

技能型紧缺人才培养培训教材

全国卫生职业院校规划教材

供中高职护理、涉外护理、助产、检验、药学、药剂、卫生保健、 康复、口腔医学、口腔工艺技术、医疗美容技术、社区医学、 眼视光、中医、中西医结合、影像技术等专业使用



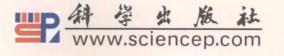
专业英语基础

Fundamentals of Vocational English

(第二版)

陈 沁 徐冬英 主编





WELL HEED

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科学出版社

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内容简介

本书为技能型紧缺人才培养培训教材和全国卫生职业院校规划教材之一。本次修订的指导思想是从学生所学医学基础和相关专业课程出发,课文内容尽量与基础和专业课相贯通,旨在帮助学生学习相关词汇,并进行口语和阅读训练,为学生终身学习打下基础。本教材必修内容分为两部分,第一部分以医学卫生科普知识和医学基础英语为主,主要涉及解剖学、生理学、微生物学、免疫学、病理学、药理学和健康评估课程内容,帮助学生从公共英语向专业英语过渡;第二部分为专业课相关内容,涉及护理学基础、临床护理、内科学、外科学、妇产科学、儿科学、精神病学、药学、医学检验、康复、口腔工艺及影像技术等内容。选修内容为补充阅读材料和常用医学名词,使学生从课文学习走向语言实践,提高英语应用能力。此外,本教材还配套教学光盘,方便教师教学和学生自学。

本教材适合已具备一定公共英语基础的各种学制中高职护理、涉外护理、助产、检验、药学、药剂、卫生保健、康复、口腔医学、口腔工艺技术、医疗美容技术、社区医学、眼视光、中医、中西医结合、影像技术等专业学生使用。

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前 言

随着我国社会经济的快速发展和国际交流与合作的日益增多,医疗机构要求护理人员具有较好的英语交流和应用能力,因此,学生在校期间必须学习相应的医学基础和专业英语。作为卫生职业教育的系列改革教材之一,本书是在"以服务为宗旨,以就业为导向,以技能为核心,以素质教育为根本"的职业技术教育办学思想和"模块教学"的指导思想下进行编写的,供护理、助产、检验、药剂、卫生保健、康复、口腔工艺、影像技术等相关医学专业使用,并从职业教育培养实用型人才要求出发,着重培养学生专业英语的交流与应用能力,语言实践贯穿教材的始终。

本次修订的指导思想是从学生所学医学基础和护理专业课程出发,课文内容尽量与基础和专业课相贯通,主要涉及解剖学、生理学、微生物学、免疫学、病理学、药理学、健康评估、护理学基础、临床护理、内科学、外科学、妇产科学、儿科学、精神病学、药学、医学检验、康复、口腔工艺及影像技术等方面的专业英语,旨在帮助学生学习医学基础和专业课相关词汇,并进行口语和阅读训练,为学生终身学习打下基础。

本教材必修内容分为两部分,第一部分以医学卫生科普知识和医学基础英语为主,帮助学生从公共英语向专业英语过渡;第二部分为护理专业课相关内容。在修订过程中,调整和更新了课文内容,使之与学生所学医学基础和专业课衔接,使学生熟悉相关词汇和内容,每一课的对话大体上是配合课文专题的一种口语训练;选修内容为补充阅读材料和常用医学名词,使学生从课文学习走向语言实践,提高英语应用能力。在练习编写方面,强调在课文学习基础上,通过少而精、形式不一的练习,检测学生对所学内容的熟练运用程度,进而举一反三,再回到语言实践中去。

本书的第一版为本版的修订打下了良好基础,在此,谨向第一版《专业英语》上、下册的主编童敏梓、赵旦老师和各位编者表示衷心感谢。本书在编写过程中,得到广州医学院护理学院的大力支持,在此表示诚挚的谢意。限于我们的学识和水平,存在不足之处,恳请各位读者批评指正。

编 者 2008年1月于广州

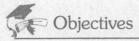
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Part One Vocational English: Basic Medicine

Lesson 1

CHOICE OF FOOD



At the end of this lesson, students should be able to:

- read the text fluently and answer the questions properly;
 - 2. role-play the dialogue;
 - 3. be familiar with the way to choose food;
 - 4. complete all the exercises.

