

来自西方的知识

〔美〕

李 湊
查礼耀
黄国俊
著

卫生
与
医疗

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Knowledge From The West

Health and Medical Care

by

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来自西方的知识

——卫生与医疗

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序

Et 18/23

当前科学技术的发展正以前所未有的规模和速度推动着人类社会的进步。这对我们建设有中国特色的社会主义是很有利的条件。随着科学技术的发展，新的科学观念也正在冲击和改变着一些旧的观念；因此，只有用新观念结合我国的实际去处理问题，才能最有利地应用现代科学技术。

卫生与医疗工作的服务对象是各个具体的人和整个社会，直到全人类。现代科学技术已经使卫生医疗工作的面貌产生了巨大的改变。科学上的新成就、新技术在愈来愈短的时期内便在医学领域内得到应用，创造出一个又一个奇迹。但是必须看到，其中许多激动人心的可能性是以极其昂贵的代价取得的。这些奇迹能否和应否成为卫生医疗工作中的现实措施，只能在考虑卫生医疗工作上的全面需要和经济上的承担能力之后，才能作出决定。目前还有不少提高健康水平、改善生活质量和防止疾病的有效措施，由于经费的限制仍未得到推广。在这种情况下，如何对待效果突出而代价昂贵的医学上的新成就，更需要从多方面权衡，这将涉及如何对待个人和社会、科学发展、医德等问题。

我国是发展中国家，经济力量尚较薄弱，人口超过十亿，卫生医疗方面急需解决的问题很多。我们必须了解医学科技的新进展，为了更好地结合我国自己情况有选择地应用和推广新成就，

也必须了解这些新成就在应用中所带来的问题。但是得到这种比较全面的了解,却并不很容易。

我们以极为喜悦和感谢的心情,欢迎李猷博士、查礼耀博士及黄国俊所著《来自西方的知识——卫生与医疗》一书的出版。这本书恰好提供了我们所渴望得到的知识。这本书所以写得这样精炼,这样好,这样符合我们的需要,不但是由于作者博学多才,具备新的科学观念,熟悉中国的情况,而且是由于作者充满着为祖国贡献自己见解的热情。通过本书,读者可以了解医学方面几项突出成就的具体内容;而更重要的是,可以从科学道理上懂得,对一些严重威胁健康甚至生命的疾病,完全可以主动采取预防措施。对卫生医务人员,特别是负责科技决策人员,本书不但提供了许多普及医学新成就的材料,而且提出了一些值得深思的问题。

读者自己将会发现本书有许多突出的优点,从开始阅读目录和引言起,就会愈来愈感到不读完最后一页是不愿释手的,而且但愿最后一页来得更迟一点。

吴 阶 平

一九八六年六月于北京

前 言

中国自1949年解放以来取得的伟大成就，已赢得全世界的赞美。这些成就主要见于社会领域：在中国出现了一个更为公平的社会；比起以往任何时候来，人们受的教育更高，也更为健康和幸福。城市和农村所取得的无数进展，主要是由于把人民中蕴藏着的能量动员出来了，这些进展甚至是在人民接触不到什么现代科学工具和技术的情况下取得的。

现在中国则更积极地向西方学习，学习自文艺复兴时代以来昌盛于欧洲并产生现代科学的西方文明。科学自出现之日起便是做为控制大自然的一种策略手段。科学（或应该说，各门科学的总合）创造了技术，而这些技术又使人类得以摆脱命运的支配。疾病和痛苦已不再视为不可避免的且又必须忍受的事情了，而是可以战胜的，甚至是可以预防的了。西方的技术，加上中国人民的社会主义组织和精神，会给新中国带来更大的利益。

为了更好地传播现代技术（保健与医疗方面的现代技术），本书的作者们作出很大的贡献。从几千项西方新技术中，他们选出了十几项，对于每一项都做了解释和深入的探讨。对每一项技术，他们重点地分析了三个方面：第一，要解决的问题的规模和形式；第二，这项技术的性质和研制过程；第三，这项技术的不足之处以及可能产生的危险，而这些正是要求我们在使用时要审

