

医学高等专科学校教材  
中央广播电视大学医科大专指定教材

# 医务人员初中级英语

## Elementary & Intermediate English for Medical Professionals

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北京医科大学出版社

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# 医务人员初中级英语

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# 前 言

为了满足全国广大医务人员学习英语并不断提高自身英语水平的要求,根据多年英语教学经验并结合日新月异的新形势,我们编写了《医务人员初中级英语》、《医务人员中高级英语》和《医务人员高级英语》这一套系列英语教材,以满足不同层次、不同英语水平医务人员的需要。

《医务人员初中级英语》是专为具有大学英语一级水平或相当于此水平的医务人员编写的。读者需已经学习了英语基础语法并掌握了大约 1500 个普通词汇。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,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的,并受读者喜爱的好教材。

全书共 20 篇精读课文,内容丰富、题材广泛、体裁多样。素材均精选自国外出版的最新书刊资料和国际互联网上的最新资料。通过对精读课文的学习,帮助读者顺利跨入医学英语的大门,逐步掌握 3000 左右医学科普词汇,能阅读中等难度的医学科普文章,达到医务人员中级英语水平。为了帮助读者学习这些精读课文,稳步地领会和掌握课文中的词汇、句型、语法和背景知识,提高读者的理解能力和实际运用语言的能力,我们在每篇课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。练习共分五大部分。

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)理解某些词汇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词汇和短语。第三部分为汉译英,要求学生在翻译五个汉译英的句子时使用本课学过并要求掌握的短语和句型。第四部分为系统语法练习,由二十个单元组成,分别安排在每课第三部分汉译英之后。这些语法练习又分为两部分。第一单元至第十五单元为第一部分,第十六至第二十单元为第二部分。第一部分按词法、句法进行单项练习,主要包括名词、冠词、代词、形容词、副词、助动词、动词的时态、虚拟语气、非谓语动词、介词、连词、附加疑问句、强调、倒装、主谓一致、平行结构等。第二部分为综合语法练习。每个单元的练习有两种题型,即选择和改错。该语法练习在习题的选择上遵循了由浅入深的原则,同时针对中国学生语法问题上常犯的错误,选择了典型的习题。这些语法练习能较系统地帮助读者巩固所学过的语法知识,进而提高他们的整体英语水平。第五部分为补充阅读,阅读材料一般都为医学科普短文。要求读者通读全文后在理解的基础上将文章的五个较难的句子翻译成汉语。读者通过阅读和翻译,不仅可以扩大医学词汇量,拓宽知识面,而且有助于提高读者的阅读理解和汉语表达能力。

为了帮助读者更好地理解我们精选的课文,学好用好本教材,同时也为了给自学的同志提供方便,我们在书后附上了全部主课文及补充阅读的参考译文和全部练习的答案。课文译文多采用直译的方法。虽然有时会显得比较生硬,但对于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,所给的答案仅供读者练习时参考。

由于编者的水平有限，时间仓促，不妥之处在所难免，恳切希望广大的读者和英语界的同仁们在使用过程中多提宝贵意见。

胡德康

2000年4月

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## Lesson One

physically  
mentally  
socially

# Health Today

[1] The word health can be used in a number of ways. In the past, health meant only the absence of disease or illness. Today, though, health ~~has a broader meaning~~. Health is the state of your well-being that includes how you feel physically, mentally, and socially. Wellness is another term that describes this broader view of health. You can understand the need for a broader definition if you think about how health in your life is different from health in your grandparents' lives.

[2] <sup>in the 1900's</sup> In 1900, the main causes of death were diseases that were spread by bacteria and viruses. If you had lived then, the emphasis of health was on freedom from illness. Today many of the diseases that were common in 1900 can be prevented or cured by improved medicines and methods of sanitation. Most diseases now are likely to occur later in life. You as a teenager will probably not have to think about the same threats to your health as your grandparents did.

