

大学英语立体化系列规划教材

王 荃○主审

陈 怡○主编

医药英语 阅读教程(上)



Medical English Reading Course



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医药英语阅读教程

上册

主 审 王 荃

主 编 陈 怡

副主编 程 玲 江 莉

编 者 李 静 沈 潇 苏 昕



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陈 怡 主编

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装帧设计:陈 耀

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前 言

随着医学现代化的发展,英文医学文献浩如烟海。阅读英语医学文献的能力成为我们医学院校学子必须具备的基本技能之一。《医药英语阅读教程》是我们教研室英语教师献给医药学生的一份礼物。它是在教学实践的基础上,根据学生的需求编写而成的。

国家教育部新颁布的全国《大学英语教学大纲》(修订本)明确指出:“本科学生在完成基础阶段的学习任务,达到四级或六级后,都必须修读专业英语,以便从基础学习阶段过渡到应用阶段。”而许多医学学生感到英语学习是一个沉重的负担,花费太多的时间和精力,但目前所学的英语对今后并没有实用价值。针对这一难题,我们组织编写了这本《医药英语阅读教程》,旨在帮助医学本科生顺利地基础英语学习阶段过渡到英语应用阶段。在编写过程中,我们力求通过每篇文章的编排让学生掌握有关医药学英语文体的写作特点及常用词汇,以期提高其阅读能力,达到教学目标。课本内容尽力涵盖各科室各种病的常用英语,对一些较难的医学术语给予了翻译,在他们未来的门诊询问、开药处方、病情查房、病例书写、论文撰写、浏览医学英语文献等方面大有帮助。这本书题材多样,篇幅长短适宜,并配有相应的测试题,全书独立成篇。

虽然编者竭尽全力想给读者提供最佳产品,但因时间仓促,且水平有限,书中错误遗漏之处在所难免,恳请读者使用时不吝赐教。

编 者

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Lesson One

Internal Impairment Due to Seven Emotions

The seven emotions refer to joy, anger, anxiety, contemplation, grief, fear and terror which are different responses of the body to the environmental stimuli and are normal psychological activities.^① Normally the seven emotions will not cause disease, but sudden, violent or prolonged emotional stimuli, beyond the range of physiological activities, will cause disorder of *qi* activity and disharmony of visceral *yin*, *yang*, *qi* and blood which consequently lead to disease. Since the seven emotions are endogenous and directly affect visceral *qi* and blood, the internal disorder caused is called “internal impairment due to seven emotions”.

The seven emotions are the physiological responses of visceral *qi*, blood, *yin* and *yang*. Different visceral *qi*, blood, *yin* and *yang* differ from each other in moving styles, leading to different emotional responses. In *Huang Di Nei Jing*^②, the seven emotions are matched with the five viscera: the heart governs joy, the liver governs anger, the spleen governs contemplation, the lung governs grief, and the kidney governs fear. Terror and anxiety are also closely related to the activity of *qi* in the five *zang*-organs.^③

The attribution of the seven emotions to the five *zang*-organs is not absolute. On the one hand, the same viscus may produce different emotional responses because of different pathophysiological states. For example, excess of liver-*qi* causes anger while deficiency of liver-*qi* brings on^④ fear; excess of heart-*qi* brings on joy while deficiency of heart-*qi* leads to grief; etc. On the other hand, the seven emotions are exclusively dominated by the heart. In fact all the emotional activities are controlled by the heart and all the emotional responses are the manifestations of heart-spirit.^⑤

The following are a brief generalization of the effect of the seven emotions on the activity of *qi*:

Excessive joy relaxes the activity of *qi*; excessive anger drives *qi* to move upwards; excessive contemplation stagnates *qi*^⑥; excessive grief exhausts *qi*; fear drives *qi* to move downwards; excessive terror disturbs *qi*; and excessive anxiety depresses *qi*.

