

医学英语选读

ANGHAI FIRST MEDICAL COLLEGE

编写说明

这本《医学英语选读》是在 1975 年 11 月编写的，现在作了一些修改。供同学自学以进一步提高阅读及英译汉能力。

本书共 20 课，课文有注释及译文，自第三课起配有英译汉练习及练习解答，供参考。

课文除第一课选自《北京周报》，第二课选自《新华社电讯》外，其余均系医学专业材料，摘自外国书籍及杂志。在阅读这些材料中，尤其在以后阅读外国参考书籍及杂志时，必须坚持马克思主义的立场、观点、方法，去其糟粕，吸收其有用的东西。

由于我们水平有限，所编教材一定存在着不少缺点和错误，请读者在使用过程中批评指正。

上海第一医学院外文教研组

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Contents

Lesson 1	Orientation of Public Health Work	1
	公共卫生工作的方向	
Lesson 2	Planned Population Growth	4
	计划人口增长	
Lesson 3	Measles	9
	麻疹	
Lesson 4	Meningococcal Meningitis	15
	脑膜炎双球菌脑膜炎	
Lesson 5	Toxemia of Pregnancy	23
	妊娠毒血症	
Lesson 6	Diabetes Mellitus	29
	糖尿病	
Lesson 7	Shock	36
	休克	
Lesson 8	Rheumatic Heart Disease	43
	风湿性心脏病	
Lesson 9	Congestive Heart Failure	49
	充血性心力衰竭	
Lesson 10	Chloramphenicol	55
	氯霉素	
Lesson 11	Corticosteroids	61
	皮质激素	
Lesson 12	Anemia of Chronic Disorders	67
	慢性疾病的贫血	
Lesson 13	Ascites and Oedema in Liver Disease	76
	肝脏病的腹水及水肿	
Lesson 14	Cholecystitis and Cholelithiasis	83
	胆囊炎和胆囊结石	
Lesson 15	Acute Intestinal Obstruction	90
	急性肠梗阻	

Lesson 16	Neoplasms of the Small Intestine	100
	小肠的肿瘤	
Lesson 17	Tuberculosis	106
	结核病	
Lesson 18	Pleural Effusion	113
	胸腔积液	
Lesson 19	Effects of Long-acting Thyroid Stimulator and LATS Protector on Human Thyroid Adenyl Cyclase Activity	123
	长效甲状腺刺激素 (LATS) 和长效甲状腺刺激素保护物 对人体甲状腺腺苷酸环化酶活性的作用	
Lesson 20	The Scope of Immunology	130
	免疫学的范围	
附 录	总词汇表.....	139

Lesson One

Orientation of Public Health Work

To serve the worker-peasant masses, the majority of the people, is the fundamental orientation of public health work in China. This question of “for whom?” is fundamental; it is a question of principle. In the semi-feudal and semi-colonial old China, most of the medical institutions were concentrated in a few big cities and served only a small number of people. Since the founding of New China, our government has gradually changed this irrational situation by mobilizing all the medical and public health workers to reform the medical system and improve their style of work, and thus enabled medical and public health work to serve the broad masses of working people. While doing a good job of medical and health work at industrial and mining centres and in cities, we put the stress on the rural areas, employing large amounts of manpower, material and funds to step up the construction of grass roots health units in the countryside. In China, peasants constitute more than 80 per cent of the population. Hence, to serve the majority of the people is but empty talk if the peasants are left out.

The integration of health work with mass movements is a basic principle guiding our public health work. The masses of the people have inexhaustible creative power and an eager desire to change all backward conditions. Therefore, we not only bring into full play¹ the role of the medical personnel, but what is more important², we mobilize the broad masses themselves to combat diseases and unhygienic habits. For many years, we have adopted the method of the “three-in-one” combination consisting of leading cadres, medical workers and the broad masses in carrying out regular patriotic sanitary campaigns throughout the country centred on the extermination of the four pests (flies, mosquitoes, rats, bed-bugs) and the eradication of major diseases. These campaigns have achieved remarkable success in reducing vectors of disease, lowering incidence of disease, improving environmental sanitation and strengthening the people’s health, thus safeguarding the development of production and construction.

Through the joint research by doctors of traditional and Western medicine, Chinese traditional medicine has been enriched and developed. Our work in the prevention and treatment of diseases and medical research is advancing with big strides along the road of combining traditional and Western medicine.

We have achieved some successes in medical work. But they are still far from³ meeting the demands of the broad masses. Our experience is by no means adequate,

We believe that all countries, big or small, have their own experience in their protracted combat against diseases. We must learn modestly from the advanced experience of the people of all other countries.

