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总 序

值此复旦大学迎来百年华诞之际,复旦大学出版社以其敏锐的学术洞察力策划与组织《博学·大学医学英语系列丛书》,邀请了9位在医学语言学领域造诣颇深的中青年学者组成编委会,共同打造一个自由宽容的学术著作与教材的出版平台,推动我国大学医学英语教学与研究的进一步发展。

医学语言学(Medical Linguistics)作为语言学与医学相交叉渗透的边缘学科,顺应了当今语言学和其他学科跨学科研究这一全球科学发展的总趋势。目前对该学科的概念存在着人文与医学两大界定方法。人文学者将它限定在人文的视域,归属于应用语言学的一个分支,界定为“研究医学论著、教科书中的语言现象,研究医疗活动中的言语行为规律及规范的语言学与医学的交叉学科”。医学界将它归属于医学软科学,界定为“研究语言的医学现象及规律的医学与语言学的交叉学科”,从而出现了“神经语言学”、“病理语言学”、“基因语言学”等等子学科。因此,整合医学与人文社科两方面的医学语言学本体研究,前景广阔,意义深远。它作为一项跨语言学、神经科学、心理学的创新系统工程,对语言教学和语言习得的研究、言语障碍(如失语症)的治疗、人工智能研究、语言的脑机制奥秘的揭示、普通语言学理论的发展等均有着巨大的理论和实践意义。我们希望这套丛书的作者立足教学,勇于创新,最大范围地开展医学语言学的研究。

复旦大学出版社“博学”品牌以严谨、求实、创新在业界享有盛誉。《博学·大学医学英语系列丛书》属于成套的、开放式系列丛书,我们拟不断推出



《医学英语术语学及应用》、《医学英语词汇学》(复旦文科“金穗”研究课题项目)、《医学英语视听说教程》(I ~ III)、《医学英语读写译教程》、《英汉医学翻译概论与实践》、《生物医学英语论文写作指南》等。我们欢迎更多的学者加入到丛书作者的行列。

《博学·大学医学英语系列丛书》编委会

总主编 梁正溜 李定钧

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前 言

《医学英语视听说教程》(Audio-Visual-Oral English for Medical Professionals) 是根据国家教育部颁布的《大学英语课程教学要求》和国内外英语教学发展趋势编写的,旨在提高英语表达应用技能、扩大医学健康知识和发展医学思维。

本书是《医学英语视听说教程》系列的第一册《健康通识》(*General Knowledge of Health*),共 13 单元。第二册、第三册分别是《医学教育与健康服务》(*Medical Education and Health Service*)、《疾病预防与治疗》(*Disease Prevention and Treatment*)。全书涉及现代医学广泛的话题,语言标准地道,图像生动活泼。教程设计为教师运用多媒体教学留下发挥的空间,又十分适合学习者自学。

本教程适合医学院校本科生、研究生,医学卫生专业人员,英语翻译专业人员以及出国学习进修培训之用。本教程每一单元都附有参考文字材料和练习答案。每册教程附赠音像光盘,供学习者参考。

本教程的一部分资料分别来源于美国加州大学电视台、美国国立卫生研究院电台、美国之音、《美国新闻周刊》、《纽约时报》、《华盛顿邮报》、《哥伦比亚百科全书》等。我们对这些资料给中国学生接触和学习现代医学英语带来的很多便利和益处深表感谢,同时也希望使用者提出宝贵意见。

编 者

2006 年 12 月



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Unit 1

Medical Queries

Part I Audio-visual Exercises

Task 1 : Glossary Preview

Get familiar with the following words and expressions and match them with their Chinese equivalents.

