

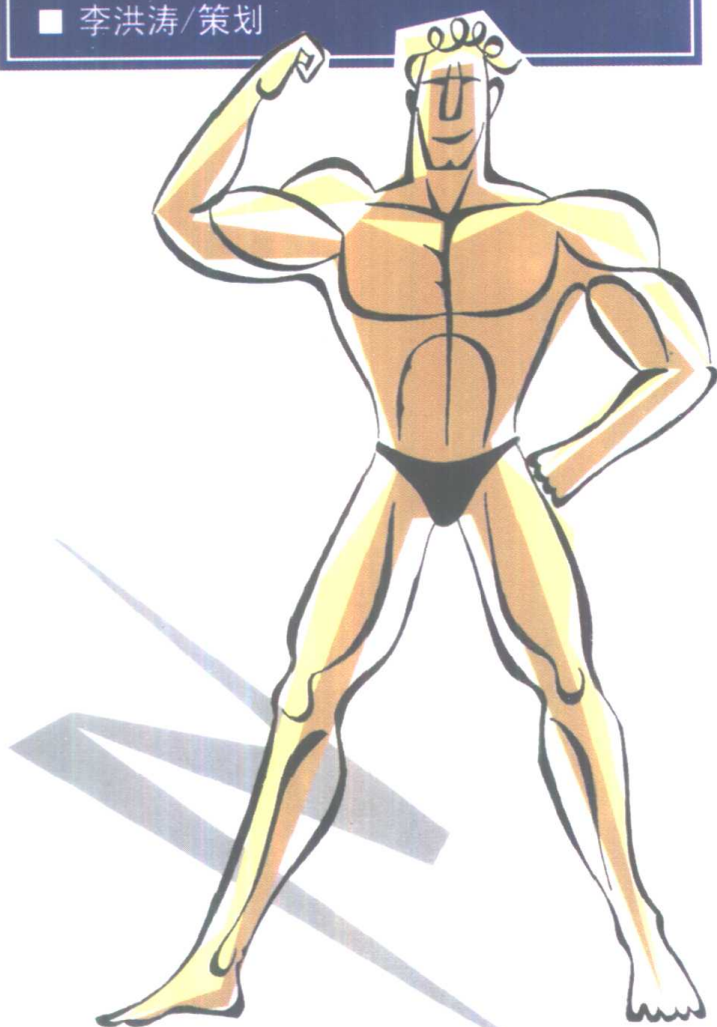
■ 妙趣横生说英语

说健康

About Health

■ 张健美 张丽京/编著

■ 李洪涛/策划



华文出版社

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说 健 康

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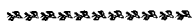
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前 言



随着我国改革开放的不断深入和跨国交流活动的不断增多,对专业人士和普通人士的英语口语水平都有了新的要求。新世纪快节奏的生活方式不容许人们有十分宽裕的时间去专门学习专业知识或英语技能,为了帮助各类人士能在有限的时间内学好英语口语,具备熟练表达自己思想的能力,我们精心策划编写了这套《妙趣横生说英语》英语口语学习丛书。

该套丛书选材精当,内容新颖,贴近生活,实用便利。其宗旨是为了帮助广大英语爱好者在轻松愉快,心情自然的氛围中学说涉及各类专业的英语,做到超越时空,既长知识,又学英语,其效果事半功倍。读毕将给英语学习者以意外的惊喜!

该套丛书共含《说家常》Domestic Life,《说学习》College Life,《说科学》Science and Technology,《说文学》About Literature,《说商贸》Trade and Business,《说职业》About Employment,《说健康》About Health,《说娱乐》Recreational Life 和《说自然》The Natural World 等 9 个分册。

丛书由仲锡教授和李洪涛副教授策划、设计和统稿,

各分册的编著者均为从事多年高校英语教学,具有高级职称的英语教师,从而保证了书中内容的信度和质量。

该套丛书的每一个分册中均含有 15 个单元,每个单元安排四个主要内容:

Part 1 Dialogues, 让读者通过操练对话来学习各类专业的英语表达方式,达到熟练掌握相关专业的英语口语技能,

Part 2 Common terms,搜集了 50 个左右与该单元内容相关的英语词汇或习惯表达法,以拓宽学习者相关专业知识面,减轻用英语交流时的难度;

