

ENGLISH READINGS
IN MODERN MEDICINE

现代医学 英语文选

主 编 洪 班 信

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主编 洪班信
编者 陈罗绮 熊革

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前 言

广大医学生和青年医生学习英语的主要目的是要获得能顺利阅读英语医学文献资料的能力,为了培养这种能力,主要的途径是要在学习大学英语的基础上扩大阅读量。目前医学生普遍的情况是接触专业英语不多,与教学大纲规定 250000 个词(约合 500 页)的专业阅读量相距甚远,掌握的医学词汇数量有限,还不具备进行专业阅读的真正能力。为了达到上述目标,学习者必须自己进行大量课外阅读以便逐步扩大医学词汇,提高专业阅读能力和阅读速度。因此,提供多种适合的医学读物已成为当前客观迫切的要求,本书就是为了适应这种需要而编写的。

本书包含英语医学文章 50 篇。每篇文章后面略加注释,配有词汇练习和阅读理解。读者认真阅读文章后如能坚持系统地做练习,然后与书末所附的参考答案核对,收获将会更大。为了帮助读者检查对文章的理解是否确切,每篇文章均有译文,集中置于书后。

本书主要选材于国外近年来发表在期刊或报纸上的医学文章,它们反映了医学的新进展,介绍了新的理论、技术、疗法、药物和保健知识。读者阅读本书,既学习了英语,同时又可获得医学专业方面新的信息和资料,一举两得,这是本书的一大特点。

本书文章语言流畅,生动自然;体裁多样,题材覆盖面广;富有时代气息,有较强的可读性。

编写这样的书是一个新的尝试,希望对读者有所帮助。这里我们恳切地欢迎读者对本书的内容和体例等方面提出宝贵意见。

编 者

1998

目 录

英 语 文 选

1. How Can You Add Years to Your Life?	1
2. Think You're Drinking Enough Water	6
3. Miracle Substance In Your Own Body	11
4. Painless Jabs	14
5. Artificial Organs Will Trigger Transplant Boom	18
6. Electronic Nose	22
7. Magnetic Implants Aid Hearing	27
8. Eye Implant Promises "Reversible" Surgery	31
9. Artificial Skin Goes on Trial	35
10. Mechanical Arm Guides the Surgeon's Hand	39
11. Marvels of Medical Machinery	44
12. Lasers	49
13. The Electrocardiograph	54
14. Ultrasound	58
15. Computed Tomography	63
16. The Visible Man	67
17. Security In Your Face	71
18. Prolonging the Period of Clinical Death	75
19. Electricity Breaks Pain Barrier	79
20. Risk-free Blood Test for Unborn Babies	83

21. Scientists Use Human Cells to Grow Spare Parts for Body	88
22. Probe Burns Out Brain Tumours	92
23. Progress in Search for Cancer Vaccine	97
24. The Prospect for Cancer Cure	102
25. New Pertussis Vaccine	107
26. The Future For Vaccines	111
27. How Gene Transfer May Save Lives?	115
28. Gene Splicing	121
29. Cheap Test, Cheerful Patients	124
30. Genes In Action	129
31. Entering The Clone Age	134
32. What Is AIDS?	137
33. How Is AIDS Spread?	140
34. Cheaper Test For Tracking AIDS	144
35. HIV Gene Therapy in Vivo	147
36. New Anti-fungals Offer More Rapid Treatment	150
37. A Pharmacist's Guide To Treating Pediatric Cough	154
38. Natural Prostate Relief	160
39. "Kinder" Cancer Drug Goes On Trial	163
40. Nature's Cancer Fighter	167
41. A Drink For All Ailments	172
42. Fishing For Cures	175
43. Key To Health	180
44. When to See a Doctor If You Have Headaches?	183
45. A Daily Quart Milk May Cut Risk of Colon Cancer	186

46. Could This Drug Really Cure Malaria?	190
47. For Longer Life, Take a Wife	194
48. When Breast-feeding Fails	198
49. Coronary Heart Disease And Its Prevention	202
50. Why Estrogen Helps the Circulation?	207

参 考 译 文

1. 如何延长你的生命年限?	211
2. 想想看,你喝了足量的水吗?	212
3. 奇妙的物质就在你体内	214
4. 无痛注射	214
5. 人造器官将使器官移植兴盛	216
6. 电子鼻	216
7. 磁性植入物辅助听力	217
8. 眼内植入物带来可逆性手术的希望	218
9. 人造皮肤进入试用阶段	219
10. 机械臂引导外科医生的手	220
11. 神奇的医疗器械	222
12. 激光	223
13. 心电描记器	224
14. 超声	225
15. 计算机断层扫描	226
16. 可视人体	228
17. 安全在你脸上	229
18. 延长临床死亡期	230
19. 电刺激用于疼痛治疗	230
20. 无风险胎儿血液检查法	232