New Words and Expressions

orientation [ɔ:riən'teiʃən] <i>n.</i>	方向	themselves [ðəm'selvz] <i>pron.</i>	他们自己
public ['pʌblik] <i>a.</i>	公共的	combat ['kɒmbət] <i>vt.</i>	与……作斗争
fundamental [fʌndə'mentl] <i>a.</i>	基本的, 根本的	unhygienic [ʌnhai'dzi:nik] <i>a.</i>	不卫生的
principle ['prinsəpl] <i>n.</i>	原则	habit ['hæbit] <i>n.</i>	习惯
semi-feudal ['semi'fju:dl] <i>a.</i>	半封建的	adopt [ə'dɒpt] <i>vt.</i>	采用
semi-colonial ['semikə'lounjəl] <i>a.</i>	半殖民地	cadre ['kɑ:də] <i>n.</i>	干部
	的	regular ['regjulə] <i>a.</i>	定期的, 经常的
institution [insti'tju:ʃən] <i>n.</i>	机构	patriotic [pætri'ɒtik] <i>a.</i>	爱国的
concentrate ['kɒnsentreit] <i>vt.</i>	使集中	sanitary ['sænitəri] <i>a.</i>	卫生的
government ['gʌvnmənt] <i>n.</i>	政府	campaign [kæm'peɪn] <i>n.</i>	运动
irrational [i'ræʃənl] <i>a.</i>	不合理的	extermination [ɪkstə'mi:neiʃən] <i>n.</i>	消灭, 根除
situation [sitju'eɪʃən] <i>n.</i>	情况, 局面		
mobilize ['moubilaiz] <i>vt.</i>	动员	pest [pest] <i>n.</i>	害虫
reform [ri'fɔ:m] <i>vt.</i>	改革	fly [flai] <i>n.</i>	苍蝇
style [stail] <i>n.</i>	作风	rat [ræt] <i>n.</i>	老鼠
enable [i'neɪbl] <i>vt.</i>	使能够	bed-bug [bedbʌg] <i>n.</i>	臭虫
industrial [in'dʌstriəl] <i>a.</i>	工业的	eradication [ɪrædi'keiʃən] <i>n.</i>	根除, 消灭
mining ['mainɪŋ] <i>n.</i>	采矿, 矿业	vector ['vektə] <i>n.</i>	传病媒介
fund [fʌnd] <i>n.</i>	资金, 基金	environmental [ɪnvaɪərən'mentl] <i>a.</i>	环境的
grass roots ['grɑ:s'ru:ts]	农业区; 基层	strengthen ['streŋθən] <i>vt.</i>	加强
constitute ['kɒnstɪtju:t] <i>vt.</i>	组成, 构成	safeguard ['seɪfgɑ:d] <i>vt.</i>	保证
empty ['empʰti] <i>a.</i>	空的, 空洞的	joint [dʒɔɪnt] <i>a.</i>	联合的, 共同的
leave out [li:v au't] <i>vt.</i>	省去; 不考虑	research [ri'sɜ:tʃ] <i>n.</i>	研究
integration [ɪntɪ'greɪʃən] <i>n.</i>	结合	enrich [ɪn'ritʃ] <i>vt.</i>	使丰富
guide [gaɪd] <i>vt.</i>	指导	advance [əd'vɑ:ns] <i>vi.</i>	前进
inexhaustible [ɪnɪg'zɔ:stəbl] <i>a.</i>	无穷无尽的	stride [straɪd] <i>n.</i>	大步
creative [kri(:)'eɪtɪv] <i>a.</i>	创造的	road [rəʊd] <i>n.</i>	路
eager ['i:gə] <i>a.</i>	渴望的, 热切的	meet [mi:t] <i>vt.</i>	遇见; 满足
desire [di'zaiə] <i>n.</i>	愿望, 希望	met [met]	
backward ['bækwəd] <i>a.</i>	落后的	demand [di'mɑ:nd] <i>n.</i>	需要
therefore ['ðeəfɔ:] <i>ad.</i>	因此, 所以	by no means	决不, 并没有
bring into full play	充分发挥	adequate ['ædɪkwɪt] <i>a.</i>	适当的, 足够的
role [rəʊl] <i>n.</i>	作用	protracted [prə'træktɪd] <i>a.</i>	延长的, 长期的
personnel [pɜ:sə'nel] <i>n.</i>	(全体)人员	modestly ['mɒdistli] <i>ad.</i>	谦虚地

Notes to the Text

1. to bring into full play 使……充分发挥作用

例: The masses of the people bring into full play the revolutionary spirit of building the country through hard-work and thrift and by self-reliance.

广大人民群众充分发挥了勤俭建国, 艰苦奋斗和自力更生的革命精神。

2. what is more important 是插入语, 表示“更重要的是”

3. far from 远离, 远远不

... far from meeting the demands of the broad masses.

