



高等医学院校教材
ENGLISH FOR
MEDICAL PURPOSE

湖南科学技术出版社

主编：邵循道 陈慕竹 刘炎南 ●

A READING AND WRITING TEXT BOOK ●

英语
ENGLISH

读写教程

高等医学院校教材

英 语

读写教程

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《读写教程》编写工作分工

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高等医学院校教材

英语读写教程

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前 言

根据全国大学英语教学大纲的规定,大学英语课程的最终目的是:使学生能以英语为工具,获取专业所需的信息,并为进一步提高英语水平打下较好的基础。此外,大纲还规定,大学英语应设两个阶段:基础阶段和专业阅读阶段。

从实践中我们体会到:学生在通过四级(或六级)英语统考之后,如果放任自流,不通过专业阅读阶段的继续训练,就不可能实现教学大纲规定的最终教学目的。因此,许多院校现在都开始抓专业阅读阶段的英语教学,因而很自然地迫切需要一套适合专业阅读阶段的教材。

依据这种形势和需要,卫生部高等医学院校英语教材编审组编写了这套供医学院校使用的专业阅读阶段英语教材,包括《医学英语读写教程》和《医学英语听说教程》。我们认为专业阅读阶段仍应持续读、写、听、说四方面能力的训练,只是教学应以阅读为主,以结合医学内容为纲。

《读写教程》包括阅读、写作和医学词汇导论三个部分。“阅读部分”包括精读与快速阅读,全部材料结合医学专业内容,实际上主要是一般医学知识,但涉及当前医学的热点问题,反映了国外最新医学观点与动态。全书文章均选自国外最新书籍和报刊,力求内容新颖,题材广泛,体裁多样化。“写作部分”着重实用,旨在培养学生如何掌握写作基本原则,如何写公务书信,如何具备参加各项英语水平考试的写作应试能力以及如何写医学文章。“医学词汇导论”是扼要地介绍英语医学词汇构成的基本知识,以帮助医学生掌握英语医学词汇。《读写教程》的上述三个部分,均配有各种型式的练习,以利学生掌握所学内容。

《听说教程》包括医护人员与病人的对话、医学演讲、医学讨论会等材料。内容力求生动活泼和实用,目的在于培养学生能听懂与医学内容有关的英语会话、报告、讨论、演讲等,使学生积极参与英语口语活动并学会在听的过程中能作简单笔记。

我们设想,以这两本《教程》为教材,通过一定学时的专业阅读阶段的英语继续训练,学生可以过渡到具有阅读医学书刊、获取医学专业信息的能力,同时在听、说、写诸方面又可持续得到提高。这样,我们就能全面地达到大学英语教学大纲所规定的最终教学目的。

由于这两册英语《教程》是结合医学内容,具有一定的难度,且从读、写、听、说四方面进行英语训练,所以还可作为医学研究生和医务人员培训或自学之用。

由于编写时间和编者水平所限,书中如有不妥或错误之处,敬请读者和英语教师指正。

卫生部高等医学院校英语教材编审组

1994年4月

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PART ONE: READING

Lesson One

Meanings of Health¹

Text

(1) The word health means different things to different people. To many people, it merely means the freedom from any obvious symptoms of disease². To someone in poor health, it may mean a goal to be attained. To a psychologist, health is principally the normal functioning of the mind; to a physician, it is principally the normal functioning of the body. To an investor, it may be a profitable industry. To a quack, it is a fee, payable in advance.³

(2) One definition of health is "the ability to function effectively within one's environment." Health is seen as the consequence and the evidence of a successful adaptation to the conditions of physical and emotional existence and disease as a failure in adaptation. Because the environment is constantly changing, this definition of health implies an ongoing, continuous process of adaptation. Poor health is seen in terms of inability to adapt. Such inability could result from (an individual's loss of adaptive ability) (physical or emotional) or from an (environment that changes beyond the inherent limits of human adaptive potential. Thus, a healthful environment is essential to our personal health. Too often, there are adverse factors in a person's physical, emotional, or social environment that are damaging to health and that are beyond the ability of even the most adaptable individual to adapt to or to modify⁴.

(3) In today's complex world, it is necessary to define health in very broad terms. Health cannot be defined as merely the absence of disease or as a purely personal condition. The World Health Organization's Constitution⁵ defines health as a state of physical, mental, and social well-being and not merely the absence of disease or infirmity. The health of the individual and of society are mutually dependent. Individual health cannot reach its full potential in a failing society, nor can a society composed of physically or mentally ill individuals be truly healthy. The health of the individual contributes

to the health of society; the health of society helps build the health of the individual.

