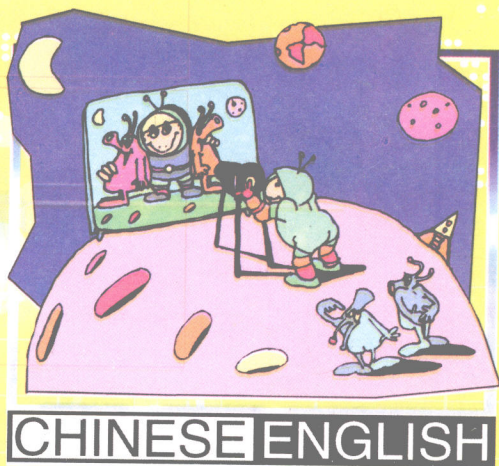


听书虫 • 英汉平行对照有声读物

医疗新方法

SPEAK CHINESE ENGLISH



英汉平行对照

趣味

科普知识

北京师联教育科学研究所 编译

学苑音像出版社

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责任编辑:冯克诚 王 军

封面设计:师联平面工作室

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注：带“☆”内容有录音



First Aid 急救

First aid is the kind of medical care given to a victim of an accident or sudden sickness before trained medical help can arrive. First aid techniques often are simple. They can be taught to people of all ages. And learning them is important. Knowing how to treat someone in an emergency can mean the difference between life and death.

急救是指在医生到达之前对某一事故的受害者或突然患病者所采取的一种医疗措施。急救的方法一般是简单易行的,可以教给各种年龄的人。学会这些方法尤为重要,懂得如何在紧急情况下对一个人采取急救措施确实是一个生死问题。

Thousands of persons die each year after eating or drinking poison substances. Experts say most accidental poisonings happen in or near the home. And most

每年,成千上万的人因饮食中毒而死亡,专家们说大多数意外的中毒事故发生在家里或离家





are caused by substances we commonly use at home: medical supplies, insect poisons or cleaning fluids. There are several common signs of poisoning. A sudden feeling of pain or sickness. Burns in the area of the mouth. Or an unusual smell coming from a person's mouth.

不远的地方,大多数事故是我们在家中经常使用的东西造成的,如药品、杀虫剂或清洗剂。中毒有几种常见的症状:突然有疼痛或生病的感觉,嘴部有灼烧感,或者口中有异味。



Health experts generally advise poison victims to drink water or milk. But never give liquids to someone who is not awake or to those having a violent reaction to the poison. Next, seek help from trained medical experts. Save material expelled from the mouth for doctors to examine. Save the container of the suspected poison to answer questions the doctors may have. The container also may describe a substance that halts the

健康专家一般建议中毒者喝水或牛奶,但千万不要给因中毒而昏迷不醒或有强烈的中毒反应的人吃流质的东西。下一步是寻求医生的帮助,把吐出来的东西留给医生检查化验,保留盛有那些可能是引起中毒的有毒物质的容器,以回答医生可能



poison's effects. Use this substance without delay.

提出的问题,容器上也可能有关于哪种物质能够解毒的说明,要立即使用这种东西。

The American Red Cross says all homes should have at least three substances to deal with poisoning. One, syrup of ipecac, is a fluid that helps the body expel material from the stomach. Another, activated charcoal, lessens the danger of poisons. The other material, epsom salts, helps to speed the release of body wastes. All three should be used only on the advice of a medical expert.

美国红十字会指出所有的家庭应至少备有三种对付中毒的东西:一种叫吐根糖浆,是一种可以促使人体把胃中的东西排出来的液体;另一种叫活性炭,可以减轻有毒物质所造成的危险;还有一种叫泻盐,可以加快体内废物的排泄。这三种药品只能在医生的指导下使用。

The Red Cross says expulsion of material from the stomach - vomiting - sometimes may be

红十字会说让中毒者把胃中的东西排出来——即呕





started if medical advice is delayed. But it says vomiting should be used only when it is known the victim took too much of what is called a general poison, such as a medicine. The experts say never cause vomiting if the victim was poisoned by a petroleum product or by a substance that was a strong acid or a strong alkali. These victims should be taken to a medical center as soon as possible.

