

**e-PREPARING for
CHALLENGING UNIVERSITY
ENTRANCE EXAMS**



01

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日本語に合わせて、英語を並べ替えて下さい。解答は 8, 9 ページにあります。

1. 医学の先史時代、有史以前の時代は、疾病、傷害、および人間の状態を理解し、管理しようとする人間の試みの起源を魅力的な姿で提供してくれます。

a period that predates recorded history,
illness, injury, and the human condition.
of the origins of human attempts
offers a fascinating glimpse
the prehistory of medicine,
to understand and manage

2. この何千年もの間にわたる時代は、古代の治療方法の進化、薬草療法の発展、そして原始的な外科技術の発展によって特徴づけられています。

and the cultivation
is marked by
of primitive surgical techniques.
the development of herbal remedies,
the evolution of ancient healing practices,
this era, spanning thousands of years,

3. それは、人間の健康と幸福への執拗な追求の証です。

and well-being.
it is a testament
of health
to humanity's relentless pursuit

4. このエッセイでは、医学の先史時代に深く入り、主要な出来事と、迷信や儀式から実証的で体系的な医療への移行を探求します。

and the transition
exploring the major milestones
from superstition and ritual
in this essay, we will delve
into the prehistory of medicine,
to empirical and systematic healthcare.

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5. 医学の先史時代は、アフリカで約 20 万年前にホモ・サピエンスが現れたことから始まり、広大な時間軸にまたがっています。

beginning with the emergence
in Africa
of Homo sapiens
some 200,000 years ago.
spans a vast temporal timeframe,
the prehistory of medicine

6. 最も初期の医療形態は、神秘主義と精神性に焦点を当てた原始的なものに根ざしていました。

and spirituality.
of healthcare
on mysticism
the earliest forms
were rooted in the primitive,
with a focus

7. シャーマンたちは、しばしば最初の医療従事者と見なされ、これらの初期の社会で重要な役割を果たしました。

as the first medical practitioners,
in these early societies.
played a vital role
shamans, often regarded

8. これらの人々は、疾患を治療するために儀式、薬草、呪文を利用し、治療者、宗教家、霊的指導者の役割を担いました。

of healer, priest, and spiritual guide,
these individuals
to cure ailments.
took on the roles
using rituals, herbs, and incantations

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9. 先史時代の医学の最も永続的な側面の一つは、治療薬としての植物や薬草の使用でした。
as remedies.
of plants and herbs
of prehistoric medicine
one of
the most enduring aspects
was the use

10. 初期の人々は、特定の植物の薬効を試行錯誤によって発見しました。
trial and error.
through
the medicinal properties
of certain plants
early humans discovered

11. この知識はしばしば世代から世代へと伝えられ、今日でもさまざまな形で存在する薬草療法に関する人々の知識体系に進化しました。
about herbal remedies
evolving into a body of folk wisdom
in various forms today.
often passed down
that still exists
this knowledge was
through generations,

12. 数万年前にヨーロッパとアジアの一部に住んでいたネアンデルタール人は、薬草を使用したことが知られています。
to have used
tens of thousands of years ago,
medicinal plants.
in Europe and parts of Asia
are known
Neanderthals, who lived

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13. 例えば、痛みや炎症を和らげるために、抗炎症作用のある植物であるノコギリソウの葉を噛んだという形跡が見られます。

a plant with anti-inflammatory properties,
for example, evidence suggests
pain and inflammation.
that they chewed the leaves of yarrow,
to alleviate

14. 薬草療法に加えて、先史時代の人々は初歩的な外科技術を開発し始めました。

to herbal remedies,
to develop
rudimentary surgical techniques.
prehistoric humans began
in addition

15. 頭蓋骨に穴を開けたり切ったりするトレパネーションのような考古学的証拠は、初期の人類が、おそらく頭部外傷の治療や、病気を引き起こすと信じられている悪霊を追い払うために手術を行ったことを示唆しています。

the process of drilling or cutting holes into the skull,
suggests that early humans performed surgeries,
possibly for the treatment of head injuries
or to release evil spirits
believed to cause illness.
archaeological evidence, such as trepanation,

16. 先史時代の医学からより体系的で実証的なアプローチへの移行は段階的であり、主要な出来事によって特徴づけられました：

was gradual
to more systematic
the transition
from prehistoric medicine
and marked by key milestones:
and empirical approaches

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17. 人間社会がより複雑になり、定住するにつれて、信頼性のある医療の必要性が高まりました。
there was
more complex and settled,
for reliable healthcare.
as human societies became
an increasing need

シュメール人、エジプト人、インダス川流域の人々などの古代文明は、さまざまな疾患や傷害の観察と治療法を文書化し始めました。

their observations and treatments
such as the Sumerians, Egyptians,
for various diseases and injuries.
early civilizations,
began to document
and Indus Valley people,

これらの記録は、より体系的な医療行為の基盤を築きました。

for more systematic
laid the foundation
medical practices.
these records

18. 時間の経過とともに、しばしばミイラ化などの実践を通じて、人間の解剖学についての理解が向上しました。

like mummification.
of human anatomy,
often through practices
over time,
there was an improved understanding

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エジプトの医学は、例えば、身体の器官とその機能について早い段階での理解を示しました。

of bodily organs
demonstrated an early grasp
and their functions.
Egyptian medicine, for instance,

