

卫生部规划教材

全国中等卫生学校教材

供社区医学、护理、口腔医学、口腔
工艺技术、妇幼卫生、助产、医学检
验、卫生检验、药剂、预防医学、医
学影像诊断、放射技术专业用

英语

第三版

(下册)

主编 梁遇清



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为适应中等医学教育改革形势的需要和医学模式的转变，1993年11月，卫生部审定、颁发了全国中等卫生学校新的教学计划及教学大纲。在卫生部科教司领导下，我们组织编写（修订）出版第三轮全国中等医学12个专业96种规划教材，供各地教学使用。

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PART 14

Medical English (1)

Unit Twenty-Six

TEXT

Vitamins

It is understood that¹ a diet which contains nothing harmful may result in serious diseases if certain important elements are missing. These elements are called "vitamins". Quite a number of such substances are known and they are given letters to identify them, A, B, C, D, and so on. Different diseases are associated with deficiencies of particular vitamins. Even a slight lack of vitamin C, for example, the vitamin most plentiful in fresh fruit and vegetables², is thought to increase significantly our susceptibility to colds and influenza.



The vitamins necessary for a healthy body are normally supplied by a good mixed diet, including a variety of fruit and green vegetables. It is only when people try to live on a very restricted diet, or when trying to lose weight, that it is necessary to make special provision to supply the missing vitamins³.

Another example of the dangers of a restricted diet may be seen in the disease known as "beri-beri", which used to afflict large numbers of Eastern peoples who lived mainly on rice. In the early years of this century, a Dutch scientist called Eijkman was trying to discover the cause of beriberi. At first he thought it was transmitted by a germ. He was working in a Japanese hospital, where the patients were fed on rice which had had the outer husk removed from the grain⁴. It was thought that this would be easier for weak, sick people to digest.

Eijkman thought his germ theory was confirmed when he noticed the chickens in the hospital yard, which were fed on scraps from the patients' plates, were also showing signs of the disease. He then tried to isolate the germ that he thought was causing the disease, but his experiments were interrupted by a hospital official, who decreed that the

huskless polished rice, even though left over by the patients, was too good for chickens. It should be recooked and the chickens fed on cheap, coarse rice with the outer covering still on the grain⁵.

Eijkman noticed that the chickens began to recover on the new diet. He began to consider the possibility that eating unmilled rice somehow prevented or cured beri-beri—even that a lack of some ingredient in the husk might be the cause of the disease. Indeed this was the case. The element needed to prevent beri-beri was shortly afterwards isolated from rice husks and is now known as vitamin B. Nowadays, this terrible disease is much less common thanks to our knowledge of vitamins.

