

SELECTED WORKS OF  
CLINICAL MEDICINE  
IN ENGLISH

临床医学英语文选

苏州医学院外文教研组编

商务印书馆

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商 务 印 书 馆

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## 编者的话

一、为了提高读者对英语医学书刊的阅读能力，我们试编了这本《临床医学英语文选》，可供医学院校高年级同学及具有一定英语基础的医务人员自学。

二、本书选收文章 28 篇，包括临床各科，其中以内、外、妇、儿科文献为主。以常见病、多发病为重点；尤以内、儿科循环、呼吸、消化系统的疾病居多。

三、文章均选自近年来英、美出版的中、高级医学教材及百科全书。

四、文章按儿科、内科、外科、妇科及其他各临床学科编排。尽可能由浅入深，由短而长。既照顾语文深度，又考虑医学系统。有的略加删节。力求词汇比较常用，语言文体较为多样。

五、每篇文章后面有词汇、词组及语法注解，并附参考译文，以减少理解困难。

六、书末附有临床各科常见病名，临床及药物常用缩写词，以便查阅。

由于我们水平的限制，书中的缺点错误，请同志们批评指正。

苏州医学院外文教研组

1978 年 8 月

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## 1. THE SYMPTOMS OF MEASLES

Measles is an acute, contagious disease. It is caused by<sup>①</sup> a filtrable virus, with conspicuous catarrhal features, Koplik's spots and a characteristic skin rash. It is so contagious that<sup>②</sup> over half of the cases are in children under 5 years of age, and 97 per cent of the patients are under 15 years of age. It is most highly communicable during the early catarrhal stage through the secretions of the mouth, the throat and the nose, and at this stage diagnosis is possible. Its infective agent survives long in clothes, bed linen, toys or furniture, and may be carried by a third person. The disease is commonest<sup>③</sup> in late winter and early spring.

The period of incubation is about two weeks. The disease begins with fever, chills, conjunctivitis, severe coryza, and frequently bronchitis, causing cough and frontal headache<sup>④</sup>. The eruption appears on the fourth day on the forehead, cheeks, and back of the neck, spreading<sup>⑤</sup> thence over the body. It consists of small, dark-pink macules in crescentic groups, which frequently become confluent<sup>⑥</sup>. After two or three days the eruption begins to fade, and is followed in one or two weeks by<sup>⑦</sup> desquamation. The symptoms increase with the eruption and decrease with the disappearance of it, convalescence beginning in the second week<sup>⑧</sup>.

## Words and Expressions

**symptom** ['sɪmptəm] *n.* 症状, 症候  
**measles** ['mi:zlz] *n.* 麻疹(动词用单数)  
**acute** [ə'kju:t] *a.* 尖锐的; 急性的  
**contagious** [kən'teɪdʒəs] *a.* 传染性的; 病原体的  
**filtrable** ['fɪltrəbl] *a.* 滤过性的  
**virus** ['vaɪərəs] *n.* 病毒  
**conspicuous** [kən'spɪkjʊəs] *a.* 明显的  
**catarrhal** [kə'tɑ:l] *a.* 卡他的  
**feature** ['fi:tʃə] *n.* 特色, 特点; [医] 表现  
**Koplik's spots** ['kɒplɪks spɒts] 科氏斑  
**characteristic** [ˌkærəktə'rɪstɪk] *a.* 具有…特点的, 特有的  
**rash** [ræʃ] *n.* 发疹, 皮疹  
**per cent** [pə'sent] *n.* 每百, 百分之…  
**communicable** [kə'mju:nɪkəbl] *a.* 传染性的  
**stage** [steɪdʒ] *n.* 阶段; [医] 期  
**secretion** [sɪ'kri:ʃən] *n.* 分泌; 分泌物  
**diagnosis** [ˌdaɪəg'nəʊsɪs] *n.* (*pl.* -ses [-sɪ:z]) 诊断  
**possible** ['pɒsɪbl] *a.* 可能的  
**infective** [ɪn'fektɪv] *a.* 感染的, 传染性的  
**agent** ['eɪdʒənt] *n.* 因子, 剂物  
**survive** [sə'vaɪv] *v.i.* 残存  
**clothes** [kloʊðz] *n. pl.* (无单数形) 衣服  
**linen** ['lɪnɪn] *n.* 床单

