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21 世纪大学公共医学英语教学参考书(上)

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復旦大學 出版社



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《21 世纪大学公共医学英语》是在原《大学公共医学英语》的基础上修订而成的。

随着我国大学英语教学改革的不深入,教学改革的重点已经从教学模式的改革转向教学内容的改革。近两三年,尤其是随着 ESP 教学开始提到我国大学英语教学改革的日程上来,大学英语教学与专业相结合的模式越发受到业内人士的重视。大学英语究竟是什么? 大学英语教学究竟要解决什么问题? 带着这些困惑,经过深入调研,河北医科大学外语教学部于 2009 年将大学英语教学改革的重心下移,将最初两年的大学公共英语教学缩短为一年,加大与医学专业相结合的英语教学力度。同时,向学校提出申请延长大学三年级英语教学的课时(原先大学三年级课时只有每学期 30 学时,整个学年只有 60 学时,现拟延至每学期 60 学时,每学年 120 学时)。经过近三年的教学实践,逐步形成了 EGP—EGSP—ESP 的教学模式,即大学一年级讲授公共英语,着重加强学生的听说训练,并做好学生从中学到大学的英语学习的过渡;大学二年级进行与医学相关的英语教学,但为了避免教学衔接太突然,我们提出了“大学公共医学英语”这个概念,即在大学英语的基础上,选择与医学人文、医学社会、医学科普等相关的文章作为教材的文本,旨在帮助学生逐渐走向纯医学英语的教学;大学三年级主要讲授专业英语,加强学生专业英语的翻译能力。三年的教学改革实践证明这一模式是成功的,是受教师和学生欢迎的,同时,也完成了我校 2005 年提出的“分层教学,互为—体”教学改革的总方针,实现了“听说领先,读写跟上;完善读写,强化专业”的教学要求,创出了一条学生满意、教师转型自然且教学相长的新路子。

此次教材修订主要是基于这一教学改革模式进行,具有三个突出的特点。

一、教材的定位更加明确

此次教材的修订是我校按照 EGP—EGSP—ESP 模式进行教学改革的需要。《21 世纪大学公共医学英语》适合大学英语后的教学,各个学校可根据自己学校的具体情况选择开课的学期,既可以在大学一年级第二个学期开始进行大学公共医学英语的教学,也可在大学二年级第一学期进行;还可以在大学二年级第二个学期进行。有些学校医学英语教学起步比较晚,或学生入学水平较低,也可选择在大学三年级第一个学期进行。

二、选材更加合理

2006 年版的《大学公共医学英语》的选材是立足于健康—医学—职业这条线索进行的,而此次的选材更加注重学生的现状及未来职业的思考,因此,此次选材是立足于医学生—健康思考—医学科普—职业人生这条线索进行的。比如 2006 年版的第一课是有关健康的话题,而此次的第一课是“*What It Takes to Be a Doctor*”。这次选材模式的改变旨在突出医学生的学习、对未来职业修养的思考、对健康的思考以及对医学相关领域的了解,视野更加宽阔,思维更加细腻,思路更加清晰。

三、习题的设计更加到位

此次修订是按照大学英语学习一年后设计的,因此,课后练习的设计加入了与大学英语四、六级考试相关的内容,课后练习的形式更加丰富多样,既能使学生巩固课上所学,又能结合社会对学生的需求。习题练习的难度界定在四到六级之间,个别题型也照顾了考研英语的要求。

此次教材的修订仍然分上下两册,每册 8 个单元,每个单元包括 Text A, Text B, Supplementary Reading 三部分。Text A 主要是公共医学英语,Text B 主要是专业英语,Supplementary Reading 主要是与公共英语相对应的内容补充和延伸。各位老师在教学中,可根据课堂的需要选择以 Text A 教学为主、Text B 教学为辅;也可选择以 Text B 为主、Text A 为辅的方式进行教学。各个学校也可根据各自学校的实际需要选择课文讲解的侧重。

此次教材的修订,整体上更加科学合理,内容更加充实饱满。我们有理由相信教材的出版一定会受到学生和教师们的好评。智者千虑,必有一失。由于时间仓促,教师编写经验不足,我们担心教材还会存在这样或那样不尽人意的地方,希望广大教师和学生在使用过程中,不吝指教,以便在下一次印刷或修订时,加以更正或修改。我们真诚地欢迎广大同行教师们能一起参与到我们后续教材的创作中来。

在最后,我们把最衷心的感谢送给复旦大学出版社的领导和同志们,同时也再次感谢人民军医出版社对第一版教材出版的付出和努力。对广大参加此次编写的教师们致以真诚的问候:你们辛苦了!

