

Advanced English for Medical Professionals

医务人员高级英语

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北京医科大学
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前 言

随着我国改革开放的深入发展,对外交往日益频繁,全国广大卫生医务人员迫切要求不断提高自己的英语水平,一般的初级和中级英语教材已远不能满足他们的需要。现在流行的一些医学英语教材中,有的已不适用,有的已显陈旧过时。我们于 1993 年 8 月编辑出版了《高级医学英语教程》一书,受到了医药院校研究生和广大医务人员的欢迎,同行专家也给予了好评。我们在认真总结了十多年来本科生、研究生和各类进修人员英语教学经验的基础上,结合新形势,对《高级医学英语教程》进行了全面增补和修订。同时,为了摸清情况做到有的放矢,我们在全中国范围内作了一些调研。在编写本教材过程中,我们严格遵循学习语言的规律,突破了不少编写英语教材的旧框框,注意在难度、深度和广度上下功夫,努力将科学性、知识性、趣味性和实用性有机地结合在一起,力求使其成为一本真正有用、受读者喜爱的好教材。

全书共 16 篇精读课文,内容丰富,题材广泛,体裁多样,既有涉及近年来医药卫生领域热点问题的文章,又有生命科学的最新科研成果报道,素材均精选自国外最新出版的书刊资料。我们除了主要选编有关医药卫生方面的内容外,还特别精选了部分英语中的名篇佳作。它们语言优美,文笔流畅,对激发学生学习语言的兴趣,开阔眼界,提高语言素质和鉴赏能力都有很好的效果。部分入选课文还经过研究生教学的多次试用,颇受欢迎和好评。为了帮助学生通过学习这些精读课文,稳步地领会和掌握课文中的词汇、句型、语法和背景知识,提高他们在语篇水平上的理解能力和实际应用语言的能力,我们在每篇课文后均精心设计了大量形式多样、适用面广和针对性强的各类练习。练习共分六部分。第一部分为阅读理解测试,主要帮助学生:①掌握本课的中心思想、段落大意和某些细节;②对课文的内容进行一定的判断和推理;③理解某些词和句子的意义及上下文之间的逻辑关系;④领会作者的观点和判断作者的态度。第二部分为词汇,主要帮助学生领会和掌握本课出现的某些重点生词和短语。第三部分为完型填空,练习素材为一篇与课文内容无关,但题材熟悉、有一定难度、长度为 250 字左右的短文。通过练习,帮助学生提高他们在语篇水平上的理解能力和实际运用语言的能力。第四部分为写作,要求学生写一篇 200 字左右并与课文内容有关的命题作文。第五部分为汉译英,分句子翻译和短文翻译。要求学生在翻译五个汉译英的句子中复用本课文中学过并要求掌握的短语或句型。汉译英的短文一般由 250 至 300 字组成,中等难度,内容为一般性或医学科普性的材料。练习的第四部分和第五部分都是为了提高学生用英语书面表达思想的能力,从而使他们能更加适应搞好科研和加强对外学术交流的需要。第六部分为补充阅读。阅读材料的内容一般都与主课文有关或有某种程度上的联系。大部分文章的长度为 700 字左右。每篇阅读材料后附有 7 至 10 道阅读理解测试题。由于文章难度较大,故对扩大学生的词汇量,拓宽知识面,提高他们的阅读理解能力是大有裨益的。

本教材除适合医药院校的研究生使用外,还可供具有中级以上英语水平的各类卫生医务人员,如住院医、主治医、进修生、科研人员等或已通过大学英语四级考试预备参加大

学英语六级考试、EPT、WHO、LPT、TOEFL、GRE 等,以及预备参加人事部职称(卫生类) A 级或 B 级考试的各类考生或医务人员使用。可与本教材衔接、配套使用的《医务人员中高级英语》正在编写中,不久即可与读者见面。

为了帮助学生更好地理解我们精选的课文,学好用好本教材,同时也为自学的同志提供方便,我们在书后附上了全部主课文的参考译文和全部练习答案。课文译文多采取直译的方法,虽有时显得较生硬,与达到“信、达、雅”的高水平译著有相当距离,但对学生深入理解原文是很有参考价值的。另外,练习答案中汉译英的译文也可能有多种译法,所给的答案仅供学生练习时参考。

