals, which reach depths of up to 2,500ft (760m), sleep for only two hours per day in what the researchers describe as “nap-like sleeping dives”. The findings are published in the journal *Science*. University of California Santa Cruz researcher Jessica Kendall-Bar and colleagues developed a non-invasive stick-on tag to track and simultaneously monitor the brain activity of wild northern elephant seals off the coast of California.

They followed eight wild mammals on their foraging trips, which lasted about seven months and spanned more than 6,200 miles. They recorded the animals’ brain activity, heart rate, movement and body position. “We developed a scientific ‘signature for sleep’ by studying their behaviour and physiology for many years,” explained Ritika Mukherji from the University of Oxford, who was involved in the study.

It revealed that, at depths of more than 984ft, the seals would fall asleep and descend in what the scientists describe as “sleep spirals” for about 20 minutes at a time. “They look like falling leaves,” said Ms Mukherji.

Lead researcher Prof Terrie Williams, from UC Santa Cruz, told BBC News: “The thing I find remarkable is that any mammal would fall asleep while drifting hundreds of metres below the water surface. This is not light sleep but real paralytic, deep sleep that would have humans snoring. Remarkably, the seal’s brain reliably wakes them out of it before running out of oxygen. Imagine waking up on the bottom of a pool — it sends a shiver down the spine.”

The scientists say their study has drawn “nap maps” for seals — suggesting that sleeping areas may be as important as active hunting areas for these animals.

Ms Mukherji explained: “It shows us what their world looks like and helps us to understand what they’re doing and when they’re doing it, so we can understand how to avoid getting in their way.”

1. The study revealed that northern elephant seals fall asleep and descend into 20-minute sleep spirals at depths of 984ft or more.
2. The researchers followed northern elephant seals for over seven months to better examine their foraging trips.
3. Northern elephant seals take a light sleep while drifting hundreds of metres below the water surface.
4. The researchers say that northern elephant seals wake up precisely every two hours due to their brain function.
5. Sleeping areas are as important to northern elephant seals as hunting areas for raising their offspring.

【No. 9】 Select the statement which best corresponds to the content of the following passage.

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1. The popularity of keeping terrariums has slowly increased in the last five years.
2. Keeping terrariums is thought to reduce the everyday stresses of social media.
3. Terrariums were discovered in Jamaica by a child who was interested in botany.
4. The first terrarium was created by accident by a doctor trying to hatch a moth.
5. Ward's specimens didn't grow in London because he didn't take care of them.

[No. 10] Select the statement which best corresponds to the content of the following passage.

The Environment Ministry is close to completing the eradication of invasive mongooses from Amami-Oshima Island, a UNESCO World Natural Heritage site in Kagoshima Prefecture.

The mongooses were originally introduced to reduce the population of poisonous *habu* snakes on the island, but turned out to be preying on the island's rare endemic species. According to Shintaro Abe, head of the Amamigunto National Park office, about 30 mongooses were released in the city of Naze, now Amami, in 1979. However, they were ineffective at eliminating the *habu*, a type of viper with a high incidence of biting humans, and to make matters worse, they were found to prey on rare species that were easier targets. The mongooses led to a decline in the population of the Amami rabbit and other endangered native species on the island. On the other hand, the estimated number of mongooses on the island peaked at around 10,000 in 2000, reflecting their high reproductive rate.

Alarmed by the situation, the ministry and local residents began efforts to reduce the mongoose population using traps, sniffer dogs and poison bait under the invasive alien species law, which came into effect in 2005. To date, around 32,000 mongooses have been captured. Since 2018, sensor cameras installed at about 470 locations on Amami-Oshima Island have rarely captured mongoose. By the end of this fiscal year or later, the ministry is expected to declare the eradication of mongoose complete. The island is beginning to return to its original state, with the Amami rabbit population estimated to have bounced back to around 20,000 in fiscal 2021, more than eight times the level in 2003. Meanwhile, mongooses mostly die on the spot after being caught in the traps. "If humans hadn't been involved, they wouldn't have been in this situation," said Abe of the Amamigunto National Park office. "It's our duty as humans to restore nature to the way it was."