赵贵旺

2013年4月于河北医科大学

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What It Takes to Be a Doctor



I. Background Information

1. How to become a doctor in America

Doctor Requirements

Doctors diagnose illnesses and treat injuries by examining patients, performing procedures, taking medical histories, prescribing medications and conducting tests. In order to prevent patients from getting sick, doctors may also advise them on preventive health care and diet and exercise. While general practice doctors will assess patients' overall health, many doctors specialize in a specific area, such as cardiology, neurology, orthopedics or pediatrics.

After earning a bachelor's degree, prospective doctors will need to enroll in medical school and pass the necessary licensing examinations. The table below includes the requirements to become a doctor.

Step 1: Earn a Bachelor's Degree

There is no specific major that prospective doctors need to pursue before enrolling in medical school. However, it's important that students take several science and science-related courses. Examples of majors may include chemistry, physics and biology. Some colleges and universities may even offer a pre-medicine track that will include courses in anatomy and physiology.

Step 2: Take the Medical College Admission Test

Medical schools require that individuals interested in applying take the Medical College Admission Test (MCAT). This is a multiple-choice exam that covers areas involving critical thinking, problem-solving, scientific principles and writing. It's important to perform well on this exam in order to get accepted into medical school.

Step 3: Enroll in Medical School

A Doctor of Medicine (MD) program is four years in length and combines academic coursework with clinical training. The first two years of the program will teach medical students about several topics, including medical laws and ethics, microbiology, anatomy and physiology. During the final two years, students will have an opportunity to participate in clinical rotations. Rotations will be completed under the supervision of doctors, and students will be exposed to areas involving surgery, pediatrics, internal medicine, psychiatry, gynecology and obstetrics.

Step 4: Complete a Medical Residency

After graduating from medical school, aspiring doctors must enter residency programs. In a residency, doctors will receive paid, on-the-job training. These can last anywhere from 3 to 7 years, depending on the specialty. Residencies take place in a hospital and offer an opportunity for medical school graduates to begin treating patients under the supervision of an experienced doctor.

Step 5: Obtain Licensure

Doctors must obtain medical licensure to practice in hospitals and other types of medical facilities. In order to earn licensure, doctors must pass the United States Medical Licensing Exam (USMLE) . The exam is in three parts and covers topics involving scientific and medical concepts, patient care and patient management in ambulatory settings.

2. Premed

Premed (Pre-med or Pre-medical) is an educational track that undergraduate students in the United States pursue prior to becoming medical students. It involves activities that prepare a student for medical school, such as pre-med coursework, volunteer activities, clinical experience, research, and the application process.

3. Medical College Admission Test (MCAT)

The Medical College Admission Test (MCAT) is a standardized, multiple-choice examination designed to assess the examinee's problem solving, critical thinking, and knowledge of science concepts and principles prerequisite to the study of medicine. Scores are reported in Physical Sciences, Verbal Reasoning, and Biological Sciences.

Almost all U. S. medical schools and many Canadian schools require applicants to submit MCAT exam scores. Many schools do not accept MCAT exam scores that are more than three years old.

The exam is offered 25 or more times per year at Prometric centers. The number of administrations may vary each year. Most people who take the MCAT are undergraduates in college in their Junior or Senior year of college before they apply to medical school. Ever since the exam's duration was shortened to 4.5-5 hours, the test may be offered either in the morning or in the afternoon. Some test dates have both morning and afternoon administrations. The test consists of four sections, listed in the order in which they are administered on the day of the exam:

- Physical Sciences (PS)
- Verbal Reasoning (VR)
- Biological Sciences (BS)
- Trial Section (optional)

4. Family medicine

Family Medicine (FM) , formerly Family Practice (FP) , is a medical specialty devoted to comprehensive health care for people of all ages; the specialist is named a family physician, family doctor, family practice doctor, or formerly family practitioner. It is a division of primary care that provides continuing and comprehensive health care for the individual and family across all ages, genders, diseases and parts of the body.