19. 医学的知識の体系化：古代エジプトのエーベルス・パピルスやエドウィン・スミス・パピルスなどの古代の文書が、疾患、治療法、外科手術の手順を説明する医学的知識を記録しました。

recorded medical knowledge,
like the Ebers Papyrus
from ancient Egypt,
describing diseases, treatments,
and the Edwin Smith Papyrus
and surgical procedures.
ancient texts,

これらの文書は、知られている最古の医学文献のいくつかを表しています。

medical literature.
represent
some of the earliest known
these documents

20. 医学知識の蓄積に伴い、ヒポクラテスやガレンなどの古代ギリシャの医師のような専門医が現れ始めました。

began to emerge,
like Hippocrates and Galen.
of medical knowledge,
specialized practitioners
such as ancient Greek physicians
with the accumulation

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これらの初期の医学校と、診断と治療のための体系的なアプローチは、現代医学への道を開きました。

and the systematic approach
for modern medicine.
paved the way
these early medical schools
to diagnosis and treatment

21. 医学の先史時代は、疾患を理解し克服しようとする人間の永続的な探求の証です。

and conquer illness.
is a testament
the prehistory of medicine
to humanity's enduring quest
to understand

22. 神秘主義と薬草療法の最も初期の根源から、実証的観察と医学的体系化の出現まで、この時代は現代医学の基礎を築いた医療慣行の進化を目撃しました。

to the emergence
this period witnessed
the evolution of healthcare practices
that laid the foundation for modern medicine.
of empirical observation and medical codification,
in mysticism and herbal remedies
from the earliest roots

23. それは逆境に立ち向かう人間の精神の粘り強さと、苦しみを和らげ、幸福を促進したいという深い願望を浮き彫りにする、時代を超えた魅力的な旅であり、今日まで医学の分野を牽引し続けている探求なのです。

to alleviate suffering and promote well-being,
the field of medicine to this day.
it is a fascinating journey through time,
in the face of adversity,
highlighting the tenacity of the human spirit
and the deep-seated desire
a quest that continues to drive

並べ替え問題解答

1. The prehistory of medicine, a period that predates recorded history, offers a fascinating glimpse of the origins of human attempts to understand and manage illness, injury, and the human condition.
2. This era, spanning thousands of years, is marked by the evolution of ancient healing practices, the development of herbal remedies, and the cultivation of primitive surgical techniques.
3. It is a testament to humanity's relentless pursuit of health and well-being.
4. In this essay, we will delve into the prehistory of medicine, exploring the major milestones and the transition from superstition and ritual to empirical and systematic healthcare.
5. The prehistory of medicine spans a vast temporal timeframe, beginning with the emergence of Homo sapiens in Africa some 200,000 years ago.
6. The earliest forms of healthcare were rooted in the primitive, with a focus on mysticism and spirituality.
7. Shamans, often regarded as the first medical practitioners, played a vital role in these early societies.
8. These individuals took on the roles of healer, priest, and spiritual guide, using rituals, herbs, and incantations to cure ailments.
9. One of the most enduring aspects of prehistoric medicine was the use of plants and herbs as remedies.
10. Early humans discovered the medicinal properties of certain plants through trial and error.
11. This knowledge was often passed down through generations, evolving into a body of folk wisdom about herbal remedies that still exists in various forms today.
12. Neanderthals, who lived in Europe and parts of Asia tens of thousands of years ago, are known to have used medicinal plants.
13. For example, evidence suggests that they chewed the leaves of yarrow, a plant with anti-inflammatory properties, to alleviate pain and inflammation.
14. In addition to herbal remedies, prehistoric humans began to develop rudimentary surgical techniques.
15. Archaeological evidence, such as trepanation, the process of drilling or cutting holes into the skull, suggests that early humans performed surgeries, possibly for the treatment of head injuries or to release evil spirits believed to cause illness.

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16. The transition from prehistoric medicine to more systematic and empirical approaches was gradual and marked by key milestones:
17. As human societies became more complex and settled, there was an increasing need for reliable healthcare.
Early civilizations, such as the Sumerians, Egyptians, and Indus Valley people, began to document their observations and treatments for various diseases and injuries.
These records laid the foundation for more systematic medical practices.
18. Over time, there was an improved understanding of human anatomy, often through practices like mummification.
Egyptian medicine, for instance, demonstrated an early grasp of bodily organs and their functions.
19. Ancient texts, like the Ebers Papyrus and the Edwin Smith Papyrus from ancient Egypt, recorded medical knowledge, describing diseases, treatments, and surgical procedures.
These documents represent some of the earliest known medical literature.
20. With the accumulation of medical knowledge, specialized practitioners began to emerge, such as ancient Greek physicians like Hippocrates and Galen.
These early medical schools and the systematic approach to diagnosis and treatment paved the way for modern medicine.
21. The prehistory of medicine is a testament to humanity's enduring quest to understand and conquer illness.
22. From the earliest roots in mysticism and herbal remedies to the emergence of empirical observation and medical codification, this period witnessed the evolution of healthcare practices that laid the foundation for modern medicine.
23. It is a fascinating journey through time, highlighting the tenacity of the human spirit in the face of adversity, and the deep-seated desire to alleviate suffering and promote well-being, a quest that continues to drive the field of medicine to this day.

