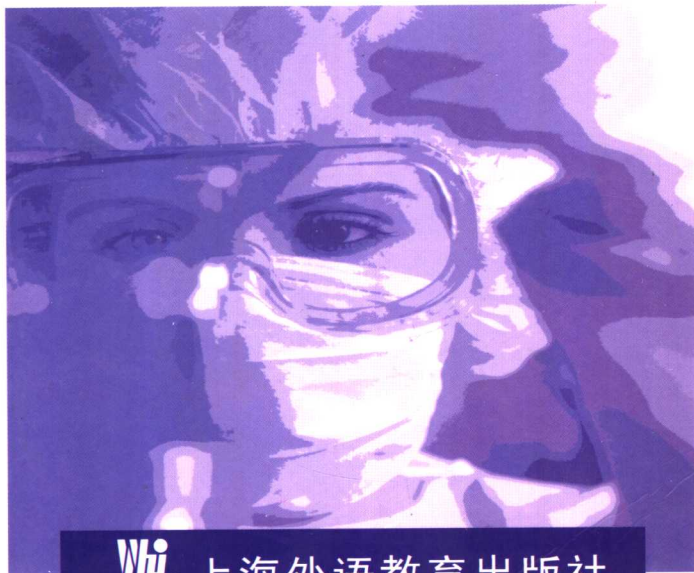


■ 大学英语应用提高阶段专业英语阅读系列

# 医学英语教学 短文阅读

# Medical Horizons

主编 梁正溜



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外教社®

上海外语教育出版社

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# 医学英语教学 短文阅读 Medical Horizons

主编 梁正溜

编者 梁正溜 汪 琦 戴月珍 胡凤春  
肖 英 孙庆祥 顾 晔 施玲芳  
蔡和兵



上海外语教育出版社

## 图书在版编目(CIP)数据

医学英语教学短文阅读 = Medical Horizons/梁正溜

主编. - 上海:上海外语教育出版社,2003

(大学英语应用提高阶段专业英语阅读系列)

ISBN 7-81080-626-2

I. 医… II. 梁… III. 医学—英语—阅读教学—  
高等学校—自学参考资料 IV. H319.4

中国版本图书馆 CIP 数据核字(2002)第 097757 号

出版发行: **上海外语教育出版社**

(上海外国语大学内) 邮编: 200083

电 话: 021-65425300 (总机), 35051812 (发行部)

电子邮箱: bookinfo@sflep.com.cn

网 址: <http://www.sflep.com.cn> <http://www.sflep.com>

责任编辑: 陈鑫源

印 刷: 常熟市华通印刷有限公司

经 销: 新华书店上海发行所

开 本: 787×960 1/16 印张 25.75 字数 586 千字

版 次: 2003 年 2 月第 1 版 2003 年 2 月第 1 次印刷

印 数: 5 000 册

书 号: ISBN 7-81080-626-2 / H·249

定 价: 27.50 元

本版图书如有印装质量问题,可向本社调换

# 前言

无论是大学英语应用提高阶段的英语教学理论,还是当今颇受关注的大学“双语教学”中的教学理念,其宗旨一脉相承,即:英语是一个工具,必须与专业知识融为一体。两者的结合与时俱进,既有助于进一步提高学生自身英语水平,又能帮助他们掌握相关的专业知识。在这催人奋进的时代发展潮流中,我们谨将《Medical Horizons—英语教学短文阅读》献给我国的英语教育事业,以促进英语教学与专业知识相结合,适应新时代大学英语教学的发展。

本书收编了60篇当今医学科学方面的报道文章;20篇反映现代医学热点的评论文章;20篇耐人寻味的医学文学文章。三种不同题材的短文均以3:1:1的比例为单元进行编排。每篇文章附有单词注释、难点注释和多项选择阅读理解题。

为了有效地使用该教材,编者建议:

1. 报道性文章可选用于课外泛读,并要求学生将其带入课堂进行口头汇报和讨论,从而达到模拟学术活动的目的;
2. 评论性文章可选用于课堂阅读和讨论,在培养学生英语表达能力的同时,提高他们对事物的敏感性;
3. 文学性文章可选用于课堂阅读和讨论,让学生充分得到医学文学的熏陶,从而扩大他们的词汇量和增强他们的语感。

简而言之,本书提供了很大的挑选余地,可任意组合筛选。全书颇有知识性、专业性、文学性、趣味性、实用性。

本书由经炜协助电脑输入,在此表示诚挚的感谢。

编者  
2002年8月

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# UNIT ONE

## TEXT 1

### Catch Them Young

Jonathan Beard

Whole classes could be tested for color-blindness in a few minutes using a cheap new test, paving the way for<sup>[1]</sup> the routine screening of every schoolchild. Teachers could then help color-blind pupils with any problems caused by their condition, say ophthalmologists in Wisconsin.

