

全国医学博士外语统一考试指导丛书

# 医学博士外语统一考试阅读指导

全国医学博士外语统一考试指导丛书编委会 编

赵贵旺 主编

- ◆ 根据最新考试大纲编写
- ◆ 多位权威专家共同参与
- ◆ 直击考试的重点、难点
- ◆ 更快、更好征服考博英语



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## 内 容 提 要

本书由国内著名英语辅导专家——河北医科大学外语部赵贵旺教授根据多年的外语辅导经验总结而成。全书共分6章,从阅读理解概说开始,渐进地介绍阅读理解的命题特点及应试要点,进而介绍医学博士外语统考阅读理解命题特点及应试要点,同时附上大量的练习,让考生能够全面地掌握阅读理解的解题技巧。

该书适用于参加医学博士外语统一考试的考生,也适合于参加硕士研究生、职称考试以及出国考试的在校学生和临床医生。

责任编辑 杨 淮 林 菲

# 《全国医学博士外语统一考试指导丛书》

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# 前 言

医学博士外语统考已进行了七八年,试题的构成也经过了先后两次的修改。至今英语考试共分五个部分:听力、词汇、完形填空、阅读理解、写作。其中阅读理解包括6篇短文,每篇文章后各设5个问题,共有30题,每题1分共30分。单从分值来看,考博试题阅读理解所占比例小于“六级”考试或硕士生入学英语统考(二者阅读均是40分)。但就该考试本身而言,阅读所表现的作用远远大于30分。

首先,通过适当的阅读,能够有效地恢复原有的语言知识,也能起到迅速扩大词汇量的作用。其次,通过适当阅读会提高完形填空的解题能力,因为完形填空首先是立足于阅读理解而进行的一种语言综合测试。再者,阅读理解对写作有真正的帮助,因为医学博士考试的写作是要求考生将一篇医学科普的汉语文章用英文摘要的形式写出来,这样不可避免就会涉及到相关专业医学术语或特定的表达方式,然而,通过适当的阅读,大家自然会了解和掌握类似的词语及相关的表达,进而提高写作的效果。

但从传统或习惯思维来看,大多数考生甚至教师,认为考什么就练什么,即所谓的“见山是山”,而忽略了阅读理解的真实作用。本书所要介绍的阅读是一个大阅读的概念,而不是狭隘的阅读理解测试。在编写这本阅读教材时,我们既注重了阅读理解的“体”的作用,又注重了阅读理解“用”的作用;既为学生提供了相当数量具有参考性文章,并在文章后对必要的词进行了分析和扩充,又很实用地讲到了该考试阅读测试的命题规律及相应的解题思路,并在每一专项讲解后,配有成套的专项练习题。同时,我们又提供给大家精心选编的模拟题10个单元,并配有注释。这样就形成阅读理解基础篇—应试篇—实践篇三位一体的编写原则。此外,我们还在最后一章为大家提供了一定数量精选的小短文,供大家写作练习时参阅。

此书是应人民军医出版社的邀请编写的,时间紧,任务重,未能把我们多年从事辅导的经验充分地介绍给大家,略感遗憾。但愿此书的出版能为大家的复习,送去一缕阳光,扫去那萦绕心头的乌云;又像一座灯塔,照亮远方,通向成功的驿站。此书在编写选材过程中得到了南方医科大学许瑾老师、河北医科大学丛斌教授的大力支持,并在排版过程中得到了河北医科大学段和平老师的热心指导,在此一并表示感谢。由于编写、校对仓促,书中肯定会有诸多错误或失误,衷心希望读者不吝指出,并给予一定的谅解。

赵贵旺

乙酉年冬 书于静心斋

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# 第一章 阅读概说

## 一、阅读理解的直接作用

医学博士入学英语统考包括:听力、词汇、完形填空、阅读理解、写作共五部分。其中,阅读理解部分占总分的30%,共有6段文章,每段文章5个问题,每题1分。这部分是得分的关键,因为,听力理解是大家的弱项,写作对一些同学而言,也不容易,而阅读却是考生历来的强项。我们大多参加过四、六级考试,也参加过研究生入学考试,但如何有效地发挥这部分的作用,需要认真思考。首先,过分投入时间和精力对付这部分考试内容是不明智的;其次,必须深入研究近几年的考题,以把握出题的动向和该考试的命题规律。详细情况,请大家参阅第3章。