[3] These improvements in health conditions mean that not only can you now enjoy a better life, but you also have a greater chance of having a longer life. Controlling diseases has increased the life expectancy in the United States. Life expectancy is the measure of the average number of years that a group of people may expect to live. Generally, people born more recently have higher life expectancies. Since 1900, the life expectancy in the United States has increased by more than 26 years. It has increased from 47 years for those born in 1900 to 74 years in 1981.

[4] The United States Center for Disease Control has identified four major factors that determine health. They are personal health behavior, biological influences such as heredity, the condition of the physical environment, and the quality of health care service.

[5] Personal health behaviors are factors in 51 percent of all ten major causes of death. Health behaviors are actions you take that affect your health.

[6] A research study of over 700 individual reported seven health behaviors that promote good health and tend to increase average length of life. The seven factors are listed below:

1. Sleeping seven to eight hours daily
2. Eating breakfast almost every day

environment  
heredity — biological influences  
personal behavior  
quality of health care service



3. Rarely eating between meals

4. Maintaining normal weight

5. Not smoking cigarettes

6. Drinking alcohol in moderation, or not at all

7. Getting regular physical exercise

*Drinking alcohol  
in moderation*

[7] Those who practices most or all of these behaviors tend to be in better physical and mental health than those who follow a few or none. People who are in good physical shape are better able to handle the pressure in their lives. People who have good mental health have a good self-concept.

[8] Sometimes your ability to prevent diseases is limited by heredity and by other personal factors. Heredity is the passing on of traits biologically from parents to children. If many of your family members have died of heart disease, you may be less able to prevent heart disease than someone whose family members have been free of heart disease. Sometimes a disability can keep you from being able to exercise regularly. Whatever your heredity or physical condition, though, you can improve your chance of having a lifetime of good health by choosing responsible health behaviors.

[9] Your physical environment is your physical surrounding — any place in which you live, work, or play. Health threats in your physical environment may affect your personal health. Air pollution may increase your chance of developing lung disorders, or worsen a condition such as asthma. Scientists believe that air pollution might even cause living places infected, and infected food or water are examples of factors in the environment that can affect your health.

[10] The quality of the health care you have or available to you also helps determine the quality of your general health. If you can get regular medical and dental care, you may be able to prevent many health problems. Preventing an illness is always easier than curing one.

### New Words and Expressions

1. absence ['æbsəns] n.

缺乏, 没有

2. physically ['fɪzɪkəli] adv.

bodily 身体上

3. term ['tɜ:m] n.

习语; 术语

4. describe [di'skraɪb] vt.

say what sth is like 描述

5. view [vju:] n.

观点

6. definition [defɪ'nɪʃn] n.

定义

7. bacterium [bæk'tɪəriəm] n.	细菌
8. virus ['vaɪərəs] n.	病毒
9. pneumonia [nju:'məʊniə] n.	肺炎
10. cure [kjʊə] vt.	make sb healthy again 治愈
11. sanitation [sæni'teɪʃən] n.	Sanitation 卫生设备
12. occur [ə'kɜ:] vi.	Sanitation come into being as an event or a process 发生
13. threat [θret] n. vt.	expression of one's intention to punish or ham sb.; indication or warning of future danger 威胁
14. identify [ai'dentɪfaɪ] vt.	recognize sb/ sth as being the specific person or thing 确认
15. determine [di'tə:mɪn] vt.	decide; fix precisely 决定; 确定
16. heredity [hi'redɪti] n.	遗传
17. rarely ['reəli] adv.	not often; seldom 几乎不; 罕有的
18. moderation [mɒdə'reɪʃn] n.	适度
19. handle ['hændl] vt.	deal with; manage or control 处理; 操作
20. pressure [prefə] n.	压力
21. self-concept n.	自身印象
22. disability [disə'bɪlɪti] n.	残疾; 无能
23. environment [ɪn'vaɪərənmənt] n.	环境
24. available [ə'veɪləbl] a.	available (of things) that can be used or obtained 可以得到的
25. trait ['treɪt] n.	trait trait 特性; 特质
26. factor ['fæktə] n.	因素