"Basic research on mongoose ecology was inadequate" at the time when the mongooses were released on the island, Tomoko Oda of environmental group WWF Japan pointed out. "The tragedy was caused by people only seeing the convenient side" of the mongoose introduction, Oda added. "The ecosystem is made up of a delicate balance of organisms," said Oda, who works to protect the habitats of endangered species in the Nansei island chain, which includes Amami-Oshima Island.

1. On Amami-Oshima Island, hunting rare endemic species by poisonous *habu* snakes has become a problem.
2. The estimated number of mongooses on the island has increased by 30 times, reflecting their longer lifespan.
3. The Environment Ministry declared that mongoose eradication was completed, but the population of Amami rabbits didn't recover.
4. Most of the mongooses caught by traps died at the national park office after a few days.
5. When the mongooses were released, people did not do enough research on their ecology.

Read the following passage and answer the questions [No. 11] and [No. 12].

When you're flying in an airplane above a blanket of clouds, the pillars of white and gray look soft, fluffy and lighter than air. But don't be fooled — those bouncy-looking clouds are much, much A than they appear. So just how much does a cloud weigh? And how do you weigh a cloud? We asked the experts to find out.

Clouds are composed mainly of air and millions of tiny water droplets, which form when water condenses around a “seed” particle. Seed particles can be anything from nitric acid to vapors released by trees, but they are generally very tiny. There are a couple of ways to measure the weight of a cloud. The first is to weigh the water vapor that composes it — and to do that, “you need to know something about the dimensions of the cloud,” Armin Sorooshian, a hydrologist at the University of Arizona, told Live Science. You also have to know how densely packed the droplets are.

Several years ago, Margaret LeMone, an atmospheric scientist at the National Center for Atmospheric Research in Boulder, Colorado, wondered about the weight of the water in an average cumulus cloud. So she did the math. First, she measured the size of a cloud's shadow and estimated its height, assuming a roughly cubic shape. Clouds are not typically cube shaped, but cumulus clouds are frequently about as tall as they are wide, so this assumption helped streamline the B calculation. Then, based on prior research, she estimated the density of water droplets at around 1/2 gram per cubic meter. “I came up with around 550 tons (499 metric tons) of water,” LeMone said. That's approximately the C of 100 elephants suspended above your head. “It's really impressive,” Sorooshian said.

Of course, different types of clouds have different weights. For example, “cirrus clouds are much lighter, because they have far less water per unit volume,” LeMone told Live Science. And cumulonimbus clouds (the dark thunderheads you see just before a storm) tend to be much heavier. However, “the entire volume of the cloud is not just the droplets; there's air, too,” Sorooshian said. If someone wanted to take LeMone's calculations a step further, they could factor in the weight of the air between each droplet.

But if clouds are so heavy, why don't they fall down? For one thing, “the droplets are so small that they don't fall very fast,” LeMone said. The average water droplet in a cloud is roughly 1 million times smaller than a raindrop — about the size ratio of Earth to the sun. High-altitude wind currents blow these tiny droplets along, keeping them in the air for much longer than if they were static. Heat convection also helps keep the drops aloft. “A cloud is actually less dense than the air directly below it,” Sorooshian said. As warm air (and warm water) rises, it becomes more buoyant than the cold air (and cold water) beneath it, like a layer of foam on top of a latte.

【No. 11】 Select the most appropriate combination of words that can be inserted into

A

 ,

B

 and

C

 .

- | | A | B | C |
|----|---------|--------|--------|
| 1. | heavier | volume | size |
| 2. | heavier | volume | weight |
| 3. | heavier | weight | size |
| 4. | lighter | volume | weight |
| 5. | lighter | weight | size |

【No. 12】 Select the statement which best corresponds to the content of the passage.

1. Clouds are usually formed when tiny water droplets and millions of seeds combine together.
2. The most effective way to measure the weight of cirrus clouds is to weigh the water vapor that the clouds are made from.
3. Margaret LeMone mentioned that heat convection can accelerate the falling speed of droplets.
4. It is necessary to consider not only the droplets of clouds but also the air to accurately measure their weight.
5. The reason why clouds do not fall down in spite of their weight is because small water droplets do not get blown away with wind currents.