The pencil-and-paper exercise, developed by Jay and Maureen Neitz of the Medical College of Wisconsin in Milwaukee, allows a teacher to test an entire class in just 10 minutes. The one-page handout contains eight plates, each with a geometric shape visible to children with normal vision. Children are asked to trace the outline of the shapes that they can see. Some of the shapes will be invisible to those with any of the three types of color-blindness. "A teacher can score the tests in a matter of minutes," says Maureen Neitz. The materials are cheap because the handouts can be printed on an ordinary color laser printer.

The researchers tried out their test on 5,000 children between 4 and 12 years old. For comparison, they also tested the children with a traditional color-blindness test known as the Ishihara test<sup>[2]</sup>, which can take longer to administer. False positives<sup>[3]</sup> — where a child is wrongly diagnosed as color-blind by

#### Vocabulary

**color-blind** / 'kʌlə(r) blaɪnd / *a.*  
色盲的

**ophthalmologist**  
/ ˌɒfθəˈlɒlədʒɪst / *n.* 眼科医师

**handout** / 'hændaʊt / *n.*  
(免费)散发的印刷品

**plate** / pleɪt / *n.* 图版

**geometric** / dʒiəʊ'metrik / *a.*  
几何图形的

[1] **pave the way for** 动词短语,意为:为…铺平道路

[2] **Ishihara test** 石原试验,可检色彩视力

[3] **false positives** 假阳性

making an error in the test — were no more common than<sup>[1]</sup> for other tests. The new test was also just as sensitive as its predecessors. “No child who passed our test failed standard color-vision tests,” says Neitz.

If color-blindness is overlooked, children can be misdiagnosed with educational problems, according to Neitz. “More and more material, such as maps and charts, is color-coded as cheap color printers become widespread, and this particularly affects the youngest children,” she says.

Neitz cites the example of her severely color-blind brother, who was described as unwilling and inattentive at school because he was unable to color pictures according to teachers’ instructions. If color-blind children were identified at an early age, says Neitz, counseling could steer them away from<sup>[2]</sup> careers that demand normal color vision, such as pilots or the police.

But Robert Massof, a researcher at the Lions Vision Research and Rehabilitation Center at Johns Hopkins University in Baltimore, is skeptical about the introduction of a new form of routine screening. “Valid and reliable color-vision screening tests are nearly a century old and are routinely used,” he says. “Mass screening of color vision probably is not a major priority.” However, Massof admits that education issues for children with color-vision defects are important.

**predecessor** / 'pri:disəsə / n.  
(被取代的)原有事物

**counseling** / 'kaunsəliŋ / n. 劝告

**rehabilitation** / 'ri:hə, bili' teɪʃən /  
n. 恢复

**skeptical** / 'skeptikəl / a. 怀疑的

**priority** / praɪ'ɔ:riti / n.  
优先考虑的事

**defect** / di'fekt / n. 缺损

## Reading Comprehension

**Directions:** *There are four suggested answers to each of the following questions. Choose the best one according to the passage you have just read.*

1. As the new test requires, each kid is assigned
  - A. one plate with eight colors.
  - B. one handout with eight plates.
  - C. eight handouts, each with a geometric shape.

[1] **no more ... than** 连词,意为:同……一样不

[2] **steer them away from** 动词短语,意为:引导……远离

- D. three types of plates with colorful geometric shapes.
- 2. Neitz would say that the new test is
  - A. quick.
  - B. cheap.
  - C. reliable.
  - D. all of the above.
- 3. Compared with other tests, the new one
  - A. is of the same reliability.
  - B. is much more reliable.
  - C. is far more sensitive.
  - D. is much better.
- 4. Color-blindness, according to Neitz,
  - A. can be corrected in her class.
  - B. affects the youngest children severely.
  - C. is sometimes mistaken for a learning problem.
  - D. is frequently caused by widespread color printers.
- 5. The significance of catching color-blind kids young lies in
  - A. solving educational problems.
  - B. improving color vision.
  - C. career counseling.
  - D. all of the above.
- 6. Massof is trying to draw our attention to
  - A. routinely used color-vision screening tests.
  - B. the educational issues in the United States.
  - C. a more reliable color-vision screening.
  - D. the education for color-blind children.