吐——有时可以在医生未到来时就进行。但红十字会说只有在确认中毒者吃了过多的我们称之为一般性毒物的东西(例如药品)之后才可以采用让患者呕吐的方法。专家们说如果患者因石油产品、强酸或强碱中毒,那就千万不要让他呕吐。这样的中毒者应尽快送到医院。

A five-year-old boy in the American state of Massachusetts was playing with a young friend. Suddenly, the friend stopped breathing. A piece of candy was stuck in her throat. The boy remembered a television program where the same thing had hap-

美国马萨诸塞州一个五岁的男孩在跟他的小伙伴玩耍时,突然发现这位小伙伴停止了呼吸,原来是一块糖卡住了她的喉咙。这位男孩想起曾在一个



pened. He also remembered what people on the television program did to help the person who had stopped breathing. The boy quickly used the same technique on his friend. The candy flew out of the girl's throat. She was breathing again. The young boy had saved his friend's life.

电视节目里看到同样的事,他还记得电视里人们是怎样帮助那个停止呼吸的人的。这位男孩立刻对他的小伙伴采取了同样的措施,那块糖果从女孩的喉咙里飞了出来,她又能够呼吸了,小男孩救了小伙伴的命。

The simple technique used by the five-year-old boy is called the Heimlich maneuver. It was developed by an American doctor, Henry Heimlich. The Heimlich maneuver can be done in several different ways.

五岁男孩所使用的这种简单方法被称作海姆里克急救法,是由美国医生亨利·海姆里克发明的。海姆里克急救法可以用几种不同的方式来进行。

If a choked victim is sitting or standing, you should stand directly behind him. Put your arms around the victim's waist. Make

如果卡住喉咙的人坐着或站着,你应直接站在他的背后,用双臂抱住他的





one of your hands into the shape of a ball and place it over the top part of the stomach below the ribs. Next, put one hand over the other and push upward sharply. Repeat the technique until the object is released.

腰, 一只手握成球状, 放在肋骨下面的腹部的顶端, 再把另一只手放在这只手的上面, 然后猛力向上推。重复使用这种方法, 直到卡在喉咙里的东西出来为止。

A choked victim who is on the floor and not awake should be rolled on his back. Place the bottom of one hand over the upper part of the stomach. Put the other hand over it and push in quickly with an upward movement. Repeat this until the object is released.

如果喉咙被卡住的人躺在地板上且昏迷不醒, 那么就应把他的身体翻转至仰卧的姿势, 把一只手的手心按在腹部的上端, 再把另一只手放在这只手的上面, 并向上快速按压腹部。重复这一动作直到卡在喉咙里的东西出来为止。

A technique called cardiopulmonary resuscitation, CPR, can save the victims of heart attacks,

一种被称作心肺复苏法的急救方法可以拯救心脏病





drowning and shock. These People are suffering what is called cardiac arrest. CPR is designed to increase the natural ability of a person's heart and lungs. Experts say it greatly increases the chances that a heart attack victim will survive.

患者,溺水者及受惊吓而昏厥的人。这些人有心动停止的现象。心肺复苏急救法的目的是增强人的心脏和肺的天然能力。专家们说这种方法大大地增加了心脏病患者转危为安的机会。

If you see a victim of cardiac arrest, first position the victim's head and neck so that the air passages are not blocked. If the person is not breathing, start a technique called mouth-to-mouth resuscitation. Press shut the victim's nose as you place your mouth over the victim's mouth. Blow into the victim's lungs. The first two such breaths should last about one and one-half seconds each. If there is no heartbeat, attempt to

如果你看到一个人出现心动停止的情况首先要摆好患者的头和脖子的姿势,使其呼吸道不至于被堵。如果患者没有呼吸,你就采用一种被称为口对口复苏法的抢救法,把嘴对着患者的嘴,同时捏住患者的鼻子,然后向患者的肺里吹气。头两次这





restart the victim's heart by pushing down on the victim's chest. Place one hand over the other and push firmly on the victim's breastbone. Push down the person's chest about five centimeters, at a rate of about 80 to 100 times each minute. If you are working alone, you must do both jobs. Breathe two times into the victim's mouth for every 15 times you push down on the chest.