**toy** [tɔɪ] *n.* 玩具  
**furniture** ['fɜ:nɪtʃə] *n.* 家具  
**person** ['pɜ:sn] *n.* 人  
**period** ['piəriəd] *n.* 时期  
**incubation** [ɪnkju'beɪʃən] *n.* 孵化, 潜伏期  
**fever** ['fi:və] *n.* 发热  
**chill** [tʃɪl] *n.* 受寒; 寒战, 恶寒  
**conjunctivitis** [kən,dʒʌŋkti'veɪtɪs] *n.* 结膜炎  
**coryza** [kə'reɪzə] *n.* 鼻卡他  
**frequently** ['fri:kwəntli] *ad.* 时常地, 屡次地  
**bronchitis** [brɒŋ'kəɪtɪs] *n.* 支气管炎  
**frontal** ['frʌntl] *a.* 正面的, 额部的  
**eruption** [ɪ'rʌpʃən] *n.* 疹, 皮疹  
**forehead** ['fɒrɪd] *n.* 前额  
**cheek** [tʃi:k] *n.* 颊  
**spread** [sprɛd] *v.i.* spread, spread 展开, 蔓延  
**thence** [ðens] *ad.* 由该处, 因而  
**dark-pink** [dɑ:k pɪŋk] 深红色的, 暗红色的  
**macula** ['mækjulə] *n.* (*pl. macules* 或 *maculae* ['mækjuli:]) 斑点, 黄斑  
**crescentic** [kri'sentɪk] *a.* 新月形的  
**confluent** [kɒnfluənt] *a.* 汇合的; [医] 融合性的  
**fade** [feɪd] *v.i.* 褪色; 逐渐消失  
**follow** [fə'ləʊ] *v.t.* 跟…后  
**desquamation** [ˌdɪskwə'meɪʃən] *n.* 脱屑, 脱皮  
**increase** [ɪn'kri:sɪs] *v.i.* 增加



decrease [di'kri:s] *v.i.* 减少

复, 恢复期

convalescence [ˈkɒnvəˈlesəns] *n.* 恢

### Notes

- ① It is caused by ... = Measles is caused by 麻疹是由...引起。

It 是代词, 指 measles. measles 病名, 虽是名词复数形式, 后面动词要用单数。有的病名以复数形式出现, 但动词要求用单数形式, 如: mumps (腮腺炎), shingles (带状疱疹)。

- ② so contagious that ... : 传染性如此之强以致...

so 是副词, 修饰 contagious, that 是连接词, 引起结果状语从句。注意 so+a. (或 ad.) + that (如此...以致) 这种结构。

- ③ commonest: 最为常见(的)。

common [ˈkɒmən] *a.* 普通的, 常见的。英语里单音节的或少数双音节的形容词表示比较级或最高级时, 词尾加 -er 或 -est。

- ④ causing cough and frontal headache: 相当于一个非限制性定语从句: which causes ..., 其中关系代词 which 的先行词是前面的整个句子。

- ⑤ spreading = and spreads: 蔓延。

spreading ... 现在分词短语, 修饰句中谓语动词 appears, 表示一种伴随动作。

- ⑥ which frequently become confluent: 斑丘疹常融合成片。

which 关系代词引出定语从句, 修饰 macules。注意此定语从句与前述词 macules 之间有一介词短语隔开。

- ⑦ is followed by ... : ...随之而来。

- ⑧ convalescence beginning in the second week = and convalescence begins in the second week: 恢复期于第二周开始。

此处 convalescence 作分词 beginning 的逻辑主语(含义上主语), 构成独立结构。这里相当于一个并列句, 表示一种伴随情况。

## 参 考 译 文

### 麻疹的症状

麻疹是一种急性传染病, 系由一种滤过性病毒所引起, 具有明显的卡他表现、科氏斑及特有的皮疹。麻疹传染性是如此强, 以致半数以上

的病例是5岁以下的儿童,97%的病人在15岁以下。在麻疹早期卡他期,病毒通过病人的嘴、咽喉和鼻的分泌物传播,此时传染性最强。在此阶段,诊断是可能的。麻疹病毒长期存活于衣服、床单、玩具和家具中,并可由第三者间接传染。在晚冬和早春,本病最为常见。