由于编者水平有限,不妥之处在所难免。恳切希望读者、兄弟院校及英语界同行在使用过程中多提宝贵意见。

胡德康

1998 年元月

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Lesson One

The Right to Die

Norman Cousins

[1] The world of religion and philosophy was shocked recently when Dr. Van Dusen and his wife ended their lives by their own hands. Dr. Van Dusen had been president of Union Theological Seminary; for more than a quarter-century he had been one of the luminous names in Protestant theology. He enjoyed world status as a spiritual leader. News of the self-inflicted death of the Van Dusens, therefore, was profoundly disturbing to all those who attach a moral stigma to suicide and regard it as a violation of God's laws.

[2] Dr. Van Dusen had anticipated this reaction. He and his wife left behind a letter that may have historic significance. It was very brief, but the essential point it made is now being widely discussed by theologians and could represent the beginning of a reconsideration of traditional religious attitude toward self-inflicted death. The letter raised a moral issue: does an individual have the obligation to go on living even when the beauty and meaning and power of life are gone?

[3] Henry and Elizabeth Van Dusen had lived full lives. In recent years, they had become increasingly ill, requiring almost continual medical care. Their infirmities were worsening, and they realized they would soon become completely dependent for even the most elementary needs and functions. Under these circumstances, little dignity would have been left in life. They didn't like the idea of taking up space in a world with too many mouths and too little food. They believed it was a misuse of medical science to keep them technically alive.

[4] They therefore believed they had the right to decide when to die. In making that decision, they were turning against life as the highest value; what they were turning against was the notion that there were no circumstances under which life should be discontinued.

[5] An important aspect of human uniqueness is the power of free will. In his books and lectures, Dr. Van Dusen frequently spoke about the exercise of this uniqueness. The fact that he used his free will to prevent life from becoming a caricature of itself was completely in character. In their letter, the Van Dusens

sought to convince family and friends that they were not acting solely out of despair or pain.

[6]The use of free will to put an end to one's life finds no sanction in the theology to which Van Dusen was committed. Suicide symbolizes discontinuity; religion symbolizes continuity, represented at its quintessence by the concept of the immortal soul. Human logic finds it almost impossible to come to terms with the concept of nonexistence. In religion, the human mind finds a larger dimension and is relieved of the ordeal of a confrontation with nonexistence.

[7]Even without respect to religion, the idea of suicide has been abhorrent throughout history. Some societies have imposed severe penalties on the families of suicides in the hope that the individual who sees no reason to continue his existence may be deterred by the stigma his self-destruction would inflict on loved ones. Other societies have enacted laws prohibiting suicide on the ground that it is murder. The enforcement of such laws, of course, has been an exercise in futility.

[8]Customs and attitudes, like individuals themselves, are largely shaped by the surrounding environment. In today's world, life can be prolonged by science far beyond meaning or sensibility. Under these circumstances, individuals who feel they have nothing more to give to life, or to receive from it, need not be applauded, but they can be spared our condemnation.

[9]The general reaction to suicide is bound to change as people come to understand that it may be a denial, not an assertion, of moral or religious ethics to allow life to be extended without regard to decency or pride. What moral or religious purpose is celebrated by the annihilation of the human spirit in the triumphant act of keeping the body alive? Why are so many people more readily appalled by an unnatural form of dying than by an unnatural form of living?

[10]"Nowadays," the Van Dusens wrote in their last letter, "it is difficult to die. We feel that this way we are taking will become more usual and acceptable as the years pass."

[11]"Of course, the thought of our children and our grandchildren make us sad, but we still feel that this is the best way and the right way to go. We are both increasingly weak and unwell and who would want to die in a nursing home?"

"We are not afraid to die..."

[12]Dr. Van Dusen was admired and respected in life. He can be admired

and respected in death. "Suicide," said Goethe, "is an incident in human life which, however much disputed and discussed, demands the sympathy of every man, and in every age must be dealt with anew."