(327 words)

New Words

1. grief [ɡri:f] *n.* 悲伤, 忧愁
2. terror [ˈterə] *n.* 恐怖; 骇惧
3. response [rɪsˈpɒns] *n.* 回答, 回应
4. stimuli [ˈstɪmjələ] *n.* (sing. -lus [-ləs])[医] 刺激物, 刺激
5. psychological [ˌsaɪkəˈlɒdʒɪkəl] *a.* 心理学(上)的
6. disharmony [ˌdɪsˈhɑ:məni] *n.* 不调和, 不一致
7. consequently [ˈkɒnsɪkwəntli] *ad.* 所以, 因此
8. internal [ɪnˈtɜ:nl] *a.* 内(部)的
9. govern [ˈɡʌvən] *vt.* 统治; 治理; 管理
10. prolonged [prəˈlɒŋd] *a.* 长时期的
11. visceral [ˈvɪsərəl] *a.* 内脏的
12. endogenous [enˈdɒdʒɪnəs] *a.* [生]内生或发育的; 内原的
13. attribution [ˌætrɪˈbjʊ:ʃən] *n.* 归属, 归因
14. viscus [ˈvɪskəs] *n.* 内脏 (viscera 的单数)
15. deficiency [dɪˈfɪʃənsɪ] *n.* 缺乏, 不足, 短缺
16. manifestation [ˌmænɪfesˈteɪʃn] *n.* 表明, 表现形式
17. generalization [ˌdʒenərəlaɪˈzeɪʃn] *n.* 一般化, 普遍化; 一般的法则
18. excessive [ɪkˈsesɪv] *a.* 过度[量, 分, 大]的
19. contemplation [ˌkɒntemˈpleɪʃn] *n.* 注视; 凝视
20. stagnate [ˈstæɡneɪt] *v.* (使)停滞不前; (使)不流动; (使)变污浊

Expressions

1. beyond the range of 超出……的范围
2. lead to 导致
3. due to 因为, 由于
4. differ from 与……不同
5. match with 与……相配, 与……相称, 可与……匹敌
6. on the one hand... on the other hand... 一方面……另一方面
7. bring on 引起, 导致
8. be dominated by 由……支配或控制
9. drive sb./sth. to do 驱使某人或某物去做

Notes

① The seven emotions refer to joy, anger, anxiety, contemplation, grief, fear and terror which are different responses of the body to the environmental stimuli and are normal psychological activities. 由关系代词 *which* 引导的定语从句修饰前面所提到的 *seven emotions*。refer to 表示“适用于”或“涉及”，“指的是”之意。

② *Huang Di Nei Jing*: 《黄帝内经》，我国传统医学四大经典著作之一。

③ ... the seven emotions are matched with the five viscera: the heart governs joy, the liver governs anger, the spleen governs contemplation, the lung governs grief, and the kidney governs fear. Terror and anxiety are also closely related to the activity of *qi* in the five *zang*-organs. 根据《黄帝内经》的记载，人的情感是受到人体五脏影响的，分别是：心脏是快乐的控制器，生气的时候对肝有影响，脾脏是控制人的冥想的状态的器官，悲伤和肺联系在一起，害怕的感觉来自于肾脏，而恐慌以及不安都是由五脏的气的活动引起的。

④ bring on: 引起，导致。例如：Did that bring discredit on us? 难道因此我们的名誉就坏了吗？

⑤ In fact all the emotional activities are controlled by the heart and all the emotional responses are the manifestations of heart-spirit. 事实上，所有的情感活动都是受心脏控制的，而所有情绪的反应也都是心气的表达。

⑥ ... excessive contemplation stagnates *qi*. ... 过度的思考会使身体中的气停滞不动。

Reading comprehension

- The seven emotions do not include _____.
A. sorrow B. fear C. sweetness D. anger
- In the first paragraph, the word “visceral” means _____.
A. internal
B. organ
C. connected with the large organs inside your body
D. inside
- Why is the internal disorder called “the internal impairment due to seven emotions”?
A. Because the seven emotions are internal.
B. Because the seven emotions cause the internal disorder.
C. Because the seven emotions are internal and directly affect visceral *qi* and blood.
D. None of the above.
- According to the passage, which of the following is NOT true?
A. The seven emotions can dominate the five viscera.
B. When one lacks liver-*qi*, he will be fearful.
C. The heart can govern the seven emotions.