(4) The way (in which an individual defines health) will strongly influence his or her health-related behavior. People (who see health only in terms of the absence of disease) are unlikely to assume much personal responsibility for their own health. They may see health as the problem of physicians and public health workers but not as any real concern of their own. They tend to take a passive role in the maintenance of their own health. Although such people may not be actually sick, neither are they usually in excellent health.⁷

(5) Levels of health lie along a continuum that ranges from death at one extreme to positive wellness at the other. The health of most people lies somewhere near the center; they are not seriously ill, but neither are they really very healthy. Positive wellness is a state of radiant physical and emotional well-being. Life is a pleasure. Every day is approached with enthusiasm and lived joyfully. There is more than enough energy to meet each day's demands. The body's defenses against illness are strong and years may go by without a day of illness.

(6) People who see health in terms of positive wellness (not just the absence of disease) will take a more active role in promoting their own health. They are aware of the fantastic possibilities life holds for people in good health.⁸ They know that the rewards they receive from life are largely determined by the amount of physical and emotional vitality they can put into living. Their concept of health includes a positive, dynamic, enthusiastic approach to living. People with this attitude will take excellent care of their physical health, because they enjoy life and want to live as long and as fully as possible. Also, they are less likely to be held back by the unavoidable problems that develop throughout every life. They cope better with periods of emotional conflict. They refuse to be discouraged or disabled by any physical handicaps they may have or develop. They have tremendous ability to "bounce back" from adversity. This is the quality of health that is attainable to people with positive attitudes.

Now to search 1. freedom ['frɪdəm] n. (from) the condition of being without sth

Words 自由; 解放; 免除; 解脱; 没有

and 2. attain [ə'teɪn] vt. to succeed in arriving at, esp. after effort; reach

Translations 完成; 获得; 达到 (syn. reach; gain; achieve)

Investor [ɪn'vestə] n. a person who invests in sth 投资者

- (invest [in'vest] vt. vi. (in) to use (money) to make more money out of sth that will increase in value 投资(于))
4. profitable ['prɒfɪtəbəl] a. resulting in money gain 有利可图的 (syn. beneficial; advantageous)
 5. quack [kwæk] n. a person dishonestly claiming to have special, esp. medical, knowledge and practising a skill he does not have 庸医
 6. in advance: before in time 预先
 7. define [dɪ'faɪn] vt. (as) to give the meanings of sth 下定义 (syn. prescribe; assign)
(definition [dɪfɪ'nɪʃən] n. an exact statement of the meaning of sth 定义)
 8. be seen as: to be regarded as; be thought of as; be considered to be 被看成是……
 9. adaptation [ædəp'teɪʃən] n. (to) 适应; 适合
(adapt [ə'dæpt] vt. (to; for) to change so as to be or make suitable for new needs, different conditions, etc. 使适应; 使适合 (syn. adjust; accommodate; conform))
 10. constantly ['kɒnstəntli] ad. continuously; without break 不变地; 固定地 (syn. steadily; uniformly; evenly)
 11. imply [ɪm'plai] vt. to express indirectly; suggest; cause to seem likely 暗示; 含有……之意 (syn. involve; implicate; suggest; hint)
 12. ongoing ['ɒŋɡəʊɪŋ] a. continuing 继续的
 13. in terms of; in... terms: with regard to 就……而论; 根据……; 按照……
 14. result from: to happen as an effect; be caused by 由……而产生
 15. essential [ɪ'senʃəl] a. (to) necessary 必要的; 必不可少的 (syn. fundamental; vital; cardinal)
 16. adverse [ædvə:s] a. not in favour of; going against; opposing 不利的; 逆境的 (syn. antagonistic; counter; counteractive)
(adversity [əd'vɜ:sɪti] n. UC bad fortune; trouble 厄运; 逆境; 不幸)
 17. inherent [ɪn'hɪərənt] a. forming a natural part 固有的; 内在的; 生来就有的 (syn. ingrained; intrinsic; essential; constitutional)
 18. modify ['mɒdɪfaɪ] vt. to change, esp. slightly 修改; 变更; 缓和 (syn. change; alter; vary)
 19. constitution [kɒnstɪ'tju:ʃən] n. the laws and principles according to which a country is governed 宪法; 宪章
 20. mutually ['mju:tʃuəli] ad. equally so; one towards the other 相互地; 彼此地

