



大学生英语活页文选

MEDICAL ENGLISH READINGS

医学英语 趣文阅读

初级

主编 梁正溜

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前言

怎样充实医学专业学生手中的英语教材,使之锦上添花,《医学英语趣文阅读(初级)》在这方面做了一件有意义的事,旨在拓宽学生的阅读视野,并将英语学习和专业学习融为一体。

本册由三十篇精选短文所组成:每篇文章中以括弧的形式插入个别生词的中文注释,并且还附上帮助理解的脚注;每篇文章后安排了阅读理解多项选择题或是非判断题。本册提供参考答案。

编者建议教师灵活使用该册,在时间安排上应与手中的配套教材有机地结合起来,从而使之相得益彰。

简而言之,本册提供了很大的挑选余地,可任意组合筛选。全书颇有知识性、专业性、文学性、趣味性、实用性。其内容定会给课堂英语教学增添不少活跃气氛。

编者

2003年2月

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Passage 1

Medical English Readings (初级)

Water — The Fountain of Life

Jonathan Mandell

Sometimes we overlook the supreme importance of water, even though it is the body's most abundant ingredient, and its most essential one. It is more important than the five classes of nutrients(营养物) (carbohydrates, proteins, vitamins, minerals and fats) combined^①. Human beings can live up to 40 days without food, but no more than 7 without water.

Water transports nutrients, gets rid of wastes, acts as an air conditioner and universal solvent^②, helps other chemicals react with one another, is an element in the lubricating(润滑) fluid of the eye and around the joints(关节). It also provides lubrication along the digestive tract^③. Water is so important to the body, in fact, that it makes up most of air: an average person's body contains up to 50 quarts, or 65 to 75 percent of his or her weight. All body tissues are 70 to 75 percent water. Blood is almost all water, and bones are more than 20 percent water.

An average adult uses up to three quarts of water a day, and it is important that those quarts be replaced. Any liquid can supply some of what's needed (although coffee, tea, soft drinks^④ and alcohol act as diuretics(利尿

剂), reducing the body's water content). Much of the water we get is from food. Almost everything we eat is at least 50 percent water. Meat is 70 percent.

There is little danger of consuming too much water, because we get rid of any we don't need, through excretion, exhalation or perspiration; even when we cannot see it, water is escaping through the pores of the skin. By far^⑤ the most common problem is dehydration(脱水), the body's not having enough water. Dehydration can kill.

Dieters, especially, can suffer from dehydration. At first, severe dieting reduces the amount of water to below what the body needs to function. This is not only potentially damaging but ineffective: the body will snatch back and retain the missing water (and weight) as soon as it can. But drinking water, which has no calories, is a useful aid in losing weight. "Think of your stomach as a limited space," says Lubin. "If you drink water, you'll feel full. Even if you want to eat more, you'll stop, because there's no room."

Sports nutritionist Robert Hass advises athletes to drink water before, during and after sports activity. He believes water can im-

prove stamina(耐力) and cramping(绞痛) tolerance.

While drinking water does not slow the aging process of the skin, as some have claimed, dehydration can wrinkle the skin. A dehydrated body will draw water from the skin tissue to supply enough water for more vital bodily functions, such as blood circulation.

Water does have its drawbacks(缺点). It should not be too shocking to learn that the same substance that can cut through mountains and displace whole population can also dry out your skin. "Too much bathing will remove the skin's natural protective layer of fatty substance," says Dr. Nicholas Soter, professor of dermatology(皮肤病学) at New York University School of Medicine. "If you take away that protective layer you can lose water more readily. It's safe to take a bath every day, but not more than one a day."

The face can, and should, be washed more frequently, he says, because its many oil glands protect it from drying out. Soter sometimes suggests that patients with dry skin bathe less often and apply a moisturizing lotion® afterward. Lotions help not simply because of their oil content but also because they form a barrier that holds the water in the skin.