- | | |
|-----------------------------|-----------------|
| 1. deltoid | () A. 译解 辨认 |
| 2. anatomy | () B. 使最优化 |
| 3. swing | () C. 努力 尽力 |
| 4. racquet | () D. 三角肌 |
| 5. optimize | () E. 针刺 |
| 6. decipher | () F. 内啡肽 |
| 7. exertion | () G. 摆动 挥动 |
| 8. a battery of | () H. 神经束 |
| 9. acupuncture | () I. 解剖学 |
| 10. meridian | () J. 针灸师 |
| 11. out of whack | () K. 不正常 有毛病 |
| 12. endorphin | () L. 一组 一连串 |
| 13. twisting | () M. 子午线 经线 |
| 14. nerve bundles | () N. 合作 结成一队 |
| 15. licensed | () O. 球拍 |
| 16. acupuncturist | () P. 捻 扭 拧转 |
| 17. team up with | () Q. 住院医师实习期 |
| 18. artery | () R. 听诊器 |
| 19. pediatric | () S. 灌输 |
| 20. residency | () T. 儿科的 |
| 21. hands-on | () U. 语义的 |
| 22. It's a big hit with sb. | () V. 很受……欢迎 |
| 23. stethoscope | () W. 亲身实践的 |
| 24. semantic | () X. 动脉 |
| 25. instill | () Y. 有执照的 特许的 |



Medical Queries

Task 2 : Short-Answer Questions

Watch the first part of the video clip “Medical Queries” and give a short answer to each of the following questions.

1. A doctor would say that colds are not caused by _____.
2. Where does the first set of questions come from ?
_____.
3. What medical questions do Craig and Kyle have ?
_____.
4. What is an ideal way to avoid shoulder problems ?
_____.
5. Bruce's number one medical question is how to maximize his time and
_____.
6. What do “zones” mean ?
_____.
7. On what scale can you rate how hard you are exercising ?
_____.
8. What is another way to monitor your level of exercise ?
_____.
9. What target heart rate should a 40-year-old person hit ?
_____.
10. What can physicians do to determine how healthy your heart is ?
_____.

Task 3 : True or False Statement

Watch the second part of the video clip and decide whether the following information is True (T) or False (F) .

- () 1. A medical query is how Eastern medicine works.



- () 2. *Qi* is energy running along the meridians of the body.
- () 3. You get sick if your *Qi* is in whack.
- () 4. Needles are inserted into the meridians to fix blocked *Qi*.
- () 5. When the needle is inserted into the skin, endorphins are blocked.
- () 6. The principles of the twisting of the needle are well established.
- () 7. Some licensed acupuncturists are also physicians.



Resident Physicians Teach Health in Schools

Task 4 : Multiple Choice

Watch the video clip “Resident Physicians Teach Health in Schools” and choose the best answer to each of the following questions.

1. Kids usually learn anatomy _____.
 - A. in hospitals
 - B. in residency
 - C. from doctors
 - D. from a textbook
2. Which of the following is not mentioned in the video ?
 - A. Physicians teach kids during their residency training.
 - B. Kids find it hard to learn the basics of anatomy.
 - C. Doctors get a chance to learn about their patients.
 - D. Kids learn to be less afraid of the doctors.
3. Teaching health to the children of elementary schools _____.
 - A. makes a doctor more specialized in looking at the human body
 - B. brings a doctor on a more personal communication level with the kids
 - C. helps the children find out what is wrong with their body when they are ill
 - D. gives the children hands-on experience of being a pediatric physician
4. Which of the following is NOT a reason for UC Davis Medical Center to team up with a number of elementary schools ?
 - A. School nurses are interested in how a pediatric residency program went on.
 - B. There is a need for UC Davis Medical Center to teach its residents more



about schools.

- C. School nurses are interested in having a health curriculum taught at the schools.
- D. Hands-on experience with the very kids helps residents know their patients.
5. Dr. Roozenboom showed the students what a heart looks and feels like using _____.
- A. a pump
- B. an adult heart
- C. a sheep's heart
- D. a stethoscope
6. Using a stethoscope in the learning process, kids _____.
- A. open their eyes and ears and show great interests
- B. hear how fast their own heart is beating
- C. compare their heart with an adult heart
- D. do all of the above
7. Who benefits least from the residents teaching the curriculum at the schools?
- A. The school teachers.
- B. The school nurses.
- C. The students.
- D. The residents.
8. Kids are also taught about diet, exercise and nutrition because _____.
- A. many of them come to class without eating breakfast
- B. some of them have some kinds of semantic complaints or injuries
- C. class is a perfect opportunity to instill good health habits in them
- D. they will become inspired enough to think about becoming a doctor someday
9. For _____ it's an unforgettable experience.
- A. the American Heart Association
- B. UC Davis Medical Center
- C. the residents
- D. the kids



Part II Listening Comprehension



Three New Curriculum Supplements

Task 5 : Summary

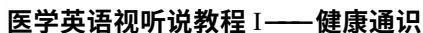
Listen to a passage “Three New Curriculum Supplements” and complete the following guided summary.