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全文を訳して下さい。辞書を引いても不明な場合にはページをめくると解説が書いてあります。
和訳例は 20 ページから 23 ページにあります。

Introduction

1. The prehistory of medicine, a period that predates recorded history, offers a fascinating glimpse of the origins of human attempts to understand and manage illness, injury, and the human condition.
2. This era, spanning thousands of years, is marked by the evolution of ancient healing practices, the development of herbal remedies, and the cultivation of primitive surgical techniques.
3. It is a testament to humanity's relentless pursuit of health and well-being.
4. In this essay, we will delve into the prehistory of medicine, exploring the major milestones and the transition from superstition and ritual to empirical and systematic healthcare.

The Dawn of Healing

5. The prehistory of medicine spans a vast temporal timeframe, beginning with the emergence of Homo sapiens in Africa some 200,000 years ago.

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6. The earliest forms of healthcare were rooted in the primitive, with a focus on mysticism and spirituality.
7. Shamans, often regarded as the first medical practitioners, played a vital role in these early societies.
8. These individuals took on the roles of healer, priest, and spiritual guide, using rituals, herbs, and incantations to cure ailments.

Herbal Remedies

9. One of the most enduring aspects of prehistoric medicine was the use of plants and herbs as remedies.
10. Early humans discovered the medicinal properties of certain plants through trial and error.
11. This knowledge was often passed down through generations, evolving into a body of folk wisdom about herbal remedies that still exists in various forms today.

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Introduction

1. The prehistory of medicine, a period that predates recorded history, offers a fascinating glimpse of the origins of human attempts to understand and manage illness, injury, and the human condition.

the prehistory of medicine = 医学の先史時代

a period that predates recorded history = 有史以前の時代 (= the prehistory of medicine)

offers = 提供してくれます

a fascinating glimpse = 魅力的な姿

the origins of human attempts = 人間の試みの起源

to understand and manage = 理解し、管理しようとする

illness, injury, and the human condition = 疾病、傷害、および人間の状態

2. This era, spanning thousands of years, is marked by the evolution of ancient healing practices, the development of herbal remedies, and the cultivation of primitive surgical techniques.

this era, spanning thousands of years = この何千年もの間にわたる時代

is marked by = ~によって特徴づけられています

the evolution of ancient healing practices = 古代の治療方法の進化

the development of herbal remedies = 薬草療法の発展

the cultivation of primitive surgical techniques = 原始的な外科技術の発展

3. It is a testament to humanity's relentless pursuit of health and well-being.

it = それは (医学の先史時代)

a testament = 証

to humanity's relentless pursuit = 人間の執拗な追求

of health and well-being = 健康と幸福への

4. In this essay, we will delve into the prehistory of medicine, exploring the major milestones and the transition from superstition and ritual to empirical and systematic healthcare.

in this essay = このエッセイでは

delve into = ~に深く入り

exploring = 探求します

the major milestones = 主要な出来事

the transition = 移行

from superstition and ritual = 迷信や儀式から

to empirical and systematic healthcare = 実証的で体系的な医療への

The Dawn of Healing

5. The prehistory of medicine spans a vast temporal timeframe, beginning with the emergence of Homo sapiens in Africa some 200,000 years ago.

spans a vast temporal timeframe = 広大な時間軸にまたがっています

beginning with the emergence of = ~が現れたことから始まり

Homo sapiens = ホモ・サピエンス

some 200,000 years ago = 約 20 万年前

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12. Neanderthals, who lived in Europe and parts of Asia tens of thousands of years ago, are known to have used medicinal plants.

13. For example, evidence suggests that they chewed the leaves of yarrow, a plant with anti-inflammatory properties, to alleviate pain and inflammation.

Surgical Innovation

14. In addition to herbal remedies, prehistoric humans began to develop rudimentary surgical techniques.

15. Archaeological evidence, such as trepanation, the process of drilling or cutting holes into the skull, suggests that early humans performed surgeries, possibly for the treatment of head injuries or to release evil spirits believed to cause illness.

The Prehistoric Transition to Empirical Medicine

16. The transition from prehistoric medicine to more systematic and empirical approaches was gradual and marked by key milestones:

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6. The earliest forms of healthcare were rooted in the primitive, with a focus on mysticism and spirituality.

the earliest forms of healthcare = 最も初期の医療形態

were rooted in = ～に根ざしていました

with a focus on = ～に焦点を当てた

spirituality = 精神性

the primitive = 原始的なもの

mysticism = 神秘主義

7. Shamans, often regarded as the first medical practitioners, played a vital role in these early societies.

shamans = シャーマンたち

the first medical practitioners = 最初の医療従事者

played a vital role = 重要な役割を果たしました

in these early societies = これらの初期の社会で

regarded as = ～と見なされていました

8. These individuals took on the roles of healer, priest, and spiritual guide, using rituals, herbs, and incantations to cure ailments.

