



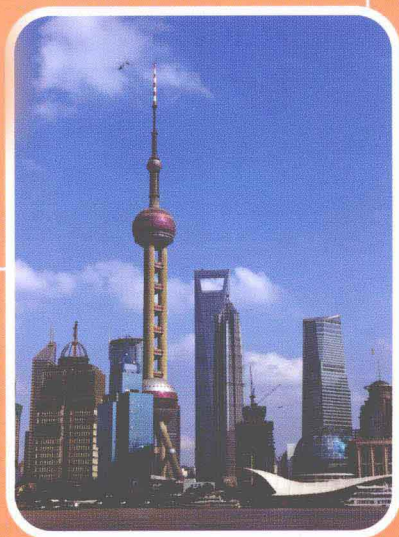
普通高等教育“十一五”国家级规划教材



21世纪大学英语系列

21世纪大学公共医学英语(下)

赵贵旺 主编



21 世纪大学公共医学英语(下)

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《21 世纪大学公共医学英语》是在原《大学公共医学英语》的基础上修订而成的。

随着我国大学英语教学改革的不深入,教学改革的重点已经从教学模式的改革转向教学内容的改革。近两三年,尤其是随着 ESP 教学开始提到我国大学英语教学改革的日程上来,大学英语教学与专业相结合的模式越发受到业内人士的重视。大学英语究竟是什么?大学英语教学究竟要解决什么问题?带着这些困惑,经过深入调研,河北医科大学外语教学部于 2009 年将大学英语教学改革的重心下移,将最初两年的大学公共英语教学缩短为一年,加大与医学专业相结合的英语教学力度。同时,向学校提出申请延长大学三年级英语教学的课时(原先大学三年级课时只有每学期 30 学时,整个学年只有 60 学时,现拟延至每学期 60 学时,每学年 120 学时)。经过近三年的教学实践,逐步形成了 EGP — EGSP — ESP 的教学模式,即大学一年级讲授公共英语,着重加强学生的听说训练,并做好学生从中学到大学的英语学习的过渡;大学二年级进行与医学相关的英语教学,但为了避免教学衔接太突然,我们提出了“大学公共医学英语”这个概念,即在大学英语的基础上,选择与医学人文、医学社会、医学科普等相关的文章作为教材的文本,旨在帮助学生逐渐走向纯医学英语的教学;大学三年级主要讲授专业英语,加强学生专业英语的翻译能力。三年的教学改革实践证明这一模式是成功的,是受教师和学生欢迎的,同时,也完成了我校 2005 年提出的“分层教学,互为一体”教学改革的总方针,实现了“听说领先,读写跟上;完善读写,强化专业”的教学要求,创出了一条学生满意、教师转型自然且教学相长的新路子。

本次教材修订主要基于上述教学改革模式,着重体现在以下三个方面。

一、教材的定位更加明确

本次教材的修订是我校按照 EGP — EGSP — ESP 模式进行教学改革的需要。《21 世纪大学公共医学英语》适合大学英语后的教学,各个学校可根据自己学校的具体情况选择开课的学期,既可以在大学一年级第二个学期开始进行大学公共医学英语的教学,也可在大学二年级第一学期进行;还可以在大学二年级第二个学期进行。有些学校医学英语教学起步比较晚,或学生入学英语水平较低,或是独立学院的学生,也可选择在大学三年级第一个学期进行。

二、选材更加合理

2006 年版的《大学公共医学英语》的选材是立足于健康—医学—职业这条线索进行的,而此次的选材更加注重学生的现状及未来职业的思考,因此,此次选材是立足于医学生—健康思考—医学科普—职业人生这条线索进行的。比如 2006 年版的第一课是有关健康的话题,而本版的第一课是“*What It Takes to Be a Doctor*”。本次选材模式的改变旨在突出医学生的学习、对未来职业修养的思考、对健康的思考以及对医学相关领域的了解,视野更加宽阔,思维更加细腻,思路更加清晰。

三、习题的设计更加到位

本次修订是按照大学英语学习一年后设计的,因此课后练习的设计加入了与大学英语四、六级考试相关的内容,课后练习的形式更加丰富多样,适合学生既要巩固课堂所学、又要结合社会需求的目标,习题练习的难度界定在四到六级之间,个别题型也照顾了考研英语的要求。