NEW WORDS AND EXPRESSIONS

result in	引起	husk ['hʌsk] <i>n.</i>	外皮; 壳
a number of	若干; 许多	digest [di'dʒest, daɪ'dʒest] <i>vt.</i>	消化
identify [aɪ'dentɪfaɪ] <i>vt.</i>	认出; 识别	yard [jɑ:d] <i>n.</i>	院子;
deficiency [di'fɪʃənsi] <i>n.</i>	缺乏, 缺少		(家畜、家禽) 圈栏
slight [slaɪt] <i>a.</i>	轻微的; 微少的	scrap [skræp] <i>n.</i>	(复) 残羹剩饭;
plentiful ['plentɪfʊl] <i>a.</i>	富裕的; 丰富的		碎片; 废料
significantly [sɪg'nɪfɪkəntli] <i>ad.</i>	有意义地; 重大地	isolate [aɪ'səleɪt] <i>vt.</i>	隔离;
susceptibility [sə'septə'hɪləti] <i>n.</i>	易感性; 敏感性	interrupt [ɪntə'rʌpt] <i>vt.</i>	使(细菌)分离
mixed [mɪkst] <i>a.</i>	混合的	official [ə'fɪʃəl] <i>a.</i>	中断; 打断
variety [və'reɪəti] <i>n.</i>	多样化; 种类	<i>n.</i>	官员的; 正式的
a variety of	种种	decree [di'kri:] <i>vt.</i>	官员; 行政人员
live on	以……为主食; 靠……生活	decree [di'kri:] <i>vt.</i>	颁布(法令, 政令)
restricted [rɪ'strɪktɪd] <i>a.</i>	(范围等) 受限制的, 有限的	huskless ['hʌsklɪs] <i>a.</i>	无壳的
provision [prə'vɪʒən] <i>n.</i>	供应; 给养	polish ['pɒlɪʃ] <i>vt.</i>	磨光
ber-iberi ['beri'beri] <i>n.</i>	脚气病	leave over	留下, 剩下
afflict [ə'flɪkt] <i>vt.</i>	使苦恼, 折磨	recook [ri'kʊk] <i>vt.</i>	再煮
Dutch [dʌtʃ] <i>a.</i>	荷兰的	coarse [kɔ:s] <i>a.</i>	粗糙的; 粗劣的
<i>n.</i>	荷兰人; 荷兰语	possibility [ˌpɒsə'bɪləti] <i>n.</i>	可能(性)
Eijkman ['ɪkmæn] <i>n.</i>	义可曼(荷兰生理学家)	unmill ['ʌn'mɪl] <i>vt.</i>	尚未碾磨
feed on	以……为食物; 以……为能源	somehow ['sʌmhau] <i>ad.</i>	由于某种(未弄清的)原因; 以某种方式
outer ['aʊtə] <i>a.</i>	外面的; 外部的	ingredient [ɪn'ɡri:dʒənt] <i>n.</i>	配料, 成分
		shortly ['ʃɔ:tlɪ] <i>ad.</i>	简短地;
		thanks to	立刻, 不久
			幸亏; 由于

NOTES

1. It is understood that...: 不用说…… (或: ……是不言而喻的)。
2. ...the vitamin most plentiful in fresh fruit and vegetables: 那种在新鲜水果和蔬菜中含量极丰富的维生素。
most plentiful in fresh...: 后置定语, 修饰 the vitamin。
3. It is only when people try to live on a very restricted diet, or when trying to lose weight, that it is necessary to make special provision to supply the missing vitamins.
只有当人们严格节制饮食或设法减轻体重时, 才有必要给予特殊的供养以补充缺少的维生素。
这是一个借助 It 构成的强调句。被强调的部分是句中的状语 when people...to lose weight。
4. ...had the outer husk removed from the grain. ……将谷物的外壳去掉。
“have+事物或人+过去分词”(指有意思的受动行为) 让; 使…… (=get)。如:
I have my hair cut every month. 我每月去理发。
5. It should be recooked and the chickens fed on...
fed on 前省略了 should be。
6. He began to consider the possibility that...
that 引导的是 possibility 的同位语从句。

COMPREHENSION

A. Answer the following questions:

1. How are vitamins identified?
2. What diseases are associated with lack of vitamin C?
3. Why is a good mixed diet important?
4. When is it necessary to supply special vitamins?
5. What causes “beri-beri”?
6. Who discovered the cause of “beri-beri”?
7. What were the chickens in the hospital yard fed on?
8. What were the chickens showing?
9. Why did the hospital official interrupt Eijkman's experiments?
10. What did Eijkman consider after his experiments?

B. Choose the best answer:

1. According to the first paragraph, a person who lacks vitamin C _____.
 - a. easily catches colds
 - b. should eat plenty of fresh fruit and vegetables
 - c. may suffer from serious diseases

2. The second paragraph implies that _____.
 - a. good mixed diet is important for those trying to lose weight
 - b. people who try to live on a restricted diet need more vitamins
 - c. different fruit and green vegetables are necessary for a healthy body
3. At first Eijkman thought that "beri-beri" _____.
 - a. only afflicted Eastern peoples
 - b. was caused by a germ
 - c. was caused by huskless rice
4. The chickens in the hospital yard also showed the signs of "beri-beri" because _____.
 - a. they were fed on huskless polished rice left over by the patients
 - b. they shared the patients' plates
 - c. could not go beyond the hospital yard
5. In the last paragraph, "the new diet" refers to _____.
 - a. coarse rice with the outer husk on the grain
 - b. the huskless polished rice
 - c. something very cheap
6. The discovery of vitamin B should be due to _____.
 - a. the hospital official
 - b. a series of successful experiments
 - c. Eijkman and the hospital official

