

中等卫生专业学校教材

# 英 语

## ENGLISH

### 第三册

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## 编者说明

《中等卫生专业学校英语》全套教材分三册。第一、二册约200课时左右，适用于基础英语教学。第三册可供高年级学生使用，共30课，约90课时。前两册结合课文、阅读材料和语法知识，都配有练习；而第三册只有阅读教材，课后有生词表及测试理解的练习，目的为达到中专教学大纲规定的“以培养学生阅读能力为主”的要求。同时也可以提高自学者阅读医学外语的能力。

本册教材多选自英语原文期刊或英语医学科技材料等，注意了医学的适用性，课文安排由浅入深，难易程度兼而有之。本书在每篇课文开始，要求学生记下时间，读完也应记下时间，这就要求学生在限定时间内读完 (Timed Reading)。每篇课文(根据文章难易程度来定)，以20~30分钟为宜，阅读速度最后应达到30W.P.M (即每分钟读30个词)。作课后测试理解的练习，不仅要检查读者的阅读速度，而且要检查他们回答问题的准确度。学生只有在确切理解原文的基础上，才能做出正确的答案。所以这些练习有助于培养学生的独立思考、分析与解决问题的能力，而不单单是增长英语语言知识。

在本册教材的编写过程中，薛维涵、冯莉、林先河、史作政、刘国全、王霞、栾汝勤等同志也参加了部分工作。

河南医科大学江伟珊教授、郑州粮食学院贾莉同志审阅了本教材的初稿，最后由首都医学院宋宁教授认真负责地审阅并修改了全套教材。他们都提出了许多宝贵的意见。在此，我们再次表示衷心感谢。

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## Lesson 1

### Headache

*Look at the time before you start.*

A headache is one of man's most common enemies. Most people get headaches from time to time. What cause headaches and what can we do about them?

#### **Tension Headaches**

Probably more than 90% of all headaches are caused by worry or tension. Modern living produces tensions for everybody, at work, at school and at home. What can we do about tension and worry in our life? First, find what is causing the tension. It may be caused by feelings or emotions. Do you worry too much over what people think of you, over your clothes, or about what you did or didn't say? Are you on good terms with your employer, neighbour, best friend, school friend or family? If not, why not? Next find a way of reducing tensions. Gardening, walking, running, swimming or any activity suitable for your age will help reduce tension. Then look at your way of life. Ask yourself, where am I going? And why? Learn the secret of relaxation. Lie down in a dark quiet room and relax as much as possible by taking several slow breaths. Let all your muscles relax.

#### **Headaches Caused By Habit**

Habits of daily living also produce headaches. These include lack of exercise, especially sitting for hours, watching TV or studying, lack of fresh air, lack of sleep and eating too much. Get in the habit of balanced living: plenty of sleep, regular exercise, regular meals, good food, fresh air. Avoid harmful things such as heavy smoking, alcohol and very strong coffee. A headache can be the body's reaction against things such as these.

There are other causes of headaches. Headaches may be caused by infections and low blood sugar. Remember that if your headache gets worse see your doctor.

*Stop! Look at the time and write it down.*

## Comprehension

Choose the correct answer.

1. According to the passage, which of these is true?
  - a. Most people don't usually get headaches.
  - b. All people get headaches most of the time.
  - c. Most people get headaches some of the time.
  - d. No one gets headaches all his life.
2. Most headaches are caused by \_\_\_\_\_.
  - a. habits
  - b. infections
  - c. heavy smoking
  - d. tension
3. Most people get headaches \_\_\_\_\_ time \_\_\_\_\_ time.
  - a. from...to
  - b. between...and
  - c. at...to
  - d. from...at
4. Do you worry \_\_\_\_\_ much \_\_\_\_\_ what people think \_\_\_\_\_ you?
  - a. most...over...on
  - b. too...over...of
  - c. too...about...to
  - d. how...over...about
5. Let all your muscles \_\_\_\_\_.
  - a. to relax
  - b. relaxed
  - c. relaxing
  - d. relax
6. Get in the habit of \_\_\_\_\_.
  - a. balance living
  - b. balanced live
  - c. balanced living
  - d. balance life
7. Which of the following doesn't have the meaning of tension?
  - a. tightness
  - b. stiffness
  - c. stress
  - d. lightness
8. There are other \_\_\_\_\_ of headaches.
  - a. cause
  - b. causes
  - c. cores
  - d. fresh
9. Get \_\_\_\_\_ air from outside.
  - a. newly made
  - b. produced
  - c. grown
  - d. fresh
10. \_\_\_\_\_ that if your headache gets worse see your doctors.
  - a. Recall
  - b. Remember
  - c. Memorize
  - d. Retell

