

21世纪高等医学英语系列教材



# 医学科普英语

Popular Scientific Medical English

何玟丽等 主编

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*Popular Scientific Medical English*

# 医学科普英语

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### 医 学 科 普 英 语

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# 前 言

语言是人类知识的载体。英语作为国际上的一种通用语言,不仅是获取信息的有力工具,而且是了解英语民族乃至整个世界的重要窗口。因此,提高大学英语教学水平是一项具有跨时代意义的工作。

大学英语实行四、六级全国统考以来,基础英语阶段教学取得了很大成绩,而专业英语阶段教学则相对薄弱,尤其是专业英语教材与目前的教学需要很不适应。为了深化医学英语的教学改革,使医学院校的大学生、研究生尽快拥有 21 世纪迫切需要的、具有较高专业水平的英语交际能力,根据全国医学专业英语教学大纲的要求以及山东省高等学校面向 21 世纪课程体系和课件改革立项精神,结合社会实际需要,我们组织全省六所医学院校大学英语教学专家,经过反复研究,编写了这套“21 世纪高等医学英语系列教材”。

在编写过程中,我们十分重视这套教材的系统性和整体性。根据阅读是信息时代使用频率最高的语言活动这一特点,为了使 学生实现从基础英语到专业英语的顺利过渡,将阅读部分分为《医学科普英语》、《基础医学英语》、《临床医学英语》三册;为了全面培养学生的语言运用能力,使他们在读、说、听、写、译等方面都得到较好的发展,专门安排了《医学英语听力》和《医学英语会话》各一册;为了提高学生学习英语的积极性,调节学习气氛,增加语言实践机会,专门编写了《趣味英语荟萃》。

本系列教材在选材方面突出了时代感和实用性,因此使用本教材的读者在提高专业英语水平的同时,还会增进对当代医学技术发展状况的了解。

全国政协常委、全国政协科教文卫委员会副主任、卫生部原副部长孙隆椿同志欣然为本系列教材题词,在此表示衷心的感谢。

在编写过程中,我们参阅了大量的有关资料,对这些资料的作者和提供者表示诚挚的谢意。

欢迎广大读者对这套系列教材提出宝贵意见,以使其更加完善。

**21 世纪高等医学英语编委会**

1998 年 6 月

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# Unit 1

## Sigmund Freud and His Studies

**T**he famous psychiatrist Sigmund Freud<sup>1</sup> once said that what happens to us in our first years remains with us for ever. These early childhood days full of anxiety and fear become permanently fixed in the unconscious mind. Those early desires and emotions that were never completed take root in the unconscious. There they search for ways to live again, to be completed, to be satisfied. One way they do this, Freud said, is to appear in our dreams. Dreams, he said, not only show us what we are like as adults, but they also tell us what we were like as children.

Those first years, from birth to the age of three, are known

as the forgotten years. They are like a mist, strange fog. We know we live through them, but we remember little, if anything, about them. But what we do remember of them, Freud said, is overpowering, the memories of the first emotional upsets, the first damaging experiences, the first injuries never leave us. Freud said, "Some of these experiences can be powerful enough to affect our behavior in later life; they are like strange beasts in a jungle, and the jungle is the unconscious mind."

What kind of "beasts" lie hidden in the unconscious that can cause such long lasting problems? Freud had a difficult time finding them. But by studying his own dreams, by examining his own childhood, he found a way to do so. He also had to examine his feelings toward others, especially those toward his mother, father and his own children. One day, some important thoughts took shape in Freud's mind. It was on a day when he was called home because his father was dying. Freud sat by his father's bed and the past began to flow through his mind. Many feelings arose inside of him. They seemed more important to him than the sadness in his heart. He tried to examine these feelings. Then he learned that the strongest was an old feeling that he always had whenever he saw his father. It was a feeling of jealousy. This jealous feeling was the strongest of his memories. He began to wonder why he had been so jealous of his father for all these years.