【No. 13】 Select the most appropriate way to fill in the blank of the following passage.

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1. how the experiment works effectively to discourage cheating
2. how they get to the answer, not just what is the answer
3. how they successfully adapt to this ancient method
4. why they are so concerned about the effect of the class curve
5. why oral exams improve professors' teaching methods around the world

【No. 14】 Arrange ㉑ to ㉑ so that they follow (A) to (B) in the most appropriate order.

(A) As we age, our memory declines. This is an ingrained assumption for many of us; however, according to neuroscientist Dr. Richard Restak, a neurologist and clinical professor at George Washington Hospital University School of Medicine and Health, decline is not inevitable.

- ㉑ According to Dr. Restak, this is the most critical type of memory, and exercises to strengthen it should be practiced daily. But bolstering all memory skills, he added, is key to warding off later memory issues.
- ㉑ Especially working memory, which falls between immediate recall and long-term memory, and is tied to intelligence, concentration and achievement.
- ㉑ The author of more than 20 books on the mind, Dr. Restak has decades' worth of experience in guiding patients with memory problems. "The Complete Guide to Memory: The Science of Strengthening Your Mind," Dr. Restak's latest book, includes tools such as mental exercises, sleep habits and diet that can help boost memory.
- ㉑ Memory decline is not inevitable with aging, Dr. Restak argues in the book. Instead, he points to 10 "sins," or "stumbling blocks that can lead to lost or distorted memories." Seven were first described by the psychologist and memory specialist Daniel Lawrence Schacter — "sins of omission," such as absent-mindedness, and "sins of commission," such as distorted memories.
- ㉑ Yet Dr. Restak ventures beyond this familiar territory, considering every facet of memory — how memory is connected to creative thinking, technology's impact on memory, how memory shapes identity. "The point of the book is to overcome the everyday problems of memory," Dr. Restak said.

(B) To those Dr. Restak added three of his own: technological distortion, technological distraction and depression.

- 1. ㉑ → ㉑ → ㉑ → ㉑ → ㉑
- 2. ㉑ → ㉑ → ㉑ → ㉑ → ㉑
- 3. ㉑ → ㉑ → ㉑ → ㉑ → ㉑
- 4. ㉑ → ㉑ → ㉑ → ㉑ → ㉑
- 5. ㉑ → ㉑ → ㉑ → ㉑ → ㉑

【No. 15】 Arrange ㉑ to ㉕ so that they follow (A) in the most appropriate order.

(A) “People will say, ‘Oh, I don’t need social relationships at work, that’s not important to me, that doesn’t matter,’” says Constance Hadley, an organizational psychologist and lecturer at Boston University’s Questrom School of Business. “I would argue they should rethink that.”

Research on the topic is clear: having friends in the workplace can not only boost job satisfaction and performance, but also improve wellness.

- ㉑ And Hadley’s research suggests workplace loneliness is common. Even before the pandemic, she and her colleagues found that 76% of executives had difficulty making connections with colleagues and 58% felt their workplace relationships were superficial.
- ㉒ On the flip side, the research is equally clear that loneliness is bad for your health.
- ㉓ It’s linked to a lower risk of burnout, better mental health, fewer traumatic experiences, and maybe even a longer lifespan, according to studies conducted by researchers in Spain, Japan, Germany, Iceland, and Israel, among others.
- ㉔ It’s often equated to smoking 15 cigarettes a day, given its links to health problems including depression, anxiety, dementia, substance use, self-harm, and cardiovascular issues.
- ㉕ Remote work seems to have exacerbated the situation. More than half of hybrid and remote workers said they have fewer work friendships and feel lonelier since switching to that work style, according to a 2022 report.