[13] Death is not the greatest loss in life. The greatest loss is what dies inside us while we live. The unbearable tragedy is to live without dignity or sensitivity.

I . Reading Comprehension

Part A. Decide whether the following statements are true or false.

1. Dr. Van Dusen's suicide caused an uproar in the world of religion and philosophy because he had enjoyed the reputation as a spiritual leader in that world.
2. In his letter, Dr. Van Dusen challenged the traditional concept that an individual should go on living under any circumstances.
3. Dignity, according to Dr. Van Dusen, was something more valuable in life than life itself.
4. Dr. Van Dusen claimed that medical science should stop prolonging their lives in a crowded world because they were too old and useless.
5. The main reason of their suicide was that they could not bear their unbearable pain and despair.
6. Severe penalties and laws once were very effective in prohibiting suicide.
7. The idea of suicide has been severely condemned throughout history.
8. In today's world, unnatural form of living is much easier to be generally accepted than unnatural form of dying.
9. Dr. Van Dusen shouldn't be admired and respected after his death, because he lost his courage to go on living.

Part B. Choose the best answer.

1. The suicide of the Van Dusens shocked the world of religion and philosophy because
 - A. it was a violation of God's laws.
 - B. they were not in their worst condition.

- C. suicide was not moral.
 - D. he was a well-known figure in that world.
2. Dr. Van Dusen left behind a letter to
 - A. explain the causes of their suicide.
 - B. reexamine the right to die.
 - C. emphasize the obligation of an individual to go on living.
 - D. state that self-inflicted death was moral.
 3. The Van Dusens believed that if they became completely dependent on others, they should
 - A. live in a nursing home.
 - B. live beneath their dignity.
 - C. take advantage of modern medical science.
 - D. leave this over-crowded world.
 4. "The most elementary needs and functions" refer to
 - A. thinking and writing.
 - B. talking and walking.
 - C. eating, drinking and excreting.
 - D. all of the above.
 5. The Van Dusens exercised their power of free will to choose death because
 - A. life was not the highest value to them.
 - B. they were in despair and pain from illness.
 - C. they only wanted to live a dignified life.
 - D. they were afraid of being burdens to other people.
 6. In some cultures, if one committed suicide, his family members would be punished because
 - A. they should prevent him from committing suicide.
 - B. it was against law and religion.
 - C. it was murder.
 - D. only God may decide who should die.
 7. If someone feels that he has nothing more to give to life, or to receive from it and decides to commit suicide, we should
 - A. praise his choice of death.
 - B. blame his choice of death.
 - C. encourage him to go on living.

- D. let him decide when to die.
8. In the Van Dusens' letter, they expressed their attitude towards self-inflicted death by thinking that
- A. they were very happy.
 - B. they were afraid of it.
 - C. they chose the best and right way.
 - D. it was very difficult for them to do so.

II . Vocabulary

Part A. Match the words given under A with the meanings given under B. List B has some extra items.

- | A | B |
|-----------------|---------------------------------|
| 1. appal | a. push forward |
| 2. quintessence | b. perfect type or example of |
| 3. obligation | c. giving light |
| 4. luminous | d. weariness of body or mind |
| 5. infirmity | e. a sign of shame |
| 6. stigma | f. win the support of |
| 7. abhorrent | g. hateful, detestable |
| 8. sanction | h. permission or approval |
| 9. futility | i. shock deeply |
| 10. deter | j. a duty |
| | k. prevent from doing something |
| | l. uselessness |
| | m. strong and solid |
| | n. visit and exam |

Part B. Fill in the blanks with the following words in their proper forms.

deter , stigma , luminous , sanction , status

1. Lu Xun was, and still is a _____ name in the history of Chinese literature.
2. In the field of medical ethics, there are no authorized _____ as to what

is right or what is wrong.

3. The only thing that prevents him from attaining higher social _____ and rights is his lack of first-class education.
4. In the world history, no difficulties have _____ people from gaining their political and democratic rights.
5. His reputation was ruined by the _____ of committing bribery.