Freud thought of the strange ways of parents and children. The hates, jealousies and rivalries felt in childhood could last a lifetime. Why? Such feelings made a person feel helpless, trapped. Why had he not grown out of this feeling toward his

father?<sup>2</sup> And why did he still have such warm feelings toward his mother? He felt shame. He could not remember the last time he had brought home flowers for his wife ,yet he never forgot a little plant or flowers whenever he visited his mother. What was this tie, this bond, this emotion which kept him trapped, tied to his mother?

When his father died, Freud felt that something had been torn from his life. His old jealousy, his hostile feeling toward his father, faded away. The tenderness, the love for him remained. He wrote the following to a doctor friend, "Somewhere in the darkness of my mind, the death of my father has touched me deeply. Now I know that I valued my father highly. I understand what he has done for me. All of the past has been awakened in me. I feel completely different. "

Freud began to search deeper into himself and his patients. He studied his dreams and theirs. What were the mysteries of childhood? What was the relationship of children to parents—this bond that begins at birth and which must be cut by the child as he grows up? "I can understand myself," he wrote, "only through what I understand in my patients. "Some months later, he added, "I have discovered in myself a love, an infatuation, for my mother, and a jealousy toward my father—usual only in childhood. "

Freud was now sure that love by a boy for his mother and jealousy toward his father belong only to the days of childhood.<sup>3</sup> He had not outgrown these feelings even though he was a middle-aged man. These feelings, Freud said, caused his present neurosis. The warmth for his mother, the jealousy for his father

made Freud think of the old Greek myth about a king named Oedipus. <sup>4</sup> Oedipus never knew his father or mother in childhood. Later in life, without knowing it, he killed his father and married his mother. When he learned of his crime, Oedipus put out his own eyes as punishment. This story, Freud thought, explains much in the early life of all children. Each child develops a love for the parent of the opposite sex—the boy for the mother, the girl for the father. Freud saw this as a kind of acting, showing feelings that someday lead to mating, to marriage and children.

Freud believed that each child is born with feelings that are tied to the survival of the race. A newborn baby must suck before it learns to eat. He must crawl before he walks. He must feel the love of his mother before he can give love to another woman. This development, Freud said, is natural. It prepares for mating. It is the same with little girls. They must learn love from their fathers so they can give love to another man.

Freud said that the wish to mate does not come suddenly after a person is grown. This wish, this feeling, is closely tied to continuing the race—it is a nature's way. These feelings are born in children, they are present at birth in some form. Freud said that every human being slowly develops those feelings he is born with. These result in the desire and ability to mate.

Freud continued his studies of dreams and the mental development of his patients. He developed a theory on how a child grows through different stages of life.

At birth, a child knows only his own body. He gets satisfaction and pleasure from his mouth and lips when he sucks at his mother's breast. Later he sucks his fingers or thumb. This

also pleases him. It helps his heart to beat faster and his blood to flow more freely. The child also finds pleasure in moving his arms and legs and in touching certain parts of his body. This is natural, Freud said, it is part of natural development. Freud remembered the Greek myth about a youth named Narcissus.<sup>5</sup> Narcissus sat for a long time at the edge of a pool, looking down at his own face in the water. Narcissus stayed there so long he grew roots and became a flower—the narcissus, which looks with head nodding only at itself.

Freud called the first stage of life narcissism. It is a natural stage but it must be passed through to the next stage. Freud called those adults who do not safely pass this stage narcissists. They grow up, aware only of themselves, finding pleasure only in themselves.

The next stage appears when a baby begins to understand that another person is near. To this person, the child gives his love—the boy to the mother, the girl to the father. This is the Oedipal stage. It is the stage when a boy develops jealous feelings toward the father, the girl toward the mother. If the children are permitted to grow in a natural way, the little girl soon passes on from her great warmth for her father, and the little boy soon outgrows his special love for his mother. Both find friends and playmates to love. Later they become interested in friends of the opposite sex. And then, as they grow up, they choose a mate—one they want to love and have children with. All those feelings that a child is born with, Freud said, develop and change and lead to nature's wish—the wish to continue the race. And a most important job of the young, he said, is to live in

good relations with their parents while becoming independent themselves.