## New Words And Expressions

tension ['tenʃən] *n.* 紧张; *vt.* 使紧张  
emotion [i'məʊʃən] *n.* 情绪  
with emotion 激动地  
employer [im'plɔɪə] *n.* 雇主  
be on good term with sb. 与某人关系好

relax [ri'læks]  
balance ['bæləns]  
avoid [ə'vɔɪd]

*vi.* 放松  
*vt.* 使...平衡  
*v.* 避免

## Lesson 2

### Healthy Habits

*Look at the time before you start.*

A habit is something we do very often. We do not think when we are doing it. We can have good habits.

Early to bed, early to rise, makes a man healthy, wealthy, and wise.

This is an old English saying. Have you heard it before? It means that we must go to bed early and get up early in the morning. If we do, we shall be healthy. We shall also be rich (wealthy) and clever (wise).

Is this true? Perhaps it is. The body must have enough sleep. Young people of your age need eight hours' sleep every night. If you do not go to bed early, you cannot have enough sleep. Then you cannot do your work properly. You will not be wise and you may not become wealthy!

Some people go to bed late at night and get up late in the morning. This is not good for them. We must sleep at night when it is dark. The dark helps us to sleep properly. When the daylight comes, we must get up. This is the time for exercise. Exercise means doing things with the body. Walking, running, jumping, swimming, playing games are all exercise. If the body is not used, it becomes weak. Exercise keeps it strong.

Exercise helps the blood to move around inside the body. This is very important. Blood takes food to all parts of our bodies. The brains in our heads also need blood. We think with our brains. If we keep our bodies healthy, and take exercise, we can think better!

Our bodies also need air to breathe. Without air we die. We must have plenty of clean, fresh air to breathe if we want to be healthy.

*Stop! Look at the time and write it down.*

### Comprehension

Choose the correct answer.

1. A habit is something we are doing\_\_\_\_\_.



- a. without much thinking about it
  - b. with great effort
  - c. on purpose
  - d. after other people's ideas
2. If we want to be healthy, wealthy and wise, we must go to bed\_\_\_\_\_ and get up\_\_\_\_\_.
- a. late...late
  - b. early...late
  - c. late...early
  - d. early...early
3. Young people of your age need\_\_\_\_\_sleep every night.
- a. eight hour
  - b. eight hours'
  - c. eight-hours'
  - d. eight hourse
4. We must have plenty of clean, fresh air to breathe\_\_\_\_\_we want to be healthy.
- a. even if
  - b. whether
  - c. if
  - d. unless
5. Have you heard it\_\_\_\_\_?
- a. ago
  - b. front
  - c. former
  - d. before
6. Some people go to bed late\_\_\_\_\_night and get up early\_\_\_\_\_the morning.
- a. at...in
  - b. at...at
  - c. in...at
  - d. in...in
7. Which word doesn't mean "wise"?
- a. clever
  - b. intelligent
  - c. smart
  - d. foolish
8. Which word doesn't mean "properly"?
- a. rightly
  - b. unfit
  - c. suitably
  - d. correctly
9. Which of the following doesn't mean "wealthy"?
- a. great amount of property
  - b. money
  - c. riches
  - d. poverty
10. Exercise helps the blood to move around\_\_\_\_\_the body.
- a. inferior
  - b. inside
  - c. inner
  - d. interior