Text

In the world today, few people are actually hungry but many would benefit from better eating habits. A high standard of living such as in Australia, has its own problems. When people can choose what they will eat, they need to know how to choose. Knowledge of nutrition enables a person to make informed decisions. The popularity of books and pamphlets on health and nutrition indicates that people are concerned with achieving the best health for themselves and their families. The foods available to us today are not as good as those that were available to our grandparents. In fact, modern methods of food production and preservation enable us to have a much more varied and better diet than before. It depends on how foods are chosen.

However, there are a number of problems in Australia related to poor choice of foods. Many people are overweight, tooth decay is still common (and often regarded as inevitable) and Australians rank high in a number of health problems related to poor dietary habits.

As a result, various dietary goals have been

developed by concerned health authorities to try and alleviate these problems. They are:

- ★to reduce overweight and obesity:
- ★ to decrease the total amount of fats eaten:
- ★to decrease the amount of sugar eaten;
- ★ to increase the consumption of complex carbohydrates, starches and dietary fiber (that is, more bread and cereals, preferably wholegrain, and more fruit and vegetables);
 - ★to decrease the consumption of alcohol;
 - ★to decrease the amount of salt eaten.

For most people, the choice of food depends upon appetite, food habits, and the amount of money available.

Appetite is a good guide to the amount of food needs. It also leads people astray, as in the case of some overweight people whose appetite is out of proportion to their body's needs.

Food habits play a large part when we choose our food. They have been developing all through our lives and, like any habits, they are difficult to change once they become established.

For families on low incomes knowledge of food values is particularly important. Their money is always spent to good purpose. However, poor nutrition can also be found in households where plenty of money is spent on food. In choosing the foods that we eat each day, we should consider the role food plays in the body and its relationship to the needs of the body. Food fulfils the following functions in the body:

• It provides energy and fuel for all body activities and to maintain the body temperature. Energy is supplied by the carbohydrates, fats and proteins in food.



- It repairs worn-out tissues and provides for new growth. Proteins and certain minerals supply the materials for this.
- It regulates the various processes of the body. Minerals, vitamins, fiber, protein and water act as body regulators.

Carbohydrates

Carbohydrates consist of sugars, starches and other complex carbohydrates and fiber. Plants store most of their carbohydrates in the form of starch as in cereal grains (such as wheat, oats, rye, barley, rice and corn) and in roots, tubers and other storage organs of plants (such as parsnips, potatoes and sweet potatoes).

Flour, bread, porridge, breakfast cereals, rice, macaroni, spaghetti, noodles and semolina, being cereal products, are fuel foods. Legumes, nuts, seeds, vegetables and fruits also contain carbohydrates.

It is often thought that carbohydrates are somewhat undesirable in the diet. However, those which contain vitamins, minerals and fiber are worthwhile foods.

Questions on Text

- 1. What enable people to have better diet than before?
- 2. What supply the materials for repairing wornout tissues and providing for new growth?
- 3. What is a good guide to the amount of food needs?
- 4. What is the correct way to choose food?
- 5. What supply energy to the human body?

Words to Watch

- 1. pamphlet / pæmflit/ n. small paper-covered book, a single-article pamphlet 小册子,单行本
- 2. nutrition /nju: 'tri∫ən/ n. the process of giving or getting food 营养
- diet /'daiət/ n. the sort of food and drink;
 a limited list of food and drink that a person is allowed, esp. when this is controlled for