远不能满足广大群众的需要。

far from enough 远远不够

far from true 远不够真实

far from perfect 远不够完美

far from clear 远不够清楚

第一课 公共卫生工作的方向

面向工农群众, 为大多数人服务, 是中国卫生工作的根本方向。为什么人的问题, 是一个根本的问题, 原则的问题。在半封建半殖民地的旧中国, 大多数医疗机构集中在少数几个大城市, 只为少数人服务。新中国成立以来, 我国政府通过动员全体医疗卫生人员改革医疗制度、改进工作方法, 逐步地改变了这种不合理的状况, 从而使医疗卫生工作能为广大劳动人民服务。在做好工矿和城市的医疗卫生工作的同时, 我们把重点放在农村, 用大量的人力、物力、财力加紧建设农村的基层医疗单位。在中国农民占人口的80%。因此, 如果脱离了农民, 为大多数人民服务只是一句空话。

卫生工作与群众运动相结合, 是我们开展卫生工作的基本方针。人民群众有无穷无尽的创造力, 有改变落后面貌的迫切愿望。因此, 我们不仅充分发挥卫生人员的作用, 更重要的是动员广大人民群众自己起来同疾病和不卫生的习惯作斗争。多年来, 我们采取领导干部、卫生人员和广大群众三结合的方法, 在全国范围内经常开展以除四害(苍蝇、蚊子、老鼠、臭虫)、消灭主要疾病为中心的爱国卫生运动, 收到了显著的效果, 使病媒减少, 疾病下降, 改善了环境卫生, 增强了人民体质, 保证了生产建设的发展。

我国的传统医学, 经过中西医的共同研究, 得到发扬。我国的防病、治病和医学研究工作, 正在沿着中西医结合的道路向前迈进。

我国卫生工作虽然取得了一些成就, 但与广大人民的要求还相差很远。我们的经验还不完备。我们认为, 不论国家大小, 都有长期和疾病作斗争的经验。对于各国人民的先进经验, 我们都要虚心学习。

(本文摘自 Development of National Public Health Services, 见北京周报第 21 期, 1973 年 5 月 25 日。)

Lesson Two

Planned Population Growth

Population conditions in our country have undergone great changes since liberation. In the old days, under the oppression of the “three big mountains” of imperialism, feudalism and bureaucrat-capitalism, the working people suffered from hunger and cold, poverty and illness, and led a life of dire misery. Mortality was very high and many died with no medical care whatsoever¹. The population of minority nationalities declined from year to year, and some minority nationalities were on the verge² of extinction.

Since the reactionary rule of imperialism and its lackeys were overthrown in 1949, the working people have mastered their own destiny. Thus it has become possible for our country to plan her economic development and population growth as well³.

Planned population growth is an established policy of our Party. The policy is winning support from increasing numbers of people who have come to realize that not only does it concern the general welfare of the family, the health of the mother and children, but it is also a major issue in socialist revolution and construction, and that, as masters of the country, they should carry it out well on their own initiative⁴.

Our policy for planned population growth covers two aspects: reducing the death rate on the one hand and, on the other, carrying out family planning to regulate the birth rate. Family planning in our country means more than birth control⁵, and the measures taken vary with circumstances. In densely populated areas, late marriage and birth control are encouraged, while medical treatment is available for cases of infertility. In rural areas, men and women are generally advised not to marry before 25 and 23 respectively. Married couples may choose contraceptive methods according to age, health and the number of children they have⁶. In sparsely populated areas, mostly inhabited by national minorities, proper measures are taken to help increase population, while guidance and facilities are provided for those who wish to space birth⁷ and limit the size of their family.

In popularizing family planning, much work has been done to improve women's health and to provide better maternity and child care. Many common and frequently occurring diseases which are especially dangerous in infancy and childhood have been brought under control or wiped out altogether. Having extensively adopted modern midwifery in rural areas as well as in cities⁸, we have greatly reduced the incidence of diseases among women in confinement, and of tetanus among new-born babies. Preventive inoculations being effective⁹, parents are advised to get their

children immunized against various infectious diseases¹⁰. Measures have also been taken to improve women's health and give them better labour protection during their menstruation, pregnancy, confinement and nursing periods. In addition, nurseries and kindergartens have been established all over the country.

Thanks to the leadership of our Party and the support of the masses, we have won initial success in family planning. The birth rate has begun declining in densely populated areas while the sparsely populated national minority areas reported noteworthy increase in population. Infant mortality rate has dropped a great deal, for instance, in Peking proper it was 11.6 per thousand in 1973 as against 117.6 per thousand in 1949. Facts have shown that our country is able, step by step, to achieve a situation where mankind controls itself by effecting its growth according to plan.