### New Words And Expressions

habit ['hæbit]	<i>n.</i> 习惯	breathe [bri:ð]	<i>vi.</i> 呼吸
properly ['prɒpəli]	<i>adv.</i> 正常地	mean [mi:n]	<i>vt.</i> 意味着
wealthy ['welθi]	<i>a.</i> 富有的	jumping ['dʒʌmpɪŋ]	<i>n.</i> 跳跃
clever ['klevə]	<i>a.</i> 聪明的		

## Lesson 3

### Importance Of Child Care

*Look at the time before you start.*

Alex and Sandy paced the floor of the pediatric ward, wondering how their baby was. Sandy had left a chicken leg on the highchair for baby's dinner last night. When her back was turned, the baby suddenly began coughing. Sandy had yelled for Alex, and it felt like an eternity until he finally arrived. "Alex," she had screamed, "Jessica is choking." Alex could still remember the fear that had clutched his chest. He had run to Jessica and smacked her on the back, hoping that this would bring whatever she was choking on out of her throat. It didn't. They called the hospital. An ambulance arrived in the time it took Sandy to get Jessica ready to go.

In the waiting room, Alex turned to Sandy and said, "Do you think she'll be all right? I can't stand this waiting."

Sandy looked at him. Her eyes filled with tears. In a sobbing voice, she said, "It's all my fault. If she doesn't make it, I'll never forgive myself."

At that time Dr Hiller came through the swinging doors and cried out, "She's okay." Then her manner became quite serious as she asked Sandy and Alex to have a talk with her.

"This was a close call," Dr Hiller said, "You almost lost your baby. It's time you learned how to be parents." Dr Hiller told Alex and Sandy that child care is learned, not instinctive. She told them about classes to attend, books to read, and people to consult in their neighborhood for advice and expertise.

"There are child-care facilities, doctors, books, and clinics," said Dr Hiller. "Use them. Raising a child requires preparation, education, and reliable help."

Alex and Sandy stared at the doctor, still shocked at what had happened. Alex took Sandy's hand and said, "Thank you, Doctor. I promise you we'll learn how to be good parents." Sandy nodded her agreement.

*Stop! Look at the time and write it down.*

## Comprehension

### 1. Choose the correct answer:

- 1) The purpose of this passage is \_\_\_\_\_.
  - a. to tell a story about a neighborhood hospital
  - b. to inform people that child care is something you can learn about
  - c. that choking can cause parents much pain
  - d. that neighborhood hospitals have women doctors
- 2) Alex and Sandy can be described as \_\_\_\_\_.
  - a. concerned parents
  - b. educated people
  - c. disinterested parents
  - d. parents who are too busy for their children
- 3) The writer implies at the end of the passage that \_\_\_\_\_.
  - a. the doctor is very angry with Sandy and Alex
  - b. Jessica will probably leave home now
  - c. Sandy and Alex will learn about child care
  - d. Alex does not care about anything except that Jessica is all right
- 4) How do Sandy and Alex feel about what happened to Jessica? They feel \_\_\_\_\_.
  - a. happy to see her sick
  - b. sad that she is sick, but happy that she learned a lesson
  - c. sorry for the doctor
  - d. very sorry and guilty
- 5) Which of these is not mentioned in the passage as a way to learn child care?
  - a. reading books
  - b. attending classes
  - c. responding instinctively
  - d. consulting experts

### 2. Answer the following:

- 1) What happened to the baby of Alex and Sandy one night?
- 2) How did they take their baby to hospital?
- 3) Describe how they felt while in the waiting room.
- 4) Did the doctor save the baby?
- 5) What did the doctor tell them to do?