Part 3: Reading Material,选编了一篇与该单元所涉及的专业相关的阅读材料,给学习者提供进一步的背景知识和相关信息,以帮助其更好地了解对话内容;

Part 4: Chinese Idioms in English, 选编了 10 个与该单元内容相近的汉语成语及其英语译文,旨在调节学习气氛,让学习者在诵读这些佳句妙语时充分领略中、英文语言中的不同风韵和魅力,并在不知不觉之中提高用英语诠释汉语成语的能力。

本册为《说健康》About Health 分册,内含 15 个单元,分别介绍了内科常见疾病、呼吸和消化系统疾病、心内科疾病、普通外科、骨外和脑外科、皮肤、烧烫伤外科、妇科常见病、产科常见病、儿科常见病、眼科常见病、耳鼻喉科常见病、口腔疾病、内分泌、泌尿和血液疾病、艾滋病、中医治病等知识,旨在从健康、保健和医疗的角度引导广大读者学说英语。

在本分册的编写过程中,作者参阅了大量的相关书

籍,限于篇幅,除主要参考书目外,其余恕不一一赘述,在此对各书作者一并表示感谢。

由于水平有限,书中缺点或错误在所难免,恳请读者批评指正。

编 者

2001年8月

妙趣横生英语丛书

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Unit One

第一单元

About Common Medical Diseases

内科常见疾病

Part I Dialogues

Dialogue 1 At the Doctor's Office

A: Good morning. Take a seat, please. What's wrong with you?

B: I've got a running nose, and I feel chilly and feverish since last night.

A: How did it start?

B: I went outdoors and got soaked in a downpour yesterday morning. And then it started.

A: You probably have contracted the flu. There is an

epidemic of influenza in the city these days. It may take you 3 to 4 days' bed rest to recover. Do you run a high fever?

B: Yes, I have a high fever accompanied by severe joint pain and general malaise.

A: Let me check your pulse and listen to your heart and lungs. Yes, you do have the flu. Take this prescription to the pharmacy for your medicine. And come to see me with it.

B: All right, doctor.

A: Please take this medicine for five days, four times per day, two capsules each time. If you can not get well, come to see me again.

B: Do I have to go on a diet?

A: It is not necessary. Drink plenty of warm water or juice; avoid greasy food; keep warm and take a hot bath before going to bed if you like.

B: Thank you, doctor. I'll follow your advice.

A: With this paper, please go to the injection room and ask my nurse to give you an injection for your fever.

B: OK. Goodbye, doctor.

参考译文

在医生办公室

A:早上好,请坐。你怎么了?

B:我流清鼻涕,并且从昨晚开始,我感到发冷发热。

A:什么时候开始的?

B:昨天上午我出门挨大雨淋了,之后就病了。

A:你很可能得流感了,最近城里流感正在流行。你可能要卧床休息三四天才行,你发高烧吗?

B:是的,我发高烧,并伴有严重的关节痛和全身无力。

A:让我来摸摸你的脉搏,听听心肺。是的,你的确得流感了。请拿这张处方到药房取药,然后带药来见我。

B:好的,医生。

A:这药需连吃五天,每日四次,每次两粒,如果不好,再来见我。

B:我需要忌食吗?

A:没必要。多喝些温开水或果汁,不吃油腻食物,注意保暖。如果想洗澡,睡前可洗个热水澡。

B:谢谢你,医生。我会照您吩咐做的。

A:请拿这张注射单到注射室,让我的护士给你打一针退烧针。

B:好的。再见,医生。

Dialogue 2 At a Patient's Home

A: How's Jimmy today?

B: Better. Thank you, doctor.

A: Can I see him please, Mrs. Williams?

B: Certainly, doctor. Come upstairs.

A: You look very well, Jimmy. You are better now, but you mustn't get up yet. You must stay in bed for another two days.

A: The boy mustn't go to school yet, Mrs. Williams. And he mustn't eat rich food.

B: Does he have a temperature, doctor?

A: No, he doesn't.

B: Must he stay in bed?

A: Yes. He must remain in bed for another two days. He can get up for about two hours each day, but you must keep the room warm.