VOCABULARY EXERCISES

A. Fill in each blank with the appropriate word from the text, using the given letter as a clue:

1. I i_____ the umbrella at once—it was my sister's.
2. The demand for quinine is very r_____ in this cold region.
3. A d_____ of vitamin A may result in night blindness.
4. My mother was a_____ with acute rheumatism. She felt much pain.
5. Some foods are d_____ more easily than others.
6. I can't see now, but we'll have to solve the problem s_____.
7. The patient with infectious disease has been i_____ from others.
8. Don't i_____ the speaker; ask your questions afterwards.
9. Proper d_____ and exercise are both important for health.
10. Is there much p_____ of your getting to Shanghai this month?

B. Match the words given under (A) with the meanings given under (B):

- | (A) | (B) |
|-------------------|---|
| 1. mixed | a. break in |
| 2. afflict | b. supply |
| 3. diet | c. blended |
| 4. provision | d. take away |
| 5. remove | e. trouble |
| 6. decree | f. abundant |
| 7. plentiful | g. state officially |
| 8. interrupt | h. the sort of food and drink usually taken |
| 9. ingredient | i. importantly and meaningfully |
| 10. significantly | j. one of the parts of a mixture |

C. Interpretation of words and phrases; Choose the best answer:

1. *result in* serious diseases
 - a. lead to
 - b. be caused by
 - c. suffer from
2. *unmilled* rice
 - a. healthy
 - b. nutritious
 - c. coarse
3. our *susceptibility* to colds
 - a. being sensitive
 - b. being capable
 - c. influence
4. *very restricted* diet
 - a. planned
 - b. controlled
 - c. selected
5. *a variety of* fruit
 - a. plenty of
 - b. different sorts of
 - c. a lack of
6. ...it was *transmitted* by a germ.
 - a. passed
 - b. travelled
 - c. contacted
7. *isolate* disease-causing germs
 - a. separate
 - b. search for
 - c. destroy
8. manage to do the work *somehow*
 - a. however
 - b. in some way
 - c. furthermore

D. Circle the word or phrase which is not similar in meaning:

- | | | |
|--------------|--------------|---------------|
| 1. a. cause | b. reason | c. result |
| 2. a. germ | b. bacterium | c. virus |
| 3. a. steak | b. chicken | c. young hen |
| 4. a. husk | b. shell | c. hell |
| 5. a. coarse | b. rough | c. fine |
| 6. a. digest | b. eat | c. assimilate |
| 7. a. treat | b. check | c. cure |

- | | | |
|--------------|----------------|----------------|
| 8. a. liquid | b. scraps | c. leftover |
| 9. a. chance | b. probability | c. possibility |
| 10. a. over | b. outer | c. outside |

E. Put into English:

1. 某种维生素的缺乏可以导致严重的疾病。
2. 这些重要成分称为维生素，以字母 A、B、C、D 等加以区别。
3. 维生素 C 大量存在于新鲜水果和蔬菜中。
4. 未碾过的稻米含有丰富的维生素 C。
5. “脚气病”的原因是缺乏维生素 B₁。
6. 箭竹 (bamboo) 是熊猫的主食。
7. 只要你不节食，就不需要采取特别措施提供维生素。
8. 这种食品是病人易消化的食品。

