Laughter is natural for people. We start to laugh at about four months of age. We start to laugh even before we start to speak! Laughter connects us with other people. We laugh more when we are with other people. Studies find that we are 30 times more likely to laugh with other people than alone. Also, laughter is contagious. When one person laughs, other people begin to laugh, too.

It is difficult to pretend to laugh. Laughter is honest. Try to laugh right now. It’s difficult, isn’t it? When people pretend to laugh, most people know it’s not real. Studies show that people don’t like the sound of fake laughter.

There are various reasons for laughter. Only 10 to 20 percent of laughter is about something funny. We would like to be friendly with other people. Most laughter says, “I don’t want to compete with you. I want to be friendly with you.” This kind of laughter brings people together. We often laugh when we feel nervous. In movies, there is often a joke at an exciting moment when everyone feels nervous. It is usually a small joke, but we laugh a lot. Our laughter helps us relax. Sometimes we laugh because we think we are better than other people. When we laugh at another person, we are saying, “I am better than you.” This kind of laughter makes others feel bad.

Some things are funny because we don’t expect them. When a joke begins, we already have an idea about the end. We think we know the end, but then the joke ends in a different way. The end of the joke surprises us. It makes us laugh. Silly things are sometimes funny. We laugh at jokes about people and their mistakes because we know something they don’t know. We think we are better than they are.

Not everyone has the same sense of humor. Some people think a joke is funny, but other people don’t think so. People have different ideas about what is funny. In addition, our idea of what is funny changes with time. For young children, the world is new. Many things surprise them, so they laugh a lot. Teenagers often worry about what others think of them. They laugh to protect themselves. Adults laugh at themselves and other people with similar problems. They laugh at things that give them stress. Our reasons for laughter change over time.

注：silly ふざけた
1. Question: Why are we surprised at the end of jokes?
   Answer: Because we feel funny when we find that the jokes end with something that we did not ( ① ).

2. Question: What is the difference between how teenagers and young children laugh?
   Answer: Young children laugh at ( ② ) things in many situations, but teenagers tend to laugh to ( ③ ) themselves.

3. Question: What will happen when we hear the sound of laughter?
   Answer: We will start to ( ④ ) because the sound of laughter is ( ⑤ ).

問2 以下の文を英語に訳しなさい。

1. 私は笑顔が他人をより幸せにしてくれると思います。
2. 緊張していたが、私のスピーチはうまくいきました。
3. その映画がとても面白くて、笑いをこらえることができませんでした。

問3 以下の英文を読んで、その内容に沿って次の各間に日本語で答えなさい。解答は主語と述語を備えた文の形で書きなさい。

If you have ever flown across several time zones, you have experienced jet lag. You arrived in a new time zone, but your body was still living on the time in the old zone. You were wide awake and ready for dinner in the middle of the night, and you wanted to sleep all day.

People suffer from jet lag because all living things have a biological clock. Plants and animals are all in rhythm with the natural divisions of time—day and night and the seasons.

At sunrise, plants open their leaves and begin producing food. At night, they rest. In the temperate zones of the Earth, trees lose their leaves in the fall as the days grow shorter and there is less sunlight. In the spring, leaves and flowers begin growing again as the days lengthen.

Rain sets the rhythm of desert plants. Plants in the desert may appear dead for months or even years, but when it begins to rain, the plants seem to come to life overnight. The leaves turn green, and flowers appear. The plants produce seeds quickly, before the rain stops. These seeds may lie on the ground for years before rain starts the cycle of growth again. The plants' biological clock gives the signal for these things to happen.

At dawn, most birds wake up and start singing. When the sun goes down, they go to sleep. When spring arrives, they start looking for a mate. When winter comes, some birds migrate to a region with a warmer climate. Their biological clocks tell them that it is time to do all of these things.

Animals that live near the sea and depend on both the land and water for their food have their biological clocks set with the tides. When the tide goes out, they know that it is time to search for
the food that the sea left behind. Some insects seem to set their alarm clocks to wake them up at night. They stay out all night looking for food, and then they sleep during the day. Honeybees have a very strong sense of time. They can tell by the position of the sun exactly when their favorite flowers open.

Some French scientists did an experiment with honeybees. They put out sugar water every morning at 10:00 and at noon, and the bees came to drink the water at exactly the right time. Then the scientists put the sugar water in a room that was brightly lit twenty-four hours a day. They started putting the sugar water out at 8:00 p.m. It took the bees a week to find it at the different hour, but from then on, they came to eat in the evening instead of in the morning. Later, the scientists took the honeybees to New York. The bees came for the food at the time their bodies told them; only it was 3:00 p.m. New York time. Their bodies were still on Paris time.

Humans, like other animals, have a biological clock that tells them when to sleep. It causes other changes too. Blood pressure is lower at night, the heartbeat is slower, and the body temperature is a little lower. We even go through several levels of sleep, cycles of deep and light sleep.

Other events occur in cycles too. More babies are born between midnight and dawn than at any other time. More natural deaths occur at night, but more heart attacks happen early in the morning. Most deaths from diseases in hospitals occur between midnight and 6:00 a.m. Some police say that there are more violent crimes and traffic accidents when there is a full moon.

The honeybees in the experiment reset their biological clock for different feeding hours. Humans do this too. People who work at night learn to sleep during the day and eat at night. Students who fly halfway across the world to study in another country get used to the new time zone after a few days. When they go home, they change back again. Our bodies are controlled by a biological clock, but we can learn to reset it to a different time.

注： wide awake すっかり目覚ました the temperate zones 温帯
lengthen 長くなる seed 種

1 ニューヨークとパリの時差はどのくらいですか？

2 睡眠中に起こる人間の体の変化について、詳しく説明しなさい。

3 引き潮の際、海の近くに生息している動物たちはどのような行動を起こしますか？詳しく説明しなさい。

4 雨が降ることで砂漠の植物はどのように変化しますか？詳しく説明しなさい。

5 満月は人々の行動にどのような影響を与えますか？詳しく説明しなさい。
問4 あなたが過去に訪れたことのある場所、またはこれから訪れてみたいと考えている場所について70語から100語程度の長さで英語で書きなさい。

次の観点から検点を行います。

（1）語数制限（最低語数）を満たしているかどうか。

（2）質問に対する答えになっているかどうか。

（3）内容を説明するための適切な具体例が使われているかどうか。

（4）自分の言葉で表現しているかどうか（本文の内容をコピーしていないかどうか）。

（5）正確な文法と適切な語彙が使われているかどうか。