A: Where's Mr. Williams this evening?

B: He's in bed, doctor. Can you see him, please? He has a bad cold, too!

A: All right. Please show me the way to his bedroom.

B: This way, please.

A: His general condition is not very bad. He also needs a few days' bed rest. Here is the prescription; please go to the chemist's to get the medicine filled. Meanwhile let him drink plenty of warm water. And you should be

very careful with yourself

B: Thank you very much, doctor. You are very kind.

参考译文

在病人家中

A: 吉米今天怎么样了?

B: 他好些了。谢谢您, 医生。

A: 我可以看看他吗, 威廉斯夫人?

B: 当然可以, 医生。上楼吧。

A: 你看上去很好, 吉米。你现在好些了, 但还不应该起床。你必须再卧床两天。

A: 这孩子还不能去上学, 威廉斯夫人, 而且不能吃油腻的食物。

B: 他还发烧吗, 医生?

A: 不, 他不发烧了。

B: 他还必须卧床吗?

A: 是的, 他还必须卧床两天。他可以每天起来两个小时, 但你得保持房间温暖。

A: 威廉斯先生今晚去哪儿了?

B: 他在床上呢, 医生。您能看看他吗? 他也得了重感冒!

A: 好的。请带我去他的房间。

B: 请这边走, 医生。

A: 他的整体情况还不太坏。他也需要卧床休息几天。

请拿这张处方到药店去拿药,同时让他多喝温开水。

你自己也要多加保重。

B:非常感谢您,医生。您真是太热心了。

Dialogue 3 At the Consulting Room

A: Good morning How are you?

B: I'm very worried, doctor

A: Oh? What are you worried about?

B: I'm afraid that I'm very ill.

A: I'm sorry to hear that. Why do you think so?

B: Because I feel tired all the time, even when I wake up
in the morning I find it very difficult to do any work.

I have no appetite My wife cooks me delicious meals
but I can only eat a little

A: How do you sleep?

B: Very badly, doctor.

A: Do you find it difficult to get to sleep, or do you wake
up early?

B: Both, doctor. I never get to sleep until two o'clock and
I always wake up at five.

A: Are you worried about anything?

B: Well, yes, I am I'm worried about my work. I've
just taken a new job .. I earn a lot of money but it's
difficult work. I'm always afraid of making a mistake.

A: I see. Please unbutton your shirt and lie down on the

cough.

B: Yes, doctor

A: Well, there's nothing very much wrong with you, I'm glad to say. You're working too hard and worrying too much. Do you take much exercise?

B: No, doctor, I never have enough time for exercise. I start work very early in the morning and finish late in the evening. Then I can't get to sleep. Can you give me some medicine to help me to sleep?

A: I can, but I'm not going to. You don't need medicine. You need advice. Don't work so hard. Too much work is bad for you. Don't worry about your work. It's silly to worry. Take regular exercise.

B: Well, it's hard to get a job like mine.

A: Then get an easier one, even if you earn less money. Which would you rather have, health or wealth?

B: You're right, doctor. It's more important to be healthy than wealthy. I'll change my job. I'm grateful for your advice.

A: Come and see me in a month's time. I think you'll be a different man!

参考译文

在诊察室里

A:早上好。你好吗?

B:我很担心,医生。

A:噢?你担心什么呢?

B:我担心病得不轻。

A:听到这一点我很难过。你为什么这么想呢?

B:因为我总感到劳累,即便早上醒来也是如此。我感到很难做点什么活,也没有食欲,我妻子饭做得很可口,可我只能吃一点点。

A:你睡眠怎么样?

B:很不好,医生。

A:你发现是很难入睡呢还是醒得早?

B:二者都有,医生。我夜间2点之前从未睡着过,并且总在5点钟醒来。

A:你担心什么事吗?

B:嗯,是的。我担心我的工作。我刚找了份新工作,挣钱很多但很难做,我总担心出错。

A:我明白了。请解开衬衣扣子,躺在检查床上。

B:是,医生。

A:好了,很高兴你没什么大问题。你是工作太辛苦并且担心太多了。你运动吗?

B:不,医生。我从没有足够的时间运动。我一大早就开