麻疹的潜伏期为两周左右。起病时有发热、寒战、眼结膜炎、鼻卡他等症状,常伴有支气管炎,引起咳嗽和前额疼痛。在发热的第四天出现皮疹,初见于前额、面颊和颈背,而后蔓延全身。皮疹为小的、暗红色斑丘疹,组成新月群,常融合成片。两三天后,皮疹开始消退,约1~2周后脱屑。麻疹的症状随出疹而增加,随皮疹的消退而消失。恢复期始于病程的第二周。

## 2. CONVULSIONS

Don't lose your head:① convulsions look terrifying, but they are rarely fatal unless② they recur repeatedly. Since convulsions often occur with high fever, it is good first-aid treatment to put the baby into a tepid bath and to apply cold water to his head③. Probably the convulsion will stop in a few minutes.

Once the convulsion is over, get the baby back to bed. It is then of the utmost importance to get the root of the trouble,④ and this is a job for a doctor. Sometimes convulsions are a legacy of a birth injury to the brain, sometimes they point to an acute infection of the brain, but the commonest cause between the ages of 6 months and 1 year is latent tetany, a condition that can be cured quite easily if it is treated promptly⑤. In practice most babies with convulsions will be found to be great fat heavy overweight creatures.⑥ Overfeeding with large amounts of milk and cereals, too little exercise and too little cod-liver oil lie at the root of this disorder which is closely allied to rickets. When the convulsions have ceased, it is wise to empty the bowel with 1-2 teaspoons of castor oil, to give nothing but water for the next 12-24 hours, and for the next day or two to give⑦ a very light diet with the minimum of milk. The doctor will prescribe the necessary sedatives, drugs and vitamins. Many of the convulsions put down to teething, to diarrhoea, to the acute onset of an

infection, etc., are probably due to latent tetany. They are a sign that your baby is far from well,<sup>③</sup> they are a danger signal which you neglect at your peril<sup>④</sup>, for<sup>⑤</sup> convulsions can recur and they can then be fatal.

## Words and Expressions

**convulsion** [kən'vʌlʃən] *n.* 惊厥  
**terrify** ['terɪfaɪ] *v.t.* 使害怕  
**rarely** ['reəli] *ad.* 稀罕地  
**fatal** ['feɪtəl] *a.* 致命的  
**unless** [ʌn'les, ən'les] *conj.* 如果不, 除非  
**recur** [rɪ'kɜː] *v.i.* (疾病等) 复发  
**repeatedly** [rɪ'pi:tɪdli] *ad.* 反复地, 再三地  
**since** [sɪns] *conj.* 既然, 因为  
**first-aid** [fɜːst-eɪd] *n.* 急救  
**tepid** ['tepɪd] *a.* 微温的  
**apply** [ə'plai] *v.t.* 运用, 应用  
**probably** ['prɒbəbli] *ad.* 大概, 或许  
**in a few minutes** 几分钟后  
**once** [wʌns] *conj.* 一旦  
**over** ['oʊvə] *ad.* 完, 过去  
**utmost** ['ʌtməʊst] *a.* 极度的, 极端的  
**root** [ru:t] *n.* 根, 根源  
**trouble** ['trʌbl] *n.* 疾病; 麻烦  
**job** [dʒɒb] *n.* 工作, 职业, 事  
**legacy** ['legəsi] *n.* 遗产, 遗物  
**birth** [bɜːθ] *n.* 出生, 诞生  
**injury** ['ɪndʒəri] *n.* 损害  
**point to** [point tə] 表明  
**latent** ['leɪtənt] *a.* 潜伏的  
**tetany** ['tetəni] *n.* 抽搐, 手足搐搦  
**condition** [kən'dɪʃən] *n.* 情况, 状况