## 二、阅读理解的间接作用

尽管阅读理解在整个考试中占30%,但其解在整个考试中的作用远不止30%。其他题型都会涉及阅读的能力,尤其是完形填空和词汇。另外,写作的提高在很大程度上也取决于相关阅读信息的有效摄取。具体地说,我们通过阅读理解应试题的大量练习,可以提高阅读理解部分的得分,但是,没有有效的阅读,我们的词汇量就很难得到有效提高。以下面一段文章为例。

Simple neglected public health issues, not exotic ones, dominate the agenda for environmental health in the South Asian region.

"Lack of safe sanitation, water and hygiene are the biggest cause of infection and the key issues for environmental health in the region," says Gourisankar Chosh, executive director of the Water Supply and Sanitation Collaborative Council, the Geneva based UN mandated body for water and sanitation goals. The council calls this inadequacy one of the biggest scandals of the last 50 years. South Asian countries are among the countries whose hygiene levels are "disastrous", says the council. In India alone, 519 500 children die every year from poor hygiene; the equivalent figures in neighbouring Pakistan and in Afghanistan are 135 000 and 48 000 respectively.

The primary cause of this is unsafe disposal of human excreta: 72% of human excreta in India is disposed of in an unsafe way. The amounts of excreta disposed of in an unsafe way in other countries in region are 72% in Nepal, 88% in Afghanistan, 52% in Bangladesh, 38% in Pakistan, and 30% in Bhutan.

Frequent illnesses, especially diarrhoea, undermine children's growth by taking away their appetite, inhibiting the absorption of nutrients, burning up calories in fever, and fighting infection, says the Council.

在这一小段文章中,我们可以有效摄取的词汇有:

- |                |                  |
|----------------|------------------|
| 1. neglect     | 13. equivalent   |
| 2. exotic      | 14. respectively |
| 3. dominate    | 15. disposal     |
| 4. agenda      | 16. dispose of   |
| 5. sanitation  | 17. diarrhoea    |
| 6. hygiene     | 18. undermine    |
| 7. infection   | 19. take away    |
| 8. mandate     | 20. appetite     |
| 9. inadequacy  | 21. inhibit      |
| 10. scandal    | 22. absorption   |
| 11. disastrous | 23. nutrient     |
| 12. council    | 24. burn up      |

在这一段文章中,我们可以学习的词汇至少有 24 个,而且,在阅读中掌握词汇要比单纯背词典有效得多。

阅读理解不仅对扩大词汇量有帮助,对写作也有好处。试看下面一段文章。

Walking is a natural and healthy form of exercise. Although less stressful than running, a brisk one-hour walk burns about 300 calories. We were designed to walk; even to walk incredible distances. Our ancestors at times made great migrations on foot, seeking a better life.

Many people think that walking is even better than running because walking does not place a heavy strain on the tendons of the foot and leg. Walkers endure far fewer injuries than runners.

For many people who want to get in shape, walking should be their first exercise activity. This is especially true for older people who have been inactive in recent years. Regardless of age, if you are extremely overweight, walking is your wisest choice.

这一小段文章是关于 walking 的,很简单,但对于我们练习写作非常有帮助。请大家再看下面一段。

In the most affluent country in the world, millions of people are nutritionally bankrupt. Even if you can afford the very best, you may have a poor diet—overloaded with animal protein and too high in nutritionally empty fats, sugars, and alcohol. Of the calories in the typical American diet, 60 percent come from fat and added sugars; that means we must get 100 percent of the forty-four nutrients essential to life from just 40 percent of our calories intake.

There is mounting evidence that this distorted diet, which is also too high in salt and cholesterol, underlines many of the nation's leading killing and crippling diseases,

including heart attack, cancer of the colon and breast, high blood pressure, diabetes, osteoporosis, kidney and liver disease.

