

高等医药院校教材

总主编 王法吉

新编

主 编 王 政

医学英语

—— 阅读与词汇

English Reading and
Lexis for Medical
Purposes



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——阅读与词汇

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前 言

基于提高实际应用能力的英语教学业已成为英语教改的重要课题，向学生提供其未来工作所需要的专业英语知识和技能，培养学生涉外业务英语能力的相关教材，就显得尤为重要。

与基础英语不同，医学英语有其自身的许多特征。医学生不仅要学好基础英语，还应该掌握必要的医学英语，才能更好地了解国外的医学发展动向，与国外同行交流医学科技信息。

《新编医学英语》作为医学英语系列教材，其特点是注重了两个方面的结合：一是作为专业英语教材，力求体现医学教学的最新内容，二是作为语言学习教程，力求体现英语教学的最新思想。

本册为《新编医学英语——阅读与词汇》，旨在培养学生阅读医学专业文献的能力，内容均选自国内外著名医学教科书、医学论著和专刊。入选材料语言地道、规范，具有较强的时代性。

本册分为36个单元和1个附录。内容主要涉及医学教育、环境医学、人体健康与保健、死亡与寿命等医学科普知识(供第一学期使用)；人体解剖、生理、病理等基础医学方面的内容和内科、外科、皮肤科、口腔科及检验科等临床医学方面的内容(供第二学期使用)。附录提供了常用医学缩略语。

每一单元的组成为：一篇主题阅读课文(Text A)；针对主题阅读文章的理解练习，包括讨论(Discussion)，正误辨析(True and False)，读后理解(Reading Comprehension)和词汇练习(Vocabulary)；医学英语词汇知识和构词练习(Medical Lexis)，考虑到学习的主体是医学生，而非外语专业的学生，故既对医学词汇/构词法予以分析，又不作过细解释，之后配有一组相关练习，使学生在了解医学词汇/构词法的过程中达到便于记忆的目的；一篇与主题阅读课文相关的附加文章(Text B)，供教师根据学生情况选用，或作为学生的课后补充阅读材料。

本教材可供高等医药院校和成人高等医药院校本专科学生使用，也可供医务人员自学。

本教材承蒙英国语言专家温迪·霍姆伍德女士审阅并对全书做了语言文字的修正与润色。另外，在编写过程中参考了国内外有关书刊及网页(如 <http://www.meianet.com.cn>, <http://www.baidu.com> 等)上的资料。在此一并致以诚挚的谢意。

由于编者在医学和英语两方面的水平均为有限，故教材中的错误和缺点在所难免，外语教学同仁和读者若有批评、建议，务请赐稿至 E-mail:philipsvan@163.com，以便将来修订时改进。

编 者

2005年8月

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Unit

1

HEALTH

Text A Reading

Natural Health Care

1 Natural health care is a philosophy and a set of practices based on science that lead to an extraordinary level of personal health and happiness.

2 It recognizes the unity of all life and holds that physical, mental and emotional health are inseparably linked, and that personal health, environmental health and community health are parts of a whole. Natural hygiene teaches that the best way to achieve best health is right living—— developing self-esteem and a positive attitude towards life; eating fresh, whole, natural food; exercising regularly; getting plenty of rest and sleep; getting plenty of fresh air and sunshine; learning to handle stress; and avoiding all negative influences of life.

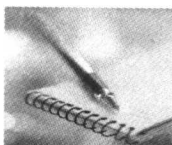
3 Basic principles: natural health care is unique in its contention that health is normal — as simple as living in harmony with nature. Health and disease are a continuum — the same physiological laws govern the body in sickness and in health. Healing is a biological process — except in extraordinary circumstances, healing is the result of actions undertaken by the body on its own behalf.