**promptly** ['prɒmptli] *ad.* 即时  
**find** [faɪnd], **found** [faʊnd]. **found**  
*v.t.* 看见, 发现  
**fat** [fæt] *a.* 胖  
**in practice** 实际上  
**overweight** ['oʊvəweɪt] *n.* 过重, 超额  
**creature** ['kri:tʃə] *n.* 生物; 人(家伙)  
**overfeed** ['oʊvə'fi:d] *v.t.* (overfed  
 [oʊvə'fed]) 喂食过多  
**amount** [ə'maʊnt] *n.* 量  
**cereal** ['sɪəriəl] *n.* (通常 *pl.*) 谷物, 麦片粥, 米花等  
**cod-liver oil** [kɒd'lɪvə'ɔɪl] *n.* 鱼肝油  
**disorder** [dɪs'ɔːdə] *n.* 混乱; [医] 不适, 疾病, 小病, 失调  
**ally** [ə'lai] *v.t.* 同盟, 联合  
**be allied to** 类似, 与...有关  
**rickets** ['rɪkɪts] *n.* (用作单数或复数) 佝偻病  
**cease** [si:s] *v.i. & v.t.* 停止  
**wise** [waɪz] *a.* 聪明的  
**empty the bowel** 通大便  
**castor oil** ['kɑːstə'ɔɪl] *n.* 蓖麻油  
**nothing but** (prep.) 不过是, 只是  
**the next 12-24 hours** 以后 12—24 小时  
**for the next day or two** 12—24

小时以后的一、二天  
**light** [laɪt] *a.* 清淡的,易消化的  
**diet** [daɪət] *n.* 饮食  
**minimum** ['mɪnɪməm] *n.* 最小量  
**prescribe** [prɪ'skraɪb] *v.t.* 开处方  
**sedative** ['sedətɪv] *n.* 镇静剂  
**drug** [drʌg] *n.* 药品,药剂  
**vitamin(e)** ['vaɪtəmɪn, 'vɪt-] *n.* 维生素  
**put down (to)** 归于,推给

**teethe** [ti:ð] *v.i.* 出牙  
**diarrhoea** [ˌdaɪə'riə] *n.* 腹泻  
**onset** ['ɒnsɛt] *n.* 发作  
**sign** [saɪn] *n.* 迹象,体征  
**far from** 极不,远非  
**danger** ['deɪndʒə] *n.* 危险  
**signal** ['sɪgnl] *n.* 信号,症候  
**neglect** [nɪg'lekt] *v.t.* 轻忽,忽略  
**peril** ['perɪl] *n.* 危急  
**at one's peril** 对于危急自行负责

## Notes

- ① **Don't lose your head:** 别慌张  
 Lose one's head: 慌里慌张;失去理智。此句为祈使句,表示命令,主语 you 省去。本文中祈使句颇多,宜予注意。
- ② **unless conj.** 如果不,除非 = if not.
- ③ **It is good first-aid treatment to put the baby into a tepid bath and to apply cold water to his head.**  
 It 为先行代词,作形式主语,代替真正主语不定式短语 to put the baby ... bath and to apply cold water ... head.
- ④ **It is then of the utmost importance to get the root of the trouble.**  
 这里 it 的用法与注③同。
- ⑤ **a condition that can be cured quite easily if ... promptly.**  
 that can be cured quite easily if ... promptly 是定语从句,说明 condition。condition 是 tetany 的同位语。
- ⑥ **In practice most babies with convulsions will be found to be great fat heavy overweight creatures.**  
 will be found 是被动态将来时。  
 to be great fat heavy overweight creatures 是不定式短语作主语 babies 的补足语。
- ⑦ **It is wise to empty ..., to give and to give ...**  
 It 是先行代词,与注③,④同。
- ⑧ **They are a sign that your baby is far from well ...**  
 that 从句作 sign 的同位语从句。
- ⑨ **... danger signal which you neglect at your peril.**  
 which 一方面引出定语从句,修饰 signal; 同时在从句中,作 neglect