这一小段文章是关于营养方面的,从中我们可以学到有关营养方面的诸多词汇,如: poor diet, protein, sugar, calories intake, diabetes, high blood pressure 等。还可以学到实用的语言表达方式。如: There is mounting evidence that ...越来越多的证据表明……从上面的分析我们可以看出,单纯地把阅读理解应试题与阅读割裂开来是不明智的。在以后的阅读中,关键是要扩大阅读面。

### 三、如何有效地利用阅读来进行考前准备

理通法自明,只要大家明白其中的道理,明了该考试的规律,自然就会找到应对的办法和复习的策略。就我们多年考博辅导的经验来看,可以概括为以下几点:

#### 1. 阅读理解测试题

这部分不需要大量的时间和精力投入,其难度也不象硕士研究生入学考试那么大。文章本身的语言一般比较容易读懂,题目的设计大多注重细节的障碍和干扰。大家无须再选其他的材料,利用本书的所有资料即可。

#### 2. 阅读与词汇、完形填空

欲通过阅读来扩大词汇,扩充语言的搭配,关键是选取词汇量大,语言有一定难度的文章。大家可以参阅本书的第一章,也可自己选用一些杂志或相关的书来读。可以参考的书或杂志有: *British Medical Journal*; *New England Journal of Medicine*; *Readers' Digest* 以及一些含有健康保健类文章的杂志或书。当然大家也可浏览一些相关网站,下载一些文章来读。在阅读的过程中,要注意整理适合于词汇测试的词或适合于完形填空的搭配,如:

*The prevalence of diabetes and its adverse health effects has risen more rapidly in South Asia than in any other large region of the world. India has a higher number of people with diabetes than any other country, with estimates ranging from 19.4 million in 1995 to 32.7 million in 2000.*

*These figures are likely to be higher if current diagnostic criteria are used for diagnosis. South Asians have been observed to have a high risk of developing diabetes at lower levels of body mass index than Western populations.*

*Cancer is regarded as one of the major non-communicable diseases affecting South Asia, accounting for a large proportion of the DAIs lost in this area.*

在上面这一段文章里,我们可以学到的有用的词汇分别是: *prevalence, diabetes, adverse, diagnosis, index*; 可以学到的词语与搭配有: *range from, at lower levels, be regarded as, account for*。

在阅读的过程中,不必拘泥于读一篇完整的文章,因为主要目的是扩大词汇,大家可以

凭着感觉,随机地读一些东西。

### 3. 阅读与写作

通过阅读来提高写作,主要是培养语言表达的感觉和丰富有利于医学科普写作的相关词汇。这部分材料相对难以整理,大家可以参阅本书的第六章。这部分的阅读,可以通过朗读来进行,朗读到一定程度,可以把所读的材料翻译成汉语,然后再对照汉语说英语。这样训练下去,会很快提高写作的思维及语感。

总之,阅读的概念是宽泛的,大家不要将阅读狭隘地理解为只是阅读理解测试题。阅读是一种载体,在这种载体的背后是庞大的信息,学会综合利用,会让我们受益无穷,愿大家带着美好的心情进入第二章。

## 第二章 阅读理解基础篇

在大家进入习题练习之前,先进行一下语言的热身训练。在这一章,大家的重点放在语言阅读语感的培养,词汇的积累,以及语言点、固定搭配、短语动词的补充和完善上。本章共选课文 10 篇,每篇课文后又配有 2 篇阅读理解文章及习题练习。这样,组成了 10 个单元。

有关语感的培养,要注意以下几点:一、加强阅读后语言信息的归纳和回顾;二、注意长难句子的分析和准确理解;三、注意不同题材、体裁文章的阅读习惯的培养;四、注意对信息词、信号词的观察和灵活应用。

有关词汇的积累,主要是针对词汇测试部分所能涉及到的重点词汇的把握,这部分词有一定难度,而且易与其他相关的词在词形、词义上混淆。词语搭配的整理主要是针对常见介词的搭配,如动词+介词,名词+介词,形容词+介词,介词+名词,动词+名词+介词,介词+名词+介词等。其次是针对其他短语或特殊词语的搭配。

这阶段的学习,主要是对原有知识的恢复,对新知识的扩充,进而达到自己知识能量总的扩容。

### Unit One

#### Text

The consensus that regular exercise is a vital part of maintaining health and well-being has existed for at least a decade. The human body is made to exercise, yet our increasingly motorized existence means that we now walk an average of eight miles less each day than our forebears 50 years ago. Cycling has shown a similar decline: in 1949, 34% of miles travelled using a mechanical mode were by bicycle; today only 1%~2% are.