III . Cloze Test

Of all the organs in the body, the brain is the most puzzling. Most of 1 is a vast, uncharted wilderness to medical science. Large sections are unexplored, their purposes 2 . Dr. Cooper has spent his life 3 the functioning of the brain, its diseases, and ways to combat them surgically.

Through the years, he 4 heatedly attacked for his research methods. But there is 5 dispute any more as to his greatness.

Cooper chose medicine for the oddest reason of any physician 6 . Between his freshman and sophomore years at college, he had a summer job delivering meat. One day, an old lady customer asked him what career he was planning 7 .

"I think I'll be a lawyer," he said.

"You're 8 a big mistake," she said. "You look just like a doctor."

He went home and told his mother that he was going to study medicine. He obtained 9 M.D. at George Washington University medical school.

"I was never really driven, as some young men 10 , by a love of surgery,"he said to me. I never was crazy about tying knots or doing all the tricks that you read about surgeons 11 .

We know very little about the brain, but 12 we know is logical. At first all the things we discovered about it seemed very paradoxical, but eventually we saw that there was great logic 13 how the brain works.

Feelingly he added, "You are truly dealing with the soul of man when you are dealing with 14 ."

Dr. Cooper's first significant discovery came when he was thirty. It was an operation 15 helped to control the frightful symptoms of Parkinson's disease in some patients.

1. A. the brain B. it C. them D. which

- | | | | |
|-------------------|-------------------|------------------|---------------------------|
| 2. A. unknown | B. are unknown | C. be unknown | D. were unknown |
| 3. A. investigate | B. to investigate | C. investigating | D. investigated |
| 4. A. was | B. is | C. has been | D. had been |
| 5. A. some | B. any | C. certain | D. little |
| 6. A. I meet | B. I met | C. I'd met | D. I've met |
| 7. A. on | B. at | C. to | D. in |
| 8. A. doing | B. making | C. taking | D. having |
| 9. A. a | B. an | C. the | D. this |
| 10. A. were | B. were driven | C. are | D. are driven |
| 11. A. doing | B. do | C. are doing | D. did |
| 12. A. whether | B. that | C. what | D. which |
| 13. A. of | B. on | C. at | D. to |
| 14. A. the brain | B. it | C. the man | D. the soul of the
man |
| 15. A. being | B. that | C. had | D. thus |

IV. Writing

Write a composition of about 200 words on the topic Is Euthanasia Human?

V. Translation

Part A.

- 目前不稳定的政治形势是对一个一无是处政府的讽刺。
- 如果货物未能按时发出,我不认为是公司职员的责任,而是经理应负的责任。
- 这本书中描绘的经历是可怕而令人憎恶的,然而这本书的每一个字都闪烁着智慧的光芒。
- 缺乏关于这次事件的第一手资料使历史学家无从揭示这个无人知晓的秘密。
- 即使不考虑食物的味道,那个餐馆供应的食物的量也明显不足。

Part B.

通常发现大多数因安乐死而受审的人是无罪的这一个事实表明反对安乐死的法律仅存在于书本上或理论中,但这并非完全如此。案卷显示正义的车

轮并不总是均匀地转动。

乔治在一次车祸中自颈下高位截瘫。他乞求他的兄弟来斯特尽早结束他的痛苦,来斯特枪杀了乔治。当他受审时,陪审团不到三小时就判他无罪并释放了他。而宾夕法尼亚的哈罗德,案情相似,却被判为故意杀人罪。他双目失明、身患癌症的兄弟恳求哈罗德杀死他,他这样做了。他被处以六年徒刑,罚款 600 美元。

由于后果如此莫测,越来越多健康人开始关注他们死亡的权利。他们想确保如果将来体力或脑力严重致残,不用医疗技术去人为地延长他们的生命。

VI. *Supplementary Reading*

[1] The complications frequently accompanying diabetes, such as impairment of vision and of kidney function, are now thought to result from the lack of continuous control of blood glucose concentrations. The healthy pancreas, in response to increases in blood glucose concentration, releases small quantities of insulin throughout the day and thereby maintains the concentration within physiological limits (normoglycemia). But the diabetic generally receives only one large dose daily. The diabetic's blood glucose concentration can thus fluctuate greatly during the interval between doses, and it has been suggested that the complications result from the periods of high concentrations of blood glucose (hyperglycemia). Many investigators thus believe that restoration of normoglycemia might halt the progression of such complications and perhaps even reverse them.

