

# ESP

● 专门用途英语系列教材

# 医学英语

## English for Medical Science

教育部《医学英语》教材编写组 编

高等教育出版社

专门用途英语系列教材

**English**  
**for**  
**Medical Science**

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## 内 容 提 要

专门用途英语系列教材是教育部规划的高等学校(包括高等专科院校和高等职业院校)专业英语阶段的英语教材,也可供电大、各类成人院校及广大专业人员学习专业英语、提高涉外业务交际能力使用。

《医学英语》是该系列教材之一。本书从专业人员实际工作的需要出发进行设计和编写。选材新颖、点面结合、内容丰富、语言规范;练习兼具实用性和针对性。

全书由 10 个单元组成,每单元包括专业文献阅读与翻译,涉外业务应用文模拟套写和听力与会话三部分。书后附有词汇表、练习答案和课文参考译文。

本书配有录音磁带。

### 图书在版编目(CIP)数据

医学英语/教育部《医学英语》教材编写组编. -北京:  
高等教育出版社, 2001.6(2002 重印)  
ISBN 7-04-009658-7

I .医… II .医… III .医学-英语 IV .H31

中国版本图书馆 CIP 数据核字(2001)第 035075 号

策划编辑 刘 援 周 龙 责任编辑 白震坤 封面设计 王凌波  
版式设计 张 权 责任校对 白震坤 责任印制 张小强

医学英语

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出版发行 高等教育出版社  
社 址 北京市东城区沙滩后街 55 号  
电 话 010-64054588  
网 址 <http://www.hep.edu.cn>  
<http://www.hep.com.cn>

邮政编码 100009  
传 真 010-64014048

经 销 新华书店北京发行所  
印 刷 煤炭工业出版社印刷厂

开 本 850×1168 1/16  
印 张 16  
字 数 450 000

版 次 2001 年 6 月第 1 版  
印 次 2002 年 4 月第 2 次印刷  
定 价 24.70 元

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## 前 言

专门用途英语系列教材是教育部规划的高等学校专业英语阶段的英语教材。本系列教材从培养高级应用型人才的总体目标出发,结合学生毕业后的工作实际,力求向学生提供其未来工作岗位所需要的专业英语知识和技能,培养学生使用涉外业务英语的能力。

本系列教材每册书都由 10 个单元组成,每单元包括“阅读与翻译”、“模拟套写”和“听力与会话”三部分。

本系列教材主要供高等院校(包括高等专科学校和高等职业院校)专业英语使用,也可供电大、各类成人院校及广大专业人员学习专业英语、提高涉外业务交际能力使用。

《医学英语》系专门用途英语系列教材中的一种,旨在提高医学专业的学生和从业人员在医学领域的涉外业务英语交际能力,其中包括专业阅读、翻译、写作和口头交际的能力。

《医学英语》共 10 个单元。每单元包括三个部分:

第一部分“阅读与翻译”(Reading and Translating),旨在培养学生阅读和翻译医学专业英语的能力。本部分收入了两类文章:第一类为专业技术性文章,用来培养学生阅读和翻译医学专业技术文献的能力,内容涉及中医、世界卫生组织、克隆技术、禁食减肥、花疗、眼外科、艾滋病、以及食品药物进口须知和纳米技术展望等;第二类为有关医学专业领域的实用性文章,内容涉及医药界名人、新药介绍、医疗器械、网上医疗等。每篇文章后均配有适量的阅读、词汇和翻译练习。

第二部分“模拟套写”(Simulated Writing),旨在培养学生参照范例,用英语模拟套写和翻译医学类与医学领域有关的涉外信函、业务单证、销售合同、产品使用说明、各种邀请函等实用性文献的能力。本部分提供了一定数量的医学专业领域的涉外应用文范文,同时还设计了必要的翻译、套写练习。

第三部分“听力与会话”(Listening and Speaking),旨在培养学生进行涉外口头交际的能力。内容除一般日常交际外,还包括与医药、健康有关的生活场景,如看病、诊断、询问病情、探访病人、医药咨询等,以及有关医药、医疗器械方面的进出口业务如询盘、报盘、还盘、包装与运输、付款、保险等。每单元配有四段情景对话,并编配了涉外业务口头交际的常用表达法,供学习者学习模仿,力求作到“学中用,用中学”。

本教材构思独特、实用性强,尤其突出了医学专业涉外业务的实际需要;选材新颖、点面结合、内容丰富、语言规范;练习的设计兼具实用性和针对性;词汇方面体现出了目前医学领域里复现率较高的用词。为便于教学,各单元每一部分均注有生词和短语,书末还配有课文参考译文、练习答案和总词表。

《医学英语》的总主编为上海交通大学刘鸿章教授,主编为张权教授(博士)。

《医学英语》的编者为张权、胡晓曦、吴克蓉、吴让科、肖向阳、陈玉玲、申蔚。

刘鸿章教授仔细通读了书稿,并提出了宝贵意见。第一军医大学、中山医科大学、南方医院、广东体育学院的部分教师参加了本教材的资料搜集、校对和编排打印工作。第一军医大学各级领导对本教材的编写给予了大力支持,在此一并表示感谢。