The car, weighing the best part of a ton and often conveying only one person and a briefcase, is a highly inefficient mode of transport. The fumes cars expel cause appreciable mortality and are a major contributor to greenhouse gas emissions. The excessive use of motor vehicles serves communities and makes active modes of transport such as walking and cycling more difficult. Yet 70% of all trips made by car are less than five miles long and eminently suitable for cycling or walking.

Regular exercise has worthwhile effects on several cardiovascular risk factors, notably a reduction in blood pressure of 10/8 mm Hg among hypertensive patients and of 3/3 mm Hg in normotensive people. Today 70% of British adults take exercise less than once a month. Although the risk factor changes seem small from the perspective of the individual, across the population they could reduce deaths from cardiovascular disease

by a quarter.

Building walking and cycling into daily life is much more likely to be sustainable in the long term than gym based exercise prescription schemes. We own more bicycles than ever— an estimated 27 million in the United Kingdom— so why do we not use them? The most important deterrent that non-cyclists express is fear of motor traffic. The fear is exaggerated in comparison with the statistical likelihood of injury, but lowering the speed limit in towns to 20 mph would be a straightforward way of reducing it. Seventy per cent of motorists currently exceed the 30 mph limit in free flowing traffic. The government's recent road safety review passed responsibility for speed reductions to local authorities—with no extra resources to implement them. Compounding this was an announcement by the Association of Chief Police Officers that it will standardise enforcement of the 30 mph limit at 37.6 mph. This may reflect the real politics of British roads, but it is irrational. We know that the difference between 20 mph and 37 mph is quite literally life and death. Those with a clear sighted view of road safety issues will continue to press this point.

But the cest rule is self rule. Doctors have bought the motor myth as hard as anyone, and it is time to change. We doctors love our status as "essential car users", though whether such claims would stand close scrutiny for the many who use their cars simply to commute to work is questionable. The difficulties of a return to utility cycling—that is, cycling for ordinary journeys such as to work or for shopping—are easily overstated, though neither is it a trivial step. The BMJ is holding a seminar on cycling and aerobic exercise on 14 May followed by a cycle ride. We hope that this and other cycling events organized for the Millenium Festival of Medicine will inspire more than a few doctors to make the change. After all, "do as I do" is more effective advice than "do as I say".

## Exercises

### Part I Enlarge Your Vocabulary

Directions: Recognize the following words quickly and then look over the word explanations followed.

- |                                   |                  |
|-----------------------------------|------------------|
| 1. consensus                      | 8. appreciable   |
| 2. vital                          | 9. excessive     |
| 3. maintain health and well-being | 10. vehicle      |
| 4. mode                           | 11. eminently    |
| 5. conveg                         | 12. suitable for |
| 6. emission                       | 13. effect on    |
| 7. fume                           | 14. worthwhile   |

- |                           |                                |
|---------------------------|--------------------------------|
| 15. reduction in          | 33. standardize                |
| 16. notably               | 34. enforcement                |
| 17. take exercise         | 35. irrational                 |
| 18. perspective           | 36. literally                  |
| 19. reduce...by a quarter | 37. life and death             |
| 20. sustainable           | 38. the best rule is self rule |
| 21. in the long term      | 39. it is time to change       |
| 22. prescription          | 40. status                     |
| 23. scheme                | 41. scrutiny                   |
| 24. deterrent             | 42. stand close scrutiny       |
| 25. exaggerate            | 43. commute                    |
| 26. in comparison with    | 44. questionable               |
| 27. statistical           | 45. overstate                  |
| 28. lower the speed limit | 46. trivial                    |
| 29. exceed                | 47. seminar                    |
| 30. responsibility for    | 48. inspire                    |
| 31. implement             | 49. make the change            |
| 32. compound              | 50. effective                  |