New Words and Expressions

plan [plæn] <i>vt.</i>	计划	economic [i:kə'nɒmɪk] <i>a.</i>	经济的
planned [plænd] <i>a.</i>	计划的	policy ['pɒlɪsi] <i>n.</i>	政策
oppression [ə'preʃən] <i>n.</i>	压迫	support [sə'pɔ:t] <i>n.</i>	支持, 拥护
feudalism ['fju:dəlɪzəm] <i>n.</i>	封建主义	realize ['ri:əlaɪz] <i>vt.</i>	认识到; 实现
bureaucrat-capitalism ['bjʊərəʊkræt 'kæpɪtəlɪzəm] <i>n.</i>	官僚资本主义	concern [kən'sɜ:n] <i>vt.</i>	涉及, 关系到, 与……有关
hunger ['hʌŋgə] <i>n.</i>	饥饿	welfare ['welfeə] <i>n.</i>	幸福
poverty ['pɒvəti] <i>n.</i>	贫穷	issue ['ɪʃu:] <i>n.</i>	问题
dire ['daɪə] <i>a.</i>	悲惨的	initiative [ɪ'nɪʃɪətɪv] <i>n.</i>	主动, 积极性
misery ['mɪzəri] <i>n.</i>	痛苦	cover ['kʌvə] <i>vt.</i>	包括
whatsoever [wɒtsou'evə] <i>a.</i>	任何的	aspect ['æspekt] <i>n.</i>	方面
minority [maɪ'nɒrɪti] <i>n.</i>	少数; 少数民族	regulate ['regjuleɪt] <i>vt.</i>	控制
nationality [næʃə'nælɪti] <i>n.</i>	国籍; 民族	birth [bɜ:θ] <i>n.</i>	出生
decline [di'klaɪn] <i>vi.</i>	下降	mean [mi:n] <i>vt.</i>	用意, 具有意义
verge [vɜ:dʒ] <i>n.</i>	边缘	meant [ment]	
on the verge of	接近于, 濒于	circumstance ['sɜ:kəmstəns] <i>n.</i>	情况, 环境
extinction [ɪks'tɪŋkʃən] <i>n.</i>	灭亡	densely ['densli] <i>ad.</i>	稠密
reactionary [ri(:)'æksjənəri] <i>a.</i>	反动的	populate ['pɒpjuleɪt] <i>vt.</i>	居住
lackey ['læki] <i>n.</i>	走狗	marriage ['mæɪrɪdʒ] <i>n.</i>	婚姻
overthrow [ouvə'θrou] <i>vt.</i>	推翻	encourage [ɪn'kʌrɪdʒ] <i>vt.</i>	鼓励
overthrew [ouvə'θru:]		available [ə'veɪləbl] <i>a.</i>	可用的
overthrown [ouvə'θroun]		infertility [ɪnfə'tɪlɪti] <i>n.</i>	不能生育
master ['mɑ:stə] <i>vt.</i>	掌握	marry ['mæri] <i>vt.</i>	结婚
<i>n.</i>	主人	respectively [rɪs'pektɪvli] <i>ad.</i>	
destiny ['destɪni] <i>n.</i>	命运		各自地, 分别地

couple ['kʌpl] <i>n.</i>	一对, 夫妇	tetanus ['tɛtənəs] <i>n.</i>	破伤风
choose [tʃu:z] <i>vt.</i>	选择	inoculation [ɪnɒkjʊ'leɪʃən] <i>n.</i>	接种
chose [tʃoʊz] chosen ['tʃoʊzn]		immunize ['ɪmjʊ(:)naɪz] <i>vt.</i>	使免疫
contraceptive [kɒntrə'seɪtɪv] <i>a.</i>	避孕的	menstruation [men'stru'eɪʃən] <i>n.</i>	月经, 行经期
sparsely ['spɑ:sli] <i>ad.</i>	稀少	pregnancy ['pregnənsi] <i>n.</i>	怀孕, 怀孕期
mostly ['mɔ:stli] <i>ad.</i>	部分, 多半	nursery ['nɜ:sri] <i>n.</i>	托儿所
inhabit [ɪn'hæbɪt] <i>vt.</i>	居住	kindergarten ['kɪndəgɑ:tɪn] <i>n.</i>	幼儿园
guidance [gaɪdəns] <i>n.</i>	指导	thanks to	幸亏, 由于
facility [fə'sɪlɪti] <i>n.</i>	设备, 方便	report [rɪ'pɔ:t] <i>vt.</i>	报告, 报导
space [speɪs] <i>vt.</i>	把……分隔开	noteworthy ['nɔ:twe:ði] <i>a.</i>	值得注意的, 显著的
limit ['lɪmɪt] <i>vt.</i>	限制	for instance ['ɪnstəns]	例如
popularize ['pɒpjʊləraɪz] <i>vt.</i>	推广, 普及	fact [fækt] <i>n.</i>	事实
maternity [mæ'tɜ:nɪti] <i>a.</i>	产妇的	step by step	逐步地
infancy ['ɪnfənsi] <i>n.</i>	婴儿期	mankind [mæn'kaɪnd] <i>n.</i>	人类
altogether [ɔ:l'tə'geðə] <i>ad.</i>	完全	effect [ɪ'fekt] <i>vt.</i>	实现, 实行
extensively [ɪks'tensɪvli] <i>ad.</i>	广泛地	<i>n.</i>	结果, 影响
modern ['mɒdən] <i>a.</i>	现代的	according to [ə'kɔ:dn]	按照
midwifery ['mɪdɪfəri] <i>n.</i>	接生, 产科学		
confinement [kən'faɪnmənt] <i>n.</i>	分娩		