these individuals = これらの人々 (= shamans)

healer, priest, and spiritual guide = 治療者、宗教家、霊的指導者

using = ～を利用し

rituals, herbs, and incantations = 儀式、薬草、呪文

to cure ailments = 疾患を治療するために

took on the roles of = ～の役割を担いました

Herbal Remedies

9. One of the most enduring aspects of prehistoric medicine was the use of plants and herbs as remedies.

one of = ～の一つ

the use of = ～の使用

as remedies = 治療薬としての

the most enduring aspects = 最も永続的な側面

plants and herbs = 植物や薬草

10. Early humans discovered the medicinal properties of certain plants through trial and error.

early humans = 初期の人々

the medicinal properties = 薬効

through trial and error = 試行錯誤によって

discovered = 発見しました

of certain plants = 特定の植物の

11. This knowledge was often passed down through generations, evolving into a body of folk wisdom about herbal remedies that still exists in various forms today.

was often passed down = しばしば伝えられました

evolving into = ～進化しました

about herbal remedies = 薬草療法に関する

still exists in various forms today = 今日でもさまざまな形で存在する

through generations = 世代から世代へと

a body of folk wisdom = 人々の知識体系

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17. **The Emergence of Empirical Observation:** As human societies became more complex and settled, there was an increasing need for reliable healthcare. Early civilizations, such as the Sumerians, Egyptians, and Indus Valley people, began to document their observations and treatments for various diseases and injuries. These records laid the foundation for more systematic medical practices.

18. **Advancements in Anatomical Knowledge:** Over time, there was an improved understanding of human anatomy, often through practices like mummification. Egyptian medicine, for instance, demonstrated an early grasp of bodily organs and their functions.

19. **Codification of Medical Knowledge:** Ancient texts, like the Ebers Papyrus and the Edwin Smith Papyrus from ancient Egypt, recorded medical knowledge, describing diseases, treatments, and surgical procedures. These documents represent some of the earliest known medical literature.

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12. Neanderthals, who lived in Europe and parts of Asia tens of thousands of years ago, are known to have used medicinal plants.

Neanderthals = ネアンデルタール人
in Europe and parts of Asia = ヨーロッパとアジアの一部に
tens of thousands of years ago = 数万年前 are known = 知られています
to have used medicinal plants = 薬草を使用したことが

13. For example, evidence suggests that they chewed the leaves of yarrow, a plant with anti-inflammatory properties, to alleviate pain and inflammation.

evidence suggests that = ～という形跡が見られます (証拠が示します)
chewed the leaves of yarrow = ノコギリソウの葉を噛んだ
a plant with anti-inflammatory properties = 抗炎症作用のある植物
to alleviate = 和らげるために pain and inflammation = 痛みや炎症

Surgical Innovation

14. In addition to herbal remedies, prehistoric humans began to develop rudimentary surgical techniques.

in addition to = ～に加えて herbal remedies = 薬草療法
prehistoric humans = 先史時代の人々 began to develop = 開発し始めました
rudimentary = 初歩的な surgical techniques = 外科技術

15. Archaeological evidence, such as trepanation, the process of drilling or cutting holes into the skull, suggests that early humans performed surgeries, possibly for the treatment of head injuries or to release evil spirits believed to cause illness.

archaeological evidence = 考古学的証拠 such as trepanation = トレパネーションのよう
な
the process of drilling or cutting holes into the skull = trepanation
suggests that = ～を示唆しています performed surgeries = 手術を行った
possibly = おそらく
the treatment of head injuries = 頭部外傷の治療
to release evil spirits = 悪霊を追い払うために
believed to cause illness = 病気を引き起こすと信じられていた

The Prehistoric Transition to Empirical Medicine

16. The transition from prehistoric medicine to more systematic and empirical approaches was gradual and marked by key milestones:

the transition = 移行
to more systematic and empirical approaches = より体系的で実証的なアプローチへの
gradual = 段階的
marked by key milestones = 主要な出来事によって特徴づけられました

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20. Medical Schools and Practitioners: With the accumulation of medical knowledge, specialized practitioners began to emerge, such as ancient Greek physicians like Hippocrates and Galen.

These early medical schools and the systematic approach to diagnosis and treatment paved the way for modern medicine.

Conclusion

21. The prehistory of medicine is a testament to humanity's enduring quest to understand and conquer illness.

22. From the earliest roots in mysticism and herbal remedies to the emergence of empirical observation and medical codification, this period witnessed the evolution of healthcare practices that laid the foundation for modern medicine.

23. It is a fascinating journey through time, highlighting the tenacity of the human spirit in the face of adversity, and the deep-seated desire to alleviate suffering and promote well-being, a quest that continues to drive the field of medicine to this day.

(611 words)

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17. The Emergence of Empirical Observation: As human societies became more complex and settled, there was an increasing need for reliable healthcare. Early civilizations, such as the Sumerians, Egyptians, and Indus Valley people, began to document their observations and treatments for various diseases and injuries. These records laid the foundation for more systematic medical practices.

emergence = 出現

empirical observation = 実証的観察

as = ~につれて

became more complex and settled = より複雑になり、定住する (した)

there was an increasing need for = ~の必要性が高まりました

reliable healthcare = 信頼性のある医療 such as = などの

began to document = 文書化し始めました observations and treatments = 観察と治療法

for various diseases and injuries = さまざまな疾患や傷害の

laid the foundation for = ~の基盤を築きました

more systematic medical practices = より体系的な医療行為

18. Advancements in Anatomical Knowledge: Over time, there was an improved understanding of human anatomy, often through practices like mummification. Egyptian medicine, for instance, demonstrated an early grasp of bodily organs and their functions.