- medical reasons 饮食,规定饮食
- 4. dietary /'daiətəri/ n. 同"diet"; adj. 饮食的,规定食物的
- 5. preservation / prezə(:) vei fən/ n. act of preserving 保存(管,护);储藏;保持;维护
- 6. overweight /'auvaweit/ n. excess of weight above what is usual or legal 超重
- 7. decay /di'kei/ vi. & n. go bad; lose power or health 腐朽,腐烂,衰减,衰退
- 8. obesity /əu'bisiti/ n. being very fat, unhealthy fat 肥胖
- 9. protein /'prəuti: n/ n. any of many substances, present in such foods as meat, eggs, and beans that help to build up the body and keep it healthy 蛋白质
- 10. carbohydrate /'ka: bəu'haidreit/ n. any of several substances, such as sugar or foods like cake and potatoes, that are believed to make people fat 碳水化合物
- 11. mineral / mineral/ n. any of various solid substances that are formed naturally in the earth or obtained from the ground for human use 矿物质
- 12. starch /sta:t∫/ n. white, tasteless, carbohydrate food substance, plentiful in potatoes, grain, etc. 淀粉,浆粉
- 13. cereal /'siəriəl/ n. any kind of grain used for food; food prepared from cereals 谷类,谷类食品
- 14. wholegrain / həulgrein/ adj. rice without husks removed 全粒的,全米的
- 15. alcohol /ˈælkəhɔl/ n. pure, colorless liquid present in such drinks as beer, wine, brandy, whisky 乙醇,酒精
- 16. appetite /ˈæpitait/ n. physical desire (esp. for food) 食欲,胃口,欲望,爱好
- 17. astray /əs'trei/ n. & adv. out of, off, the right path, esp. into wrongdoing 迷途地, 人歧途地
- 18. fuel /fjuəl/ n. material for producing heat or other; forms of energy, e. g. wood, coal oil, uranium 燃料, 养料; vt. supply



with or obtain fuel 加燃料,供以燃料; vi. 得到燃料

19. proportion /prə'pɔ: ∫ən/ n. relation of one thing to another in quantity, size, etc; relation of a part to the whole 比例,部分, 均衡; size; measurements 面积; vt. Put into proportion or right relationship 使成比例,使均衡,分摊

Phrases and Patterns

- be available 可用的,可得到的
 Medical care is available to residents who pay
 taxes in China.
- benefit from 受益
 An investigation made last year showed that most people benefit from daily exercises.
- 3. be related to/with 与……有关
 An article relating to heart diseases tells us
 that fatty food is not good for patients with angina pectoris.
- 4. depend upon/on 依靠,依赖,依……而定 All living things depend on the sun for their growth.

Dialogue

(Tom was 12 years old. He went to a restaurant with his mother. This time he learned to eat like a grown-up. Here is part of the conversation between Tom and his mother.)

Mother: The table's laid. Come along, and let's begin.

Tom: I am ready, I feel quite hungry. I could eat a horse. What should we order tonight?

Mother: Well, we haven't got a horse for you, but what we have got is quite nice. Sit there and see how well you can behave. Remember, you're getting quite a big boy and must learn to eat like a grown-up.

Tom: Oh, does that mean that I can eat more?

Mother: I want you to make a good meal, though I

don't want you to stuff yourself. Your place
has been laid just like mine.

Tom: I want to have some roast turkey, roast beef, prawn cracker, chocolate cake and a cup of coke, two ice-creams.

Mother: Oh, dear. You can't finish all, can you?

Too much meat is not good for you. You have been overweight already.

Tom: But that are my favorite food, mum.

Mother: I know. But balanced diet is very important for you. You want to lose your weight, don't you?

Tom: Yes. What can I have?

Mother: You have to have some vegetable and carrot juice. Don't eat chocolate cake, prawn cracker and don't drink coke. You can only have one ice-cream.

Tom: Yes, mum.

Mother: Don't you remember you had a sore throat last night?

Tom: No, I will eat more vegetables.