## TEXT 2

## Hearts and Minds

Alison Motluk

Antidepressants not only treat depression, but can also help prevent heart disease. The scientists who have made this discovery think that improved mood makes the difference<sup>[1]</sup>, rather than direct action by the drugs.

People who suffer from severe depression are up to<sup>[2]</sup> four times as likely to die from heart disease triggered by obstructed blood flow as people who are not depressed — even allowing for<sup>[3]</sup> classical risk factors such as smoking and high cholesterol levels. In fact, depression is a greater risk factor than smoking.

In 1996, Dominique Musselman of Emory University in Atlanta, Georgia, and her colleagues tried to find out if depressed people are at risk because they have higher levels of sticky platelets in their blood. Following injuries, platelets stick together and clot to stop us bleeding to death<sup>[4]</sup>. Too much clotting would cause heart problems.

The researchers took blood samples from both depressed and healthy people and examined their platelets for evidence of stickiness. They measured characteristic chemical changes that occur on the surfaces of platelets as they prepare to clot and become sticky. The numbers of sticky platelets in depressed people, they found, were 41 per cent higher than in healthy volunteers.

Now the team has shown that antidepressant drugs can cut down<sup>[5]</sup> the numbers of sticky platelets in the blood of depressed patients. They monitored 15 patients taking a drug

## Vocabulary

**antidepressant** / ,æntidi'presənt / *n.*  
抗抑郁药

**classical** / 'klæsikəl / *a.* 典型的

**cholesterol** / kə'lestərəl / *n.* 胆固醇

**platelet** / 'pleitlit / *n.* 血小板

**clot** / klɒt / *vi.* 凝块

[1] **make the difference** 习惯表达,意为:起重要作用

[2] **up to** 修饰数词,意为:多达

[3] **allow for** 短语动词,意为:考虑到

[4] **stop us bleeding to death** 动词短语中 stop us 和 bleeding to death 之间省略介词 from

[5] **cut down** 短语动词,意为:to reduce

from a class of antidepressants known as selective serotonin reuptake inhibitors, which includes Prozac<sup>[1]</sup>. The number of sticky platelets fell in all the patients, and even dropped back to normal levels in some of them, Musselman told a meeting of the Society of Biological Psychiatry in Washington DC last week.

"Treatment diminishes the stickiness of the platelets," she concludes. But one big question still remained. Does the drug lower the platelet stickiness directly, or does a happier mental state do the trick<sup>[2]</sup>?

To find out<sup>[3]</sup>, Musselman is running a placebo trial. Early results suggest people who don't report any improvement in mood after taking antidepressants also don't have much reduction in platelet stickiness. In contrast, people whose mood improves even with a placebo do show<sup>[4]</sup> less platelet stickiness. This result suggests that mood improvement is the key.

**serotonin** / ,serə'təʊnɪn / *n.* 血清素

**reuptake** / ,ri:'ʌpteɪk / *n.* 再吸收

**psychiatry** / saɪ'kaɪətri / *n.* 精神病学

**diminish** / dɪ'mɪnɪʃ / *vt.* 减少

**placebo** / plə'si:bəʊ / *n.* 安慰剂

## Reading Comprehension

**Directions:** *There are four suggested answers to each of the following questions. Choose the best one according to the passage you have just read.*

1. Which of the following, according to the passage, can put you at greater risk of getting coronary disease?
  - A. Smoking.
  - ✓ B. Depression.
  - C. High cholesterol levels.
  - ✗ D. All of the above.
2. Depression can lead to
  - ✓ A. an increased number of sticky platelets.
  - B. the production of platelets in the blood.
  - C. an increase of sticky platelets by 41%.

[1] **Prozac** 盐酸氟西汀 (fluoxetine hydrochloride) 制剂的商品名

[2] **do the trick** 习惯表达,意为:产生效果,达到目的

[3] **to find out** 动词不定式省略宾语,即,上文所提到的问题

[4] **do show** 助动词 do 用于加强语气

- D. fatal bleeding injuries.
- 3. The treatment of the fifteen depressed patients
  - A. proved the direct link between antidepressants and platelet stickiness.
  - ~ B. made it necessary to lower the platelet stickiness with antidepressants.
  - C. confirmed the direct relation between a happier mental state and platelet stickiness.
  - D. raised the question of which directly diminishes platelet stickiness, the drug or the improved mood.
- 4. The placebo trial indicates that the platelet stickiness is diminished as a result of
  - ~ A. an improved mental state.
  - B. the administration of placebo.
  - C. the administration of key antidepressants.
  - D. all of the above.
- 5. Which of the following can best summarize the passage?
  - ~ A. Treating depression can pave the way to a healthier heart.
  - B. Depressed people are more susceptible to heart disease than smokers.
  - C. A happier mental state reduces platelet stickiness more effectively than an antidepressant.
  - D. It is not the number of sticky platelets but depression that puts you at risk of getting coronary disease.