样的呼吸每次应持续 1 秒半钟。如果患者没有心跳,就试着通过压迫患者的胸腔使患者的心脏重新跳动。把一只手放在另一只手的上面,然后用力按压患者的胸骨,将患者的胸腔下压约 5 厘米,每分钟大约做 80—100 次。如果只有你一个人,你必须同时做这两件事:每按压患者的胸腔 15 次就对着患者的嘴做两次人工呼吸。

Health experts say even the smallest cut in the skin lets bacteria enter the body. So they urge correct treatment of all wounds. If the bleeding is not serious, the wound should be cleaned with

健康专家们说皮肤上一个很小的口子也会使细菌进入体内,因此他们主张要正确处理各种外伤。如果流血不





soap and water. Then cover the wound with a clean cloth, gauze or other kind of dressing.

严重,就用肥皂和水清洗伤口,然后用一块干净的布、纱布或其他敷裹将伤口包扎起来。

If the bleeding does not stop quickly, or if the wound is large, put pressure directly on the wound. Place a clean cloth on the wound and hold it firmly in place. You may use your hand if a cloth can't be found immediately. If this does not stop the bleeding, push the supplying blood vessel against a nearby bone. This also may not stop all of the bleeding; however. So also put pressure directly on the wound.

如果血不能很快止住或伤口很大,要直接压住伤口:把一块干净的布置于伤口上并紧紧地按住不放,如果一下子找不到布,也可以用手按住伤口。如果这样做仍不能止住血,那就把正在流血的血管压在旁边的骨头上,这也许仍然不能彻底地止住血,还须直接压住伤口。

There are two places, or points, on each side of the body where pressure is most often useful. If an arm or hand is bleed-

在身体的两侧各有两个部位、或两个穴位,压迫这四个部位以止血通常是





ing, the pressure point is on the inner part of the upper arm between the elbow and the armpit. Bleeding from a leg wound can be slowed by pressure to the blood vessel at the front inner part of the upper leg.

If an arm or leg is seriously damaged, a device called a tourniquet may be used to stop the bleeding. It should be used only when bleeding threatens the victim's life. A tourniquet may be made with any flat material about 50 millimeters wide. It could be a piece of cloth or a belt. However, a rope or wire should not be used, because they damage the skin.

很有效的。如果胳膊或手在流血,那么压迫点就在上臂内侧的肘与腋窝之间。腿部伤口出血可以通过压迫大腿前内侧的血管得以缓解。

如果胳膊或腿严重受伤,可使用止血带来止血。只有在流血威胁到受伤者生命时才可以使使用止血带。止血带可用大约 50 毫米宽的任何表面平滑的材料制成,可以是一块布或一根带子,但不能用绳子或电线,因为它们会损伤皮肤。

Place the material around the arm or leg between the wound and the body, and tie the ends together.

将止血带绕在处于伤口与身体之间的胳膊或腿上,把





er. Then put a stick in the tied knot. Turn the stick slowly until the flow of blood stops. The stick can be held in place by another piece of cloth. A tourniquet may be left in place for one or two hours without causing damage.

两头系在一起,然后将一根小棍儿插在系结处,慢慢转动小棍直到止住血为止,可用另一块布将小棍固定住。止血带可包扎一至两小时而不会对身体造成伤害。

When a wound is thought to be infected, let the victim rest. Physical activity can spread the infection. If medical help is delayed, treat the wound with a mixture of salt and water. Add nine and one-half milliliters of salt to each liter of boiled water. Place a clean cloth in the mixture. Then remove the extra water from the warm cloth and put the cloth on the wound. Be careful not to burn the skin.

如果伤口已感染,就让受伤者休息,身体活动会扩散感染。如果未能及时得到医生的帮助,就用盐水来处理伤口。在每升开水中放9毫升半的盐,把一块干净的布放入盐水中,然后把多余的水挤出,最后将其覆盖于伤口,注意不要烫伤皮肤。

The first aid techniques de-

任何没有受过





scribed in our report can be done by persons with no medical education. But experts say some training is desirable to make sure the techniques are done safely and effectively. First aid skills are taught in many parts of the world by groups such as the Red Cross or Red Crescent. To learn more, talk with health experts in your area.

医学方面教育的人均可采用我们在此所描述的各种急救方法。但专家们说人们还是需要接受一些训练,以确保能安全有效地使用这些急救方法。在世界各地有许多组织,如红十字会和红新月会,传授急救知识。你如果想学更多的急救方法,就去找当地的健康专家。