## I . Reading Comprehension

**Part A: Choose the best alternative A, B, C or D under each.**

- Health is a state of \_\_\_\_\_.  
A. absence of disease or illness  
B. wellness that include what you feel physically, mentally, socially  
C. physical wellness  
D. mental well-being
- Nowadays many diseases common in 1990 can be prevented or cured by \_\_\_\_\_.  
A. new drugs  
B. choosing responsible health behaviors  
C. experienced and considerate doctors

- D.improved medicine and methods of sanitation
3. Which of the following factors can't determine your health?
- A.the place where you live, work, or play
  - B.quality of health care service
  - C.diet
  - D.close friends
4. Researchers found those who practiced a few or none of those suggested behaviors tend to be \_\_\_\_\_.
- A.in a better physical and mental health
  - B.in an equally good health
  - C.in a relatively poor health
  - D.none of above
5. Researchers think it advisable to \_\_\_\_\_.
- A.prevent disease by avoiding health threats in physical environment
  - B.get regular medical and dental care
  - C.follow responsible health behaviors
  - D.B and C
6. You may be less able to prevent heart disease than someone if \_\_\_\_\_.
- A.many of your family members have died of heart disease
  - B.you live in an air polluted city
  - C.you have a disability which prevents you from being able to exercise regularly
  - D.you are infected by a disease spread by bacteria and viruses
7. According to the writer, preventing an illness is \_\_\_\_\_ than curing one.
- A.more important way of keeping health
  - B.more efficient way of keeping health
  - C.a quicker way of keeping health
  - D.an easier way of keeping health
8. The improvement in health condition means \_\_\_\_\_.
- A.longer life expectancy
  - B.enough food
  - C.happy family
  - D.more knowledge about oneself

**Part B: Answer the following questions.**

1. What did health mean in the past and what is its broader meaning?
2. What factors determine health according to the study performed by the United States Center for Disease Control?



- |                |                 |
|----------------|-----------------|
| A. combination | B. coordination |
| C. moderation  | D. agreement    |
2. Certain emotions also cause \_\_\_\_\_ changes. Your heart rate speeds up when you are angry. You perspire more when you are anxious.
- |              |               |
|--------------|---------------|
| A. physical  | B. mental     |
| C. essential | D. functional |
3. Every baby is born with its own characteristics. Physical \_\_\_\_\_, such as skin, hair, and eye color, are determined largely by heredity.
- |               |           |
|---------------|-----------|
| A. disorders  | B. signs  |
| C. conditions | D. traits |
4. \_\_\_\_\_ with someone you admire is a defense mechanism that allows you to imagine you have the style or talents of someone else.
- |           |               |
|-----------|---------------|
| A. Start  | B. Identify   |
| C. Reckon | D. Correspond |
5. Fertilization takes place in the mother's fallopian tube (输卵管). If fertilization should not \_\_\_\_\_, the egg disintegrates in the uterus (子宫).
- |          |            |
|----------|------------|
| A. begin | B. deposit |
| C. occur | D. grow    |
6. Examination showed that stones are \_\_\_\_\_ from the duct system.
- |              |             |
|--------------|-------------|
| A. absent    | B. remote   |
| C. discarded | D. distinct |
7. Food must go through a complex process of digestion before it is \_\_\_\_\_ for nourishment of the body.
- |              |              |
|--------------|--------------|
| A. aware     | B. favorable |
| C. preferred | D. available |
8. Vitamins, minerals, and water are not digested by your body as are the other nutrients. However, they \_\_\_\_\_ bodily function.
- |              |               |
|--------------|---------------|
| A. carry out | B. help build |
| C. maintain  | D. describe   |

### III . Translation

Put the following sentences into English.