Who → _____ (1) provides teachers with three new curriculum supplements designed to
 Purpose → _____ (2) and _____ (3). The three new curriculum supplements are targeted at _____
 Target → _____ (4).

In the new module “Doing Science : The Process of Scientific Inquiry”, students will _____ (5) the basics of scientific inquiry, _____ (6) their critical thinking skills, and learn to _____ (7) the purpose of scientific research.

In the new module “Looking Good : From the Inside Out”, students will learn about the structures of the musculoskeletal and skin systems, _____ (8) and the factors that influence their functions.

In the new module “The Science of Mental Illness,” students will gain insight into the biological basis of mental illness and how scientific evidence and research can help us understand _____ (9) and lead to _____ (10).



Task 6 :Glossary Preview

tropical

热带的

pinworm

蛟虫

hepatitis A

甲型肝炎

meningitis

脑膜炎

diarrhea

腹瀉

sneeze

打喷嚏



Listen to a passage on “Importance of Hand Washing”, take notes when necessary, and interpret it into Chinese.



Part IV Reference

Video Script 1 Medical Queries

Beth Ruyak : True or false ? Going out in the cold can make you catch a cold.

Your grandmother might say yes, but a doctor would say no. Colds are caused by germs, not the temperature outside. So what other medical queries are floating around ? Jennifer Harrison is asking in our FYI.

Jennifer Harrison : Do you have any health or medical questions ? It seems we all have some sort of questions that we never get around to asking a doctor, so we hit the streets asking you to ask us anything and we will search out the answers.

The first set of questions come from the world of working out and sports. It seems when exercise is the name of the game, we have a lot of inquiries...some even from the same family tree.

Harrison : We're here with Craig and Kyle, father and son. And you guys must have some health and medical questions...either of you ?

Craig : Yeah...how to prevent shoulder injuries.

Kyle : For me, it's old sports injuries...for Kyle it's brand new sports injuries.

Dr. Max Testa : The best prevention is to respect your anatomy and physiology.

Harrison : Do that by building strength in your deltoids, the shoulder muscles, especially if you use shoulders over and over to throw a ball or swing a racquet. Stretching before and after activities also prepares and loosens the muscles for use.

Dr. Max Testa with UC Davis Medical Center deals with professional and everyday athletes and emphasizes that resistance training with weights is an ideal way to avoid shoulder problems.

Harrison : Bruce, what is your number one medical question ?

Bruce : Well, as an athlete, I want to know how to maximize my time...my athletic performance.



Dr. Testa : Training is a wide field. There is a science behind training now, so we can optimize time just by training in the right zones.

Harrison : Zones, meaning how hard you are exercising. One way to decipher this is something called your perceived exertion. You rate how hard you are exercising on a scale from 6 to 20. At 6 you're resting and 20 is working very, very hard.

To improve your health fitness, experts recommend exercising at a level between 12 and 14. Another way to monitor your level of exercise is your pulse. When you stop exercising, take it with five seconds and count your pulse for one minute.

You should aim to hit your target heart rate. Calculate this by finding your maximum heart rate, which is 220 minus your age, then multiply that number by 70 to 85 percent your exercise range. For example, if you're 40 years old, your maximum heart rate is 220 minus 40, which is 180. 180 times .70 is 126 and 180 times .85 is 153, giving you a target heart rate of 126-153 beats per minute.

Speaking of hearts...that brings us to our next question.

8

Motorcycle Man : It would be about my heart...if my heart is in good condition considering my age.

Harrison : That one is for your individual doctor. Physicians can put you through a battery of tests, one being a stress test to look at the electrical activity of the heart and other exams to determine how healthy the heart is.

Harrison : Our next question comes from the East...Eastern philosophy that is...

Jacob : I would like Western medicine to explain how acupuncture works.

Harrison : According to Eastern medicine, your health is dependent on your *Qi* energy that runs along 14 pathways of the body called meridians. If your *Qi* is out of whack, you get sick. To fix blocked *Qi*, needles are inserted into the meridians, energy is restored and health is reestablished. Traditional western medicine has been skeptical. Some studies suggest it works because these hair-like pins, when inserted into the skin, release