本次教材的修订仍然分上下两册,每册 8 个单元,每个单元包括 Text A, Text B, Supplementary Reading 三部分。Text A 主要涉及公共医学英语,Text B 主要涵盖专业英语,Supplementary Reading 主要是与公共英语相对应内容的补充和延伸。各位老师在教学中,可根据课堂的需要选择以 Text A 教学为主、Text B 教学为辅;也可选择以 Text B 为主、Text A 为辅的方式进行教学。各个学校也可根据各自学校

的实际需要选择课文讲解的侧重。

本次教材的修订,整体上更加科学合理,内容更加充实饱满。我们有理由相信本教材的出版一定会受到学生和教师们的好评。智者千虑,必有一失。由于时间仓促,作者编写经验不足,我们担心教材还会存在这样或那样不尽人意的地方,希望广大教师和学生在使用过程中,不吝指教,以便在下一次印刷或修订时,加以更正或修改。我们真诚地欢迎广大同行教师们能一起参与到我们后续教材的创作中来。

最后,我们把最衷心的感谢送给复旦大学出版社的领导和同志们,同时再次感谢人民军医出版社对第一版教材出版的付出和努力。对广大参加本次编写的教师们致以真诚的问候:你们辛苦了!

赵贵旺

2012 年 7 月于河北医科大学

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Text A

Food has always been an essential element for human beings. With the advancement of society and the improvement of our living standard, we should pay increasing attention to the healthfulness of the foods we eat, because certain foods may aggravate our metabolic imbalances. Thus acquiring some knowledge of both healthy foods and foods undesirable for our metabolism is necessary and beneficial.

The Carbo Type Diet — Foods to Avoid

— by William Wolcott

Warming-up Exercise

1. Read the whole text as quickly as possible and mark out the words you are not clear about.
2. Read the whole text again and try to: 1) finish the error correction exercises, which have been underlined in the text; 2) fill in the blanks with proper words.

Certain foods really aggravate your metabolic imbalances and should be avoided. You may have strong adverse reactions _____ (on/to/in) these foods, or, if your metabolism is _____ (more/less) sensitive, the reactions may be slight or even nonexistent. Or your reactions to these problem foods could vary from time to time. All these possibilities are common and reflect yet another facet of metabolic individuality.

Keep in mind that the effects of nutrition are cumulative. The more you ingest a food, the stronger the _____ (effect/affect) becomes. So even if you don't display any noticeable adverse reactions, it's still best to minimize your intake of the following foods _____ (whenever/wherever/whatever) possible.

In short, stick _____ (in/on/to) your allowable foods. But if you simply must eat something not on that list, be aware that the following foods are particular undesirable for your metabolism.

Alcohol

Alcohol, plain and simple, is a poison _____ (to/for) your body. Your body must detoxify it and neutralize its adverse effects. _____ (In/On/From) this perspective, it isn't really good for anyone. However, of the three metabolic categories, your metabolic type is best-suited to handle alcohol. But don't get me wrong — it's still a simple sugar, so it can wreak havoc _____ (on/with) your metabolism. It triggers excessive insulin secretion, that leads to blood sugar imbalances, increased storage, and the development of chronic degenerative processes. Thus, moderation _____ (with/on/for) alcohol is strongly recommended.

Allergenic or Reactive Foods

Your Allowable Foods Chart provides recommendations for foods that will specifically support your metabolic type. This means that they contain the right balance of nutrients for your type. _____ (If/Whether) or not you are currently reactive or allergic to any of these foods are a completely different issue. If you have known reactions to any recommended foods, leave them out of your diet temporarily, but try them from time to time. As your chemistry changes, so too may your food reactivities. This is the experience of many individuals who have proper customized their diets to match their metabolisms.

Caffeine

Avoid caffeine products as _____ (many/much) as possible, including coffee, black teas, caffeine-contained herbs, and soft drinks. Because your metabolic type can tolerate caffeine _____ (better/worse) than other types can, it's easy for you to abuse it. If you do insist _____ (on/in/to) drinking coffee, make sure it's organic and limit it to no more than one to two weak cups per day. Also, make sure to eat some protein, as this will help counter _____ (at/to/in) a degree its adverse effects on your type. Bottom line: Caffeine is counterproductive for your type, whether you're a slow oxidizer, you may be very exhausted that you feel you need caffeine to get through the day. But too much caffeine will only exhaust your system _____ (farther/further), like a whip applied _____ (at/to) a tired horse. Short-term, the stimulation is pleasurable, but over the long term, caffeine can worsen your fatigue by further exhausting your adrenals. If you're sympathetic dominant, excess caffeine will worsen your existing imbalance.