- D. When one has an excess of heart-*qi*, he will be sad.
5. Which of the following is NOT the influence of the seven emotions on the activity of *qi*?
- A. Excessive joy causes *qi* to move upwards.
- B. Excessive fear can cause *qi* to move downwards.
- C. Excessive anxiety can sadden *qi*.
- D. Excessive sorrow can exhaust *qi*.

Translate the following sentences into English

1. 七情是内脏气血、阴阳的生理反应。
2. 七情是身体内在的，而且直接影响内脏气血。
3. 通常七情不会引起疾病。
4. 不同的内脏气血、阴阳运行方式各不相同，从而导致不同的情绪反应。
5. 因为不同的病理生理状态，同一个内脏可能会产生不同的情绪反应。
6. 七情完全是由心脏来支配。
7. 所有的情绪反应是心脏精神的表现。
8. 过度愤怒驱使气向上运行。

Lesson Two

Learning to Live with Pests

Agricultural pests are winning the battle against the poisonous chemicals in pesticides.^① As each new chemical pesticide is used, the insects or rodents gradually become used to it.^② The pests change themselves so that they are not killed by the poison. Therefore, farmers, scientists, and food planners are trying a new method to control the pests that attack their crops. This method is called Integrated Pest Management, or IPM.^③

Integrated Pest Management is a plan that combines several different methods to destroy insects and rodents. These methods are specifically developed for individual areas and crops. The control methods include using the pests' natural enemies, controlling the pests' breeding environment, and developing stronger strains (varieties) of seeds.^④ Chemical poisons are used only when necessary. The IMP method accepts the fact that it is useless to try to destroy pests completely with chemical poisons. Its aim is to control pest populations so that crops can still grow well.^⑤

Cotton farmers in Texas have been using the IPM method. The farmers find the best combination of control methods for their needs. In this way, they can produce crops without using too many chemical poisons. In 1977, three-quarters of Texas cotton fields received no insecticides at all.^⑥ That year's cotton crop was better than average. The IPM methods showed the farmers a better way to control the pests in their fields.

The United Nations Environment Program (UNEP) has been studying agricultural pests and chemicals. It has found that 223 pests are resistant to, or not affected by insecticides.^⑦ Rodents, including rats, are also gaining resistant to poisons. In 1965, another UN organization, the UN Food and Agricultural Organization, listed 182 pests resistant to chemical poisons. It is necessary to find another method of control.^⑧ By using Integrated Pest Management, farmers can still control and limit pests without depending on chemical poisons.^⑨

(332 words)