慎对待的地方。这第三个内容特别值得注意，因为常常是新独立的国家在采用西方技术时并没有充分考虑所需的费用和这些技术的不足之处。

本书作者们不限于报道西方科技中对中国可能有意义的进展。他们还分析了西方社会中所谓的“现代瘟疫”——在富有的工业化国家中出现的种种社会弊端。在“高级的”生活方式——丰盛的饮食、诱人的香烟、快速的小轿车——中，潜伏着危险，而且只有在这些危险戕害了千百万人之后才被人们发觉。中国为什么不可以从这些反面教训中取得教益，并避免重犯西方的严重错误呢？

在叙述科学进展以及西方文明的社会弊端这两者时，本书作者们利用了大量的资料，并用清晰准确的语言和触及人类利益的笔墨把其中的要点介绍给读者。但文笔虽力求简洁却并未丧失精确性，也并未掩饰科学的诸般不足。西方的种种教训，无论是正面的还是反面的，都是完全客观地介绍给读者。

虽说写作本书的目的是为了有助于中国的进一步发展，但是本书的一些要旨对于许多国家来讲都是有重要价值的。一个要旨，就是世界卫生组织所强调的“适用技术”。西方的种种动人听闻的外科手术或“奇迹”药物，不应不加思索地便到处搬用。再一个对于发展中国家有重要意义的教训，就是要避免重犯西方发生过的灾难性的社会错误。导致疾病发生的生活方式并非是不可改变的；可以通过明智的社会政策来培养生活方式。最后一个对一切人都有重要意义的启示——在最后一章才明确提出，但实际上隐含于全书之中——就是科学与社会是相互依赖的。如果不能合理地应用科学，社会也便不能战胜自然。但如果没有正确的人类价值观和社会准则，则科学可能毁灭全人类。

如果说中国在“来自西方的知识”中发现有价值的东西的话，那么人们看得越来越清楚的是，西方也可以由中国学到无数有益的教训。

米尔顿 I. 罗莫

1986年5月于加利福尼亚州洛杉矶市

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Preface

Contemporary developments in science and technology have spurred progress in human societies at extraordinary speed and on an unprecedented scale. Indeed, the very underpinnings of science challenge and call for changes in outmoded ideas and the ways we approach our problems. It is in this challenge that science, technology, and the advances they have sparked represent opportunities for us in our efforts to build and develop a socialist China tailored to the special characteristics of the country. Yet the desire to solve our problems with the practice and adoption of modern science and technology must be grounded in the realities of our nation. This is the only way in which we can realize the full benefits of all that these technologies have to offer.

The pursuit of health and medical advances is undertaken to serve not only individuals, but for the benefit of societies and humankind as well. It is in the area of health and medicine that science and technology have made the greatest strides, fundamentally changing the ways in which we view both health and the practice of medicine. More and better medical innovations are introduced and applied over shorter periods of time, leading to the performance of ever-increasing miracles of modern medicine.

The natural desire to pursue these achievements, however, can often lead us into turning a blind eye to the high costs and sacrifices that these inspiring successes demand. The decisions as to whether these miracles can or ought to be turned into actual practice in health and medicine must be made only after evaluating the needs of society as a whole, the limitations of these miracle technologies in addressing these needs, and consideration of both the financial and opportunity costs involved with these technologies. Already, effective measures to prevent disease and thereby improve health and the quality of life cannot be practiced or popularized because of financial

constraints. Under such circumstances, our approach toward newer and more modern innovations, with their high cost and consequent limitations for widespread application, should be evaluated in terms of individuals, society and the ethical balance to be maintained between the two.