## New Words And Expressions

pace [peɪs]	vt. 踱步于	swing [swɪŋ]	vi. 旋转
pediatric [piːdiˈætrɪk]	a. 儿科学的, 小儿科的	manner ['mænə]	n. 态度
yell [jel]	vi. 叫喊	instinctive [ɪn'stɪŋktɪv]	a. 本能的, 天性的
eternity [i(:)'tɜ:nɪti]	n. (似乎)无终止的一段时期	expertise [ˌekspə'ti:z]	n. 专门知识, 鉴定
scream [skri:m]	vi. 尖叫	facility [fə'sɪlɪti]	n. (复)设备, 工具; 便利, 方便
choke [tʃəʊk]	vi. 窒息, 噎住	reliable [rɪ'laɪəbl]	a. 可靠的
clutch [klʌtʃ]	vt. 抓住	Alex ['æliks]	亚历克斯(Alexander的昵称)(人名)
smack [smæk]	n. (用掌)掴, 拍, 打	Sandy ['sændi]	桑迪(人名)
ambulance ['æmbjuləns]	n. 救护车	Jessica ['dʒesɪkə]	杰西卡(人名)
stand [stænd]	vt. 忍受, 经受	Hiller ['hɪlə]	希勒(姓氏)
sob [sɒb]	vi. 啜泣, 呜咽, 抽噎		
fault [fɔ:lt]	n. 责任, 过失		

## Lesson 4

### Proteins

*Look at the time before you start.*

Proteins can supply energy, but that is not their chief function in the body. Every time a new cell forms, protein is needed to make up its protoplasm and its enzymes. Life would be impossible without proteins. The name comes from a Greek word which means "of first importance."

Because they are needed for the growth and repair of tissues, proteins are among the most important nutrients. When they are digested, they are broken down into amino acids. Twenty-two different amino acids are known. Of these, 10 are absolutely necessary for life. Some protein foods are lacking in one or more of the necessary amino acids. The proteins of corn and gelatin, for example, do not have some of the necessary amino acids. Meat, eggs, and milk contain all of these amino acids.

One of the greatest food problems in some countries is the shortage of foods containing all the necessary amino acids. Yeast, fish meal, and dried milk are being tested as low-cost sources of these amino acids.

During the war in Nigeria, many people were surrounded and cut off from the sea. They could not get fish, which was their main source of high-quality protein. They had to live on plant foods which did not contain all the amino acids. Soon a strange disease appeared among the children. Their hair turned red, their bellies became swollen, and severe skin rashes developed. This disease is called Kwashiorkor. It was first reported in Africa, but it has been seen in many parts of the world. If treated in time, the disease can be cured in a few weeks by feeding high-quality protein such as dried milk.

*Stop! Look at the time and write it down.*

### Comprehension

Are the following statements true or false?

1. The chief function of proteins is to supply energy. (    )

2. Proteins are essential to life. ( )
3. Protein is needed to make up the protoplasm of the cell. ( )
4. Digestion makes protein break down into amino acids. ( )
5. All of the 22 different amino acids known are absolutely necessary for life. ( )
6. The proteins of corn and gelatin have all of the necessary amino acids. ( )
7. Meat, eggs, and milk are wholesome foods(有益于健康的食物). ( )
8. One of the greatest food problems in some countries is that there is a shortage of food. ( )
9. Many people in Nigeria preferred plant foods to fish. ( )
10. Kwashiorkor is a severe disease of young children caused by chronic (慢性的) deficiency of protein in the diet. ( )
11. The disease is endemic(地方性流行病) only in Africa. ( )
12. There is no cure for the disease. ( )

## New Words And Expressions

protein ['prəuti:n]	n. 蛋白质	gelatin ['dʒeleɪn]	n. 明胶
protoplasm ['prəutəplæzəm]	n. 原生质	Nigeria [nai'dʒiəriə]	n. 尼日利亚
enzyme ['enzaim]	n. 酶	belly ['beli]	n. 肚、腹部
Greek [gri:k]	a. 希腊的	Kwashiorkor [kwæʃi'ɔ:kɔ:]	n. 金孩病, 红孩病, 恶性营养不良病
break down	把...分解		
amino ['æminəu]	a. 氨基的		
amino acids	n. 氨基酸		

## Lesson 5

### The Value Of Water And Mineral Salts To The Body

*Look at the time before you start.*

Everybody knows that man cannot live for long without water to drink. Almost two-thirds of the body weight is water. Water helps digest food, and is needed for many other chemical changes in the body. It also helps keep the body at the proper temperature and remove waste materials. To stay alive, one must have a constant supply of water. In fact, the body can go without other foods much longer than it can go without water.