It is based on knowledge of the patient in the context of the family and the community, emphasizing disease prevention and health promotion. According to the World Organization of Family Doctors (Wonca) , the aim of family medicine is to provide personal, comprehensive and continuing care for the individual in the context of the family and the community. The issues of values underlying this practice are usually known as primary care ethics. In Europe the discipline is often referred to as general practice, emphasizing its holistic nature rather as well as its roots in the family. Others refer to it as the classic GP, knowledgeable yet compassionate.

5. OB/GYN

Obstetrics and gynaecology (or obstetrics and gynecology; often abbreviated to OB/GYN, OBG, O & G or Obs & Gynae) are the two surgical-medical specialties dealing with the female reproductive organs in their

pregnant and non-pregnant state, respectively, and as such are often combined to form a single medical specialty and postgraduate training program.



II. Warm-up Activities

Becoming a doctor or a surgeon is an honorable goal, but it is a long and challenging process, beginning with pursuing a bachelor's degree. It is important to note that medicine, and especially surgery, is not a career you can enter quickly. It takes a great deal of diligence and motivation to finish the training as it takes many years of study to practice independently.

1. Suggested questions

- ❖ In what aspects is the Chinese way to becoming a doctor different from the American way?
- ❖ Why do you choose to study medicine?
- ❖ In your own opinion, how to be a good doctor?
- ❖ What kind of suggestions do you want to give to the students who are ready to study medicine?

2. Suggested activities

- ❖ Ask students to have the discussion in groups of 2-4 students on their choice of learning medicine.
- ❖ List some true or false questions according to the understanding of the text, and ask the students to go through the text quickly and answer the questions.
- ❖ Ask the students to have a fast reading practice, i.e. go through the text in 10 minutes and finish "Understanding the Text".



III. Text Analysis

1. Main idea

This text is mainly about the process of becoming a doctor in America. The road to becoming a doctor is a long and tough one. Students who aspire to become doctors are called "premed" students. These premed students first spend four years earning their bachelor's degrees. During this period, they often volunteer or work part-time in health care organizations to gain knowledge and experience. After the four years, they can apply to medical schools and pass the Medical College Admission Test. Then, they'll have the intensive study period, i. e. studying in medical school, which is often called "heavy book learning" period. Finally, the students can learn on the job. They will do the rotations in hospitals to accumulate experience.

2. Structure of the text

Part One (Paras 1-2) People want to become doctors at a young age.

Teaching tips: Ask students to have group discussions about such questions as "What do you think of the road to becoming a doctor?" "What kind of qualities should you have to become a good doctor?"

Part Two (Paras 3-4) Premed students spend the first four years earning their bachelor's degrees.

Teaching tips: Ask students to go through the two paragraphs quickly and figure out the main idea in each paragraph.

Ask students to do some true or false questions in order to make them know

- more about this part.
- Part Three (Paras 5-6) Medical students often have heavy book learning.
Teaching tips: Ask students to paraphrase the phrase “heavy book learning”.
 Ask students to compare “Intensive study” and “The First Four Years”. In this activity, students can find out the differences and similarities between the two periods of studying and understand the two parts better.
 Ask students to talk about their school life and find out the differences and similarities with that in the United States.
- Part Four (Paras 7-8) Students can gain knowledge and experience while doing rotations in different areas of medicine.
Teaching tips: Ask students to tell “What are the most precious things for doctors?”
 Ask students to discuss about the last sentence and ask them to figure out why the author believes doctors can make miracles happen.



IV. Language Points

1. **make a difference:** to have an effect on sb. /sth.

- 语块 make a big/a lot of difference 有重大影响
 make no difference 没关系, 没影响
 make all the difference 关系重大, 大不相同

- 例句 Your age should not make a difference to whether you get the job or not.
 A few words at the right time make all the difference.
 Animal tests suggest that the drugs might also make a difference in less serious memory disorders.

2. **desire:** *n.* a strong wish to have or do sth.