## TEXT 3

## Blinded by Bread

Douglas Fox

Don't hold the book too close to your eyes or you'll need glasses, parents often warn their children. But the food kids eat might play just as big a role as books and computer screens when it comes to<sup>[1]</sup> shortsightedness.

Diets high in refined starches such as breads and cereals increased insulin levels. This affects the development of the eyeball, making it abnormally long and causing short-sightedness, suggests a team led by Loren Cordain, an evolutionary biologist at Colorado State University in Fort Collins, and Jennie Brand Miller, a nutrition scientist at the University of Sydney. The theory could help explain the dramatic increase in myopia in developed countries over the past 200 years. It now affects 30 per cent of people of European descent, for example.

"The rate of starch digestion is faster with modern processed breads and cereals," says Brand Miller. In response to this rapid digestion, the pancreas pumps out more insulin. High insulin is known to lead to a fall in levels of insulin-like binding protein-3, the team points out. That could disturb the delicate choreography that normally coordinates eyeball lengthening and lens growth. And if the eyeball grows too long, the lens can no longer flatten itself enough to focus a sharp image on the retina, they suggest.

"It's a very surprising idea," says James Mertz, a biochemist at the New England College of Optometry in Boston. But it's plausible, says Bill Stell of the University of Calgary in Canada. "It wouldn't surprise me at all. Those of us who work with local growth factors<sup>[2]</sup> within the eye would have no prob-

## Vocabulary

refined / ri' faind / a. 精制的

insulin / 'insjulin / n. 胰岛素

evolutionary / ,i:və'lu:ʃənəri / a.  
进化论的

myopia / mai'əupiə / n. 近视

descent / di'sent / n. 血统

pancreas / 'pæŋkriəs / n. 胰(腺)

choreography / ,kɔ:ri'ɔ:grəfi / n.  
编舞术

retina / 'retinə / n. 视网膜

optometry / ɒp'tɒmitri / n. 视力测定

plausible / 'plə:zəbl / a. 貌似有理的

[1] when it comes to 句型,意为:当涉及到...

[2] growth factors 生长因素



lems with that — in fact we would expect it.”

Mertz's institution is now planning studies in animals. But there is already evidence to support the theory. While fewer than 1 per cent of the Inuit and Pacific islanders had myopia early in the last century, these rates have since skyrocketed to as high as 50 per cent. These “overnight epidemics<sup>[1]</sup>” have usually been blamed on the increase in reading following the sudden advent of literacy and compulsory schooling<sup>[2]</sup> in these societies.

**skyrocket** / 'skai,rɒkɪt / *vi.* 猛升

**advent** / 'ædvənt / *n.* 出现

**literacy** / 'lɪtərəsi / *n.* 识字

**compulsory** / kəm'pʌlsəri / *a.* 义务的

**yam** / jəm / *n.* 山药

**coconut** / 'kəʊkənʌt / *n.* 椰子

But while reading may play a role, it doesn't explain why the incidence of myopia has remained low in societies that have adopted Western lifestyles but not Western diets, says Cordain. “In the islands of Vanuatu<sup>[3]</sup> they have eight hours of compulsory schooling a day,” he says, “yet the rate of myopia in these children is only 2 per cent.” The difference is that Vanuatians eat fish, yam and coconut rather than white bread and cereals.

The theory is also consistent with observations that people are more likely to develop myopia if they are overweight or have adult-onset diabetes, both of which involve elevated insulin levels. The progression of myopia has also been shown to be slower in children whose protein consumption is increased.

Source: *New Scientist*, 6 April 2002

## Reading Comprehension

**Directions:** *There are four suggested answers to each of the following questions. Choose the best one according to the passage you have just read.*

1. Refined starches, according to Cordain, increase insulin levels,
  - A. making the eyeball grow too long.
  - B. making the eyeball abnormally short.

[1] **overnight epidemics** 突如其来的流行病

[2] **compulsory schooling** 义务教育

[3] **Vanuatu** 瓦努阿图, 西南太平洋岛国