Exercises

I. Choose one best answer in each of the following sentences.

١.	Knowledge of food values is so particularly
	important their money is always
	spent to good purpose.
	A. that B. which
	C. how D. as to
2.	Food the various processes of the
	body.
	A. works B. does
	C. regulates D. gives
3.	Food habits a very large part when
	we choose our food.
	A. get B. take
	C. maintain D. play
4.	Proteins and certain minerals supply the ma-
	terials repairing worn-out tissues.
	A. where B. in
	C. for D. at
5.	Modern methods of food production and pre-
	servation us to have a much more

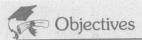


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varied ar	nd better diet than befo	re.	5. Tha	t universi	ty has fal	len ir	nto	in
A. decid	le B. enable		the	past 50 y	ears.			
6. Poor nutr	D. make rition can also be found _ plenty of money is sp				words u under Pa		Part A	with the
A. where C. when 7. As a re been dev	B. what	_ goals have lealth authori-	2. 3. 4.	cereal protein	ntake ht	b. с. d.	Part B 蛋白质 淀粉 饮食 質重	
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PREVENTION OF THE FLU



At the end of this lesson, students should be able to:

- 1. read the text fluently and answer the questions properly;
 - 2. role-play the dialogue;
- be familiar with the medical terms on prevention of the flu;
 - 4. complete all the exercises.

Text

Influenza (also called "the flu") is an active infection of the respiratory system caused by the influenza virus. There are three types of influenza viruses — influenza A,B,C — which cause the flu. Type A viruses cause the most problems—they are responsible for worldwide influenza pandemics. Type B influenza viruses cause smaller outbreaks, and type C viruses cause mild symptoms. The A and B types of viruses are constantly changing, while C viruses are fairly stable.

The flu can result in miserable symptoms; such as high fever, chills, pains all over the body, fatigue, sore throat, dry cough, severe headache, eye pain, a runny nose and nausea. An influenza virus is spread much like a cold virus, you can get one either by inhaling an airborne droplet from an infected person's cough or sneeze or by toughing something (doorknob, computer keyboard, phone, eating utensil, etc.) that has an influenza virus on it. It usually takes longer to get over the flu than a cold. And because infec-

ted people are contagious for a day or two before showing any symptoms, many carriers are completely unaware they are sharing an influenza virus. For some people, the flu leads to serious, even life-threatening diseases, like pneumonia and bronchitis. These threatening complications make the flu become a major public health problem all over the world.

Anyone can get the flu, but those who are most at risk of having complications are the elderly, young children (especially those who are 6 months old to 23 months old), pregnant women, people who have chronic heart or lung conditions or other serious diseases, and those who have weakened immune systems. The Centers for Disease Control and Prevention (CDC) estimates 5 to 20 percent of Americans come down with the flu during each flu season, which typically lasts from November to March. Children frequently spread the virus to others. Although most people recover from the illness, CDC estimates that in the United States more than 200,000 people are hospitalized and about 36,000 people die from the flu and its complications every year.

What can we do to prevent the flu?

- To increase the body resistance by exercise such as running, walking, swimming, etc.
- To wash your hands often with soap and water.
- To drink much water and get enough sleep every day.
- To stay away from people who are sick and avoid touching your eyes, nose and mouth, if possible.
 - To keep your distance from others when



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you are sick, to protect them from becoming infected.

- To cover your mouth and nose with a tissue when coughing or sneezing.
- To take some vitamin E, vitamin C and medicine herbs during each flu season.
- To pay attention to keeping nutrition and food balanced and stopping smoking.
- To keep our offices, homes, classrooms and the public places clean and there must be plenty of fresh air in them.

People who are at high risk for complications of the flu should get the flu vaccine every year, or other options, including flu vaccine nasal spray and antiviral drugs.

Generally speaking, prevention of the flu needs us to keep good health habits and mood!

Questions on Text

- 1. What is influenza?
- 2. How many types of influenza viruses are there in our text?
- 3. Who is at higher risk of having complications?
- 4. What symptoms can the flu cause?
- 5. What should we do to prevent the flu?