21. 科学家利用人体细胞培育人体备用器官	233
22. 探针烧掉脑肿瘤	234
23. 癌疫苗研究进展	235
24. 癌症治疗的前景	236
25. 新百日咳疫苗	237
26. 疫苗的未来	238
27. 基因转移怎样挽救生命	240
28. 基因拼接	242
29. 廉价的试验令患者高兴	243
30. 基因活跃起来	245
31. 进入克隆时代	247
32. 艾滋病是什么?	248
33. 艾滋病是怎样传播的?	249
34. 更简便的艾滋病检验方法	250
35. 人类免疫缺陷病毒在活体内的基因疗法	251
36. 抗真菌新药提供快速治疗	252
37. 药师指导使用儿童咳嗽药	253
38. 缓解前列腺疾患的天然药物	255
39. “仁慈的”抗癌药物在试用中	256
40. 自然界中的抗癌战士	258
41. 能治多种疾病的饮料	260
42. 研究海洋鱼类治疗人类疾病	261
43. 通向健康之路	263
44. 头痛患者何时就医	264
45. 每天一夸脱牛奶可减少患结肠癌的危险	265
46. 这种药物真的能治疟疾吗?	265
47. 男子要长寿, 找配偶	266

48. 哺乳失败怎么办	268
49. 冠心病及其预防	270
50. 雌激素为何有助于血液循环	271

练 习 答 案

I . Increase your vocabulary	273
II . Check your understanding	282

英 语 文 选

1. How Can You Add Years to Your Life?

What resolution¹ will you make for the coming year? To work harder, save more money, be more loving? They're all admirable, but perhaps the most important is to look after your health better, and do all you can to live a longer, more zestful² life. For instance, the British Medical Journal³ has just published research from the University of Umea in Sweden, which shows that simply going to the theatre and taking an interest in culture can improve your life expectancy⁴.

And there are plenty more ideas for would-be centenarians⁵. Here are the ten things you should do.

1. Exercise. This increases longevity, but it doesn't have to be all leotards and tracksuits⁶. Latest research suggests that a brisk daily walk reduces the risk of heart attack and stroke by nearly 40 per cent.

2. Take vitamins. High doses of antioxidant⁷ vitamins A, C and E are in favour. Work from Cambridge University this year shows that heart disease patients have fewer heart attacks if they take up to⁸ 500mg of vitamin E daily.

3. Eat a handful of⁹ carrots a day. Research by Dr Sue Southon shows that people who were given betacarotene¹⁰ to the equivalent of three or four carrots a day had increased levels of a cancer-fighting molecule.

4. Eat more fibre. Adults in Britain are falling short of¹¹ the recommended daily intake of 18g by nearly a third. High levels can help reduce the risk of bowel disease, the second biggest killer cancer in the UK¹².

5. Lose weight. Among other problems, obesity causes high blood pressure, heart attack, heart failure and diabetes¹³. In fact, one world-renowned gerontologist¹⁴ claims that sticking to¹⁵ 1 800 calories a day will keep us all younger.

6. Have a laugh. Psychologist Dr Robert Holden says laughing is the best medicine, and advises everyone to sit cross-legged in front of a mirror each morning and embark¹⁶ upon two minutes of laughing for no reason whatsoever.

7. Have a good chat. Gossiping about office politics or your friends' love life is good for your mental health, according to American psychologist Prof Ralph Rosnow. "Not gossiping is a sign that something is wrong and that we feel socially alienated¹⁷ or indifferent¹⁸," he says.

8. Breathe properly. Shallow breathing raises levels of the body's stress hormones, leading to constriction¹⁹ of blood vessels and tension in the heart. Focus your mind on²⁰ breathing to allow each breath to flow freely and deeply.

9. Get a good night's sleep. Some studies show that chronic insomnia²¹ is as powerful a predictor²² of early death as

obesity.

10. Meditate²³. The health benefits of meditation have been confirmed by more than 500 scientific studies. One found that a course of transcendental²⁴ meditation reduces blood pressure by a level similar to that²⁵ produced by drug therapy.