[2] There are three primary techniques that have been investigated for restoration of normoglycemia. They are: transplantation of whole, healthy pancreases; transplantation of islets of Langerhans, that portion of the pancreas that actually secretes insulin; and implantation of artificial pancreases. There has, in fact, been a great deal of success in the development of these techniques and each seems, on the whole, promising. Nonetheless, it will undoubtedly be many years before any one of them is accepted as a treatment for diabetes.

[3] To many people, the obvious approach would seem to be simply to transplant pancreases from cadavers in the same manner that kidneys and other organs are routinely transplanted. That was the rationale in 1966 when the first recorded pancreas transplant was performed. Between 1966 and 1975, there were forty-six pancreas transplants in forty-five other patients in the United

States and five other countries. But only one of these patients is still alive with a functioning graft, and surgeons have found that the procedure is not as simple as they once thought.

[4] The surviving patient has required no insulin since the operation. Another patient survived 638 days without requiring insulin. And one patient survived a transplantation for more than a year. but died when he chose not to take the immunosuppressive drugs. These results, though meager, suggest that the procedure has the potential for success.

[5] The rest of the patients, however, either rejected the transplant or died within a short period. There does not appear to be any technical problem with the procedure. Rather, most of the patients were already so severely debilitated by the complications of diabetes that they could not withstand the surgery and the immunosuppressive regimen required to prevent rejection. More than half of the patients, furthermore, also required a kidney transplant. Most investigators now agree that the simultaneous transplantation of both organs is too great a shock to the patient and greatly increases the total risk.

Choose the best answer.

1. Which of the following best states one of the main conclusions of the passage?
 - A. Although the techniques for pancreas transplants appear to be theoretically correct, there are problems that must be solved before the operation can be used as a treatment for diabetes.
 - B. Although the techniques for pancreas transplants are still being developed, the experimental results show that the operation will be a successful treatment for diabetes in the near future.
 - C. Although pancreas transplants are reliable, many diabetics are reluctant to undergo the operation because of the side effects of immunosuppressive drugs.
 - D. Although pancreas transplants alone are not generally successful, the operation can be used in conjunction with other procedures to treat diabetes.
 - E. Although pancreas transplants have not been successful in treating diabetes, research indicates that other procedures may soon be developed.
2. According to the passage, widely spaced doses of insulin can cause
 - A. reversal of normal kidney function.

- B. delay in the onset of diabetes.
 - C. radical changes in the concentration of blood glucose.
 - D. restoration of normoglycemia.
 - E. marked variations in the islets of Langerhans.
3. According to the passage, a periodic high concentration of blood glucose in diabetics is a possible cause of
- A. deterioration of the pancreas.
 - B. damage to the eyes and kidneys.
 - C. rejection of transplanted organs.
 - D. inadequate secretion of insulin.
 - E. increased production of blood cells.
4. It can be inferred from the passage that one of the important contributing causes of the failure of most pancreas transplants has been the
- A. reluctance of patients to cooperate with physicians.
 - B. imperfect techniques used in the operations.
 - C. scarcity of immunosuppressive drugs.
 - D. unavailability of healthy pancreases.
 - E. weakened condition of the patients.
5. The author provides information that would answer which of the following questions?
- I . What is hyperglycemia?
 - II . What is one cause of hyperglycemia?
 - III . What are some of the organs that can be adversely affected by hyperglycemia?
- A. I only.
 - B. II only.
 - C. I and III only.
 - D. II and III only.
 - E. I , II and III .
6. On the basis of the information in the passage, which of the following can be inferred about the islets of Langerhans?
- I . They are important for the normal control of blood glucose concentration.
 - II . They can be transplanted independently of other pancreatic cells.
 - III . They regulate immunosuppressive reactions.