Sugar

In significant quantities, sugar is not good _____ (at/for/with) anyone. However, unless you suffer from hypoglycemia or diabetes, your metabolic type typical handles sugar better than other types. This is the good news and the bad news, for it is generally easy for Carbo Types to overeat sugar-containing foods. When you start craving sugar foods, it's a signal that you're getting too much carbohydrate and not enough protein in your diet. For your metabolic type, sugar can be stimulated, and, if you're not _____ (watchable/watchful), addictive. You may find yourself reaching _____ (at/for) sugar more and more to give you an energy boost. But sugar is empty calories and empty energy. It doesn't provide good nutrition or the right kind of energy for your body. A sugar habit now can lead to problems with sugar metabolism down the road. When you need energy, you're better _____ (off/for/in) trying some protein first instead of sugar. Be especially watchful for hidden sugars in processed, packaged foods. Sugar is added to a great many commercial foods and can really add _____ (to/up/on) if you're not careful, secretly sabotaging your best intentions to follow your dietary recommendations.

Foods High in Fat

Make no mistake, a diet too low in natural fats and oils contained essential fatty acids is dangerous and can have serious health consequences. However, of the three metabolic types, your type requires the least amount of fat. So, relatively speaking, you belong _____ (to/on/with) a low-fat diet. But this does not mean no fat. That's why you can have small amount of butter and cold-pressing oils as supplement to the fatty acids naturally occurring in your diet. If you don't get enough fatty acids in your diet, you're likely to experiencing sudden changes such as increased fatigue, diminished performance, hunger soon after eating, decreased fingernail strength, decreased hair quality, overly dense stool, constipation, increased need for sleep, grogginess upon awakening, decreased well-being, diminished concentration, and dry skin. Ironically, however, these same symptoms can be produced by either an excess or a deficiency of fatty acids. So try keeping your intake of fatty foods to a _____ (minimum/maximum). But if you feel poorly at this low

level, slowly increase your fats until your symptoms diminish.

Foods High in Purines

Essentially, all the animal proteins not listing in your Allowable Foods Chart tend to be high in purines. These are a special class of proteins that are particularly benefit for some types, but they're an undesirable fuel for your kind of metabolism. Purines tend to oxidize too slowly, thereby slow down even further the metabolisms of slow oxidizers. They also worsen the imbalances of sympathetic dominants. Therefore, eating purines only occasionally, if at all.

Thyroid-suppressing Foods

Certain foods contain a chemical known _____ (for/as) thiocyanate, which causes thyroid dysfunction. Thiocyanate belongs to a class of substances known as goitrogens. These substances block the production of thyroid hormone, a hormone that plays an integral role in the regulation of all your metabolic activities. Goitrogens are found in raw broccoli, Brussels sprouts, cabbage, cauliflower, kale, mustard, rutabaga, and watercress. If you eat these foods frequently, it's a good idea to supplementing your diet with extra iodine in the form of kelp, since goitrogens work by blocking iodine absorption by the thyroid gland. Kelp can be ground and used in a salt shaker _____ (as/for) a condiment. Also note that cook will partially inactivate the thyroid-suppressing chemical found in these foods. So you'll want to use kelp, take care to cook these foods, and use them conservatively, especially if you have diagnosed with hypothyroidism (slow thyroid).

Reflection

In the modern society, a great variety of foods are readily available to all of us, which, while satisfying our appetites, also put us at the risk of many diseases, such as blood sugar abnormalities, obesity, cardiovascular problems and so on. After learning this text, we sincerely hope everybody can brace a concept of a healthy diet and get a clear idea of those foods beneficial to our health. Most importantly, we should develop a healthy lifestyle and let it go for a lifelong time.