- 语块 a strong desire for power 强烈的权利欲
 have a desire to do sth. 有做事的愿望

- 例句 She felt an overwhelming desire to return home.
 Instinctively, he felt a desire to help the patient get out of the suffering.

v. want sth. /wish for sth.

- 语块 achieve the desired effect 达到预期效果
 leave a lot/much to be desired 还有许多需要改进的地方

- 例句 We all desire health and happiness.
 The house had everything you could desire.
 I had desired to be a medical worker, but finally I failed.

3. **challenge:** *n.* a new or difficult task that tests sb's ability and skill

- 语块 an exciting/interesting challenge 令人激动的/令人感兴趣的挑战
 face a challenge 面临挑战
 serious challenge 严峻的挑战
 meet the challenge 迎接挑战

- 例句 The role will be the biggest challenge of his acting career.
 However, meeting the challenge of obesity is not all that simple.

v. (1) to question whether a statement or an action is right, legal, etc.

语块 challenge one's authority 挑战权威

例句 This discovery challenges traditional beliefs.

All the medical courses are advanced courses without English translation. Do you want to challenge yourself?

(2) to invite sb. to enter a competition, fight, etc.

例句 Mike challenged me to a game of chess.

4. **go through:** to look at or examine sth. carefully, especially in order to find sth. 仔细检查某物
to study or consider sth. in detail 详细研究;
to perform a series of actions 执行某行动;
to experience or suffer 经历, 遭受

例句 She went through the company's accounts, looking for evidence of fraud.

Let's go through the arguments again.

Certain formalities have to be gone through before you can emigrate.

He's amazingly cheerful considering all he's had to go through.

Do we always have to go through all these complicated procedures, when we are admitted to the hospital?

5. **professional:** *n.* a person who does a job that needs a special training and a high level of education

语块 a top golf professional 顶级高尔夫职业选手

例句 This was clearly a job for a real professional.

a. (1) connected with a job that needs special training

语块 professional qualifications/skills 专业资格、技能
professional standards 专业水平

例句 Her younger brother is a professional tennis player.

(2) suitable or appropriate for sb. working in a particular profession

语块 professional conduct 职业道德
professional misconduct 失职

例句 We should build up the ranks of medical workers and raise their professional ethics and competence.

(3) doing sth. as a paid job not as hobby

语块 professional football 职业足球

例句 After he won the amateur championship he turned professional.

6. **worth:** *adj.* having a value

语块 be (well) worth doing sth./sth. (很) 值得做某事
be worth the effort 值得努力

例句 This second-hand car is worth \$2,000 at the most.

The exhibition is worth a visit/visiting.

This article is about the clinical worth of detecting preS1Ag (前S1抗原) in hepatitis B virus.

辨析 worth, worthy, worthwhile

这三个词都是形容词, 都有“值得的”的意思, 但用法或搭配关系不同。

worth 是一个只能作表语的形容词, 意思为“有……价值的”、“值得……的”, 后接名词、动名词的主动形式。

如: The question is not worth discussing over and over again.

worthy 可作表语,也可作定语。作定语时意思为“有价值的”、“应受到赏识的”;用作表语时意思为“值得……的”、“应得到……的”,其后接 of sth.,也可以后接 to do sth.

如: No composer was considered worthy of the name until he had written an opera.

作后置定语时,必须用“worthy of + 名词”结构。

如: There is nothing worthy of mention.

This is a behavior worthy of praise.

worthwhile 与 **worthy** 一样,既可作表语,又可作定语。表示某事因重要、有趣或受益大而值得花时间、金钱或努力去做,一般做“值得的”、“值得做的”、“有意义的”解。用作表语时,可接动名词或动词不定式。

如: I really feel I am doing something worthwhile.

7. aspire: *v.* to have a strong desire to achieve or to become sth.

语块 **aspire to become an author** 渴望成为作家

aspire to fame 追求名誉

例句 That is not something I particularly aspire to at this moment.

Mary is ambitious enough to aspire to conversational fluency in Chinese in two months.

8. volunteer: *v.* to offer to do sth. without being forced to do it or without getting paid for it.

语块 **volunteer one's service as** 自愿充当

volunteer for military service 自愿参军

例句 Many retirees volunteer in community service and day-care centers.