Notes to the Text

1. whatsoever *a.* = whatever, 语气比 whatever 强, 用来加强否定词语气, 相当于 at all.
例: The Chinese working people had no medical care whatsoever (whatever; at all) before liberation.
中国劳动人民在解放前没有任何医疗条件。
2. be on the verge of 是词组表示“接近于, 濒于”。
例: The child ill with measles ([mi:zlz] *n.* 麻疹) was on the verge of crying (cry [krai] *vi.* 叫, 哭)。
这患麻疹的孩子差点哭出来。
on the verge of extinction 将近灭绝
例: The snails in that county were on the verge of extinction.
那县里的钉螺已将近灭绝。
3. Thus it has become possible for our country to plan her economic development and population growth as well.
这就使我国有可能计划她的经济发展, 也有可能计划她的人口增长。
1) it 是形式上的主语, 代替后面带有逻辑主语的动词不定式短语 for our country to plan ... as well.
例: It was necessary for us to operate on him.
我们对他动手术是必要的。

It is a great joy for us to battle against nature.

对我们来说，与大自然奋斗其乐无穷。

2) as well 也，又

He is a worker, and a militiaman ([mi'lɪʃəmən] *n.* 民兵) as well.

他是工人，也是民兵。

4. on one's own initiative 主动地

例: He helped his comrades on his own initiative. 他主动地帮助同志们。

5. Family planning in our country means more than birth control, ...

在我们国家里计划生育的意义不仅仅是节制生育，……。

例: Using acupuncture instead of anaesthetics to induce analgesia means more than a breakthrough in surgical anaesthetization.

用针刺替代麻醉药镇痛的意义不仅仅是外科麻醉术中的一个创举。

6. Married couples may choose ... children they have.

they have 是定语从句修饰 children, 省略了关系代词 that

7. to space birth 间隔生育

8. Having extensively adopted modern midwifery in rural areas as well as in cities, ...

由于农村地区和城市一样已广泛地采用了现代接生法，……。

这是现在分词的完成形式。主要用在状语中，表示这动作在谓语所表示的动作之前发生。

例: Having worked among peasants for over ten years, he knew them very well.

由于他在农民中已工作过十多年，对他们很了解。

9. preventive inoculations being effective 是分词独立主格结构，表示原因， preventive inoculations 为 being effective 的逻辑主语。

例: The shower ([ʃaʊə] *n.* 阵雨) being over, we continued marching.

阵雨过后，我们继续前进。

10. ... to get their children immunised against various infectious diseases.

……让他们的孩子进行免疫接种以防止各种传染病。

their children immunised 是名词+分词的复合宾语。

例: We'll have an X-ray taken of your lungs.

我们将用X光检查一下你的肺部。

He found all the windows closed.

他发现窗都关着。

He saw Dr. Bethune seated (seat [si:t] *vt.* 使坐下) on the bed.

他看到白求恩大夫坐在床上。

11. thanks to 是词组，表示“幸亏，由于”

例: Thanks to your help, we accomplished the task ahead of schedule.

由于有了你们的帮助，我们提前完成了任务。

第二课 计划人口增长

解放以来我国人口情况发生了很大的变化。旧中国在帝国主义、封建主义、官僚资本主义三座大山的压迫下，劳动人民忍饥受寒、贫病交加，过着悲惨痛苦的生活。死亡率很高，许多人未经任何医治即死去。少数民族的人口逐年在减少，有些少数民族已接近于灭绝。

自从1949年帝国主义及其走狗的反动统治被推翻以来，劳动人民掌握了自己的命运，这就使我国有可能计划她的经济发展，也有可能计划她的人口增长。

计划人口增长是我们党早经确立的政策。这一政策正在赢得越来越多人的拥护，他们认识到这一政策不仅关系到家庭总的幸福，母亲和儿童的健康，也是社会主义革命和社会主义建设中的一件大事，而作为国家的主人翁，他们应该主动积极地执行好这一政策。

我们有计划增长人口的政策包括两个方面：一方面降低人口死亡率，另一方面，实行计划生育，调节出生率。在我们国家里计划生育的意义不仅仅是节制生育，采取的措施根据不同情况而异。在人口稠密地区，鼓励晚婚及节制生育，而对患有不育症者则给予治疗。在农村地区，广泛地劝告男的25岁以下，女的23岁以下不要结婚。已婚夫妇可以根据年龄、健康及子女的多少选择节育方法。在人口稀少的，大部分是少数民族居住的地区，则采取适当措施增加人口，而对那些希望间隔生育和控制家庭成员数目的，则给予指导并提供用品。