New Words, Phrases & Expressions

- | | |
|------------------------------------|--|
| 1. aggravate /'ægrəveɪt/ vt. | to make (a disease, a situation, an offence, etc.) worse or more serious 使(疾病、情况、罪过等)恶化,更坏,加重,加剧 |
| 2. metabolism /mɪ'tæbəlɪzəm/ n. | chemical process by which food is built up into living matter in an organism or by which living matter is broken down into simpler substances 新陈代谢 |
| 3. metabolic /,metə'bɒlɪk/ adj. | of metabolism 新陈代谢的 |
| 4. nutrition /'nju:trɪʃən/ n. | (process of giving and receiving) nourishment; food 营养;滋养;食物 |
| 5. nutrient /'nju:triənt/ n. | (substance) serving as or providing nourishment, esp. for plants or animals 养分,营养物质 |
| 6. cumulative /'kju:mjələtɪv/ adj. | gradually increasing in amount, force, etc. by one addition |

- | | |
|--|--|
| 7. ingest /ɪn'dʒest/ vt. | after another (数量、力量等) 渐增的, 累积的
to take (food, etc.) into the body, typically by swallowing 咽下, 吞下(食物等) |
| 8. detoxify /di:tɒksɪfaɪ/ vt. | to remove poison or harmful substances from (sb./sth.)
清除(某人/某物)的毒素或有害物质 |
| 9. neutralize /'nju:trəlaɪz/ vt. | to take away the effect or special quality of (sth.) by using sth. with the opposite effect or quality 使(某物)无效; 中和 |
| 10. perspective /pə'spektɪv/ n. | view, esp. one stretching into the distance; a way of regarding situations or topics etc. 远景; 观点 |
| 11. wreak /ri:k/ vt. | to carry out (revenge or vengeance) on sb.; inflict sth. 使(某人)遭受(打击、惩罚) |
| 12. havoc /'hævək/ n. | widespread damage; great destruction (大范围的) 破坏; (巨大的) 毁坏 |
| 13. trigger /'trɪgə/ n. | the cause of a sudden violent reaction 成为突然发生的激烈反应的原因; |
| | v.
set an action or a process in motion 发动; 引发 |
| 14. secretion /sɪ'kri:ʃən/ n. | substance that is secreted, eg. saliva, bile, etc. 分泌物(如唾液、胆汁等) |
| 15. degenerative /dɪ'dʒenərətɪv/ adj. | (of illness) marked by gradual deterioration of organs and cells along with loss of function 退化的; 退步的; 变质的 |
| 16. allergenic /,ælə'dʒenɪk/ adj. | relating to or having the effect of an allergen 引起过敏症的 |
| 17. allergic /ə'lɜ:dʒɪk/ adj. | having an allergy 有变应性; 过敏性 |
| 18. customize /kʌstəmaɪz/ vt. | to make or alter (esp. a car) according to the buyer's or owner's wishes 按顾客或物主的意思制造或改制(尤指汽车) |
| 19. protein /'prəʊti:n/ n. | substance found in meat, eggs, fish, etc. that is an important body-building part of the diet of humans and animals 蛋白质 |
| 20. whip /hwɪp/ n. | length of cord or strip of leather fastened to a handle, used esp. for urging on an animal (esp. a horse) or for striking a person or an animal as a punishment 鞭子 |
| 21. adrenal /ə'dri:nəl/ adj. | close to the kidneys 肾旁的; 肾上的 |
| 22. hypoglycemia /,haɪpəʊglɑ:'si:mɪə/ n. | 低血糖症; 血糖过低 |
| 23. crave /kreɪv/ v. | to have a strong desire for sth. 渴望; 渴求某事物 |
| 24. carbohydrate /,kɑ:bəʊ'hɑ:dreɪt/ n. | any of various types of organic compound, such as sugar and starch, containing carbon hydrogen and oxygen 碳水化合物 |
| 25. boost /bu:st/ v. | to increase the strength or value of (sth.); help or encourage (sb./sth.) 增强(某事物)的力量; 提高(某事 |

