

医疗卫生系统出国进修人员

英语应试参考

辽宁省卫生厅科教处医学外语培训中心 锦州医学院

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关兴华 苏伦 马龙海 编

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(阅读理解)

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学好外语，适应改革开放，
为发展我国医学科学而
努力。

李仁

七月十七日

序 言

近年来，我国医疗卫生系统的医务工作者和科技人员与国外进行学术交流、技术合作的机会与日俱增。特别是世界卫生组织（WHO）和笹川医学奖学金的设立，我国每年出国学习、进修、讲学以及从事技术交流的医务人员越来越多。为了帮助这些准备出国的人员尽快提高英语水平和应试能力，关兴华，苏伦，马龙海同志编写了这套《医疗卫生系统出国进修人员英语应试参考》。这是我国目前第一套医疗卫生系统英语考试的参考书。它的问世，对于英语作为外语的我国广大医务人员来说是件大好事。

这套书是根据一九八七年九月国家医学考试中心拟定的《卫生部选拔出国人员外语考试大纲》精神，参考国内外有关文献编写而成的。全书共分上下两册。上册为“阅读理解”，涉及医学或有关学科的各类文章共计50篇。选材难度适宜，文章后面附有注释和阅读理解，便于自学和自测。下册为“综合测试”，在近一千五百道习题中，读者不仅可以复习英语的全面知识，而且还可以从中领略目前国内外广为流传的英语综合测试技巧之奥妙。我十分高兴地向广大的医务工作者推荐这套书籍，相信并希望它能为广大读者提供帮助。

汪榕培

1989年7月于大连

编者的话

本书的完成得到了辽宁省卫生厅和锦州医学院有关领导同志的大力支持；英籍教师 Alison Thomas 小姐编写了书中五篇 Fast Reading Practice 阅读理解问题；辽宁省卫生厅李仁副厅长为此书题字；大连外国语学院院长汪榕培教授，辽宁省卫生厅科教处高庆端处长分别为该书作序；锦州医学院解剖学教研室研究生秦书俭和辽宁师范大学八八级英语本科生关健同志参加了该书的部分校对工作，在此一并表示衷心的感谢。

由于时间仓促，编者水平有限，书中错误在所难免，我们诚恳地希望广大读者批评、指正。

编者

1988年7月

序

锦州医学院外语教研室作为辽宁省卫生厅科教处医学外语培训中心，几年来培训了许多通晓外语的医务工作者。其中有的出国深造，有的成为卫生战线上的骨干力量，为我省的医疗卫生事业做出了宝贵的贡献。通过几年的教学实践，他们摸索出了一条培养医务人员学习外语的可行之路，积累了丰富的经验，取得了可喜的成果。这里奉献给广大读者的《医疗卫生系统出国进修人员英语应试参考》是几位老师根据国家医学考试中心拟定的《卫生部选拔出国进修人员外语考试大纲》精神，结合教学工作实际，收集、整理多年积累的有关资料，经过精心细致地加工制作取得的又一丰硕果实。我想这套书籍不仅仅能够为准备出国的医务人员，而且也能为广大的医学生、医学研究生以及从事科研、教学的广大教师所喜欢。

高庆端

1989年7月于沈阳

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UNIT 1

A Vegetarian

A strict vegetarian is a person who never in his life eats anything derived from animals. The main objection to vegetarianism on a long-term basis is the difficulty of getting enough protein — the body-building element in food. If you have ever been without meat or other animals foods for some days of weeks (say, for religious reasons) you will have noticed that you tend to get physically rather weak. You are glad when the fast is over and you get your reward of a succulent meat meal.

Proteins are built up from approximately twenty food elements called "amino-acids", which are found more abundantly in animal protein than in vegetable protein. This means you have to eat a great deal more vegetable than animal food in order to get enough of these amino-acids. A great deal of the vegetable food goes to waste in this process and from the physiological point of view there is not much to be said in favour of life-long vegetarianism.

The economic side of the question, though, must be considered. Vegetable food is much cheaper than animal food. However, since only a small proportion

of the vegetable protein is useful for body-building purposes, a consistent vegetarian, if he is to gain the necessary 70 grams of protein a day, has to consume a greater bulk of food than his digestive organs can comfortably deal with. In fairness, though, it must be pointed out that vegetarians claim they need far less than 70 grams of protein a day.

Whether or not vegetarianism should be advocated for adults, it is definitely unsatisfactory for growing children, who need more protein than they can get from vegetable sources. A lacto-vegetarian diet, which includes milk and milk products such as cheese, can, however, be satisfactory as long as enough milk and milk products are consumed.