New Words

1. pest [pest] *n.* 有害动[植]物, 毒虫, 害人虫
2. poisonous ['pɔɪznəs] *a.* 有毒的, 恶毒的, 讨厌的

3. pesticide [ˈpestɪsaɪd] *n.* 杀虫剂
4. rodent [ˈrəʊdənt] *a.* 咬的, 啮齿类的 *n.* 啮齿动物
5. management [ˈmænɪdʒmənt] *n.* 处理, 管理, 经营; 经营力; 经营手段
6. integrate [ˈɪntəgreɪt] *v.* 综合, 使完整, 使成整体
7. combine [kəmˈbaɪn] *vt.* 使联合; 结合, 同时具有; 同时显示
8. breed [briːd] *v.* 养育, 引起, 饲养, 繁殖 *n.* 种类, 品种
9. environment [ɪnˈvaɪrənmənt] *n.* 环境(周围的状况); 外界, 围绕物
10. destroy [dɪsˈtrɔɪ] *vt.* 毁坏, 破坏
11. population [ˌpɒpjʊˈleɪʃən] *n.* 人[物]的全体[总数], [生]虫口; 种群(量);
人口(数字); (全体)居民; 人口聚居
12. strain [streɪn] *n.* 血缘, 种, 族, 曲调, 旋律, 口吻
13. combination [ˌkɒmbɪˈneɪʃən] *n.* 组合, 合并, 联合
14. insecticide [ɪnˈsektɪsaɪd] *n.* 杀虫剂
15. resistant [rɪˈzɪstənt] *a.* 抵抗的; 反抗的; 耐久的; 坚固的, 抗性的
16. affect [əˈfekt] *vt.* 影响, 对……起作用[反应]; 使……感光; 改变; 损[伤]害

Expressions

1. live with 忍受, 容忍
2. used to do sth. 过去常常做某事
3. varieties of 各种各样的
4. it's useless to do sth. 做某事是无用的
5. in sb.'s way 挡了某人的路
6. on average 平均
7. be resistant to 抵制
8. rely on 依靠

Notes

① Agricultural pests are winning the battle against the poisonous chemicals in pesticides. 农作物病虫害正在取得和农药中有毒的化学成分作斗争的胜利。

② The insects or rodents gradually become used to it. 这些昆虫和啮齿类动物渐渐地习惯了这种农药。become/get used to...: 习惯于……

③ This method is called Integrated Pest Management, or IPM. 这种系统的方法被称作病虫害的综合管理, 或简称为 IPM。

④ The control methods include using the pests' natural enemies, controlling the pests' breeding environment, and developing stronger strains(varieties) of seeds. 这句里的 using the

pests' natural enemies, controlling the pests' breeding environment, and developing stronger strains (varieties) of seeds 为三个并列的成分, 作 include 的宾语。

⑤ Its aim is to control pest populations so that crops can still grow well. 目的是控制病虫害的数量从而让庄稼长得好。(即减少病虫害数量来让庄稼长好。)

⑥ In 1977, three-quarters of Texas cotton fields received no insecticides at all. 1977 年四分之三的得克萨斯州的棉田一点杀虫剂都没用。not... at all...: 根本没有…… 一点儿也没有……

⑦ It has found that 223 pests are resistant to, or not affected by insecticides. 联合国环境保护项目发现 223 种害虫对杀虫剂有抵抗力或不受其影响。

⑧ It is necessary to find another method of control. 注意句型: It is necessary (for sb.) to do sth. (对某人来说) 做……是必要的。

⑨ By using Integrated Pest Management, farmers can still control and limit pests without depending on chemical poisons. 通过使用病虫害综合管理的方法, 农民们一直能够在不依赖农药的情况下控制病虫害。without depending on chemical poisons 是介词短语作状语。

Reading comprehension

1. Agricultural pests are _____.
 - A. rapidly being destroyed by chemical poisons
 - B. Integrated Pest Management
 - C. farmers, scientists, and food planners
 - D. becoming used to poisons
2. IPM is a plan that _____.
 - A. uses the pests' natural enemies
 - B. controls the pests' breeding environment
 - C. develops stronger strains of seeds
 - D. does all of the above
3. IPM is different from the older methods because _____.
 - A. chemical poisons are only used when necessary
 - B. chemical poisons are used very often
 - C. pests are completely destroyed
 - D. farmers do not have to worry about pests
4. In 1977 the cotton crop in Texas was _____.
 - A. smaller than average
 - B. much greater than average
 - C. better than average
 - D. exactly average

5. UNEP has found _____.

- A. 182 resistant pests
- B. 223 resistant pests
- C. 228 resistant pests
- D. 364 resistant pests

Translate the following sentences into English

1. 我小时候经常去看我外婆。
2. 我们得学会承受压力。
3. 化学农药只有在需要的时候才用。
4. 想用农药彻底消灭害虫是无用的。
5. 找到另外一种控制的方法是必须的。
6. 不要挡我的路。
7. 平均来看，男子比女子吸烟多。
8. 该俱乐部反对任何形式的变革。

