

次の英文 **A**, **B** を読み, その文意にそって(21) から(26) までの ( ) に入れるのに最も適切なものを **1, 2, 3, 4** の中から一つ選び, その番号を解答用紙の所定欄にマークしなさい。

## *Thinking of Stress*

Stress is said to be one of the leading causes of death in modern society. When people get stressed, their hearts work too hard, leading to heart attacks and other diseases. However, Kelly McGonigal, a psychologist in the United States, is trying to change the way people commonly see stress. She says research shows that people with a lot of stress are more likely to die young but only if they think stress is bad. In fact, according to research at the University of Wisconsin, this ( **21** ) stress is actually killing about 20,000 Americans every year.

In one experiment at Harvard University, researchers observed how participants' hearts reacted to stress. At first, the participants' hearts beat faster and became tighter. However, once the participants were told that stress was a natural and good response to a difficult situation, their hearts began to react differently. Their hearts beat faster without becoming tight. The heart becoming tighter leads to heart disease and possibly death. ( **22** ), a rapidly beating heart causes no damage.

McGonigal also says that oxytocin, a chemical produced by the body during stress, may have a positive impact on the heart. While oxytocin is most known for its ability to make people happier and more social, it also encourages the heart to relax during times of stress. In fact, studies have found that it can even help the heart recover from damage. This means that stress can ( **23** ). McGonigal hopes people will learn that the way they think about stress can improve their experience of it.

- |      |                                                                               |                                                                                |
|------|-------------------------------------------------------------------------------|--------------------------------------------------------------------------------|
| (21) | <b>1</b> rare idea about<br><b>3</b> negative view of                         | <b>2</b> modern cure for<br><b>4</b> common cause of                           |
| (22) | <b>1</b> Unfortunately<br><b>3</b> In addition                                | <b>2</b> As a result<br><b>4</b> On the other hand                             |
| (23) | <b>1</b> be good for people's health<br><b>3</b> improve the quality of sleep | <b>2</b> be a problem for relationships<br><b>4</b> increase the heart's speed |

## *High-Altitude Wind Power*

Wind power is a clean and renewable source of energy. However, few areas have the frequent strong winds needed to produce wind power. Wind near the ground is not a reliable source of energy because it is sometimes strong and sometimes weak. Unlike the wind near the earth's surface, the wind high in the sky is ( **24** ) nearly everywhere. Because of this, some companies are now building wind power plants at high altitudes, as they can obtain stable wind power almost anywhere.

Altaeros Energies is a U.S.-based company working to develop "high-altitude wind power" technology. They have designed a huge balloon that catches the wind's power at up to 600 meters in the air. The balloon is connected to cables which keep it in place and transport the energy to the earth's surface. As the wind is much stronger at 600 meters, these balloons can create more than twice as much electricity as traditional wind power at a lower cost. In other words, these balloons ( **25** ) to produce energy.

Not only do Altaeros's balloons reduce costs, they also solve a number of other problems associated with traditional wind power. To start with, the initial setup is quite easy. While traditional wind power plants require months of construction, the balloons' setup only takes a few hours. ( **26** ), they are so high in the sky that they do not disturb people's daily lives. For instance, they cause little noise pollution, and people do not have to see them every day. Seeing all these benefits, a number of large companies have invested in Altaeros's wind power balloons.

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- |             |                                    |                                    |
|-------------|------------------------------------|------------------------------------|
| <b>(24)</b> | <b>1</b> constant and powerful     | <b>2</b> clean and clear           |
|             | <b>3</b> weak but reliable         | <b>4</b> strong but unstable       |
| <b>(25)</b> | <b>1</b> reduce the wind needed    | <b>2</b> increase the space needed |
|             | <b>3</b> are a less attractive way | <b>4</b> are a more efficient way  |
| <b>(26)</b> | <b>1</b> Like before               | <b>2</b> At most                   |
|             | <b>3</b> Therefore                 | <b>4</b> Furthermore               |