- though*
1. 虽然你无法改变或控制遗传和所处环境,但你可以改变自己的行为。
  2. 每个人都是父母遗传基因组合后的独特产物。
  3. 肺癌可在早期治愈。

4. 快餐食品含有大量蛋白质,但缺乏钙,维生素和叶酸。

## IV. Grammar Exercises

Part A: In this part, four words or phrases are given. You are to choose one word or phrase that best completes the sentence.

- A 1. Mathematics \_\_\_\_\_ the study of science of numbers.  
~~A. is~~ B. are  
C. was D. were
- A 2. The Niagara Falls \_\_\_\_\_ on the border line between U.S.A. and Canada.  
A. are *被忽视* B. has  
C. have D. is
- A 3. The cattle *Niagara Falls* \_\_\_\_\_ grazing leisurely on the meadow.  
A. are *被* B. is  
C. has D. have
- B 4. The extremely old \_\_\_\_\_ attention. *The old need special care*  
A. needs great deal of B. need a great deal of  
C. need great deal of ~~D. needs a great deal of~~
- A 5. Athletics \_\_\_\_\_ all kinds of sports, such as running, jumping and swimming.  
A. includes *是* B. include  
C. including D. will include
- C 6. The factory has just bought \_\_\_\_\_ for the laboratory.  
A. two equipments piece B. two pieces of equipments  
C. two pieces of equipment D. two equipments
- B 7. I do wish I could give you \_\_\_\_\_.  
A. many advice ~~B. much advice~~  
C. many advices D. much advices
- B 8. The manager opened the letter and found \_\_\_\_\_.  
A. an important information ~~B. some important information~~  
C. many important informations D. much important informations
- B 9. It's said the police \_\_\_\_\_ always stopping people from doing what they want to do.  
A. is B. are  
C. have D. has
- A 10. He was elected chairman of \_\_\_\_\_ association. *elect sb. as position*  
A. the writers *won name* B. the writers'  
C. writer's *consider* D. writers'

- B 11. Tom ran into \_\_\_\_\_ in the street yesterday.  
 A. his sister boyfriend B. a boyfriend of his sister's  
 C. a boyfriend of his sister D. his sister of a boyfriend
- B 12. We came to the meeting late because we were delayed by \_\_\_\_\_.  
 A. heavy traffics B. heavy traffic  
 C. any heavy traffic D. some heavy traffics
- B 13. Please send them \_\_\_\_\_ when you write to your parents.  
 A. my respect B. my respects  
 C. your respect D. respects
- C 14. Our national football team \_\_\_\_\_ reorganized ater the Olympics qualifying match.  
 A. have been B. are being  
 C. has been D. is to
- C 15. Could you show me where \_\_\_\_\_ shoes are?  
 A. man B. men  
 C. men's D. mens'
- A 16. You'd better change your wet clothes, or you'll \_\_\_\_\_.  
 A. catch a cold B. catch cold  
 C. catch colds D. catch one cold
- D 17. Everybody knows Guo Feng is \_\_\_\_\_.  
 A. a singer and a composer B. singer and composer  
 C. the singer and composer D. a singer and composer
- A 18. "Does she often like \_\_\_\_\_?" "Yes, I think she does."  
 A. to play the piano B. to play piano  
 C. to playing the piano D. to playing piano
- D 19. Nowadys people are often paid *by the hour* \_\_\_\_\_.  
 A. by a hour B. by an hour  
 C. by the hour D. by hours
- C 20. The mini-skirt has been \_\_\_\_\_ again.  
 A. in fashions B. in a fashion  
 C. in fashion D. in the fashion
- B 21. Apples grow in many countries, but \_\_\_\_\_ that grow here are the best I have ever tasted.  
 A. apple B. the apple  
 C. apples D. the apples
- C 22. On \_\_\_\_\_, many Americans stay at home.  
 A. New Year Day B. the New Year Day  
 C. New Year's Day D. the New Yesr's Day