- n.*
26. process /prə'ses/ *v.* 物)的价值;帮助;鼓励;促进
increase; help; encouragement 增加;帮助;鼓励
to put (a raw material, food, etc.) through an industrial or manufacturing process in order to change it; treat 对(原材料、食物等)进行加工;处理
- n.*
27. essential /ɪ'senʃəl/ *adj.* series of actions or operations performed in order to do, make or achieve sth. 步骤;程序;过程
necessary; indispensable; most important 必要的;不可缺少的;最重要的
- n.*
28. acid /'æsid/ *n.* fundamentally necessary element or thing 要素;要点
substance that contains hydrogen, which can be replaced by a metal to form a salt 酸(能被金属置换出氢而成为盐的物质)
29. supplement /'sʌplɪmənt/ *n.* thing added to sth. else to improve or complete it 增补的事物;补充
v. to add to or complete sth. with sth. else 增加或补充某事物
30. constipation /ˌkɒnstɪ'peɪʃən/ *n.* state of being constipated 便秘
31. grogginess /'grɒɡɪnɪs/ *n.* 酒醉;东歪西倒
32. deficiency /dɪ'fɪʃənsɪ/ *n.* state of lacking sth. essential 缺乏;缺少
33. purine /'pjʊəri:n/ *n.* 嘌呤
34. oxidize /'ɒksɪdaɪz/ *v.* (cause sth.) to combine with oxygen (使某物)氧化
35. thyroid /'θaɪrɔɪd/ *n.* large gland at the front of the neck, producing a hormone which controls the body's growth and development 甲状腺
36. suppress /sə'pres/ *vt.* to put an end to (sth.), esp. by force; crush 制止(尤指凭借武力);镇压;评定
37. thiocyanate /θaɪəʊ'saɪəneɪt/ *n.* 硫氰酸盐
38. dysfunction /dɪs'fʌŋkʃən/ *n.* any disturbance in the function of an organ or body part 功能紊乱;机能障碍
39. substance /'sʌbstəns/ *n.* particular type of matter 物质
40. goitrogen /'gɔɪtrədʒən/ *n.* any substance that induces the formation of a goiter 致甲状腺肿因子
41. integral /'ɪntɪgrəl/ *adj.* having or containing all parts that are necessary for completeness; whole 具备构成整体所需的所有部分的;完整的
42. iodine /'aɪədi:n; (US) 'aɪədɑɪn/ *n.* 碘
43. gland /glænd/ *n.* organ that separates from the blood those substances that are to be used by or removed from the body 腺
44. kelp /kelp/ *n.* 大型褐藻;巨藻;海带
45. condiment /'kɒndɪmənt/ *n.* seasoning (eg. salt or pepper) used to give flavour and relish to food 调味品,佐料
46. hypothyroidism /ˌhaɪpəʊ'θaɪrɔɪdɪzəm/ *n.* 甲状腺功能减退

Notes

1. The article was extracted from William Wolcott's book "*The Metabolic Typing Diet*". This is an essential reading if you are serious about overcoming ill health regardless of its manifestations. There are 3 different metabolic types; the Protein Type, the Carbohydrate Type and the Mixed Type. This passage focuses on the second type — the Carbo Type, and explores what kind of foods should be avoided if you happen to be a Carbo Type.
2. **metabolic types** 代谢类型
3. **simple sugar** Simple sugars are carbohydrates that are quickly absorbed by the body to produce energy. They are also classified as "simple" because they contain only one or two units of sugar or saccharides. Simple sugars are present in both natural and processed foods. Simple sugars are broken down quickly, producing a rapid increase in blood sugar levels. In contrast, complex carbohydrates take longer to break down and process in the body because of their structure. 单糖;单糖类
4. **Thus, moderation with alcohol is strongly recommended.** It is strongly suggested that you should drink alcohol in a moderate manner, not excessively.
5. **Allowable Foods Chart** 可行的食物表
6. **This is the experience of many individuals who have properly customized their diets to match their metabolisms.** A lot of people have already altered their diets according to their personal metabolic types so as to make their metabolisms go smoothly.
7. **sympathetic dominant** Metabolic Typing is also based on the strengths and weaknesses of a person's autonomic nervous system. Metabolic types are classified as "sympathetic dominant", "parasympathetic dominant" and "balanced". Different metabolic types have different nutritional and life-style needs. 交感神经主导型
8. **Carbo Types** Carbohydrate Types normally feel best when the majority of their food intake is carbohydrate based. If you are a Carbohydrate metabolic type you will require about 60 percent of your food as carbohydrates, 25 percent protein and 15 percent fat, but this type may need as little as 10 percent fat and as high as 80 percent carbohydrates in exceptional times.
9. **For your metabolic type, sugar can be stimulating, and, if you're not watchful, addictive.** For the Carbo Types, sugar could make you feel cheerful and lively. However, it is also quite likely for you to addict to sugar if you are not careful about its possible danger.
10. **... is empty calories and empty energy.** Foods are typically referred to as "empty calories" and "empty energy" because they provide a lot of energy but very few nutrients such as essential vitamins, minerals, fiber and fatty acids.
11. **When you need energy, you're better off trying some protein first instead of sugar.** When you need energy, it is wiser for you to take some protein first rather than sugar.
12. **hidden sugars** sugars appearing in foods we would never detect 隐形糖
13. **So, relatively speaking, you belong on a low-fat diet.** A low-fat diet is good for you. A low-fat diet suits you.
14. **These are a special class of proteins that are particularly beneficial for some types, but they're an undesirable fuel for your kind of metabolism.** Certain proteins might benefit some metabolic types. However, for the Carbo Types, these proteins are unpleasant and could not provide positive energy.