The cells which compose the body are made up of a substance called protoplasm. These cells are provided with food only by means of the blood, which is over eighty per cent water. Water also contains in solution a number of mineral salts which the body needs.

Minerals are also necessary for our health and growth. The weight of the body is largely made up of water and two minerals, calcium and phosphorus, most of which are found in our bones. But calcium has other uses in the body which are just as important as bone-building. The clotting of our blood, without which we would bleed to death from a cut, depends largely on the presence of calcium in the blood. Phosphorus is also an important bone builder, and necessary for keeping our blood neutral. Iron is an essential part of the red colouring matter of the blood, without which oxygen could not be carried to the cells.

The ten to twelve essential minerals come largely from the water we drink and the food we eat. Water and mineral salts play a very important part in the efficiency of the human body.

*Stop! Look at the time and write it down.*

### Comprehension

Choose the correct answer

1. Water is \_\_\_\_\_ other foods to the body.

- a. not so important as                      c. much more important than  
b. as important as                              d. less important than
2. The human body, by weight, is about \_\_\_\_\_ water.  
a. two-thirds                                      c. four-fifths  
b. half    d. three-fourths
3. Water is made up of \_\_\_\_\_.  
a. oxygen and calcium                              c. hydrogen and oxygen  
b. hydrogen and phosphorus                              d. calcium and phosphorus
4. One must drink water constantly to \_\_\_\_\_.  
a. be strong                                      c. remain healthy  
b. keep fit    d. stay alive
5. \_\_\_\_\_ is the basic material found in the cells of the body.  
a. Protoplasm                                      c. Water  
b. Oxygen    d. Blood
6. Oxygen is carried to the cells by means of \_\_\_\_\_.  
a. the blood    c. the water drunk  
b. the mineral salts in our bones                              d. the food we eat
7. \_\_\_\_\_ is responsible for the clotting of blood as well as the building of bones.  
a. Iron    c. Calcium  
b. Phosphorus    d. Oxygen
8. \_\_\_\_\_ calcium in the blood, we would not last very long.  
a. With    c. Except  
b. without    d. Besides
9. Phosphorus keeps our blood \_\_\_\_\_.  
a. acid    c. thick  
b. neutral    d. red
10. The essential part of hemoglobin (血红蛋白) is \_\_\_\_\_.  
a. air    c. gold  
b. sugar    d. iron
11. The body \_\_\_\_\_ the essential minerals from water and food.  
a. has    c. takes away  
b. removes    d. gets
12. Water and mineral salts are \_\_\_\_\_ to the human body.  
a. of much interest                                      c. of little use  
b. of no help    d. of great value



## New Words And Expressions

mineral ['mɪnərəl] *n.* 矿物; 无机物

constant ['kɒnstənt]

*a.* 经常的, 不断的; 坚定的

go without

在缺少...的情况下勉强对付过去

provide [prə'vaɪd] *vt.* 提供; 供给

solution [sə'lu:ʃən]

*n.* 解决(办法); 解答; 溶液

calcium ['kælsiəm] *n.* 钙

phosphorus ['fɒsfərəs] *n.* 磷

clot [klɒt] *n.* (血等的)凝块

*vi.* (血等的)凝块

neutral ['nju:trəl] *a.* 中性的; 中立的

essential [ɪ'senʃəl]

*a.* 基本的, 必不可少的

efficiency [ɪ'fɪʃənsi] *n.* 效率, 效能