## 词语解析

1. consensus *n.* 意见一致;多数人的意见;舆论 [同义词] agreement [用法] reach a consensus 达成一致意见; There is a consensus that... 一致的意见是……; What is the consensus of opinion at the afternoon meeting? 下午会议上一致的意见是什么?
2. vital *adj.* 生死攸关的,重大的;有生命的,生气勃勃的 [同义词] important; alive, energetic, lively [用法] a vital organ 要害器官; be vital to sth. 对……重要的; play a Vital role / part in 在某方面起重要作用
3. maintain health and well-being 保持健康; maintain *vt.* 保持,维持; 赡养,供给; 主张,为……辩护 [同义词] keep, preserve, support, insist, remain [用法] maintain one's innocence 坚持自己无辜; maintain friendly relations with 与……保持友好关系; He has worked hard to maintain his family. 他努力工作来养家。
4. mode *n.* 方式;(事情发生的)情况 [同义词] manner, style [用法] a mode of life 一种生活方式; the latest mode 最新款式; the precise mode of expression 确切的表达方式; This fever will return from time to time, if it follows its usual mode. 一般情况,这种发热每隔一阵子就会再次发作。
5. convey *vt.* 运输,运载;表达思想感情等 [同义词] deliver, transport, carry, express, communicate [用法] convey sth. from...to... 运载……; convey sth. to sb. 表达思想感情等; The truck conveyed machinery across the country. 这辆卡车在全国

各地运送机器。I will convey the information to him. 我将通知他这消息。

6. **emission** *n.* (光、热、烟、气等的) 散发, 发出 [同义词] send out, give off [用法] the emission of light from the sun 阳光的照射; gas emission 废气排放
7. **fume** *n. & vi. & vt.* 烟, 气; 冒烟; 发怒 [同义词] vapor, burn, rage, smoke [用法] petrol fumes 强烈的汽油味; The ground was hidden by a white fume. 地面上笼罩着一层白色的水汽。"Was the boss angry?" "Yes, he was really fuming." "老板生气了吗?" "是的, 他气得七窍冒烟。"
8. **appreciable** *adj.* 可感知的, 可观的 [用法] an appreciable drop in temperature 气温略微的变化; The increase in salary will be appreciable. 薪水的增加将很可观。
9. **excessive** *adj.* 过多的, 过分的 [同义词] extreme [反义词] inadequate [用法] excessive prices 过高的价格; an excessive amount of alcohol 过量的酒精; an excessive enthusiasm for sport 对运动的狂热 [派生] excess *n.*
10. **vehicle** *n.* 陆上交通工具; 表达思想感情等的工具、手段 [同义词] transportation, medium, means [用法] motor vehicles 机动车辆; vehicle licensing laws 机动车驾驶执照法; a vehicle for propaganda 宣传工具
11. **eminently** *adv.* 明显地, 显著地, 突出地 [同义词] obviously, outstandingly [用法] She seems eminently suitable for the job. 她看来极适合做这份工作。Everyone present admitted that the judge's decision was eminently fair. 每个到场的人都承认法官的判决非常公正。[派生] eminent *adj.*
12. **suitable** *adj.* 适合的; 恰当的, 适当的 [同义词] right, appropriate [反义词] unsuitable [用法] be suitable for sth. /sb. 适合于……的, This toy is not suitable for young children. 这个玩具不适合小孩玩。[派生] suitability *n.*
13. **effect on** 对……的影响 **effect** *n.* 结果, 效应 [同义词] result, outcome [用法] Alcoholic drink can have a bad effect on your body. 含酒精的饮料会对你身体有很坏的影响。the side effects of this drug 这种药的副作用; in effect 正在实行, 实际上; The old system is still in effect. 旧制度仍有效。take effect 开始实行; 开始生效 [词性变化] **vt.** 实现 [例] The reform was effected. 改革实现了。[扩展] **affect** *vt.* 影响
14. **worthwhile** *adj.* 值得做的 [用法] a worthwhile job 值得做的工作 It is worthwhile taking trouble to explain a job fully to new employees. 给新雇员详细解释一下工作要求, 费点事也是值得的。[辨析] **worth** *adj.* 作表语, 有价值的; be worth \$200; be worth doing; **worthwhile** *adj.* 作表语或定语, 用法见上; **worthy** *adj.* 值得做某事 be worthy of sth. /to do sth. He is worthy of our praise. 他值得我们表扬。
15. **reduction in** *n.* 减少; 缩小; 降低 [同义词] decrease [反义词] increase, growth [用法] a reduction in size 体积的缩小; a price reduction 价格的降低 [派生] **reduce** *vt.*
16. **notably** *adv.* 明显地, 显著地 [同义词] remarkably, noticeably [用法] notably successful 显著地成功 [派生] **notable** *adj.* 显著的 [同义词] remarkable, eminent
17. **take exercise** 做运动; **exercise** *n. vt. & vi.* 运动, 体操, 运动; 习题, 练习; 运用, 使用 [用法] take exercise [短语] 做运动 [例] The doctor advised him to take more exercise. 医生建议他多运动。gymnastic exercise 体操; the exercise of imagination 运用



