

受験番号		得点

「薬の服用」に関する以下の英文を読み、設問に答えなさい。

Since prehistoric times, humans have made use of plants, roots, animals and minerals as medicine. ⁽¹⁾Old books and excavated articles have shown that our ancestors had a surprisingly wide range of pharmacological knowledge.

Modern pharmacology began to develop in the latter half of the 18th century. ⁽²⁾Breakthrough remedies and antibiotics were discovered, and many diseases which had distressed people were eradicated. People may have forgotten that the word medicine used to mean “magic spell.” Now it seems to mean only medication.

In this way, medicine is filled with our ancestors' wisdom and devotion. However, many medicines have side effects. ⁽³⁾Therefore, in order to gain the maximum efficacy and avoid the side effects of a particular medicine, when and how to take it are very important considerations.

⁽⁴⁾When to take a medicine is directed in the prescription and is based on meals; for example, before or after meals. ⁽⁵⁾That is because we can remember when to take medicine more easily when it is based on meals. So when exactly does “before meals” refer to? It means 30 minutes before a meal. Similarly, “after meals” means 30 minutes after a meal.

People often misunderstand what the word “*shokkan*” means. ⁽⁶⁾“Shokkan” means not during a meal but rather between meals. ⁽⁷⁾One is supposed to take their medicine between two hours after a meal and two hours before their next meal. ⁽⁸⁾If you take medicine during a meal, its efficacy weakens because what you have eaten influences the amount and speed of absorption of the medicine.

By the way, when you take medicine, what do you drink with it? Do you ever take it with juice, tea or coffee? Naturally it is best to take medicine with water. Be sure to never take it with alcohol. ⁽⁹⁾If you drink alcohol before or after taking medicine, it can be dangerous because the effect of the medicine becomes too strong. Doctors recommend you to avoid even such things as fish and vegetables pickled in *sake* lees as well as sweets containing alcohol.

—Josh Norman, *et al.* (2016): *Living Well, Eating Well*, Asahi Press.

注)

excavated articles: 出土品 pharmacology: 薬学 breakthrough: 画期的な
antibiotics: 抗生物質 eradicate: 根絶する side effect: 副作用
efficacy: 効力 prescription: 処方箋 *shokkan*: 食間 absorption: 吸収
fish and vegetables pickled in *sake* lees: 粕漬けの魚や野菜

問題：本文の下線部 (1)~(9)を日本語に訳しなさい。

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