China is a developing country of more than one billion people, with limited financial resources, and confronted with pressing health problems. To address these problems wisely and equitably, we need to be aware of not only the progress being made in medical science and technology, but of the problems that result from the application of these technologies as well. Obtaining such information and making appropriate assessments are not easy.

We are therefore extremely delighted and grateful for the publication of the book *Knowledge from the West: Health and Medical Care* written by Dr. Virginia C. Li, Dr. Leonardo Chait and Glenn C. Wong. This book provides insights that we would do well to study. The book is well-written, well-organized and perfectly suited to our needs and situation. This is a result not only of the authors' knowledge and understanding of scientific concepts, as well as familiarity with Chinese reality, but also of their enthusiasm to contribute their viewpoints for the sake of China. The book details some of the more outstanding achievements in medicine; more important, however, it helps the reader understand that all technologies have their limitations, and that considerable improvements in health and the quality of life can be achieved by taking preventive measures. This book provides health professional and policymakers not only with a great deal of sound material on medical advancements, but also with profound questions to ponder. You will find many interesting topics as soon as you read the table of contents, and you will find that it is too good to stop reading until you finish the last page, which comes all too soon.

Dr. Jieping Wu
Beijing, June 1986

Foreword

The great achievements of China since liberation in 1949 have won the admiration of the entire world. These achievements have been largely in the social sphere, in the development of a more equitable society, of a population more educated, healthy, and happy than ever before. The countless advances in both cities and countryside have come mainly from mobilization of the energies of the people, even with little access to the tools and technology of modern science.

Now China is turning more earnestly to the West to the civilization that flowered in Europe over the thousand years since the Renaissance, and gave rise to science as a strategy for the control of Nature. Science, or rather the sciences, generated technologies which enabled mankind to rise above fatalism. Disease and suffering need no longer be accepted as inevitable, but could be effectively combatted or even prevented. The technologies of the West, combined with the social organization and spirit of the Chinese people, would bring even greater benefits to New China.

To facilitate this transmission of modern technology, relevant to health and disease, the authors of this book have rendered a great service. From the thousands of technological developments in the West, they have chosen about a dozen to explain and explore in depth. For each development, they provide three important types of analysis: first, the size and shape of the problem to be tackled; second, the nature of the technology and how it was developed; third, the shortcomings and even dangers of the technology that demand caution in its use. The third type of information is especially noteworthy, because all too often newly independent countries seize upon Western technologies, without proper consideration of their costs and limitations.

The authors go beyond reporting on the scientific advances of the West that may have meaning for China. They also analyze the

“modern plagues” of Western societies — the social evils that have arisen in affluent industrialized cultures. In the habits of “sophisticated” living — rich food, enticing cigarettes, fast cars — there lurk dangers that have killed millions before the risks were identified. Why should China not benefit from these negative lessons and avoid the serious mistakes of the West?

In the accounts of both the scientific advances and the social disorders of Western civilization, the authors have drawn upon vast bodies of information and presented the essentials with precision, clarity, and human interest. Yet accuracy is never sacrificed for the sake of brevity. Nor are the failures of science glossed over. These lessons from the West, both positive and negative, are offered to the reader with complete objectivity.

While this book is intended to contribute to the further development of China, it has valuable messages for many countries. One major message concerns the principle, defined by the World Health Organization, as “appropriate technology.” The spectacular surgical operations or “miracle” drugs of the West should not be thoughtlessly transplanted everywhere. A second major message for developing countries is to try to avoid the disastrous social mistakes of the West. Lifestyles that lead to disease are not inevitable; they can be shaped by wise social policies. A final major message for every one — explicit in the last chapter but implicit throughout — is that science and society are interdependent. Without the reasonable application of science, society cannot overcome the hazards of nature. Without sound human values and social principles, science could destroy mankind.

If China finds value in Knowledge from the West, it has become increasingly clear that the West has countless lessons to learn from China.

Milton I. Roemer

Los Angeles, California

May 1986

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