Notes to the text

1. resolution [ˌrezəˈljʊːʃən] *n.* 决心, 决定, 决议
2. zestful *a.* 热情的, 有风趣的
3. British Medical Journal 《英国医学杂志》
4. life expectancy 预期寿命
5. centenarian [sentiˈneəriən] *n.* 百岁以上老人
6. leotards and tracksuits 杂技和舞蹈演员穿的高领长袖紧身衣和运动员穿的田径装
7. antioxidant [ˌæntiˈɒksidənt] *n.* 抗氧化剂, 阻氧化剂
8. up to 到, 直到...
9. a handful of 一把; 少量的
10. betacarotene *n.* β胡萝卜素
11. fall short of 缺乏; 不足
12. UK 是 United Kingdom 的缩写, 意为: 联合王国(即英国)
13. diabetes [ˌdaɪəˈbiːtɪz] *n.* 糖尿病
14. gerontologist [dʒerənˈtɒlədʒɪst] *n.* 老年病学家
15. stick to 坚持, 不改变
16. embark (on 或 upon) *v.* 开始; 从事
17. alienate [ˈeɪljəneɪt] *v.* 疏远; 离间
18. indifferent [inˈdɪfrənt] *a.* 漠不关心的, 冷淡的
19. constriction *n.* 狭窄, 紧窄感

20. focus ... on 集中注意力于...
21. insomnia [in'sɒmniə] *n.* 失眠症
22. predictor *n.* 预言者, 预见者
23. meditate *v.* 沉思, 默想
24. transcendental [trænsen'dentl] *a.* 超越的, 卓越的
transcendental meditation 超脱俗念的沉思静坐
25. similar to that 与...类似, 这里“that”代替前面的名词
“level”

Increase your vocabulary

Which words in the text mean the following?

(Numbers in brackets refer to paragraphs)

1. decision (1)
2. magazine (1)
3. a long duration of life (3)
4. equal (5)
5. suggested (6)
6. fatness (7)
7. regardless (9)
8. narrowing (10)

Check your understanding

Choose the best answer to each question or unfinished statement.

1. In the second paragraph the word “centenarians” means
 - a. one hundred years
 - b. an anniversary of 100 years

- c. people who are one hundred or more years old
 - d. people who have enjoyed a long life
2. What kind of food people eat can reduce the risk of bowel disease, the second killer cancer in UK?
- a. food rich in vitamins
 - b. food containing fibres
 - c. various kinds of fishes
 - d. a large quantity of carrots
3. According to the passage which of the following statements is true?
- a. It's no use taking a brisk daily walk.
 - b. Gossiping is nothing but wasting time.
 - c. The health benefits of meditation haven't been proved yet.
 - d. The effect of chronic insomnia is as harmful as that of obesity.
4. Among the ten suggestions _____ of them are related to the prevention of high blood pressure and heart troubles.
- a. 5 b. 4 c. 3 d. 6
5. The authors's purpose in writing this passage is
- a. to offer us some advice on how to live a longer, healthier and more pleasant life.
 - b. to tell us to do more exercises every day.
 - c. to indicate that obesity is the main cause of high blood pressure and heart attack.
 - d. to explain the importance of getting a good night's sleep.

2. Think You're Drinking Enough Water

Next to¹ air, water is the element most necessary for survival². A normal adult is 60 to 70 percent water. We can go without food for almost two months, but without water only a few days. Yet most people have no idea³ how much they should drink. In fact many live in a dehydrated⁴ state.

Without water, we'd be poisoned to death by our own waste products. When the kidneys remove uric acid and urea⁵, they must be dissolved in water. If there isn't enough water, wastes are not removed effectively and may build up kidney stones. Water is also vital for chemical reactions in digestion and metabolism. It carries nutrients and oxygen to the cells through the blood and helps to cool the body through perspiration⁶. Water also lubricates⁷ our joints.

We even need water to breathe: our lungs must be moist to take in oxygen and excrete carbon dioxide. It is possible to lose a pint of liquid each day just by exhaling.

So if you don't drink sufficient water, you can impair every aspect of your physiology. Dr. Howard Flaks, a bariatric⁸ (obesity) specialist in California, says, "By not drinking enough water, many people incur⁹ excess body fat, poor muscle tone and size, decreased digestive efficiency and organ function, increased toxicity¹⁰ in the body, joint and muscle

soreness and water retention¹¹.”

Water retention? If you're not drinking enough, your body may retain water to compensate. Paradoxically¹², fluid retention can sometimes be eliminated by drinking more water, not less.

“Proper water intake is a key to weight loss,” says Dr. Donald Robertson, medical director of the Southwest Bariatric Nutrition Center in Scottsdale, Arizona, “If people who are trying to lose weight don't drink enough water, the body can't metabolize the fat adequately. Retaining fluid also keeps weight up.”

“The minimum for a healthy person is eight to ten eight-ounce glasses¹³ a day,” says Dr. Flaks, “You need more if you exercise a lot or live in a hot climate. And overweight people should drink an extra glass for every 25 pounds they exceed their ideal weight. Consult your own physician for his recommendations.”

By consuming those eight to ten glasses of water throughout the day, you could be on your way¹⁴ to a healthier, leaner¹⁵ body.

Notes to the text

1. next to 仅次于
2. most necessary for survival 为生存所必需; 形容词短语作定语, 修饰名词“element”
3. have no idea 不知道, 不了解。如: I have no idea what you mean. (我不懂你的意思。)