的宾语。

⑩ for: 因为,是并列连接词。

## 参 考 译 文

### 惊 厥

别慌张: 惊厥看起来似乎可怕,但如果不反复发作,很少死亡。

因惊厥常伴有高热,因此给婴孩洗温水浴并在头部用冷敷是个好的急救法。在几分钟后,惊厥可能会停止。

惊厥一停止,立即将孩子送回床上。此后最重要的事,是找出惊厥的根源,此为医生的职责。有时惊厥是由于婴儿出生时脑外伤的遗患,有时说明大脑的急性感染,在六个月到一岁之间婴儿发惊厥最常见的原因是潜伏性搐搦症。如及时治疗,这种潜伏性搐搦症极易治愈。医疗实践中常发现患惊厥的婴儿大多数为肥大而超重。

喂以过量的牛奶与粥类,和过少的鱼肝油,而又很少活动是产生本病的根源,因本病与佝偻病有密切的关系。当惊厥一停止,最好服用一、二茶匙蓖麻油排空肠道,此后12—24小时内,只给些水喝。12—24小时以后的一、二天内,喂以易消化含有少量牛奶的饮食,医生会开必需的镇静剂、药物和维生素。由于出牙、腹泻和急性传染病发作等等原因而引起的惊厥,多数可能是由于潜伏性搐搦症的关系。惊厥意味着你的孩子身体极不健康,它是一个危险的征象,你如忽略这一征象你自己负责,因惊厥会一再发作而导致死亡。

### 3. SECONDARY BACTERIAL PNEUMONIA (Bronchopneumonia, Lobular pneumonia)

Secondary pneumonia is lobular pneumonia, or bronchopneumonia and is similar in many respects to primary pneumonia of infants. It may occur at any age as a complication<sup>①</sup> of any acute illness. It is a more frequent complication in infancy than in late childhood<sup>②</sup>. It is especially frequent as a complication<sup>③</sup> of measles, pertussis, diphtheria, influenza and bronchitis.

#### Etiology

Any one or several of a variety of organisms may be found associated with the disease as the cause<sup>④</sup>. In a large measure, secondary pneumonia is caused by the ordinary bacteria of the pharynx and the upper respiratory tract which gain entrance to the lungs by aspiration or during inspiration. Hemolytic streptococcic pneumonia, such as occurs in measles<sup>⑤</sup>, must be considered as communicable<sup>⑥</sup>.

#### Symptoms

The onset of secondary pneumonia is usually gradual, with subsequent increase<sup>⑦</sup> in the severity of the illness. The amount of fever varies with the severity of the illness and the general condition of the child. In general, it tends to be high<sup>⑧</sup> and irregular or intermittent in type. Prostration is present. The symptoms and signs are the same as those described<sup>⑨</sup> for primary pneumonia of infants. Clini-

cally, secondary pneumonia differs from primary pneumonia chiefly in its persistence. In the absence of modern chemotherapy, the course of secondary pneumonia tends to be protracted and, as a rule, lasts for a period of from 3 to 6 weeks<sup>⑩</sup>. Sometimes during this period new areas of inflammation develop while older ones may be subsiding<sup>⑪</sup>. The symptoms end by lysis in nearly all instances of spontaneous recovery. Recovery is slow, and relapses are relatively frequent. Pleurisy is seldom a striking feature in secondary pneumonia, except when streptococci are the cause<sup>⑫</sup>. Occasionally, streptococcic empyema occurs.

#### Treatment and Nursing Care

The same measures are required as in the case of primary pneumonia.<sup>⑬</sup> Some prevention of secondary pneumonia is possible if its occurrence is anticipated. Chronically ill or immobile patients should be isolated from contact with respiratory infections among the patients around them. They should have their positions changed frequently<sup>⑭</sup> to avoid imperfect ventilation of portions of the lung. Sometimes prophylactic administration of antibiotics is warranted when the risk of secondary pneumonia is great.