There are about 60,000 community public water systems in the United States, and the vast majority are providing water of superior quality. But still, 20,000 to 100,000 people are stricken by water-borne diseases® every year, attributable generally to foul-ups(事故) in water systems. Most such diseases are minor digestive disturbances, similar to mild food

poisoning. Of greater worry is seepage(渗透) into the groundwater supply from toxic-waste dump sites — one of the reasons Congress passed cleanup legislation.

The idea of water being therapeutic(有疗效的) has a long tradition. The Japanese had hot tubs 15,000 years ago. The Romans used the steam bath, and ran spas(矿泉疗养浴池) and springs to treat ailments. The spa industry, based on a belief in the wondrous effects of water, still thrives in Europe. About 600,000 people in France, one percent of the population, visit spas each year — drinking the water, bathing in it, getting hosed down with it®, even spritzing(喷) it up their noses®.

The spas' proponents(倡议者) don't say they know why it works or how, and the most credible among them admit there is little scientific evidence for their claims. Some believe the water in spas works against certain diseases because of its heat, or its soothing movement, or a particular mineral composition. Many agree a major effect of the spas is a psychological one: the atmosphere of relaxation, the promise of healing.

There is something refreshing about the fact that water, although hardly new and improved, still has a place in medicine and even in commerce. It is one product for which copywriters can make extravagant(过分的) but valid claims. It is a beverage(饮料) that can help you lose weight, and an elegant drink served in the most trendy discos as well as from fire hydrants® on both coasts. So, drink up!

897 words

Source: Reader's Digest, August, 1985

Notes

- ① the five classes of nutrients combined 单词 combined 为形容词,常置于被修饰的词之后,意为:加在一起的
- ② universal solvent 万能溶剂
- ③ the digestive tract 消化道
- ④ soft drinks 不含酒精的饮料
- ⑤ by far 修饰比较级,强调程度、数量等
- ⑥ moisturizing lotion 保湿液
- ⑦ water-borne diseases 饮水引起的疾病
- ⑧ getting hosed down with it 拿着水管往下喷
- ⑨ spritzing it up their noses 拿着水管往上喷
- ⑩ fire hydrants 消防龙头



Exercises

Multiple Choices:

1. As the body's most abundant ingredient, water _____.
 - A. accounts for 65 to 75 percent of its weight
 - B. makes up five classes of nutrients
 - C. performs universal functions
 - D. lubricates every part of it
2. The water lost in the body must be replaced so as _____.
 - A. to prevent dehydration
 - B. to take in sufficient liquid
 - C. to avoid accumulation of too much water
 - D. to maintain three quarts of life-supporting water
3. While on diet, according to Lubin, you _____.
 - A. are encouraged to drink water
 - B. can effectively shed your weight by drinking little water
 - C. are supposed to take in nothing but water
 - D. cannot avoid suffering from dehydration
4. The wrinkled skin _____.
 - A. occurs in those with poor blood circulation
 - B. can be observed in athletes
 - C. has a slow aging process
 - D. is a sign of dehydration
5. To move the skin's fatty substances with water, according to Dr. Soter, is _____.
 - A. to help maintain its water more readily
 - B. to remove the moisturizing lotion
 - C. to take a bath every day
 - D. to dry out the skin
6. There still exists the danger of _____.
 - A. contaminating our drinking water
 - B. spreading digestive diseases
 - C. poisoning our food
 - D. all of the above
7. At a therapeutic value, spas and springs _____.
 - A. promise a quick recovery from disease
 - B. help hold the water in the body
 - C. work against many ailments
 - D. create a psychological aid
8. The passage ends with a high regard for _____.
 - A. the universal existence
 - B. the wondrous value of water
 - C. the water's commercial value
 - D. the improved quality of water



Passage 2

Medical English Readings (初级)

Boynton Opens Do-it-yourself Cold Clinic

“Nine out of 10 doctors recommend the cold clinic when you're feeling miserable.”

The sign in the main lobby(大厅) at Boynton Health Service advertises the latest offspring(产物) in the marriage of health education and health care efficiency — the cold clinic, a do-it-yourself diagnosis center for the common cold.