She volunteered as a nurse in a soldiers' rest-home.

n. a person who does a job without being paid for it

语块 **volunteer helpers** 无偿援助者

例句 His special satisfaction comes from volunteer work.

She herself was a volunteer for other diabetics.

Some local medical institutions also offer services for the rehabilitation and treatment of volunteer addicts.

9. apply: *v.* (1) to make a formal request, usually in writing, for sth. such as a job, place at college, university, etc.

语块 **apply for a job/passport/grant** 申请工作/护照/拨款

apply to a company/university 向公司/大学申请

例句 Learning from Mr. Chen Ping that you are looking for a sales manager, I should like to apply for the position.

(2) to use sth. or make sth. work in a particular situation

语块 **apply political pressure** 实施政治压力

apply economic sanctions 采用经济制裁

例句 The two parties differ very sharply from each other over the correct remedies to apply.

Students practice to apply the study of genetics to multicellular plants and fungi.

(3) to put or spread sth. such as paint, cream, etc. onto a surface

语块 **apply the cream to the face** 把乳霜抹在脸上

例句 They apply the solution to the affected part.

10. competitive: *adj.* (1) used to describe a situation in which people or organizations compete against each

other

语块 competitive games 竞争性比赛

例句 Graduates who have to fight for jobs in a highly competitive market.

(2) as good as or better than

语块 competitive advantage 竞争优势

例句 We need to work harder to remain competitive with other companies.

Admission to schools of medicine is exceptionally competitive.

- 11. achieve:** *v.* to succeed in reaching a particular goal, status or standard, especially by making an effort for a long time

语块 achieve one's purpose 达到目的

achieve this goal 达到目标

achieve success 取得成功

例句 In other words, to achieve the strategic objective of development, we need to open wider to the outside world.

Taking the anti-diarrhea of our factory will achieve a marvelously quick result.

- 12. admit:** *v.* 两栖类词汇, 普通英语中作动词, 是“承认”、“允许进入”之意; 医学中也用作动词, 一般搭配 to hospital 或者 into hospital 使用, 指“接收入院”、“收治”。

例句 By searching his heart he could not but admit that he was in the wrong.

It was generally admitted that the government had acted too quickly.

Each ticket admits one adult.

Two crash victims were admitted to the local hospital.

辨析 admit, confess, acknowledge, concede, grant

这组动词都有“承认”的意思。

admit 普通用词, 指承认原来企图否认或推诿的事情。

Under the weight of evidence, the accused had to admit that he was involved in financial frauds on several companies.

confess 侧重指供认、坦白或承认自己过错。

He confessed that he had stolen the money.

acknowledge 指公开承认, 也可表示一致公认。

He refused to acknowledge his error even with so much evidence against him.

concede 指承认某种客观事实或他人所说的事。

The spokesman conceded that an immediate agreement between two sides was nowhere in sight.

grant 指向某人承认某种情况是事实。

She is a smart woman, I grant you, but she is no genius.

- 13. govern:** *v.* (1) to legally control a country or its people

例句 Education makes a people easy to lead, but difficult to drive; easy to govern, but impossible to enslave.

(2) to control or influence sb. /sth.

语块 govern actions 制约行动

govern behaviors 制约行为

例句 How should the rules of business ethics govern the Internet?

The study of physiology is to reveal the basic laws that govern the functions of people's and animals' bodies.

- 14. immune:** *adj.* 两栖类词汇, 普通英语中作形容词, 是“不受(批判、虐待)的影响, 豁免的”之意, 医学中也用作形容词, 指“对(疾病)有免疫力的”, 其后一般加介词 to。

例句 It had a cultural identity relatively immune to subversion from neighboring countries.

He seemed immune to these emotions. He was beyond any pretension.

He was immune to all persuasion.

We're immune to smallpox as a result of vaccination.

The immune system is our main defense against infection.

- 15. assist:** *v.* (1) to help sb. to do sth.

一般搭配 assist sb. with/ in sth. 或者 assist sb. in doing sth.

例句 I am willing to assist whenever there is an opportunity.

The police will assist you in finding her address.

(2) to help sth. happen more easily

语块 assist the development 促进发展

assist digestion 促进消化

例句 The activities will assist the decision-making process.

How can districts assist with polio eradication during national immunization campaigns?