advancements = 向上

in anatomical knowledge = 解剖学的知識の

over time = 時間の経過とともに

there was an improved understanding = 理解が向上しました

of human anatomy = 人間の解剖学についての

often through practices like mummification = しばしばミイラ化などの実践を通じて

demonstrated an early grasp = 早い段階での理解を示しました

of bodily organs and their functions = 身体の器官とその機能についての

19. Codification of Medical Knowledge: Ancient texts, like the Ebers Papyrus and the Edwin Smith Papyrus from ancient Egypt, recorded medical knowledge, describing diseases, treatments, and surgical procedures. These documents represent some of the earliest known medical literature.

codification = 体系化

medical knowledge = 医学的知識

ancient texts = 古代の文書

the Ebers Papyrus = エーベルス・パピルス

the Edwin Smith Papyrus = エドウィン・スミス・パピルス

describing = ~を説明する

surgical procedures = 外科手術の手順

represent = 表しています

the earliest known medical literature = 知られている最古の医学文献

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20. Medical Schools and Practitioners: With the accumulation of medical knowledge, specialized practitioners began to emerge, such as ancient Greek physicians like Hippocrates and Galen. These early medical schools and the systematic approach to diagnosis and treatment paved the way for modern medicine.

medical schools and practitioners = 医学校と医療従事者
with the accumulation of = への蓄積に伴い specialized practitioners = 専門医
Hippocrates = ヒポクラテス Galen = ガレン
the systematic approach = 体系的なアプローチ
to diagnosis and treatment = 診断と治療のための
paved the way for = への道を開きました

Conclusion

21. The prehistory of medicine is a testament to humanity's enduring quest to understand and conquer illness.

testament to = への証 humanity's enduring quest = 人間の永続的な探求
to understand and conquer = 理解し克服しようとする

22. From the earliest roots in mysticism and herbal remedies to the emergence of empirical observation and medical codification, this period witnessed the evolution of healthcare practices that laid the foundation for modern medicine.

healthcare practices = 医療慣行 laid the foundation for = への基礎を築いた

23. It is a fascinating journey through time, highlighting the tenacity of the human spirit in the face of adversity, and the deep-seated desire to alleviate suffering and promote well-being, a quest that continues to drive the field of medicine to this day.

a fascinating journey = 魅力的な旅 through time = 時代を超えた
highlighting = へを浮き彫りにする
the tenacity of the human spirit = 人間の精神の粘り強さ
in the face of adversity = 逆境に立ち向かう the deep-seated desire to = へという深い願望
alleviate suffering and promote well-being = 苦しみを和らげ、幸福を促進する
a quest = 探求
continues to drive the field of medicine = 医学の分野を牽引し続けている

(611 words)

Introduction

1. The prehistory of medicine, a period that predates recorded history, offers a fascinating glimpse of the origins of human attempts to understand and manage illness, injury, and the human condition.

医学の先史時代、有史以前の時代は、疾病、傷害、および人間の状態を理解し、管理しようとする人間の試みの起源を魅力的な姿で提供してくれます。

2. This era, spanning thousands of years, is marked by the evolution of ancient healing practices, the development of herbal remedies, and the cultivation of primitive surgical techniques.

この何千年もの間にわたる時代は、古代の治療方法の進化、薬草療法の発展、そして原始的な外科技術の発展によって特徴づけられています。

3. It is a testament to humanity's relentless pursuit of health and well-being.

それは、人間の健康と幸福への執拗な追求の証です。

4. In this essay, we will delve into the prehistory of medicine, exploring the major milestones and the transition from superstition and ritual to empirical and systematic healthcare.

このエッセイでは、医学の先史時代に深く入り、主要な出来事と、迷信や儀式から実証的で体系的な医療への移行を探求します。

The Dawn of Healing

5. The prehistory of medicine spans a vast temporal timeframe, beginning with the emergence of Homo sapiens in Africa some 200,000 years ago.

医学の先史時代は、アフリカで約 20 万年前にホモ・サピエンスが現れたことから始まり、広大な時間軸にまたがっています。

6. The earliest forms of healthcare were rooted in the primitive, with a focus on mysticism and spirituality.

最も初期の医療形態は、神秘主義と精神性に焦点を当てた原始的なものに根ざしていました。

7. Shamans, often regarded as the first medical practitioners, played a vital role in these early societies.

シャーマンたちは、しばしば最初の医療従事者と見なされ、これらの初期の社会で重要な役割を果たしました。

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8. These individuals took on the roles of healer, priest, and spiritual guide, using rituals, herbs, and incantations to cure ailments.

これらの人々は、疾患を治療するために儀式、薬草、呪文を利用し、治療者、宗教家、霊的指導者の役割を担いました。

Herbal Remedies

9. One of the most enduring aspects of prehistoric medicine was the use of plants and herbs as remedies.

先史時代の医学の最も永続的な側面の一つは、治療薬としての植物や薬草の使用でした。

10. Early humans discovered the medicinal properties of certain plants through trial and error. 初期の人々は、特定の植物の薬効を試行錯誤によって発見しました。

11. This knowledge was often passed down through generations, evolving into a body of folk wisdom about herbal remedies that still exists in various forms today.