GRAMMATICAL STRUCTURE PRACTICE

短语动词

动词和某些介词、副词或其他词类搭配使用，构成固定词组，叫短语动词。它相当于单个动词。其主要组合形式如下：

1. 动词 + 介词/副词

find out 发现，找出

care for 照顾，关心

consist of 由……组成，包括

carry out 执行，做，进行

go on 进行，发生，继续

set up 建立

2. 动词 + 副词 + 介词

look forward to 期待，盼望

get along with 进展，相处

go on with 继续

catch up with 赶上

3. 动词 + 名词 + 介词

take part in 参加

give rise to 引起，导致

give place to 让位于……

keep contact with 接触

keep an eye on 密切注视；照看

pay attention to 注意

4. 动词…… + 介词

combine...with... 与……结合

isolate...from... 把……隔离

protect...from... 使……免于

transmit...to... 把……传到……

5. 动词 + 介词 + 名词

keep in mind 记住

take into account 考虑；重视

come into use 应用，使用起来

come into being 形成，产生

6. 动词 + 名词

take place 发生

make one's way 走向，行进

take care 小心, 当心

play a role 起作用

7. 动词+形容词

make sure 查明, 弄清楚

go wrong 出毛病

set free 释放, 排出

cut short 减少, 缩减

A. Rewrite the following sentences by using one-word verbs instead of the italicized phrasal verbs:

1. Routine laboratory tests were *carried out* to aid the doctor in diagnosis.
2. You need not consult a dictionary every time you *come across* a new word.
3. Our head nurse *deals with* all complaints patiently.
4. Today, smallpox has been practically *wiped out* because of vaccination.
5. A deficiency of vitamin C *results in* scurvy.
6. I'll *think over* your idea and let you know what I decide.
7. He *set up* a new record when he ran a mile in less than four minutes.
8. I wanted to explain but he *kept on* talking and didn't give me a chance to say anything.
9. Do you *care for* modern music?
10. Metabolism *refers to* all the chemical changes *going on* in the body.

B. Fill in each blank with an appropriate noun or adjective:

1. Professor Li was invited to take _____ in our scientific research.
2. Make _____ that you get there in time.
3. The nurse should keep an _____ on patient's changes.
4. When did this conversation take _____ ?
5. Old cells die and give _____ to new cells in the body.
6. Pay _____ to what you're doing.
7. Have you kept _____ with your family recently?
8. If you follow my advice you can't go _____ .
9. During rush hours, the cars made its _____ through the crowd.
10. The statement, if not properly explained, might give _____ to misunderstanding.

C. Fill in each blank with an appropriate verb:

1. We are _____ forward to hearing from you.
2. Blood cells cannot _____ through artery walls.
3. The substances that cannot be _____ down are called elements.
4. It is the patient whom the doctors _____ on yesterday.
5. In the end I _____ out what was wrong with the instrument.
6. Have you _____ up drinking whisky before breakfast?

7. The temperature of the patient _____ up this morning.
8. You can't _____ on bread alone.

D. Fill in each blank with an appropriate preposition or adverb:

1. There is no fever unless the disease is associated _____ infection.
2. Children never want to go to bed at the proper time, they always want to stay _____ late.
3. Most antibiotics are derived _____ molds and soil bacteria.
4. The nerve responds _____ stimulus.
5. He died _____ a wound.
6. He has used _____ all his strength.
7. Can we depend _____ this train schedule?
8. Some diseases result _____ lack of vitamins.

E. Choose the best answer:

1. Whatever we do we must _____ others.
 - a. think of
 - b. deal with
 - c. think over
 - d. think out
2. He has _____ his mind to be a surgeon.
 - a. kept in
 - b. made up
 - c. made from
 - d. used up
3. He has _____ trade since 1990.
 - a. joined in
 - b. taken part in
 - c. called in
 - d. engaged in
4. A nerve _____ many thin nerve fibers.
 - a. comes out of
 - b. plays a part in
 - c. consists of
 - d. responds to
5. The spinal cord is _____ the brain.
 - a. attached to
 - b. concerned with
 - c. connected to
 - d. protected from
6. The coat will _____ you from the cold.
 - a. isolate
 - b. protect
 - c. tell
 - d. release
7. The dentist _____ his bad tooth.
 - a. pulled out
 - b. took out
 - c. cut out
 - d. cut down
8. The doctor _____ inducing the birth and saved both mother and child.
 - a. rendered service to
 - b. engaged in
 - c. succeeded in
 - d. took part in

9. The films _____ dullness.
- | | |
|----------------|--------------|
| a. tend to | b. lead to |
| c. complain of | d. slow down |
10. The scientists are _____ a cure for cancer.
- | | |
|----------------|----------------------|
| a. finding out | b. searching for |
| c. looking for | d. catching sight of |

READING MATERIAL

Minerals

Minerals are needed for a healthy body. They are needed to help our bodies grow. The most plentiful mineral in the body is calcium. Yet, it may not be found in many diets. Studies show that a lack of calcium may be found in all age groups. For instance, from the age of nine, the diets of girls and women may not have enough calcium. Their diets may lack as much as 25 to 30 percent of the calcium they need.