15. **Therefore, eat purines only occasionally, if at all.** Eat purines once in a while, if it really happens.

Relaxation, Health, Appreciation

Poem

Approaching 100

Two Poems

— by Cecilia Payne Grove

The Hospital

It's mighty bad to go through an operation at 93
 You must have to grit your teeth and pray,
 They came with pills each day
 No matter what you say.
 Then the shots puncture your skin
 Until you feel like it's a sin.

Then the devilish bed pan comes
 To haunt you 'til the set of sun.
 What a relief when two strong men come
 To take you home again on the ambulance run.
 Well, I just missed heaven, they say,
 Thank you, lord, for another day.

Age

Age is a quality of mind
 If you have left your dreams behind,
 If hope is lost
 If you no longer look ahead
 If ambition's fires are dead —
 Then you are old.

Proverbs

Once you've lived to 100 you've really got it made, because very few people die over 100.

— George Burns

Do not be wise in your own eyes; fear the Lord and shun evil. This will bring health to your body and nourishment to your bones.

— Jewish poem, Proverb

It is impossible to cure a severe attack of apoplexy and no easy matter to cure a mild one.

— Hippocrates

Bilingual Appreciation

Of Regiment of Health

THERE is a wisdom in this; beyond the rules of physic: a man's own observation, what he finds good of, and what he finds hurt of, is the best physic to preserve health. But it is a safer conclusion to say, this agrees not well with me, therefore, I will not continue it; than this, I find no offence of this, therefore I may use it. For strength of nature in youth, passes over many excesses, which owe a man till his age. Discern of the coming on of years, and think not to do the same things still; for age will not be defied. Beware of sudden change, in any great point of diet, and, if necessity enforces it, fit the rest to it. For it is a secret both in nature and state, that it is safer to change many things, than one. Examine your customs of diet, sleep, exercise, apparel, and the like; and try, in any thing you shall judge hurtful, to discontinue it, by little and little; but so, as if you do find any inconvenience by the change, you come back to it again: for it is hard to distinguish that which is generally held good and wholesome, from that which is good particularly, and fit for your own body.

To be free-minded and cheerfully disposed, at hours of meat, and of sleep, and of exercise, is one of the best precepts of long lasting. As for the passions and studies of the mind: avoid envy, anxious fears; anger fretting inwards; subtle and knotty inquisitions; joys and exhilarations in excess; sadness not communicated. Entertain hopes; mirth rather than joy; variety of delights, rather than surfeit of them; wonder and admiration, and therefore novelties; studies that fill the mind with splendid and illustrious objects, as histories, fables, and contemplations of nature. If you fly physic in health altogether, it will be too strange for your body, when you shall need it. If you make it too familiar, it will work no extraordinary effect, when sickness comes. I commend rather some diet for certain seasons, than frequent use of physic, except it is grown into a custom. For those diets alter the body more, and trouble it less. Despise no new accident in your body, but ask opinion of it. In sickness, respect health principally; and in health, action. For those

论保健之道

健康之道所包含的智慧,绝非医学规律所能解释。一个人根据对自我的观察,发现什么对自己有益,什么对自己有害,这才是最好的保健之道。但在下断语时说“这个不适合我,所以我要戒掉它”就比“这个对我没有害处,所以我要用它”要保险一些。因此,青年时血气方刚,身强力壮,在许多方面精力“超支”,到老年需要“还债”。密切注意年岁的增加,不要仍然做同样的事情,因为年龄不饶人。不要突然对饮食做重大的改变,如果不是这样不可,那就要让其他方面与之适应。因为在自然与社会(或直译“国家”)中的一条秘诀是:改变多物比改变一物安全。检查你的饮食、睡眠、运动、衣服等诸如此类的习惯;并且在你将认为是有害的任何事情方面一点一点地改掉它,但你如果因为改变习惯而感到不适(或直译“发现不方便”),你可以回到原来的习惯;因为难以将一般说来是好的和健康的习惯跟具体情况下是好的、适合你本人身体的习惯区别开。