- 16. get sth. over (with):** to complete something unpleasant but necessary

例句 I'll be glad to get the exam over with.



V. Difficult Sentences

- 1. However, anyone who wants to become a doctor must understand how much work it takes to achieve that goal.**

这是一个复合句。句中, who 引导定语从句修饰 anyone, 谓语为 must understand, how much 引导宾语从句。这个句子中, 我们需要注意 it 的用法。it 是形式主语, 指代 to achieve that goal。本句可译为: 然而, 任何人要想成为一名医生, 就必须了解达到这一目标需要付出多少努力。

It 用作形式主语或形式宾语的用法:

◆ **it 用作形式主语:**

当不定式、动名词、从句等用作主语时, 为避免头重脚轻, 通常在句首使用形式主语 it, 而把真正的主语放在句子末尾。如:

It's a pity to reject. 拒绝是令人遗憾的。

It's no use saying anything more about it. 再谈这事没有用。

注: It is said/reported/believed/understood that... 这类结构中的 it 也是形式主语。

It's reported that two people were injured in the accident. 据报道这次事故中有两人受伤。

◆ **it 用作形式宾语:**

当不定式、动名词、从句等用作宾语且其后跟有宾语补足语时, 就应在宾语补足语前使用形式宾语, 而将真正的宾语移至句末。如:

I find it easy to make friends with her. 我发现跟她交友很容易。

They haven't made it known where they are to hold the conference. 他们还没宣布会议在哪里开。

◆ 几种特殊用法:

enjoy, like, dislike, love, hate, prefer, appreciate 等动词后接 if 从句或 when 从句,通常应先在动词后接 it 作形式宾语。如:

I would appreciate it very much if you would help me with it. 如果你能帮助我做这事,我会十分感激。

I hate it if you do such things in public. 我讨厌你在大庭广众之下做那样的事。

2. **This includes learning how to examine patients, how to take medical histories, and how to diagnose certain illnesses.**

learning 后面跟了三组短语做宾语,三组短语均由疑问词 + 不定式结构构成。该句可译为:这包括如何诊察病人、如何采集病史,以及如何诊断确定的疾病。

“疑问词 + 不定式”结构用法:

“疑问词 + 不定式”是英语中很有用的结构。疑问词是疑问代词“who, whom, what, which, whose”和疑问副词“when, where, how”。

◆ 几种用法:

用作主语。如:

● When to start the meeting has not yet been decided. 什么时候开会还没有定。

用作宾语。如:

● We must know what to say at the meeting. 我们必须知道会上讲什么。

用作表语。如:

● The problem is where to find the fund. 问题是哪里去找资助。

用作同位语。如:

● Tom had no idea which place to visit first. 汤姆不知道该先访问哪里。

用于双重宾语。如:

● I can tell you where to get this book. 我能告诉你哪里可以弄到这本书。

◆ 注意事项:

并非所有动词都适用于“疑问词 + 不定式”结构,主要有“know, see, decide, tell, ask, consider, discover, explain, forget, learn, remember, wonder, understand”等。有些动词,如“ask, show, tell, advise, inform, teach”等,可以先有个宾语,然后再接适当的“疑问词 + 不定式”结构。比如: Have you told him where to get the application form? 你告诉他去哪里取申请表吗?



VI. Key to the Text

Text A

☆ Warm-up Exercise

- 1) at
- 2) of
- 3) takes
- 4) to
- 5) more

- 6) takes
- 7) worth
- 8) earning
- 9) which → what
- 10) as
- 11) to
- 12) calling → called
- 13) why
- 14) is → are
- 15) admitted
- 16) on
- 17) attend
- 18) how
- 19) take
- 20) good → well
- 21) wide
- 22) is → are
- 23) like
- 24) from
- 25) such → so
- 26) more → most
- 27) all of sudden → all of a sudden

☆ **Exercises**

Part I Understanding the Text

1. B 2. A 3. C 4. D 5. A 6. C 7. A 8. B

Part II Oral English Practice (Omitted)

Part III Vocabulary Exercises

● **Section A**

1. make a difference to one's own opinion
2. be full of challenges
3. how much it takes to do sth.
4. the road to becoming a doctor
5. at the very minimum
6. be well worth the years of effort
7. bachelor's degree