23. I have made up mind to study \_\_\_\_\_.  
 A. medicine B. the medicines  
 C. medicines D. a medicine
24. The earthquake in Tangshan happened in \_\_\_\_\_.  
 A. late 1970s *the latest* B. the late of 1970s  
 C. late of 1970s D. late of the 1970s
25. This is one of \_\_\_\_\_ beautiful gardens in the world.  
 A. most B. the most  
 C. most of D. most the
26. John is a sports fan, \_\_\_\_\_ is his favorite.  
 A. football B. a football  
 C. the football D. footballs
27. I am \_\_\_\_\_, I can't take sugar in coffee.  
 A. in diet B. on a diet  
 C. in the diet D. on diets
28. \_\_\_\_\_ is one of the longest rivers in the world.  
 A. Thames B. The Thames  
 C. Thames River D. The Thames'
29. Let's go and watch them play \_\_\_\_\_.  
 A. the chess B. chess  
 C. a chess D. chesses
30. Tom get wounded in the traffic accident and was soon taken to \_\_\_\_\_ yesterday.  
 A. hospital B. the hospital  
 C. one hospital D. a hospital

**Part B: Each of the following sentences has four underlined parts, marked A, B, C and D. Identify the one that needs correction.**

1. When Tom was a boy, he used to swim in a river close to his village.  
 A B C D
2. A number of errors made by him was surprising.  
 A B C D
3. Many people can do one kind of work, but a few peoples can do may kinds of work.  
 A B C D
4. Although he has a car, he often goes home on feet.  
 A B C D
5. After graduation, he kept in touches with him by correspondence.  
 A B C D
6. Five hundred yuan are not enough for me to make a trip to Shanghai.  
 A B C D
7. The United Nations are a world organization founded after World War Two.  
 A B C D



8. They all made friend with her and enjoyed their trip very much.  
                   A                  B                  C                  D
9. The world is made of the matter. Iron is a kind of matter. So are water and air.  
   A                  B                  C                  D
10. The President Wang is going to give us a talk on "Tradition of Chinese Medicine".  
                   A  B                  C                  D

## V. Supplementary Reading

### The Structure and Function of the Body

[1] Wonders are many in our world today, but none is more wondrous than human body. The body is a single structure, but it is made up of billions of smaller structures of four major kinds: cells, tissues, organs, systems. The smaller and most numerous of these are cells. Although long recognized as the simplest units of living matter, cells are, in truth, far from simple. They are extremely complex. ① The fundamental parts of the cell are the nucleus, cell membrane, and cytosome. Most cells contain a single nucleus, but indeed there are notable exceptions. Some cells are without distinct nucleus at all, whereas others are multinucleated.

[2] Tissues are somewhat more complex units than cells. ② By definition, a tissue is an organization of a great many similar cells with varying amounts and kinds of nonliving, intercellular substances between them. ③ The body's trillions of cells are organized into four categories of tissues: epithelial, muscular, connective, and nerve. In brief, epithelial tissues cover and line surfaces and produce secretions; muscular tissues affect contraction and movement; connective tissues support and protect other tissues; and nerve tissues provide communication and response.

[3] Organs are more complete units than tissues. An organ is a group of several different kinds of tissues so arranged that together they can perform a special function. For example, the stomach is an organization of muscle tissue, connective tissue, epithelial tissue, and nervous tissue so arranged that together they can perform part of the function of digestion. The skin is the largest organ in the body and one of the most important. Architecturally the skin is a marvel. Consider the incredible number of structures fitted into an area about the size of your fingernail: several dozen sweat glands, hundreds of nerve endings, yards of tiny blood vessels, many oil glands and hairs, and literally thousands of cells.

[4] In contrast to cells, which are the smallest structural units of the body, systems are its largest structural units. A system consists of a group of organs that work together to perform a more complex function than any one organ can perform alone. The muscular system moves it.