この知識はしばしば世代から世代へと伝えられ、今日でもさまざまな形で存在する薬草療法に関する人々の知識体系に進化しました。

12. Neanderthals, who lived in Europe and parts of Asia tens of thousands of years ago, are known to have used medicinal plants.

数万年前にヨーロッパとアジアの一部に住んでいたネアンデルタール人は、薬草を使用したことが知られています。

13. For example, evidence suggests that they chewed the leaves of yarrow, a plant with anti-inflammatory properties, to alleviate pain and inflammation.

例えば、痛みや炎症を和らげるために、抗炎症作用のある植物であるノコギリソウの葉を噛んだという形跡が見られます。

Surgical Innovation

14. In addition to herbal remedies, prehistoric humans began to develop rudimentary surgical techniques.

薬草療法に加えて、先史時代の人々は初歩的な外科技術を開発し始めました。

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15. Archaeological evidence, such as trepanation, the process of drilling or cutting holes into the skull, suggests that early humans performed surgeries, possibly for the treatment of head injuries or to release evil spirits believed to cause illness.

頭蓋骨に穴を開けたり切ったりするトレパネーションのような考古学的証拠は、初期の人類が、おそらく頭部外傷の治療や、病気を引き起こすと信じられている悪霊を追い払うために手術を行ったことを示唆しています。

The Prehistoric Transition to Empirical Medicine

16. The transition from prehistoric medicine to more systematic and empirical approaches was gradual and marked by key milestones:

先史時代の医学からより体系的で実証的なアプローチへの移行は段階的であり、主要な出来事によって特徴づけられました：

17. **The Emergence of Empirical Observation:** As human societies became more complex and settled, there was an increasing need for reliable healthcare. Early civilizations, such as the Sumerians, Egyptians, and Indus Valley people, began to document their observations and treatments for various diseases and injuries. These records laid the foundation for more systematic medical practices.

実証的観察の出現：人間社会がより複雑になり、定住するにつれて、信頼性のある医療の必要性が高まりました。シュメール人、エジプト人、インダス川流域の人々などの古代文明は、さまざまな疾患や傷害の観察と治療法を文書化し始めました。これらの記録は、より体系的な医療行為の基盤を築きました。

18. **Advancements in Anatomical Knowledge:** Over time, there was an improved understanding of human anatomy, often through practices like mummification. Egyptian medicine, for instance, demonstrated an early grasp of bodily organs and their functions.

解剖学的知識の向上：時間の経過とともに、しばしばミイラ化などの実践を通じて、人間の解剖学についての理解が向上しました。エジプトの医学は、例えば、身体の器官とその機能について早い段階での理解を示しました。

19. **Codification of Medical Knowledge:** Ancient texts, like the Ebers Papyrus and the Edwin Smith Papyrus from ancient Egypt, recorded medical knowledge, describing diseases, treatments, and surgical procedures. These documents represent some of the earliest known medical literature.

医学的知識の体系化：古代エジプトのエーベルス・パピルスやエドウィン・スミス・パピルスなどの古代の文書が、疾患、治療法、外科手術の手順を説明する医学的知識を記録しました。これらの文書は、知られている最古の医学文献のいくつかを表しています。

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20. Medical Schools and Practitioners: With the accumulation of medical knowledge, specialized practitioners began to emerge, such as ancient Greek physicians like Hippocrates and Galen. These early medical schools and the systematic approach to diagnosis and treatment paved the way for modern medicine.

医学校と医療従事者：医学知識の蓄積に伴い、ヒポクラテスやガレンなどの古代ギリシャの医師のような専門医が現れ始めました。これらの初期の医学校と、診断と治療のための体系的なアプローチは、現代医学への道を開きました。

Conclusion

21. The prehistory of medicine is a testament to humanity's enduring quest to understand and conquer illness.

医学の先史時代は、疾患を理解し克服しようとする人間の永続的な探求の証です。

22. From the earliest roots in mysticism and herbal remedies to the emergence of empirical observation and medical codification, this period witnessed the evolution of healthcare practices that laid the foundation for modern medicine.

神秘主義と薬草療法のもも初期の根源から、実証的観察と医学的体系化の出現まで、この時代は現代医学の基礎を築いた医療慣行の進化を目撃しました。

23. It is a fascinating journey through time, highlighting the tenacity of the human spirit in the face of adversity, and the deep-seated desire to alleviate suffering and promote well-being, a quest that continues to drive the field of medicine to this day.

それは逆境に立ち向かう人間の精神の粘り強さと、苦しみを和らげ、幸福を促進したいという深い願望を浮き彫りにする、時代を超えた魅力的な旅であり、今日まで医学の分野を牽引し続けている探求なのです。

(611 words)

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24, 25 ページの英文を読み、26, 27 ページの問題を解いて下さい。解答は 28, 29 ページにあります。

The Prehistory of Medicine: Healing in the Shadows of Antiquity

Introduction

The prehistory of medicine, a period that predates recorded history, offers a fascinating glimpse of the origins of human attempts to understand and manage illness, injury, and the human condition. This era, spanning thousands of years, is marked by the evolution of ancient healing practices, the development of herbal remedies, and the cultivation of primitive surgical techniques.

It is a testament to humanity's relentless pursuit of health and well-being.