Freud said that children pass through the Oedipal stage with help and understanding from parents. Soon the children turn to other children, boys to boys and girls to girls. They even develop a love for their friends. When they grow older, a young boy may have a girl friend, and a girl a boy friend. Freud said this kind of early love is necessary to develop strong feelings of love later in life. Children, he said, express their emotions again and again, like actors learning the parts they are going to play. When the children become adults, they are prepared to love, mate and have children. Some children, Freud believed, do not successfully pass through this second stage, the Oedipal stage. He saw that this was so in some of his patients and even in himself.

Freud believed that he had been frozen in the Oedipal stage of life. At the age of 40, he still felt the same jealousy of his father that he had as a child. He also felt the same strong feelings for his mother that he had as a child. Freud said that he had an Oedipus complex. And he started to break the bonds that kept him tied and frozen in his early infantile emotional stage of life. How does one get caught in such a trap? How is a child prevented from growing emotionally healthy?

Freud searched his memories to find the answer. He carefully examined his relations with his wife, his children, his mother and father. He studied his relatives, his patients; he studied the history of marriages he had known.<sup>6</sup> He found that some parents helped to stop their children from having a healthy emotional development. They did this without knowing it. Freud

explained it this way. A lonely wife who herself had been trapped in an early emotional stage of life could help to so trap her child.<sup>7</sup> Such a wife, perhaps, did not receive from her father the warmth and love she needed. And so she tries to get this kind of love from her husband. But her husband can not be a father to her, and so the wife is not able to express her full womanhood to her husband and turns to her little boy. She puts upon him all her loneliness and her need for a special kind of love. But the little boy can not satisfy her needs either. He is trying to develop emotionally. He is expressing in his own way his feelings of love. He is trying to learn how to love, to develop it so that someday he can give love to the woman he marries.

The unhappy wife floods her son with her feelings. The little boy is buried in these feelings. He becomes trapped and frozen by them. He can not pass through this stage of development. He will grow in other ways and become strong and intelligent, but his emotions will remain those of a young child. He will stay tied to his mother in permanent competition with his father. Freud believed that this problem can be solved. A grown woman or man can break the bond that ties him to his mother or father. But Freud knew that he must break his own bonds before he could help others.

This was a painful experience for him, but he worked at it until he succeeded. He searched deeply into his life, his memories, his dreams. He faced his Oedipal complex and found why he suffered from it. Then he understood this complex and it let him free.



## New Words

unconscious[ʌn'kɒnfəs] *a.* 无意识的

forgotten years 遗忘阶段

jungle['dʒʌŋɡl] *n.* 丛林

rivalry['raɪvəlri] *n.* 竞争;敌对

infatuation[ɪn,fætju'eɪʃən] *n.* 错爱,错恋

neurosis[njuə'rəʊsɪs] *n.* 神经机能病

mate[meɪt] *v.* 交配

Narcissus[na:'sɪsəs] *n.* 那喀索斯

narcissism[na:'sɪsɪzəm] *n.* 自恋

Oedipal stage *n.* 恋母情结阶段

Oedipus complex 恋母情结

infantile['ɪnfəntaɪl] *a.* 婴儿的

bond[bɒnd] *n.* 束缚,结合

## Notes

1. Sigmund Freud 西格蒙特·费洛伊德(1856~1939),奥地利精神病学  
家,精神分析学的创始人
2. Why had he not grown out of this feeling toward his father?  
grow out of... 随着年龄的增长...消失
3. Freud was now sure that... belong only to the days of child-  
hood.  
宾语从句中动词 belong 的主语是 love 和 jealousy.
4. Oedipus 奥狄浦斯(希腊神话中的底比斯王子,曾解怪物斯芬克斯的  
谜,后误杀父亲娶母亲,发觉后自刺双目,流浪而死)
5. Narcissus 那喀索斯(希腊神话中因爱恋自己在水中的影子而憔悴致