Words to Watch

- 1. influenza / influ'enzə/ n. infectious disease with fever and catarrh 流行性感冒
- 2. virus /'vaiərəs/ n. poisonous element causing the spread of infectious disease 病毒
- 3. pandemic /pæn'demik/ adj. & n. (disease) prevalent over the whole country or continent 流行全国或全洲的(疾病),流行性的,大流行病
- 4. outbreak / autbreik/ n. breaking out 暴发,发生
- 5. stable /'steibl/ adj. firm, fixed, not likely to move or change 坚固的,稳定的,不动摇的
- 6. immune /i mju:n/ n. secure 免疫的
- 7. nausea /'nɔ:ziə/ n. the filling of sickness or disgust 恶心

- 8. inhale / in'heil/ v. draw into the lungs 吸入
- 9. airborne /ˈɛəbɔː n/ n. flying particles of the saliva 飞沫
- 10. acute /ə'kju: t/ adj. (of an illness) coming quickly to the most severe or critical stage (指疾病)急性的
- 11. sneeze /sni:z/ n. sudden, uncontrollable outburst of air through the nose and mouth 喷嚏
- 12. contagious /kən'teidʒəs/ adj. of disease, spreading by touch 传染性的,由接触而传染的
- 13. unaware /ˌʌnəˈwɛə/ adj. not knowing 不知道的
- 14. pneumonia /nju: 'məuniə/ n. serious illness with inflammation of the lungs 肺炎
- 15. complication /ˌkɔmpliˈkeiʃən/ n. new illness, or new development of an illness, that makes treatment more difficult 并发症
- 16. pregnant / 'pregnant/ adj. having in the body offspring in a stage of development before birth 怀孕的
- 17. chronic / kronik/ adj. of a disease or condition, continual, lasting for a long time 慢性的
- 18. estimate /'estimeit/ v. form a judgment about, calculation (the cost, value, size, etc. of sth.) 评定,估计(某物的价钱,价值,大小等)

Phrases and Patterns

- the respiratory system 呼吸系统
 Pneumonia is a disease of the respiratory system.
- 2. come down with 病倒,患(病)
 He came down with pneumonia last year.
- result in 导致
 The traffic accident in the center of the city resulted in the death of six people.
- 4. immune system 免疫系统
 People who have weakened immune systems suffer from serious diseases more easily.





5. recover from 恢复,使(身体)复原
The patient is perfectly recovered from illness after he left the hospital.

Dialogue

(A patient with the flu has come to the outpatient department of a hospital. Here is a dialogue about the flu between the patient and the doctor.)

Doctor: Good morning! How are you feeling?

Patient: I'm afraid I'm not feeling well. I feel shivery and I have had a headache, aching bones and joints since yesterday.

Doctor: Anything else?

Patient: And I have a sore throat and a stuffy nose. I cough a lot at night.

Doctor: I see. Let me have a look... I think you've got the flu. You must take care of yourself because there might be complications.

Patient: What do you think I should do?

Doctor: Don't worry. I'll give you an injection and then prescribe some medicine for you.

Don't forget that flu is infectious. You'd better stay in bed for some days. Try to get plenty of sleep. Don't smoke or drink. Pay attention to keeping nutrition and food balance. You'll get better soon.

Patient: How should I take this medicine?

Doctor: Take two tablets each time. Three times a day.

Patient: Are they strong?

Doctor: Yes. They may make you a little drowsy. By the way, you should be sure to take them after you eat.

Patient: I'll take your advice. Thank you very much.

Exercises

I. Choose one best answer in each of the following sentences.

1. They are responsible _____worldwide influenza pandemics.

	A. of	B.	with
	C. for	D.	from
2.	The flu is an active inf	ecti	on of the respiratory
	systemby th	e in	fluenza virus.
	A. cause	B.	caused
	C. to cause	D.	causing
3.	It usually takes longer	er to	the flu
	than a cold.		
	A. get in	B.	get off
	C. get on	D.	get over
1.	Each flu season typica	ally	from No-
	vember to March.		
	A. lasts	B.	maintains
	C. keeps	D.	catches
5.	These infected people	are	for a day
	or two before showing	any	symptoms.
	A. sources	B.	origins
	C. bases	D.	contagious
5.	About 36,000 people		the flu and its
	complications every ye	ear i	n America.
	A. die of	B.	die from
	C. die with	D.	die away
7.	Many carriers are		unaware they are
	sharing an influenza v	irus	
	A. complete	B.	completion
	C. completed	D.	completely
3.	CDC estimates 5 to 2	0 ре	ercent of Americans
	the flu during	ng e	ach flu season.
	A. come down upon	B.	come forth
	C. come down with	D.	come down
).	You must cover your	mou	ith and nose with a
	when cough	ing	or sneezing.
	A. tissue	B.	paper
	C. cloth	D.	hand
10.	. The flu can	n	iserable symptoms:
	such as high fever,	chi	lls, sore throat, dry
	cough, severe headac	he,	and so on.
	A. results	B.	result from
	C. result in	D.	as a result