In this essay, we will delve into the prehistory of medicine, exploring the major milestones and the transition from superstition and ritual to empirical and systematic healthcare.

The Dawn of Healing

The prehistory of medicine spans a vast temporal timeframe, beginning with the emergence of Homo sapiens in Africa some 200,000 years ago.

The earliest forms of healthcare were rooted in the primitive, with a focus on mysticism and spirituality.

Shamans, often regarded as the first medical practitioners, played a vital role in these early societies. These individuals took on the roles of healer, priest, and spiritual guide, using rituals, herbs, and incantations to cure ailments.

Herbal Remedies

One of the most enduring aspects of prehistoric medicine was the use of plants and herbs as remedies.

Early humans discovered the medicinal properties of certain plants through trial and error.

This knowledge was often passed down through generations, evolving into a body of folk wisdom about herbal remedies that still exists in various forms today.

Neanderthals, who lived in Europe and parts of Asia tens of thousands of years ago, are known to have used medicinal plants.

For example, evidence suggests that they chewed the leaves of yarrow, a plant with anti-inflammatory properties, to alleviate pain and inflammation.

Surgical Innovation

In addition to herbal remedies, prehistoric humans began to develop rudimentary surgical techniques.

Archaeological evidence, such as trepanation, the process of drilling or cutting holes into the skull,

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suggests that early humans performed surgeries, possibly for the treatment of head injuries or to release evil spirits believed to cause illness.

The Prehistoric Transition to Empirical Medicine

The transition from prehistoric medicine to more systematic and empirical approaches was gradual and marked by key milestones:

The Emergence of Empirical Observation: As human societies became more complex and settled, there was an increasing need for reliable healthcare. Early civilizations, such as the Sumerians, Egyptians, and Indus Valley people, began to document their observations and treatments for various diseases and injuries. These records laid the foundation for more systematic medical practices.

Advancements in Anatomical Knowledge: Over time, there was an improved understanding of human anatomy, often through practices like mummification. Egyptian medicine, for instance, demonstrated an early grasp of bodily organs and their functions.

Codification of Medical Knowledge: Ancient texts, like the Ebers Papyrus and the Edwin Smith Papyrus from ancient Egypt, recorded medical knowledge, describing diseases, treatments, and surgical procedures. These documents represent some of the earliest known medical literature.

Medical Schools and Practitioners: With the accumulation of medical knowledge, specialized practitioners began to emerge, such as ancient Greek physicians like Hippocrates and Galen. These early medical schools and the systematic approach to diagnosis and treatment paved the way for modern medicine.

Conclusion

The prehistory of medicine is a testament to humanity's enduring quest to understand and conquer illness.

From the earliest roots in mysticism and herbal remedies to the emergence of empirical observation and medical codification, this period witnessed the evolution of healthcare practices that laid the foundation for modern medicine.

It is a fascinating journey through time, highlighting the tenacity of the human spirit in the face of adversity, and the deep-seated desire to alleviate suffering and promote well-being, a quest that continues to drive the field of medicine to this day.

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本文の内容に対して、(01) ～ (05) の問題の答えをそれぞれ a) ～ d) より選んでください。

(01) What were the earliest forms of healthcare in the prehistory of medicine primarily rooted in?

- a) Empirical observation
- b) Rituals and mysticism
- c) Herbal remedies
- d) Surgical techniques

(02) What do the Ebers Papyrus and the Edwin Smith Papyrus represent in the context of the text?

- a) Herbal remedies
- b) Ancient surgical techniques
- c) Early medical literature
- d) Medical schools

(03) What is the meaning of "empirical" in the context of the text?

- a) Based on superstition
- b) Based on observation and experience
- c) Spiritual and mystical
- d) Primitive and ancient

(04) In the text, what is the definition of "trepanation"?

- a) Herbal remedy
- b) Surgical procedure
- c) Empirical observation
- d) Anatomical knowledge

(05) What is the meaning of "tenacity" as used in the conclusion of the text?

- a) Fragility
- b) Persistence and determination
- c) Skillfulness
- d) Superstition

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(06) ~ (11) に適する単語を本文より書き写して下さい。

(06) What is the main focus of the prehistory of medicine as described in the text?

Answer: The main focus of the prehistory of medicine is the (06) of healing practices, from mysticism and herbal remedies to empirical and systematic healthcare.

(06) _____

(07) What plant did Neanderthals use as a remedy with anti-inflammatory properties?

Answer: Neanderthals are known to have used the leaves of (07), a plant with anti-inflammatory properties.

(07) _____

(08) What is trepanation, and how was it related to prehistoric medicine?

Answer: Trepanation is the process of drilling or cutting holes into the (08). It was related to prehistoric medicine as it suggests that early humans performed surgeries, possibly for the treatment of head injuries or to release evil spirits believed to cause illness.

(08) _____

(09) Who are considered to be some of the specialized practitioners mentioned in the text during the transition to empirical medicine?

Answer: Ancient (09) physicians like Hippocrates and Galen are considered specialized practitioners during the transition to empirical medicine.

(09) _____

(10) Why did early civilizations like the Sumerians begin to document their observations and treatments for diseases and injuries?

Answer: Early civilizations documented their observations and treatments to meet the increasing (10) for reliable healthcare as their societies became more complex and settled.