吃饭、睡觉、运动时心情舒畅愉快,是长寿的秘诀之一。至于情感与思想,要避免妒忌、焦急、惊慌、生闷气、钻牛角尖、大喜大悲、闷闷不乐;心里要充满希望,愉快而不狂欢,快乐多却不过度;还要有好奇心,有创新精神,通过学习历史、寓言、自然科学等让头脑充满美好的事物。如果你因为健康而从未用过药,那么当你需要药时,它对你的身体就显得陌生。如果你有用药的习惯,当疾病来了,药就起不了特别的作用了。我主张宁可根据季节选择某种饮食疗法,而不要频繁用药,除非用药成为习惯。因为这些饮食疗法可以改善身体而较少副作用。不要忽视你身体的新毛病,要求医问药。生病时,健康最重要;健康时,活动最重要。因为健康时锻炼身体的人生小病时大都仅仅用饮食与休养就能治好。塞尔萨斯如果不是一个聪明的医生,他就绝对说不出下面一段健康和长寿妙方:一个人要交替使用两个不同的极端,但需要偏

that put their bodies to endure in health, may in most sicknesses, which are not very sharp, be cured only with diet, and tendering. Celsus could never have spoken it as a physician, had he not been a wise man withal, when he gives it for one of the great precepts of health and lasting, that a man do vary, and interchange contraries, but with an inclination to the more benign extreme: use fasting and full eating, but rather full eating; watching and sleep, but rather sleep; sitting and exercise, but rather exercise; and the like. So shall nature be cherished, and yet taught masteries.

Physicians are, some of them, so pleasing and conformable to the humor of the patient, as they press not the true cure of the disease; and some other are so regular, in proceeding according to art for the disease, as they respect not sufficiently the condition of the patient. Take one of a middle temper; or if it may not be found in one man, combine two of either sort; and forget not to call as well, the best acquainted with your body, as the best reputed of for his faculty.

重其中较好的一端：“禁食”与“饱食”都要练，但偏重“饱食”；熬夜与睡眠都要有，但偏重睡眠；静坐与运动都要做，但偏重运动；依他所言，不仅可以保护天生的体质，还能增强抗病能力。

有些医生，他们迁就与讨好患者的脾气，以至于不坚持对疾病的正确治疗；另一些医生则在治疗中死守医术规则，以至于不充分尊重病人的情况。要请一位性格适中的医生；如果一个人无法兼具这种性格，那就请两个，让这两类医生加以综合，各取所长；同时也不要忘记请那些最了解你的病况、专业上最有名的医生。

Tips for Health

Twelve Simple Steps for Finding Your Personal Fuel Mix

1. For the first two to seven days, eliminate all “caution carbs” — grains, cereals, breads, desserts, fruits starchy vegetables — as well as milk products.
2. Eat freely of any of your allowable proteins and fats: meat, poultry, seafood, eggs, nuts, seeds, butter, and vegetable oils.
3. During these few days, limit your vegetable intake to the non-starchy varieties listed in your Allowable Foods Chart. Start out with only a small portion of vegetables as compared to your protein amount. This is your baseline.
4. Eat until you are full but not to the point of feeling stuffed.
5. Have snacks between meals if you like, using the same food choices.
6. Some Carbo Types, particularly those with blood sugar problems, will feel better almost immediately. They will be able to go longer between meals without eating, lose their sweet cravings and will feel a distinct energy boost. But other Carbo Types will not feel well. They may experience symptoms of withdrawal from high-starch and sugary foods. This usually does not last for more than two to three days. It might involve any number of symptoms such as headache, flu-like sensations, or extreme sweet cravings. If this should happen to you, just hang in there and you should start to experience some of the positive feelings listed above.
7. True Carbo Types who are already eating correctly will not feel well by cutting back on their carbohydrate intake this way. However, a majority of Carbo Types, will actually feel better for a few days by