### Words and Expressions

**secondary** ['sekəndəri] *a.* 第二的;

从属的; [医] 继发性的

**bacterial** [bæk'tiəriəl] *a.* 细菌的

**pneumonia** [nju:'mouniə] *n.* 肺炎

**bronchopneumonia** [brɔŋkənju-'mouniə] *n.* 支气管肺炎

**lobular** ['ləubjulə] *a.* 小叶的, 小叶性的

**similar** ['similə] *a.* 相似的

**be similar to** 与...相似的

**respect** [ris'pekt] *n.* 方面

**in many respects** 在许多方面

**primary** ['praɪməri] *a.* 第一的, 首先的; [医] 原发性的

**occur** [ə'kɔ:] *v.i.* 发生

**at any age** 在任何年龄



**frequent** ['fri:kwənt] *a.* 常常的, 屢次的; [医] 多见的  
**infancy** ['ɪnfənsi] *n.* 婴儿期  
**childhood** ['tʃaɪldhʊd] *n.* 幼年; 儿童期  
**in late childhood** 在童年末期  
**pertussis** [pə'tʌsɪs] *n.* 百日咳  
**diphtheria** [dɪf'θɪ:riə] *n.* 白喉  
**influenza** [ɪnflu'enzə] *n.* 流行感冒, 流感  
**etiology** [i:'ti:ɒlədʒi] *n.* 病因(学)  
**several** ['sevrəl] *a.* 几个的, 数个的  
**variety** [və'raɪəti] *n.* 变化性; 多样; (生物学的) 类  
**a variety of** 若干的, 种种的  
**organism** ['ɔ:ɡənɪzəm] *n.* 有机体, 生物  
**associate** [ə'souʃieɪt] *v.i.* 联合, 相关  
**be associated with** 与...有关  
**measure** ['meɜə] *n.* 大小, 数量  
**in a large measure** 很, 大部分的  
**ordinary** ['ɔ:dɪnəri] *a.* 普通的  
**pharynx** ['færiŋks] *n.* 咽  
**upper** ['ʌpə] *a.* 在上的, 上部的  
**respiratory** [rɪs'paɪrətəri] *a.* 呼吸的  
**tract** [trækt] *n.* 通路, 管道  
**gain** [geɪn] *v.t.* 获得, 得到  
**entrance** ['entrəns] *n.* 入口  
**gain entrance to** 进入  
**aspiration** [æspə'reɪʃən] *n.* 吸(引)  
**inspiration** [ɪnspə'reɪʃən] *n.* 吸(气)  
**hemolytic** [hi:mə'litɪk] *a.* 溶血性的  
**streptococcic** [streptə'kɒksɪk] *a.*

链球菌的  
**consider** [kən'sɪdə] *v.t.* 考虑, 认为  
**onset** ['ɒnset] *n.* 有力的开始; [医] 起病  
**gradual** ['grædʒəl] *a.* 逐渐的  
**subsequent** ['sʌbsɪkwənt] *a.* 随后的, 继起的  
**severity** [si'verɪti] *n.* 严厉; [医] 严重  
**amount** [ə'maʊnt] *n.* 总数; 数量  
**vary** ['veəri] *v.i.* 不同  
**vary with** 随...而异  
**general** ['dʒenərəl] *a.* 一般的, 总的; [医] 全身的  
**condition** [kən'dɪʃən] *n.* 状况; [医] 身体状况; 病情  
**in general** 总之, 一句话  
**tend** [tend] *v.i.* 倾向, 趋向  
**irregular** [ɪ'regjulə] *a.* 不规则的  
**intermittent** [ɪntə'mɪtənt] *a.* 间歇的  
**type** [taɪp] *n.* 类型  
**prostration** [prə'streɪʃən] *n.* 疲倦, 脱力  
**present** ['prezənt] *a.* 出席的; 存在的  
**sign** [saɪn] *n.* 标志; [医] 体征  
**describe** [dɪ'skraɪb] *v.* 描述  
**clinically** [ˈklɪnɪkəlɪ] *a.* 临床地上  
**differ** [dɪfə] *v.i.* 不同  
**differ from** 与...不同  
**chiefly** [ˈtʃi:flɪ] *ad.* 主要地  
**persistence** [pə'sɪstəns] *n.* 持续  
**absence** [ˈæbsəns] *n.* 缺席; 不在  
**in the absence of** 在缺乏...之下  
**modern** ['mɒdən] *a.* 现代的