Meat and cheese are the best sources of usable animal protein and next come milk, fish and eggs.

Slow and careful cooking of meat makes it more digestible and assists in the breaking down of the protein content by the body. When cooking vegetables, however, the vitamins, and in particular the water-soluble vitamin C, should not be lost through over-cooking.

With fruit, vitamin loss is negligible, because the cooking water is normally eaten along with the

fruit, and acids in the fruit help to hold in the vitamin C.

Most nutrition experts today would recommend a balanced diet containing elements of all foods, largely because of our need for sufficient vitamins. Vitamins were first called "accessory food factors" since it was discovered, in 1906, that most foods contain, besides carbohydrates, fats, minerals and water, these other substances necessary for health. The most common deficiencies in Western diets today are those of vitamins. The answer is variety in food. A well-balanced diet having sufficient amounts of milk, fruit, vegetables, eggs, and meat, fish or fowl (i.e. any good protein source) usually provides adequate minimum daily requirements of all the vitamins.

Notes:

1. vegetarian 素食主义者
2. vegetarianism 素食主义
3. succulent 多汁的, 新鲜的, 含肉的
4. be built up from 由...组成
5. a great deal of 大量
6. from the physiological point of view
从生理学的观点来看

- 7. in favour of 支持,赞成,有利于
- 8. cheese 乳酪,干酪
- 9. in particular 特别,尤其
- 10. nutrition expert 营养学专家
- 11. carbohydrate 碳水化合物

Comprehension:

Select the answer which is most accurate according to the information given in the passage.

- 1. A strict vegetarian
 - A. rarely eats animal products.
 - B. sometimes eats eggs.
 - C. never eats any animal products.
 - D. never eats protein.
- 2. We feel weak when we go without meat and other animal products
 - A. because we are reducing our food intake.
 - B. because we do not get enough protein.
 - C. because vegetables do not contain protein.
 - D. unless we take plenty of exercise.
- 3. proteins are built up from
 - A. approximately twenty different foods.
 - B. about twenty different vegetables.
 - C. various fats and sugars.
 - D. about twenty different amino-acids.
- 4. Physiologically, life-long vegetarianism may not

- be good because
- A. it makes people very thin.
 - B. the body must process too much waste.
 - C. the farmers lose money.
 - D. vitamin-deficiency disease may result.
5. One thing in favour of vegetarianism is that
- A. vegetable food is easier to digest.
 - B. animal food is less expensive.
 - C. vegetable food is cheaper.
 - D. it is good for the digestion.
6. The body's daily need for protein is
- A. 90 grams.
 - B. 50 grams.
 - C. 70 grams.
 - D. at least 100 grams.
7. The digestive organs can comfortably deal with
- A. any quantity of food per day.
 - B. less than 70 grams of food per day.
 - C. a limited quantity of food per day.
 - D. any amount of vegetable foods.
8. Vegetarianism is not suitable for growing children because they
- A. need more protein than vegetables can supply.
 - B. cannot digest vegetables.
 - C. use more energy than adults.

- D. cannot easily digest milk and milk products.
- 9. Slow and careful cooking of meat
 - A. preserves the vitamins.
 - B. breaks down the vitamins.
 - C. makes it easier to digest.
 - D. reduces the protein content.
- 10. Most nutrition experts today believe the food we eat should contain
 - A. more meat than vegetables.
 - B. more vegetables than meat.
 - C. fruit cereals and fish as well as meat and vegetables.
 - D. as many different kinds of vegetables as possible.

Fast Reading Practice (1)

Some psychologists maintain that mental acts such as thinking are not performed in the brain alone, but that one's muscles also participate. It may be said that we think with our muscles in somewhat the same way that we listen to music with our bodies.

You surely are not surprised to be told that you usually listen to music not only with your ears but with your whole body. Few people can listen to music that is more or less familiar without moving their body of, more specifically, some part of their body.

Often when one listens to a symphonic concert on the radio, he is tempted to direct the orchestra even though he knows there is a competent conductor on the job.

Strange as this behavior may be, there is a very good reason for it. One cannot derive all possible enjoyment from music unless he participates, so to speak, in its performance. The listener "feels" himself into the music with more or less pronounced motions of his body.

The muscles of the body actually participate in the mental process of thinking in the same way, but this participation is less obvious because it is less pronounced.

Notes:

1. psychologist 心理学家
2. symphonic 交响乐的
3. concert 音乐会
4. orchestra 管弦乐队
5. conductor 指挥
6. derive from 由...而来, 源出于, 从...导出

Comprehension:

Select the answer which is most accurate according to the information given in the passage.

1. Some psychologists maintain that thinking is