想像力; exercise patience 运用忍耐力; You don't exercise enough. 你锻炼不够。

18. perspective *n.* 远景, 前途, 观点, 看法, 观点, 观察 [同义词] view, position [用法] from the perspective of ... 从……的角度看; get a perspective of the whole valley 取整个山谷的远景; in perspective 恰当; out of perspective 不恰当; see things in their proper perspective 从恰当的角度看待事物
19. reduce...by a quarter 降低四分之一; reduce *vt. & vi.* 减少; 缩小; 降低 [同义词] cut, decrease, diminish, lessen, lower [反义词] increase [用法] reduce...by 降低了多少; reduce ...to 减少至
20. sustainable *adj.* 可以忍受的, 足可支撑的, 养得起的 [派生] sustain *vt.* 支撑, 保持 [用法] sustain the weight of all these books 承受这些书籍的重量; make a sustained effort 坚持不懈地努力
21. in the long term 长期 [反义词] in the short term 短期 [用法] We must aim for world peace in the long term. 我们要争取持久的世界和平。[扩展] in the long run 从长远看, 终究 In the long run prices are bound to rise.
22. prescription *n.* 药方, 处方; 开处方, (喻) 良策 [用法] give sb. a prescription for 给某人开治疗……的药方; What's your prescription for a happy marriage? (喻) 你认为幸福婚姻有什么秘方? [派生] prescribe *v.* 开处方; prescriptive *adj.* 规定的
23. scheme *n.* 计划, 方案 [同义词] plan [用法] a pension scheme 养老金方案; a scheme for not paying tax 逃税的诡计
24. deterrent *n. & adj.* 起制止作用的(事物) [用法] His punishment will be a deterrent. 惩罚他以儆效尤。deterrent weapons 具威慑性的武器
25. exaggerate *vt. & vi.* 夸张; 夸大 [同义词] overstate [用法] exaggerate an illness 夸大病情; People will not believe a person who always exaggerates. 人们不会相信老是夸大其辞的人。[派生] exaggerated *adj.*; exaggeration *n.*
26. in comparison with 相比之下, 比较起来 [用法] The tallest buildings in London are small in comparison with those in New York. [派生] compare *v.*; compare A with B 比较 A 与 B; compare A to B 把 A 比作 B [比较] in contrast with 与…形成对照
27. statistical *adj.* 统计的; 统计学的 [用法] statistical evidence 以统计数字表明的证据; It has been proved statistically that ...有统计数字证明…… [派生] statistics 统计学
28. lower the speed limit 降低时速限制; lower *v.* 降低; speed limit 时速限制
29. exceed *v.* 超过, 超出 [同义词] surpass, go beyond [用法] exceeding the speed limit 超速; to exceed one's authority 越权; The results of the competition exceeded our expectations. 比赛的结果比我们预料的好。exceed ... by fifteen percent 超过百分之十五
30. responsibility [短语] take responsibility for 对……负责 [扩展] be responsible for
31. implement *v.* 使某事物生效, 实施 [同义词] carry out, put into effect [用法] implement plans / policies / a programme of reforms 执行计划、政策、改革计划等
32. compound *v. & n. & adj.* 使更坏, 使恶化; 化合物; 混合的, 化合的 [同义词] mix; mixture, combination; mixed [用法] Initial planning errors were compounded by