II. Fill in the blanks given, making changes

either...or...

immune

when necessary.

respiration virus





	recover lead to protectfrom risk	Ⅲ. Watch the words under part A with th
1.	Those who have weakened systems	translation under Part B.
2.	can get the flu more easily. The best way you canyourself	Part A Part B 1. pandemic a. 免疫系统
	the flu is to get a vaccination.	2. immune system b. 并发症
3.	Some influenza are constantly chan-	3. fatigue c. 疲劳
4	ging, while others are fairly stable.	4. complication d. 大流行病
4.	For some people, the flu serious, even life-threatening, diseases, like pneumonia.	IV. Translate the following sentences into English.
5.	Pneumonia is a disease of thesystem.	 流感是由流感病毒引起的急性呼吸系统係 染病。
6.	People who are at high for complications of the flu should get the flu vaccine every year.	 由于流感可引起并发症,流感成为一个严重的公共健康问题。 在每年的流感季节,大约百分之二十的美
7.	The patient is perfectlyfrom his illness.	国人会患上流感。 4. 我们必须通过锻炼增强身体的抵抗力。
8.	People can get the fluby inhaling	5. 当你得流感时,应与别人保持距离。
	an airborne droplet from an infected person's	
	cough or sneeze by toughing some-	(李 雯)
	thing that has an influenza virus on it.	





THE HOSPITAL



At the end of this lesson, students should be able to:

- 1. read the text fluently and answer the questions quickly;
- 2. play roles in English, based on the dialogue;
 - 3. learn the new words by heart;
 - 4. complete the exercises.

Text

Hospital is a place where sick people stay and have treatment. There are many kinds of hospitals, such as General Hospital, Hospital of Traditional Chinese Medicine, Tumor Hospital, Mental Health Hospital, Hospital of Infectious Diseases, Stomatological Hospital, Ophthalmology Hospital, and so on.

In general, the hospital can be divided into administrative departments and clinical departments. The administrative departments contain office, personnel department, the department of administration, nursing department, finance section, etc. The clinical departments include the medical department, surgical department, pediatric department, obstetric and gynecological department, dental department, skin department, and so on. In China, there is a special one called department of traditional Chinese medicine in the general hospital.

The hospital mainly consists of the emergency department, the outpatient department, the inpatient department, the pharmacy, the central supply department, the blood bank, the nutrition department, the laboratory, the medical image department (including X-ray, CT, MRI, etc.), the E. C. G. room, the E. E. G. room, the operating department, etc.

In the emergency department, there are chiefly the registry, the inquiry office, the reception room, the consultation room, the emergency room, the therapeutic room, the injection room, the dressing room and the disinfection room. In the outpatient department and the inpatient department there are similar sections or parts as in the emergency department. But in the inpatient department, there are wards and intensive care units (ICU). Wards may be divided into various kinds, such as, medical wards, surgical wards, maternity wards, isolation wards and observation wards.

The staff of a hospital may be made up of doctors, nurses and other medical workers. According to the specialities, doctors can be divided into physicians, surgeons, eye-doctors, ear-nose-throat-doctors, dentists, pediatricians, gynecologists, obstetricians, neurologists, and so on. Other medical staff include radiologists, laboratory technicians, dieticians, anesthetists, and pharmacists. Doctors can also be named resident doctors, duty doctors or attending doctors.

Both doctors and nurses care for the patients. For doctors, however, the science of medicine comes first. For nurses, the art of healing comes first. Nurses work under doctors' supervision, but they do more than carrying out the doctors' orders. In the morning, the resident doctors must make the rounds of the wards, but most of the hospital patient care is provided by nur-