在推广计划生育的过程中，已经做了很多工作来增进妇女的健康，并提供更好的妇幼保健。许多在婴儿时期和幼年时期特别危险的常见病及多发病已经得到控制或完全被消灭。由于农村地区和城市一样已广泛地采用了现代接生法，我们大大地降低了妇女分娩时疾病的发病率以及新生儿破伤风的发病率。由于预防接种有效，建议家长们让他们的孩子进行免疫接种以防止各种传染病。同时还采取了措施改善妇女的健康，并在经期、怀孕期、产期及哺乳期给予妇女以更好的劳动保护。此外，托儿所、幼儿园已在全国各地普遍地建立起来。

由于党的领导和群众的支持，我们在计划生育方面已取得了初步的成就。人口稠密地区的出生率已开始下降而在人口稀少的少数民族地区则报导了人口显著的增长。婴儿死亡率大幅度下降，例如，在北京市区1973年每一千婴儿中死亡率为11.6，而在1949年则为117.6。事实已经证明我们的国家是能够逐步地达到按计划实行人口增长，达到人类能够控制自己(增长)的境地。

(本文系根据“China Achieves Initial Success in Planned Population Growth”改写。见 Hsinhua News Bulletin, No. 9353, Aug. 24, 1974, Hsinhua News Agency.)

Lesson Three

Measles (Morbilli)

Measles is a viral disease spread by droplet infection. One attack confers high degree of immunity. Most people suffer from measles in childhood, and a mother who has had the disease confers passive immunity on her infant for the first six months of life. Measles is prevalent during the first 6 months of the year with a peak incidence in March. The incubation period is 10 days to the commencement of the catarrhal stage and 14 days before the appearance of the rash.

Clinical Features

Catarrhal stage Measles commences in much the same way as a common cold¹. There is an acute febrile onset, with nasal catarrh, sneezing, redness of the conjunctivae, some swelling of the eyelids and watering of the eyes. In addition² a short cough, hoarseness of the voice due to laryngitis, and photophobia usually appear by the second day. During the catarrhal stage, a diagnosis of measles may be made from the presence of Koplik's spots on the mucous membrane of the mouth. Though often numerous on the inside of the cheeks, they may be sparse and confined to the region around the opening of the parotid duct. The disease is highly infectious during the catarrhal stage.

Exanthematous stage After three or four days of the catarrhal stage, the diagnostic Koplik's spots disappear while the dark red macular or maculo-papular skin rash develops. The rash is first seen at the back of the ears and at the junction of the forehead and the hair. Within a few hours there is invasion of the whole skin area. As the spots rapidly become more numerous they fuse to form the characteristic blotchy appearance of measles. When the rash is fully erupted, it tends³ to deepen in colour and then fade into a faint brown staining. Finally there is a fine, branny desquamation of the skin.

Complications Secondary infection by haemolytic streptococci or pneumococci is responsible for⁴ the most common and serious complications, otitis media and bronchopneumonia. Corneal ulcer requires the immediate attention of an ophthalmologist as its development may result in impairment or loss of vision.

Diagnosis Considerable difficulty may arise in those cases in which a prodromal rash indistinguishable from scarlet fever develops in the catarrhal stage. However, in measles Koplik's spots are present and the eyes have the appearance of those⁵ of a child that has recently been crying. It is important to remember that drug rashes are common and may simulate closely the eruptions of measles, German measles or scarlet fever.

Treatment Nursing on a verandah or in a well-ventilated room reduces the chances of

secondary respiratory infection, and the prompt treatment of bacterial complications with penicillin is all that is required⁶.

Prophylaxis. The patient should be isolated if possible⁷ and excluded from school for 14 days from the appearance of the rash, Contacts should be examined daily for the first sign of infection. Gamma globulin is administered for the prevention or attenuation of measles. Injections should be given intramuscularly within five days after exposure.

