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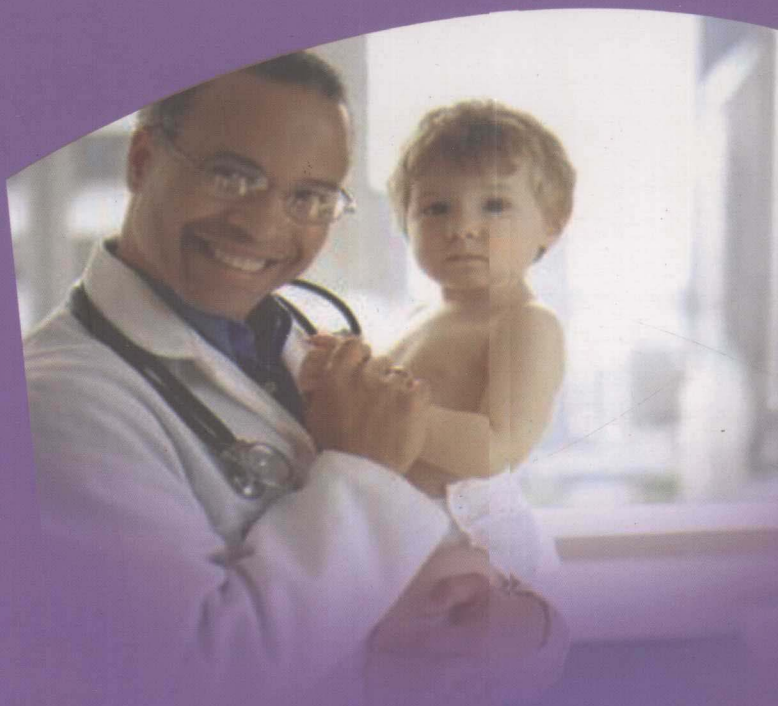
修订版

21世纪高等医学英语系列教材

*Medical English Watching  
Listening and Speaking*

# 医学英语视听说

主 编 赵贵旺 栗为农



中国海洋大学出版社  
China Ocean University Press



附赠光盘

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# 前 言

《21世纪高等医学英语系列教材》问世已经近10年了。随着人类文明的不断发展、人类社会对医疗需求标准的不断提高，医学和医疗技术的日新月异之变化有目共睹。修订这部我国历史上第一套兼顾医学英语读说听写诸方面技能提高的教材，势在必行。

修订遵循两条原则：

第一是时代性。所谓时代性体现在理念、内容和教学手段等诸方面。理念也就是修订的主导思想和落脚点——整体医疗观。因为整体医疗观是世界各国对现代医疗的共同、客观、科学、全面的认识。它强调人体与环境、社会、心理、情感等诸方面的和谐一致，是保证高水平生活质量的必由之路，也自然是培养新时代合格医生的新标准。为此，修订版依据此原则对教材内容进行重大改动，读者使用教材后会有所体验。时代性在教学手段上的表现是将原来《医学英语听与说》分册改为《医学英语视听说》。科学技术的进步使现代化教学手段逐步成为可能。生动、具体、有趣的影视资料以教学的形式出现，不但可以提高学习效果，也增加了教材使用的途径。它便于教学，也可用于自学。

修订遵循的第二条原则是突出实用性。

- 系列教材由原来的7册改为3册。
- 阅读文章由原来每单元两篇扩至每单元3篇(基础)、4篇(临床), 以适应不同学校、不同地区读者选用。
- 阅读主课文配有录音。
- 练习题类型固定改为多种。
- 阅读文章由只有A课文有练习题改为三篇课文都有练习题。
- 选文更贴近现实性, 及时反映医学方面的新成果、新进展。
- 选文既有科普文体, 也包括国内外正式医学专业杂志上的典型综述、研究报告等体裁, 这便于学生尽早熟悉医学类英语论文体例、语言结构特点。
- 阅读分册的附录内容丰富、实用性强, 既可用作医学字典, 也可用作医生工具书。与医生相关的教学、科研、临床相关的缩略语, 医学词汇常用前后缀等, 尽可能为您提供方便。
- 基础医学英语侧重医学构词法和英汉互译, 临床医学英语侧重写作能力提高, 医学英语视听说侧重交际能力培养。

十分感谢中国海洋大学出版社的领导和同志们, 感谢他们对医学专业是国际化最迅速的专业的理解。感谢参加修订的全国十余所医科大学的同志们的支持和辛勤工作。

21世纪高等医学英语系列教材编委会

2008年6月

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*You are on the threshold of discovering that living healthfully is not an art that we must learn, but simply an instinctive way of life to which we can return.*

— Harvey

*The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not.*

— Mark Twain

# Unit I

## Health

*Health is such a familiar topic that every one of us has his own idea of being healthy. In fact, health is a holistic concept and according to WHO, health is defined as a positive state of complete physical, mental and social well being. In general, we have some incomplete idea that the mere absence of disease means health. In fact, health in human beings is the extent of an individual's continuing physical, emotional, mental and social ability to cope with himself as well as his surroundings. A person may be physically strong, resistant to infection, able to cope with physical hardship and other features of his physical environment, and still be considered unhealthy if his mental state, as indicated by his behavior, is not sound.*



## Part I Listen for Speaking

### Dialogue One

#### Focus-on

- Please take a seat.
- What can I do for you?
- It's really hard not to overdo it.
- What is the best way to handle...?
- What kind of exercise should I do?
- The key is to lower your expectations.