21. infirmity [in'fɜ:mɪti] n. U weakness of body or mind 体弱; 虚弱
22. ail [eɪl] vi. to be ill and grow weak 生病
23. contribute [kən'trɪbjʊ:t] vi. (to) to help in bringing about; have a share in 有助于; 促成; 起作用
24. assume [ə'sju:m] vt. to take upon oneself 承担 (syn. take)
25. maintenance ['meɪntənəns] n. keeping in good condition by taking care of 保养
26. continuum [kən'tɪnjuəm] n. something which is without parts and the same from beginning to end 连续性; 绵延
27. at one extreme... at the other: at the very beginning... at the very end; at one greatest possible point... at the other greatest possible point 一个极端.....另一个极端
28. wellness ['welnis] n. good health 健康
29. radiant ['reɪdɪənt] a. showing love and happiness 容光焕发的
30. approach [ə'prəʊtʃ] vt. to deal with 处理; 对待; n. a manner or method of doing sth; attitude 方法; 步骤; 态度
31. enthusiasm [ɪn'θju:ziæzəm] n. a strong feeling of interest and admiration 热情; 热心
(enthusiastic [ɪn'θju:zi'æstɪk] a. full of enthusiasm)
32. aware [ə'weə] a. (of) having knowledge or understanding 知道的; 明白的; 意识到的
33. fantastic [fæn'tæstɪk] a. very great or large; very good; wonderful 巨大的; 很大的; 极好的; 极妙的 (syn. fanciful; extreme; incredible; unbelievable)
34. dynamic [daɪ'næmɪk] a. full of or producing power and activity 有活力的; 精神抖擞的; 精力旺盛的; 生气勃勃的
35. hold back: to control; prevent the development of; be slow or unwilling to act 阻挡; 阻碍(发展); 退缩不前
36. cope with: to deal successfully with (成功地)应付; (妥善)处理
37. tremendous [tri'mendəs] a. very great in degree; wonderful 惊人的; 巨大的; 绝好的 (syn. enormous; immense; huge; vast; gigantic; astounding; amazing)
38. bounce back: to improve after one's feelings have been hurt; recover from (受打击后)恢复元气

**Notes
to
the
Text**

1. The word health has different meanings to different people. The author offers advice to people to take a positive, dynamic, enthusiastic approach to living so that they can live a better and more meaningful life.

2. "... the freedom from any obvious symptoms of disease": 没有任何明显的病症
3. "To an investor, it may be a profitable industry. To a quack, it is a fee, payable in advance.": 对一个投资者来说, "健康"可能意味着一种可盈利的行业。而对一个庸医来说, 则是一笔可提前支取的酬金。
4. "Too often, there are adverse factors in a person's physical, emotional, or social environment that are damaging to health and that are beyond the ability of even the most adaptable individual to adapt to or to modify.": 在一个人的身心或社会环境中总有些不利因素有损于健康, 而且往往超出甚至是最能适应或改变环境的人的能力。
5. The World Health Organization's Constitution. 世界卫生组织宪章
6. "... nor can a society composed of physically or emotionally ill individuals be truly healthy.":由身心有病痛的个人组成的社会群体也不可能是真正健康的。"nor/neither" is an adverb, which is used in answer to or in addition to an expression or sentence with "no", "not", "never", etc. : no more; also not; 也不
Example: "I can't swim!" "Nor/Neither can I." (= I can't, either.) "我不会游泳!" "我也不会!" Notice the word order of "Nor/Neither can I", which is the same as that of a question.
7. "... neither are they usually in excellent health.": See Note 6.
8. "They are aware of the fantastic possibilities life holds for people in good health.": 他们(指以积极、健康的态度看待“健康”的人)意识到生活为健康的人们提供极好的机会。

**Comprehension
of
the
Text**

1. The expression "bounce back" in the last paragraph is closest in meaning to _____.
 A. recover from a setback B. jump up in surprise
 C. make an attack on someone D. prevent from doing it
2. In the author's view, it is necessary to define health in very broad terms because _____.
 A. today's world is rather complex
 B. health means far more than the absence of disease
 C. health is a purely personal condition
 D. nobody likes bad health
3. Which of the following statements is NOT true according to the passage?
 A. The health of society is dependent on the health of the individu-