4 The tradition of health care: the traditional principles of hygiene are explained by Natural Hygiene: the Pristine Way of Life, Herbert M. Shelton, who writes: it should not require argument to convince intelligent men and women that man can return to health and strength only upon a basis of law, natural law,

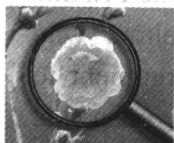


specifically upon a basis of those laws that operate to make human life possible. All laws essential to the welfare of man are written in his own constitution. Every rule of human conduct to be valid in promoting human welfare and happiness must be in harmony with his nature. No law, no social custom (convention), no moral precept, can have any validity for man that does not accord with his highest welfare. If it is not intimately related to man's highest fitness — “physical, moral and intellectual”, it cannot correspond to his highest ideals of truth, duty and enjoyment.



New Words and Expressions

| | | | |
|-----------------|------------------|----|------------|
| hygiene | [ˈhaɪdʒi:n] | n. | 卫生学, 保健法 |
| self-esteem | [selfiˈsti:m] | n. | 自尊, 自尊心 |
| continuum | [kənˈtɪnjuəm] | n. | 连续体 |
| pristine | [ˈprɪsti:n] | a. | 最早的, 古时的 |
| contention | [kənˈtenʃn] | n. | (辩论时提出的)论点 |
| welfare | [ˈwelfeə(r)] | n. | 健康、幸福、繁荣等 |
| constitution | [ˌkɒnstɪˈtju:ʃn] | n. | 宪法 (的体制) |
| conduct | [ˈkɒndʌkt] | n. | 行为; 品德; 品行 |
| convention | [kənˈvenʃn] | n. | 习俗、惯例 |
| precept | [ˈpri:sept] | n. | 箴言, 格言 |
| validity | [vəˈlɪdɪti] | n. | 有效, 有效性 |
| intimate | [ˈɪntɪmɪt] | a. | 亲密的, 密切的 |
| hold that | | | 认为…… |
| right living | | | 健康的生活方式 |
| in harmony with | | | 和谐, 一致 |
| accord with | | | 符合, 一致 |
| correspond to | | | 符合 |



Notes

1. Health and disease are a continuum —— the same physiological laws govern the body



in sickness and in health.

健康和疾病是一个连续体，由同样的生理法则控制着身体的疾病和健康。

2. ... healing is the result of actions undertaken by the body on its own behalf. ……恢复健康是身体自身对自身采取的行动。
3. It should not require argument to convince intelligent men and women that man can return to health and strength only upon a basis of law, natural law, specifically upon a basis of those laws that operate to make human life possible.
不需费什么言词即可使明理的人们相信，人只有在以上法则的基础上才能回归健康和力量，特别是那些使人们的生活得以顺利进行下去的法则。
4. If it is not intimately related to man's highest fitness — “physical, moral and intellectual”, it cannot correspond to his highest ideals of truth, duty and enjoyment: 如果它不是和人类最高健康—“自然、道德、智力方面”密切相关，那么它不可能符合人类真实、义务和快乐的最高理想。



Comprehension of the Text

1. Discussion

Directions: Discuss the following questions with your classmates.

1. Tell us the views of natural health care.
2. What is the meaning of the statement “Health and disease are a continuum”?
3. The author says: “No law, no social custom (convention), no moral precept, can have any validity for man that does not accord with his highest welfare.” What does the author mean?

2. True and False

Directions: Read the following statements carefully, and decide whether they are true (T) or false (F) according to the text.

1. Natural health care holds that personal health is the most essential part, comparing with environmental health and community health.
2. Right living is the best way to result in an extraordinary level of health.
3. According to natural health care, it's difficult for living things to be in harmony with nature.
4. In any circumstances, healing is just the result of actions which are undertaken by the body on its own behalf.
5. According to the traditional principles of hygiene, the only way to achieve health and



strength is following natural law, specifically those laws that promote human life.

3. Reading Comprehension

Directions: Read the text carefully and choose the best answer for each of the following items.