Starting today, students who have sniffles(鼻塞) and scratchy(沙哑的) throats can take their own temperatures and stick out their tongues at a mirror. They then decide for themselves whether they have the symptoms that warrant a laboratory culture to look for strep throat^①, a bacterial infection that is treated with antibiotics(抗菌素).

If they just have an ordinary cold, which is caused by a virus, they can write themselves a prescription(处方) for over-the-counter symptom relievers^②.

“There is no cure for the common cold, so there is no reason on earth to go to a doctor or nurse to have them cure you,” said Boynton health educator Merryalice Jones. The body has to fight off the virus by itself.

Cold clinics have been successful at smaller colleges, and if the four-week pilot(试点的)

clinic at Boynton is well-received, it will be revived next November for the entire cold season, she said.

Instead of thumbing through a magazine while waiting for the nurse to stick thermometers in their mouths, the clinic's patients can sit in front of a lobby television set and learn what a rhinovirus(鼻病毒) does to the nasal passages^③.

In the 10-minute color video, a nurse in a white coat uses an anatomy picture book to explain the symptoms of a cold, the limited treatment available and the signs that warrant a visit to a doctor.

The lecture is one Boynton's nurses have often delivered 25 times a day to patients with runny noses.

“The video can say it 25 times and never get tired,” Jones said. “Nurses will spend less time teaching about the common cold.”

In the video Ora Mac Mitchell, a Boynton certified registered nurse^④, explains the facts. “With treatment, a cold will last two weeks; without treatment, it will last 14 days,” she jokes. “Sorry, that's the way it is^⑤,” she adds with an uncharacteristically straight face.

Thus comforted, the patients pick up a



symptom check list and work their way through seven more stations in the cold clinic, following the posters that explain exactly what to do at each table enclosed with portable(能移动的) walls.

At station three patients pluck a clean thermometer probe(探针) from a covered container and measure their own fevers with the aid of an electronic thermometer.

At station four, they find packaged tongue depressors[®], a big mirror and color pictures to help them distinguish between a normal throat and one infected by the bacteria that cause strep throat. If they have suspicious signs, they go to station five, where an attendant will swab(拭抹) their throats for the

culture.

At the sixth station, patients who have the incurable cold can write themselves a prescription for a free packet of over-the-counter treatments, including throat lozenges(锭剂) and a decongestant(解充血剂) called pseudoephedrine(伪麻黄素). At the seventh station, they pick up the samples(样品), and at the eighth, they evaluate the cold clinic.

Margaret Rogers, a registered nurse who will be a cold clinic attendant 18 hours each week, said that while a cure is lacking, medical researchers know about cold prevention. "The best way to prevent it is through hand washing," she said.

575 words

Source: *Minnesota Daily*, February 16, 1987



Notes

- ① strep throat 脓毒性咽喉炎
- ② over-the-counter symptom relievers 非处方症状缓解药
- ③ nasal passages 鼻腔
- ④ certified registered nurse 正式注册护士
- ⑤ that's the way it is 事情就是这样
- ⑥ tongue depressor 压舌板



Exercises

Multiple Choices:

1. The primary objective of Boynton's clinic is _____.
 - A. to advertise the merge of health education and health care
 - B. to help college students treat their colds on their own
 - C. to treat college students for their medical problems
 - D. to train people to be medical doctors
2. The idea of the pilot clinic, according to Jones, is grounded on the fact that _____.
 - A. there are inexpensive OTC symptom relievers for college students
 - B. one prescription is available for all colds
 - C. there is no cure for the common cold
 - D. a cold can be cured everywhere
3. When working their way through each station, according to the essay, patients can do all of the following EXCEPT _____.
 - A. making comments on the clinic
 - B. prescribing themselves free over-the-counter drugs
 - C. diagnosing themselves with medical devices available
 - D. getting informed of how to avoid seeing doctors for colds
4. Where can students examine their throats by themselves? _____.
 - A. At station two
 - B. At station four
 - C. At station five
 - D. At station seven
5. Which of the following can we learn from the essay? _____.
 - A. The common cold can be best treated at Boynton's cold clinic
 - B. The treatment of the common cold takes eight steps
 - C. The common cold is incurable, but preventable
 - D. You know your cold better than anybody else
6. The tone of the essay can be best described as _____.
 - A. descriptive
 - B. skeptical
 - C. ironical
 - D. critical