New Words and Expressions

measles ['mi:zlz] <i>n.</i>	麻疹	numerous ['nju:mərəs] <i>a.</i>	为数众多的, 许多
morbilli [mɔ:'bilai] <i>n.</i>	麻疹	cheek [tʃi:k] <i>n.</i>	面颊
droplet ['drɒplit] <i>n.</i>	飞沫	confine [kən'fain] <i>vt.</i>	限制
confer [kən'fə:] <i>vt.</i>	授与	region ['ri:dʒən] <i>n.</i>	地区, 部位
immunity [i'mju:niti] <i>n.</i>	免疫(力), 免疫力	opening ['oupnɪŋ] <i>n.</i>	开, 孔, 口
passive ['pæsiv] <i>a.</i>	被动的	parotid [pə'rɒtɪd] <i>n.</i>	腮腺
infant [ɪnfənt] <i>n.</i>	婴儿		<i>a.</i> 腮腺的
prevalent [pre'vələnt] <i>a.</i>	流行的	duct [dʌkt] <i>n.</i>	管
peak [pi:k] <i>a.</i>	高峰的	exanthematous [ɪgzæn'θemətəs] <i>a.</i>	发疹的
March [mɑ:tʃ] <i>n.</i>	三月	disappear [dɪsə'piə] <i>vi.</i>	消失
commencement [kəm'ensmənt] <i>n.</i>	开始	dark [dɑ:k] <i>a.</i>	暗的
catarrhal [kə'tɑ:rəl] <i>a.</i>	卡他性	macular ['mækjulə] <i>a.</i>	斑状的
rash [ræʃ] <i>n.</i>	疹	maculo-papular ['mækjulə'pæpjulə] <i>a.</i>	斑丘疹状
commence [kəm'ens] <i>vi.</i>	开始	skin [skɪn] <i>n.</i>	皮
febrile ['fi:brail] <i>a.</i>	发热的, 热病的	ear [iə] <i>n.</i>	耳
nasal ['neɪzəl] <i>a.</i>	鼻的	junction ['dʒʌŋkʃən] <i>n.</i>	结合, 交接处
catarrh [kə'tɑ:ri] <i>n.</i>	卡他	forehead [fə'ri:d] <i>n.</i>	额
redness ['rednis] <i>n.</i>	发红, 充血	hair [heə] <i>n.</i>	头发
conjunctivae [kɒndʒʌŋk'taɪvi:] <i>n.</i>	(眼球)结膜	invasion [ɪn'veɪzən] <i>n.</i>	入侵
eyelid ['aɪlɪd] <i>n.</i>	眼睑	fuse [fju:z] <i>vi.</i>	熔合
water ['wɔ:tə] <i>n.</i>	水	blotchy ['blɒtʃi] <i>a.</i>	斑似的
<i>vi.</i>	流泪	erupt [ɪ'rʌpt] <i>vt.</i>	(疹)发出
in addition [ə'dɪʃən]	另外, 此外	deepen ['di:pən] <i>vi.</i>	深化, 变得更深
hoarseness ['hɔ:snɪs] <i>n.</i>	嘶哑	fade [feɪd] <i>vi.</i>	(颜色)褪去, 隐退
voice [voɪs] <i>n.</i>	声音	faint [feɪnt] <i>a.</i>	微弱的
laryngitis [læri'n'dʒaɪtɪs] <i>n.</i>	喉炎	brown [braʊn] <i>a.</i>	棕色的
photophobia [fəʊtə'fəʊbjə] <i>n.</i>	怕光	stain [steɪn] <i>vt.</i>	着色, 染色
Koplik's spots ['kɒplɪks spɒts]	柯氏斑	fine [faɪn] <i>a.</i>	纤细的, 细微的
mucous ['mju:kəs] <i>a.</i>	粘液的	branny ['bræni] <i>a.</i>	似麸(或糠)的

desquamation [deskwə'meɪʃən] <i>n.</i>	脱皮, 上皮脱屑	scarlet ['skɑ:lɪt] fever	猩红热
haemolytic [hi:mou'litik] <i>a.</i>	溶血性	cry [krai] <i>vi.</i>	哭
otitis media [ou'taitis'mi:diə]	中耳炎	remember [ri'membə] <i>vt.</i>	记得, 铭记
bronchopneumonia		simulate ['simjuleit] <i>vt.</i>	看上去象
['brɒŋkounju:'mounjə] <i>n.</i>	支气管肺炎	eruption [i'rʌpʃən] <i>n.</i>	发疹
corneal ['kɔ:niəl] <i>a.</i>	角膜的	German measles	风疹
require [ri'kwaɪə] <i>vt.</i>	需要	verandan [və'rændə] <i>n.</i>	游廊, 走廊, 阳台
immediate [i'mi:djət] <i>a.</i>	立即的	well-ventilated [wel'ventileɪtɪd] <i>a.</i>	通风良好的
attention [ə'tenʃən] <i>n.</i>	注意	prophylaxis [prɒfɪ'læksɪs] <i>n.</i>	预防
ophthalmologist [ɒfθæl'mɒlədʒɪst] <i>n.</i>	眼科医生	exclude [ɪks'klu:d] <i>vt.</i>	排除, 不准……入(校)
impairment [ɪm'peɪmənt] <i>n.</i>	减退, 损害	gamma globulin ['gæmə'glɒbjʊlɪn]	丙种球蛋白
vision ['vɪʒən] <i>n.</i>	视力	attenuation [ətenu'eɪʃən] <i>n.</i>	稀释, 减轻
considerable [kən'sɪdərəbl] <i>a.</i>	相当大的	intramuscularly [ɪntrə'mʌskjʊləli] <i>ad.</i>	肌肉
arise [ə'raɪz] <i>vi.</i>	出现, 由……引起	exposure [ɪks'pəʊʒə] <i>n.</i>	暴露
arose [ə'rouz] arisen [ə'rɪzn]			
prodromal [prə'droumə] <i>a.</i>	前驱的		
indistinguishable [ɪndɪ'stɪŋgwɪəbl] <i>a.</i>			

Notes to the Text

1. Measles commences in much the same way as a common cold.

麻疹开始时和普通感冒差不多。

1) same 可以作形容词、代词和副词, 一般都与定冠词 the 连用。

例: He works in the same hospital as I do. (作形容词)

他和我在同一个医院工作。

I gave him acupuncture treatment this morning and shall do the same tomorrow. (作代词)

我今天上午给他针疗, 明天将再做一次。

I do not feel the same as yesterday. (作副词)

我感到和昨天不一样。

2) much the same 差不多

例: The patient is much the same.