Almost all calcium is in bones and teeth. The rest is found in the tissue and body fluids. Calcium is needed for blood to clot. It is also needed for the heart to work properly. The nervous system does not work well when calcium levels in the blood are low. Even muscles work better when the body gets enough calcium.

Most people who buy from the milk counter are stocking up on calcium supplies. In the United States, we depend on milk as a big source of calcium. Two cups of milk, or an equal amount of cheese or other dairy products, give us a lot of calcium. They go a long way toward giving us all the calcium needed for the day.

But milk is not the only source of calcium. Dark green leafy vegetables like mustard greens or turnip greens have calcium. Salmon and sardines give us useful amounts of it if the very tiny bones are eaten.

Calcium is not the only important mineral in the body. Iron is important, too. Women of childbearing age need more iron than men. The diets of infants and pregnant women may need to be watched closely to see that they have the iron they should.

Only a few foods have iron in large amounts. Liver, heart, kidney, and lean meats have a good deal of it. Shellfish, especially oysters, have a lot of iron. Whole grain and enriched bread and cereals are rich in iron. They give us up to one quarter of the daily iron we need. Dark green leafy vegetables are also sources of iron.

Calcium and iron are not the only minerals you need. Most of the other minerals your body needs are found in so many foods that a little variety in making your choice at the market can easily take care of them. Make a healthy, happy body your goal the next time you shop for food.

New Words and Expressions

calcium ['kælsiəm] <i>n.</i>	钙	iron ['aɪən] <i>n.</i>	铁
stock [stɒk] <i>vt.</i>	给(商店)办货	childbearing ['tʃaɪld,beərɪŋ] <i>n.</i>	分娩; 生小孩
<i>vi</i>	办货; 贮备		
stock up	采办; 贮存	infant ['ɪnfənt] <i>n.</i>	婴儿, 幼儿
cheese [tʃi:z] <i>n.</i>	乳酪; 干酪	pregnant ['pregnənt] <i>a.</i>	怀孕的
dairy ['deəri] <i>n.</i>	制酪场; 制酪业	lean [li:n] <i>a.</i>	(肉)无脂肪的, 精瘦的
dairy products	乳制品	shellfish ['ʃelfɪʃ] <i>n.</i>	水生贝壳类动物
go a long way	大有帮助; 大有作用	enrich [ɪn'ritʃ] <i>vt.</i>	使丰富
leafy ['li:fi] <i>a.</i>	叶茂的	enriched bread	营养面包
mustard ['mʌstəd] <i>n.</i>	芥	cereal ['siəriəl] <i>a.</i>	谷类的
turnip ['tɜ:nɪp] <i>n.</i>	萝卜	<i>n.</i>	(常用复) 谷类食物
salmon ['sæmən] <i>n.</i>	鲑	choice [tʃɔɪs] <i>n.</i>	选择
sardine [sɑ:'di:n] <i>n.</i>	沙丁鱼	take care of	满足
tiny ['taɪni] <i>a.</i>	极小的; 微小的		

Comprehension Check

Choose the best answer:

- The diets of girls and women may lack _____ of the calcium they need.
 - one third
 - less than one third
 - nearly half
- How many functions of calcium are mentioned in the second paragraph?
 - Two.
 - Three.
 - Four.
- Calcium is plentiful in
 - milk and dairy products.
 - fresh fruit.
 - birds' bones.
- _____ need more iron than men.
 - Young girls
 - Old women
 - Pregnant women
- Which of the following gives us up to one quarter of the daily iron we need?
 - Liver, kidney and lean meats.
 - Oysters and other shellfish.
 - Whole grain and enriched bread and cereals.
- Which of the following statements is NOT true?
 - A little variety in making your choice while shopping for food can satisfy your body's need for minerals.
 - In order to satisfy your body's need for minerals, you should make a healthy, happy body your goal.
 - You need other minerals besides calcium and iron.