(10) _____

(11) What does the text imply about the role of superstition and ritual in the early stages of the prehistory of medicine?

Answer: The text suggests that in the early stages of the prehistory of medicine, superstition and ritual played a significant role in healing practices, with individuals like shamans using rituals, herbs, and incantations to cure (11).

(11) _____

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(01) ~ (11) 解答

(01) 医学の先史時代における最も初期の医療形態は、主に何に根ざしていましたか？

- a) 経験的観察
- b) 儀式と神秘主義
- c) 薬草療法
- d) 外科的技術

(01): b) Rituals and mysticism

(02) エーベルス・パピルスとエドウィン・スミス・パピルスは、本文の文脈から何を表していますか？

- a) 薬草療法
- b) 古代の外科技術
- c) 初期の医学文献
- d) 医学部

(02): c) Early medical literature

(03) 本文中の「実証的な」の意味は？

- a) 迷信に基づく
- b) 観察や経験に基づく
- c) スピリチュアルで神秘的
- d) 原始的、古代的

(03): b) Based on observation and experience

(04) 本文中の「トレパネーション」の定義は？

- a) 薬草療法
- b) 外科的処置
- c) 実証的観察
- d) 解剖学的知識

(04): b) Surgical procedure

(05) 本文の結論で使われている「粘り強さ」の意味は？

- a) もろさ
- b) 粘り強さと決断力
- c) 巧みさ
- d) 迷信

(05): b) Persistence and determination

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(06) 本文中で述べられている医学前史の主眼は何ですか？

答え 医学前史の主眼は、神秘主義や薬草療法から、経験的で体系的な医療への治療法の進化です。

(06): evolution

(07) ネアンデルタール人が抗炎症作用のある治療薬として使っていた植物は何ですか？

答え: ネアンデルタール人は抗炎症作用のある植物、ノコギリソウの葉を使っていたことが知られています。

(07): yarrow

(08) トレパネーションとはどのようなもので、先史時代の医療とどのような関係があったのでしょうか？

答え: トレパネーションとは、頭蓋骨に穴を開けたり切ったりすることです。これは、初期の人類が頭の怪我の治療や、病気を引き起こすと信じられていた悪霊を解放するために外科手術を行っていたことを示唆しており、先史時代の医学と関係がありました。

(08): skull

(09) 経験医学への移行期において、本文中で言及されている専門医は誰だと考えられるか？

答え: ヒポクラテスやガレンのような古代ギリシャの医師は、経験医学への移行期における専門医と考えられています。

(09): Greek

(10) シュメール人のような初期の文明が、病気や怪我に対する観察や治療法を記録し始めたのはなぜか？

答え 初期の文明は、社会が複雑化し定住するにつれて、信頼できる医療への必要性が高まるのに対応するため、観察や治療を記録した。

(10): need

(11) 医学前史の初期段階における迷信と儀式の役割について、この文章は何を暗示していますか？

答え シャーマンのような人々が儀式や薬草、呪文を用いて病気を治していた。

(11): ailments

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下にある本文の要約文の内、① ～ ⑩ に適する単語を本文より選び、解答欄に書き写して下さい。

The prehistory of medicine, predating recorded history, offers insight into early human efforts to comprehend and address health issues. This period, spanning thousands of years, witnessed the evolution of ancient healing practices, herbal remedies, and (①) surgical techniques, reflecting humanity's relentless pursuit of well-being.

In the beginning, prehistoric healthcare was steeped in mysticism and spirituality, with shamans playing a crucial role as healers and spiritual guides, using rituals, herbs, and incantations for cures. The use of plants and herbs as remedies became a lasting tradition, with early humans discovering their medicinal properties through trial and error, passing this knowledge down through generations.

Even Neanderthals utilized medicinal plants like yarrow for pain relief. Prehistoric humans also began developing (②) surgical techniques, evident through practices like (③), possibly used to treat head injuries or illnesses caused by evil spirits.

The transition from prehistoric medicine to (④) healthcare was gradual, marked by key milestones. Early civilizations such as the Sumerians, Egyptians, and Indus Valley people documented observations and treatments for diseases and injuries, laying the foundation for systematic medical practices. Advances in (⑤) knowledge, particularly through practices like (⑥), improved understanding of human anatomy.

Ancient texts like the Ebers Papyrus and the Edwin Smith Papyrus recorded medical knowledge, describing diseases, treatments, and surgical procedures, representing some of the earliest known medical literature. Specialized medical practitioners and schools, like ancient Greek physicians Hippocrates and Galen, emerged, leading to a systematic approach to diagnosis and treatment that

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paved the way for modern medicine.

The prehistory of medicine demonstrates humanity's (⑦) quest to understand and combat illness, from mysticism and herbal remedies to (⑧) observation and medical (⑨). It's a journey through time, showcasing the human spirit's (⑩) in alleviating suffering and promoting well-being, driving the field of medicine to this day.

①		②		③	
④		⑤		⑥	
⑦		⑧		⑨	
⑩					

メモ

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要約文穴埋め問題解答

①	rudimentary	②	rudimentary	③	trepanation
④	empirical	⑤	anatomical	⑥	mummification
⑦	enduring	⑧	empirical	⑨	codification
⑩	tenacity				

メモ

年 組 番