病人差不多还是那样。

Before liberation China was much the same as a capitalist country.

解放前中国跟资本主义国家差不多。

3) much the same way as 和……情形, 状况, 方法, 方式等差不多。as 是从属连词。

例: We treat the patient in much the same way as Dr. Li.

我们治疗这病人的方法和李医生差不多。

2. in addition (此外)是前置词短语作状语用。

例: I met some barefoot doctors and other people in addition.

我遇到了几位赤脚医生, 此外还遇到其它一些人。

注意与 in addition to (除.....外)的区别。

In addition to adhesion the following etiological mechanisms have been described.

除粘连外, 还有下列发病机理。

in addition to 这前置词词组, 后面应跟名词或动名词。

3. to tend 表示“趋向, 接近”。

例: Chinese medicinal herbs and acupuncture treatment tend to improve the patient's condition. 中草药及针灸有助于改进这病人的情况。

More recent statistics tend to show that carcinoma rarely develops from a chronic gastric ulcer.

最近的统计资料趋向于表明癌肿很少从慢性胃溃疡发展而来。

4. responsible (for, to) 认真负责的, 有责任的, (应)负责的

例: Li Yueh-hua was a responsible medical worker.

李月华是一个认真负责的医务工作者。

Her illness is responsible for her absence.

由于生病, 她才没有来。

Measles may on occasion be responsible for epidemics.

麻疹有时可以引起流行。

Our duty is to hold ourselves responsible to the people.

我们的责任, 是向人民负责。

5. ... and the eyes have the appearance of those of a child...

句中 those 代替 eyes.

6. ...and the prompt treatment of bacterial complications with penicillin is all that is required.

.....对细菌性并发症只需及时使用青霉素治疗即可。

that is required 是定语从句, 修饰 all. that 在从句中作主语。

例: Say all you know and say it without reserve.

知无不言, 言无不尽。

that 在从句中, 作宾语时, 可以省去。

7. The patient should be isolated if possible...

如有可能病人应予以隔离.....

if possible=if it is possible

由 if 引导的条件状语从句, 如主语是 it, 谓语中包含 to be, 可以将 it 和 to be 省去。

例: The medicine may be beneficial if given in the early stages.

假如早期用药, 这药可能是有效的。

If left untreated, measles may lead to death.

麻疹如不治疗会引起死亡。

试译下列句子

1. Corneal ulcerations are often found if looked for carefully.
2. Measles is one of the very common infectious diseases to which human beings are subject.
3. Of the several factors age is the most important.
4. Care should be taken to protect the eyes from strong light.
5. Once the rash makes its appearance diagnosis is not as a rule difficult.
6. The rash of measles follows the prodromal symptoms by two to four days, occasionally as late as seven days.
7. The cause of measles has long been considered to be a virus; but not until recently has this agent been isolated.
8. Since measles is most severe in the first two years of life an attempt should be made to put off the attack until the child is at least three years old.
9. Failure of the temperature to fall after the full appearance of the rash should lead to a careful examination of the lungs.
10. It is important to isolate the patient in order to protect him from exposure to bacterial infection; should the latter occur, treatment with suitable antibiotics should be instituted.

练习解答

1. 如果仔细寻找的话，经常可发现角膜溃疡。
2. 麻疹是人们易患的极其常见的传染病之一。
3. 在几种因素中年龄是最重要的一种。
4. 应该当心保护眼睛，避免强光刺激。
5. 一旦疹子出现，诊断一般就不难作出。
6. 前驱症状后 2 至 4 天出现疹子，偶而可以迟至 7 天。
7. 长期以来麻疹的原因一直被认为是一种病毒，但是直到最近这种病毒才被分离出来。
8. 由于麻疹在两岁之内最为严重，应设法使孩子至少在三岁之前不发生此病。
9. 在疹子出齐后体温不下降，应仔细检查肺部。
10. 隔离病人使病人不致接触细菌感染，这是重要的；如发生感染，应用适当的抗菌素进行治疗。

第三课 麻 疹

麻疹是通过飞沫传染的病毒性疾病。发病一次可有高度免疫力。大多数人在儿童期得麻疹，曾得过麻疹的母亲可使婴孩出生后头六个内具有被动免疫力。麻疹在一年的前六个月流行，高峰发病率在三月份。在卡他阶段开始之前潜伏期为 10 天，在疹子出现前则为 14 天。

临床表现：卡他期。麻疹开始时和普通感冒的状况差不多。有急性发热，鼻卡他，喷嚏，结膜充血，眼皮有些肿胀及眼睛水汪汪等症状。此外，第二天通常有短促咳嗽，由于喉炎引