1. ㉑ → ㉒ → ㉓ → ㉕ → ㉔
2. ㉑ → ㉕ → ㉓ → ㉔ → ㉒
3. ㉓ → ㉒ → ㉔ → ㉑ → ㉕
4. ㉓ → ㉔ → ㉑ → ㉒ → ㉕
5. ㉕ → ㉑ → ㉓ → ㉒ → ㉔

[No. 16] Select the most appropriate combination of words that can be inserted into the designated parentheses in the following sentences.

- ☐ Our neighbor (A) my brother for breaking the window.
- ☐ It's a pity that some Japanese women (B) their jobs for childrearing.
- ☐ He is so (C) that he cried for days when his dog died.
- ☐ Jogging in the morning is one of her good (D).

	A	B	C	D
1.	accused	retire	sensitive	habits
2.	accused	quit	sensible	customs
3.	accused	quit	sensible	habits
4.	blamed	retire	sensitive	customs
5.	blamed	quit	sensitive	habits

[No. 17] Select the most appropriate combination of words that can be inserted into the designated parentheses in the following sentences.

- ☐ It is heartless (A) her to say such a thing to the sick man.
- ☐ (B) might have been expected, he did a good job.
- ☐ Let us give you (C).
- ☐ David (D) on the problem for five hours, when he finally solved it.

	A	B	C	D
1.	of	As	a bit of advice	had been working
2.	of	As	some advices	has worked
3.	for	As	a bit of advice	has worked
4.	for	Which	a bit of advice	has worked
5.	for	Which	some advices	had been working

[No. 18] Select the most appropriate combination of words that can be inserted into the designated parentheses in the following sentences.

- ☐ Obesity has an influence (A) our health.
- ☐ You have to hand (B) your homework by Monday.
- ☐ I can't keep (C) with the rapid development of the system.
- ☐ We must make (D) of the fact.

	A	B	C	D
1.	on	for	company	sure
2.	on	in	company	use
3.	on	in	up	sure
4.	to	for	company	sure
5.	to	in	up	use

[No. 19] Select the most appropriate combination of words that can be inserted into the designated parentheses in the following sentences.

- ☐ The new method was introduced considering current trends in (A).
- ☐ The man kindly explained how to fill (B) this form.
- ☐ They didn't practice hard, so they will get an average score at (C).
- ☐ We had to (D) up with extremely hot weather this summer.

	A	B	C	D
1.	education	at	best	put
2.	education	out	best	put
3.	educationally	at	last	put
4.	educationally	out	best	come
5.	educationally	out	last	come

【No. 20】 Select the sentence which is grammatically correct.

1. I apologized for her to be late for the meeting time.
2. I saw Tom is getting his hair cut at the barber shop next to the furniture store.
3. We couldn't see the shape of the house in dark.
4. Do you mind my opening the window?
5. Spending too much time surfing the Internet can deprive many people from sleeping.

【No. 21】 Select the sentence which is grammatically correct.

1. My sister and I often watch TV over a cup of tea.
2. The actress will have appearing on this stage tomorrow evening.
3. People in this country are short at clean water.
4. Take an umbrella with you just on case it rains.
5. Many engineers of the company are exciting to use AI at work.

【No. 22】 Select the sentence which is grammatically correct.

1. A \$30 fine will be imposed upon any drivers which park illegally in the area.
2. Almost students will participate in the seminar next month.
3. The issue was will we ask for help or not.
4. Last summer, I left the company that I had joined 10 years before.
5. I'm disappointed on her having not come with us.

【No. 23】 Select the sentence which is grammatically correct.

1. No matter what tired he is, he always helps me.
2. The new machine will save you with a lot of time.
3. He married with his classmate last summer.
4. I was listening to the music with my arms folding.
5. She is one of the members with whom I cooperated on the project.

【No. 24】 Select the best English translation.

1. 曖昧な知識でも知らないよりましだ。

We might as well not know a thing at all as know it imperfectly.

2. 弟は様々な場面で父の面倒をみている。

My brother takes after our father in many ways.

3. 彼は私がひとりでその山に登ることに反対した。

He objected to my climbing the mountain alone.

4. 私は母に 1 時間以内に電話をかけ直すよう頼んだ。

I told my mother to call me back an hour later.

5. 彼女は最終的には大富豪になる人である。

She is the last person who would be a millionaire.