Lesson Three

Sleep Easy

A smart cot that can tell what position a baby is lying in and how it is breathing can detect the early signs of sudden infant death syndrome (SIDS), or cot death, say Japanese scientists. ^①

"The respiratory movement preceding SIDS is still not yet understood," says Tatsuya Harada of the University of Tokyo, "and nor is the precise cause of SIDS^②." But he says there is good reason to believe that changes in breathing and posture^③ can give parents early warning that their baby is in difficulty.

Hospitals already have pressure-sensor devices that monitor this type of activity. "But these systems are not suitable for^④ home use," says Harada. Sensors usually have to be placed on the infant, and this restricts their movement.

The new system, developed by Harada with help from pediatricians at the National Children's Hospital in Tokyo^⑤, works with a large number of pressure sensors under the mattress. By analyzing the pressure distribution from these 384 sensors, the system determines whether the baby is lying face down or on its back^⑥, and whether it is quiet, moving or crying.

The other devices based on pressure sensor, says Harada, can only tell whether or not the infant is moving. It is important to be able to recognize the movement of different parts of the body^⑦, such as the head, abdomen and hips, to build up an accurate picture of the infant's breathing and posture, he explains.

Another important feature of the system, says Harada, is its ability to adapt to a growing infant despite the drastic changes in the proportions of the body as the infant gets bigger.

The system has been used with 50 infants under the age of one year in preliminary test designed to extract the algorithms the software needs to interpret data from the pressure sensors. ^⑧ Harada is trying to improve the system by increasing the number of sensors. He says that parents will not be able to buy the system for at least three years.

Marian Willinger of the National Institute of Children Health and Human Development near Washington DC is reserving judgment until results are available. "This sort of device could be useful if you want peace of mind, but it's not necessary if you make the sleep environment safe. The primary issue is to get parents and caregivers to be consistent in placing infants on their backs," she says.

(409 words)

New Words

1. cot [kɒt] *n.* 幼儿床
2. detect [dɪ'tekt] *vt.* 察觉, 发现
3. sign [saɪn] *n.* 记号, 标记
4. syndrome ['sɪndrəʊm] *n.* 综合征
5. respiratory [rə'spɪrətɪ/'respəreɪtɪ] *a.* 呼吸(作用)的
6. precise [prɪ'saɪs] *a.* 精确的
7. pediatrician [ˌpiːdɪə'trɪʃən] *n.* 儿科医师
8. sensor ['sensə] *n.* 传感器
9. adapt [ə'dæpt] *vt.* 使适应
10. despite [dɪ'spaɪt] *prep.* 虽然, 尽管
11. drastic ['dræstɪk] *a.* 激烈的, 猛烈的; 烈性的
12. proportion [prə'pɔːʃən] *n.* 比例
13. preliminary [prɪ'limɪnəri] *a.* 初步的
14. algorithm ['ælgə'rɪðəm] *n.* 算法
15. caregiver ['keə'gɪvə] *n.* 关爱者
16. interpret [ɪn'tɜːprɪt] *vt.* 解释, 口译
17. reserve [rɪ'zɜːv] *vt.* 储存, 储备
18. device [dɪ'vaɪs] *n.* 装备, 装置
19. precede [prɪ(:)'siːd] *vt.* (时间, 位置, 次序)在……之先 [前]
20. available [ə'veɪləbl] *a.* 可以得到的, 可达到的, 可用的

Expressions

1. be in difficulty 处于困难之中
2. be suitable for 适合
3. be based on 基于
4. build up 建立, 构成
5. adapt to 适应
6. in the proportions of 以……比例
7. peace of mind 安心
8. be consistent in 在(某方面)是一致的
9. work with 和……共事, 和……一起工作
10. such as 例如