B. The health of the individual has nothing to do with the health of society.

C. Individual health cannot reach its fullest development without a healthy social environment.

D. A society composed of a large number of physically or emotionally ill individuals is not truly healthy.

4. People who see health just in terms of the absence of disease _____.

- A. don't like physicians and public health workers
- B. may be actually sick and are usually in poor health
- C. may overlook some of their own responsibilities for their health
- D. concern themselves only with their health-related behaviors

5. This passage covers _____.

- A. the definition of health
- B. individuals' attitudes towards health
- C. the levels of health
- D. all the above-mentioned

6. From the passage we can infer that _____.

- A. the author tries to convince us that no one is healthy in an unhealthy society
- B. the author believes people will be able to gain a high level of health as long as they have positive attitudes towards it
- C. people who are not seriously ill are very healthy
- D. life is a pleasure because of passive wellness

7. The word "adverse" (in Para. 2) most probably means "_____".

- A. advisable
- B. advertising
- C. interesting
- D. unfavourable

8. The author writes this passage most probably because _____.

- A. he admires those people who have excellent health
- B. he sympathizes those who always suffer from serious diseases.
- C. he knows medicine very well
- D. he wants to help people build positive attitudes towards health

Vocabulary Drills

A. Choose the word or phrase, from the 4 answer choices given, that is a synonym for the underlined word or phrase.

1. To someone in poor health, the term "health" may mean a goal to be attained.

- A. achieved
- B. restored
- C. produced
- D. attracted

2. To a psychologist, health is principally the normal functioning of the mind.

A. privately	B. precisely
C. primarily	D. presently
3. Health is seen as the consequence and the evidence of a successful adaptation to the conditions of physical and emotional existence.

A. reconciliation	B. determination
C. manifestation	D. individualization
4. Weight is an inherent quality of matter.

A. essential	B. unfavorable
C. active	D. inflexible
5. The young engineer has not realized his full potential yet.

A. capacity	B. capability
C. catastrophe	D. catalysis
6. Some people have tremendous ability to bounce back from adversity.

A. good fortune	B. bad life
C. good wealth	D. bad luck

B. Choose the word or phrase, from the 4 answer choices given, that best fits the sentence in meaning.

1. I _____ asked the physician not to put me on diet again.

A. considerably	B. merely
C. convergently	D. noticeably
2. An executive has to _____ many business problems every day.

A. cope with	B. agree with
C. cover with	D. cooperate with
3. Nations must not settle their differences by armed _____.

A. harmony	B. conflict
C. congregation	D. fantasy
4. We need a _____ person to head the company.

A. disrespectful	B. disobedient
C. dynamic	D. dubious
5. Air pollution _____ respiratory diseases.

A. contributes to	B. deals with
C. fights against	D. contends with
6. Love should be _____ shared by people in this world.

A. mystically	B. muscularly
C. mutely	D. mutually

Topics for Discussion 1. In what ways are the health of the individual and that of society mutually dependent? Give examples to support your answer.

Discussion 2. How would you define "health"? How do you think your own definition might affect your health-related behavior?

FASTER READING

A Laugh A Day

Norman Cousins, a writer and editor, is a strong believer in the power of laughter. In fact he claims that laughter saved his life. In 1964, doctors told Mr. Cousins that he was suffering from a crippling spinal disease, and they predicted his chances of surviving were one in 500. Cousins decided to cure himself by checking into a hotel room and reading humorous books and watching funny movies (even though doctors thought his idea was crazy). He discovered that regular belly laughter worked like an anesthetic. After laughing, he could sleep painlessly for two hours at a time. And, within a few years, he had recovered completely.

Mr. Cousins' recovery inspired doctors to test similar techniques on patients they thought were hopeless. They decided to try laughter therapy on a 12-year-old girl who was in the hospital. She was diagnosed as being a catatonic schizophrenic. (That is, she had a severe loss of contact with reality, the environment, and a breakdown of her personality.) But she bounced back to life after a visit from a clown. "She started to say his name over and over and eventually made a remarkable recovery," remembers Dr. Raymond A. Moody of the University of Virginia, author of *Laugh After Laugh*. "Laughter is good natural tranquilizer," he says.

Slowly but surely, researchers are beginning to understand what a laugh actually is and what it does to your body. Through the study of gelotology, the science of laughter (from the Greek *gelos*, or laughter), scientists have proved what they suspected for a long time: A laugh a day just might help keep the doctor away.