Passage 3

Medical English Readings (初级)

Mysteries of Africa

Although regarded with extreme skepticism by many, the uncanny(不可思议的) healing power of the witchdoctor(巫医)(M'ganga) of Africa is widely treated with respect by the medical profession. A witchdoctor in Dakar^①, Senegal was once able to save the lives of many yellow fever^② patients doomed to die where medical graduates from Paris stood by helplessly.

Once too, along the banks of the Congo River, a French doctor observed African surgery being performed. His friends were treating a man with a very deep cut in the forearm. They secured(获得) a number of large black ants over the wound. As each ant bit into the flesh, the cut was drawn together. The body of each ant was removed and the wound closed as neatly as though done by a surgeon's needle^③.

During the smallpox epidemics of the eighteenth century in Southern Africa, there were no Bushman^④ fatalities(死亡者). They knew how to build immunity to certain diseases and poisons. Bushmen used to demonstrate this by for instance placing a tarantula spider^⑤ on their hands, allowing themselves to be bitten and yet showing no trace of suffering afterwards.

A Bushman's consumption of food and water has astounded doctors. A Bushman swells visibly as he consumes a small buck(雄鹿). And yet he will be able to compete quite comfortably in a marathon in that state. They will overtake a buck in the desert heat or chase a zebra for several kilometers with hardly any rest.

It is claimed that the Bushmen have a sixth sense. They have a very highly developed and uncanny sense of direction, far superior to an European or African. A Bushman may turn, circle and zigzag for hours when hunting^⑥, but when returning to camp he will head exactly in the right direction. A tribesman was tested by blindfolding and leading him through various paths for several hours. When the cloth was removed, he pointed to the exact direction of his camp. Children too, never lose their way. Together with this "guiding instinct", they apparently see a vision of the trail ahead.

At one state during the previous century old people were no longer wanted and accepted in their communities. When a person became too old to take part in the daily tasks in the village, they were led into the forests and left to be killed by the wild beasts. Many did



not care to wait for this ordeal(折磨) and simply ~~started to fade away~~^⑦. This power to die at will is a fact that science simply cannot explain.

Hypnotism(催眠术) has been practiced by African witchdoctors for many centuries. The kind of hypnotist we're familiar with claims that he/she can make a person behave, while hypnotized, in a manner in which he would not normally behave. But in Africa, hypnotism is regarded as a strong and evil force.

The South African police had recorded one such remarkable story. Two young native girls arrived at the police station in the Northern Transvaal and confessed to having mur-

dered and eaten the eldest wife of their husband, the chief. The police surgeon suspected hypnotism and suggested taking additional statements from them at frequent intervals. This clever plan indeed revealed that as the days passed the girls remembered less and less of the crime until eventually they denied any knowledge of it. In actual fact no crime had been committed at all. The chief's wife had died of ordinary illness. The suspicious chief, however, had asked his witchdoctor to "smell out" the person responsible for her death. These women had been selected by the witchdoctor, hypnotized, and told to report to the police.

605 words



Notes

- ① Dakar 达喀尔(塞内加尔首都)
- ② yellow fever 黄热病(由黄病毒引起的急性传染病)
- ③ as though done by a surgeon's needle as though 后接过去分词短语,省略 as though (it had been) done by a surgeon's needle
- ④ Bushman (非洲南部的)布须曼人
- ⑤ tarantula spider 乌蛛,狼蛛
- ⑥ when hunting 在语法上 when = while
- ⑦ fade away 短语动词,意为:离去