【No. 25】 Select the best English translation.

1. どちらかと言えば彼女は友好的な人だ。

She is by no means friendly.

2. 私が感銘を受けたのは、彼の話した内容よりも話し方だった。

What impressed me was not so much how he said it as what he said.

3. 彼らはたった一度だけ私をどなった。

They yelled at me all at once.

4. その試みが成功したかどうかはまだ分からない。

It remains to be seen whether or not the trial was successful.

5. 私はその会議を開催しなければなりませんか。

Do I have to take part in the meeting?

【No. 26】 Select the best English translation.

1. 第 10 回年次総会は、200 人が出席して開催された。

The 10th annual general meeting was held with 200 people present.

2. あなたはつらい経験を振り返る必要がある。

You need to come to terms with your hard experience.

3. 生徒たちがその試験を受けるとは限らない。

It goes without saying that students will take the exam.

4. 彼らは働き方が原因で現在貧しい。

They are well off now because of their way of working.

5. 彼女は最悪の事態を回避した。

She went through the worst-case scenario.

【No. 27】 Select the best English translation.

1. 私たちは雨が降り出してから 1 マイルしか進めなかった。

We had not gone a mile before it began to rain.

2. 私たちが 3 時までに帰宅できるよう、彼らは車を貸してくれるだろう。

They will lend us their car on the condition that we come home by three.

3. 彼はこのクラスで一番背が低い。

No other student in this class is as tall as him.

4. あなたは彼女の計画に反対ですか。

Are you for her plan?

5. 私は疲れていない。それどころか、走ることだってできる。

I'm not tired. On the contrary, I could run.

[No. 28] Arrange the words in the most appropriate order and select the combination of words that can be inserted into A, B, and C in the following sentences.

- Fast ()()(A), ()()()() with her mother.
(she, she, up, not, could, as, ran, catch)
- He discovered ()()()()(B) () in his wallet.
(was, any, hardly, left, money, there)
- If ()(C) (), ()()() him ()().
(I, I, you, would, ask, stay, were, to)

	A	B	C
1.	could	money	were
2.	could	left	would
3.	ran	money	were
4.	ran	left	would
5.	up	money	were

[No. 29] Select the word group which contains underlined parts that all have the same pronunciation.

- | | | | |
|----------------------------|-----------------|------------------|------------------|
| 1. <u>co</u> rn <u>e</u> r | ca <u>ll</u> | la <u>wn</u> | co <u>a</u> t |
| 2. <u>loo</u> se | mo <u>v</u> e | bl <u>ue</u> | tw <u>o</u> |
| 3. ha <u>n</u> d | ba <u>n</u> k | ca <u>t</u> | aw <u>a</u> re |
| 4. <u>e</u> ight | we <u>igh</u> t | prote <u>i</u> n | ne <u>i</u> ther |
| 5. ple <u>a</u> sant | stea <u>k</u> | stea <u>d</u> y | sp <u>re</u> ad |

【No. 30】 Select the combination of letters which indicates an appropriate syllable on which the accent should fall for each word below.

A mer-**chan**-dise
ア イ ウ

B con-se-**quent**-ly
ア イ ウ エ

C in-for-ma-**tion**
ア イ ウ エ

D re-**dun**-dant
ア イ ウ

- | | A | B | C | D |
|----|---|---|---|---|
| 1. | ア | ア | ウ | イ |
| 2. | ア | ウ | ア | ア |
| 3. | イ | ア | ウ | イ |
| 4. | ウ | ア | ア | ウ |
| 5. | ウ | ウ | ウ | ア |

<出典>

・No.1

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・No.5

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<https://time.com/6274502/work-friends-health-benefits/>

U8－2024 外国語多肢

正答番号表

No	正答	No	正答
1	2	21	1
2	3	22	4
3	2	23	5
4	5	24	3
5	5	25	4
6	1	26	1
7	2	27	5
8	1	28	3
9	4	29	2
10	5	30	1
11	2		
12	4		
13	2		
14	4		
15	3		
16	5		
17	1		
18	3		
19	2		
20	4		