1. Natural health care is a matter of practices on the basis of _____.
 - A. philosophy
 - B. science
 - C. physiology
 - D. biology
2. According to natural health care, which of the following statements is not correct?
 - A. Physical, mental and emotional health are closely linked.
 - B. Personal health, environmental health and community health are indispensable to a whole.
 - C. There is harmony in all life.
 - D. An extraordinary level of personal health and happiness can be achieved by working hard.
3. Which of the following is not included in right living?
 - A. Exercising as much as possible
 - B. To be optimistic about life.
 - C. To develop self-respect.
 - D. Learning to alleviate stress.
4. According to the passage, the basic principles of natural health care are _____.
 - A. Health is normal.
 - B. Sickness is normal.
 - C. Healing is a natural process.
 - D. All of above.
5. What is the meaning of the statement "Every rule of human conduct to be valued in promoting human welfare and happiness must be in harmony with his nature"?
 - A. All rules, including health rules should fit in with man's nature
 - B. All rules, not including health rules, should fit in with man's nature.
 - C. All rules are useful in promoting human welfare and happiness.
 - D. Not all rules are valid in promoting human welfare and happiness.

4. Vocabulary

Directions: Fill in the blanks with the words or synonyms of the words from the text, with the given letter as a clue.

1. It recognizes the unity of all life and c_____ that physical, mental and emotional health are inseparably c_____, and that personal health, environmental health



- and community health are parts of a whole.
2. Natural health care is unique in it's a _____ that health is normal — as simple as living in harmony with nature.
 3. Healing is a biological process—except in u _____ circumstances, healing is the result of actions b _____ body on its own behalf.
 4. The traditional principles of hygiene are explained by Natural Hygiene: a _____ way of life.
 5. All laws i _____ to the welfare of man are written in his own constitution.

Medical Lexis

医学词汇知识 (1)

分类是学习一门学科词汇的最佳方法之一，前两课我们将尝试记忆一些表述医学学科方面的词汇。

| | |
|---------|---------------------------|
| 医学技术 | Medical Technology |
| 护理麻醉学 | Nurse Anesthesia |
| 口腔/牙科科学 | Oral/Dental Sciences |
| 耳科学 | Otology |
| 足病医学 | Podiatric Medicine |
| 预防医学 | Preventive Medicine |
| 康复咨询学 | Rehabilitation Counseling |
| 外科护理学 | Surgical Nursing |
| 畸形学 | Teratology |
| 牙科卫生学 | Dental Sciences |
| 皮肤学 | Dermatology |
| 遗传学 | Genetics |
| 麻醉学 | Anesthesia |
| 临床心理学 | Clinical Psychology |
| 医学 | Medicine |
| 口腔外科学 | Oral Surgery |
| 骨科医学 | Osteopathic Medicine |
| 理疗学 | Physical Therapy |
| 眼科学 | Ophthalmology |



| | |
|-------|------------------------|
| 放射学 | Radiology |
| 康复护理学 | Rehabilitation Nursing |
| 治疗学 | Therapeutics |
| 兽医学 | Veterinary Sciences |
| 牙科科学 | Dentistry |
| 内分泌学 | Endocrinology |
| 解剖学 | Anatomy |
| 临床科学 | Clinical Science |



Text B Reading

An American Physician Talks about Health

2

1 TIME magazine selected Andrew Weil as one of the 25 most influential people in America in 1997. His books—*Health and Healing* and *Spontaneous Healing*—have spent more than 22 weeks on the New York Times best-seller list. His Internet web site, from which he dispenses even more advice, attracts 3000 questions a week. But the message that health guru Andrew Weil has is simple:

2 “Breathe,” he says. Take long, slow, full breaths with exhalations at least as long as the inhalations.

3 “Walk,” he says. Walk briskly, that is, for 10 minutes a day, five days a week. Oh, and eat more fresh vegetables and fruit, and less red meat.

4 In *Health and Healing* Weil expands on the importance of breathing, which he calls “that most vital and mysterious function”.

5 Breathing, he points out, is a unique human function in that it can be fully voluntary or involuntary. As such it is a bridge between the conscious and unconscious minds as well as between mind and body.

6 “Proper breathing nourishes the central nervous system, establishes a harmonious pattern for other bodily rhythms and regulates moods and emotions,” he says. “Learning how to breathe and working consciously with breath is a simple, safe, effective and inexpensive way to promote good health of mind and body.”