#### Words-log

1. overdo v. 把…做得过火
2. nibble v. 吃零食
3. abdominal a. 腹部的

4. indigestion n. 消化不良
5. calisthenics n. 柔软体操, 运动
6. anaerobic a. 无氧的, 厌氧性的

### Exercise 1

*Directions: Listen to the dialogue and then fill in the blanks.*

The holiday season is supposed to be 1. \_\_\_\_\_, but it's really hard not to 2. \_\_\_\_\_ it. It is the time of year people 3. \_\_\_\_\_, so we have to be extra conscious of our activities. We should try to keep a 4. \_\_\_\_\_ diet. The biggest danger is 5. \_\_\_\_\_ between meals. At parties, we should choose 6. \_\_\_\_\_. Exercise is especially important during the holidays.

There are three main groups of exercise: 7. \_\_\_\_\_ exercise, calisthenics and 8. \_\_\_\_\_ exercise. You need to exercise hard enough until you break a 9. \_\_\_\_\_ and breathe deeply without feeling 10. \_\_\_\_\_. Last but not least, avoid any mental stress and get plenty of rest.

## Exercise 2

*Directions: Listen again and then answer the following questions.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

## Dialogue Two

### Focus-on

- Who tends to have this condition?
- What do they do to cope with it?
- Is drinking OK?
- A lifestyle change can lower the risk.

### Words-log

1. stroke *n.* 中风

2. life expectancy 平均寿命

3. obesity *n.* 肥胖(症)

4. gastrointestinal *a.* 胃与肠的

## Exercise 1

*Directions: Listen to the dialogue and then fill in the blanks.*

Health professionals define "obesity" as an 1. \_\_\_\_\_ amount of body weight that includes muscle, bone, fat and water, especially fat. Obesity could lower 2. \_\_\_\_\_ 2 to 5 years in the next few decades. Several serious 3. \_\_\_\_\_ have been linked to obesity, such as 4. \_\_\_\_\_, heart disease, high blood pressure and 5. \_\_\_\_\_. People need to cut off 6. \_\_\_\_\_, avoid bacon, hot dogs, and lunch meat. A man should not have more than two drinks a day and woman only one.

In a 7. \_\_\_\_\_ setting, treatment depends on the level of obesity, overall health condition, and 8. \_\_\_\_\_ to lose weight. In some cases of severe obesity, 9. \_\_\_\_\_ surgery may be recommended. People all need healthy food and exercise daily to 10. \_\_\_\_\_ and avoid obesity.

## Exercise 2

*Directions: Listen again and then answer the following questions.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_



## Part II Listen for Main Ideas

### Section A: Short Conversations

*Directions: In this section, you will hear 10 short conversations. At the end of each conversation, a question will be asked about what was said. Both the conversation and the question will be spoken only once. After each question there will be a pause. During the pause, you must read the four choices marked A, B, C and D, and decide which is the best answer.*

1. A. She'll give the man a new prescription right away.  
B. She'll be away from the office for two days.  
C. The man doesn't need anything for his cough.  
D. The man should continue using the medicine.
  2. A. A way to solve the pollution problem.  
B. How bacteria help people.  
C. An oil spill in the Indian Ocean.  
D. Certain human illnesses.
  3. A. To support her family.  
B. To shop in the regular women's department.  
C. To slim down.  
D. To keep herself busy.
  4. A. Because she aches when she eats seafood.  
B. Because she is allergic to seafood.  
C. Because she has a rash.  
D. Because she has gastric flu.
  5. A. He wants to join the club.  
C. His arms and legs are in pain.
  6. A. Husband and wife.  
C. Doctor and patient.
  7. A. The man has missed his scheduled appointment.  
B. The man needs to see the doctor before he waits.  
C. The man needs to make an appointment beforehand.  
D. The man should sit down in the waiting room.
  8. A. She was badly hurt.  
C. The seat belt saved her.
  9. A. Buy a different kind of medicine.  
C. Take a second pill.
  10. A. He'd like to apply for a replacement card.  
B. He didn't have to see a doctor two weeks ago.  
C. He's pleased that the woman found the card.  
D. He's glad he was finally able to get an appointment.
- B. He doesn't want to take a final exam.
  - D. He likes to complain.
  - B. Father and daughter.
  - D. Teacher and student.
  - B. She was hurt by the seat.
  - D. Her belt was broken.
  - B. See a doctor.
  - D. Avoid taking any medication.