由于编者水平有限,加之时间紧迫,疏漏和不妥之处在所难免,恳请读者不吝指正。

编 者

2001 年 4 月

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# 1 UNIT

# Massage Therapy

## Part One

## Reading and Translating 阅读与翻译

### ★★★ Reading A

#### *Massage Therapy for Health and Fitness*

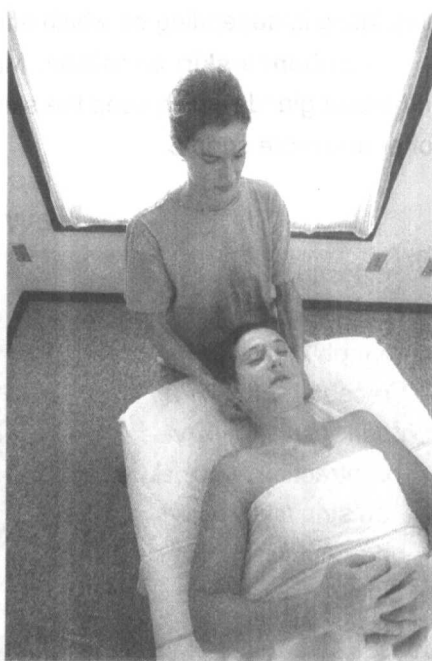
1. Massage affects the body as a whole. To understand how massage therapy works, some of the physiological effects of massage need to be briefly examined.

2. Massage is known to increase the **circulation** of blood and flow of **lymph**. The direct mechanical effect of rhythmically applied manual pressure and movement used in massage can dramatically increase the rate of blood flow. Also, the stimulation of nerve **receptors** causes the blood vessels (by reflex action) to **dilate**, which also facilitates blood flow.

3. A milky white fluid called lymph carries impurities and waste away from the tissues and passes through gland-like structures spaced throughout the lymphatic system that act as **filtering valves**. The lymph does not circulate as the blood does, so its movement depends largely on the **squeezing** effect of muscle **contractions**. Consequently, inactive people fail to stimulate lymph flow. On the other hand, the stimulation caused by vigorous activity can be **outstripped** by the increased waste produced by that activity. Massage can dramatically aid the movement of lymph in either case.

4. For the whole body to be healthy, the sum of its parts — the cells — must be healthy. The individual cells of the body are dependent on an abundant supply of blood and lymph because these fluids supply **nutrients** and oxygen and carry away wastes and toxins. So, it is easy to understand why good circulation is so important to our health and why massage can be so beneficial for the entire body due to its effect on circulation alone.

5. Massage is also known to:



## 2 Unit 1 Massage Therapy

— **Cause changes in the blood.** The oxygen capacity of the blood can increase 10-15% after massage.

— **Affect muscles throughout the body.** Massage can help loosen contracted, shortened muscles and can stimulate weak, *flaccid* muscles. This muscle “balancing” can help posture and promote more efficient movement. Massage does not directly increase muscle strength, but it can speed recovery from the fatigue that occurs after exercise. In this way, it can be possible to do more exercise and training, which in the long run strengthens muscles and improves conditioning. Massage also provides a gentle stretching action to both the muscles and connective tissues that surround and support the muscles and many other parts of the body, which helps keep these tissues *elastic*.

— **Increase the body's secretions and excretions.** There is a proven increase in the production of *gastric* juices, *saliva*, and urine. There is also an increase excretion of nitrogen, inorganic *phosphorus*, and *sodium chloride* (salt). This suggests that the metabolic rate (the utilization of absorbed material by the body's cells) increases.

— **Affect the nervous system.** Massage balances the nervous system by soothing or stimulating it, depending on which effect is needed by the individual at the time of the massage.

— **Enhance skin condition.** Massage directly improves the function of the sebaceous (oil) and sweat glands which keep the skin lubricated, clean, cooled. Tough, inflexible skin can become softer and more supple.

### New Words & Expressions

massage /mə'sɑ:ʒ/ *n.*  
 circulation /sə:kju'leɪʃən/ *n.*  
 lymph /lɪmf/ *n.*  
 receptor /ri'septə/ *n.*  
 squeeze /skwi:z/ *vt.*  
 contraction /kən'trækʃən/ *n.*  
 outstrip /aʊt'strɪp/ *vt.*  
 nutrient /'nju:triənt/ *n.*  
 dilate /dai'leɪt/ *vt.*  
 flaccid /'flæksɪd/ *adj.*  
 elastic /'læstɪk/ *adj.*  
 secretion /si'kri:ʃən/ *n.*  
 excretion /eks'kri:ʃən/ *n.*  
 gastric /'gæstrɪk/ *adj.*  
 saliva /sə'laɪvə/ *n.*  
 phosphorus /'fɒsfərəs/ *n.*  
 sebaceous /si'beɪʃəs/ *adj.*  
 lubricate /'lju:brikeɪt/ *vt.*

按摩, 推拿  
 循环  
 淋巴  
 感受器, 受体  
 挤, 压  
 收缩  
 超过, 胜过  
 营养素, 营养物  
 使膨胀, 使扩大  
 (肌肉等) 不结实的  
 有弹性的, 灵活的  
 分泌  
 排泄; 分泌  
 胃的  
 唾液  
 磷  
 油脂的  
 使润滑

supple /sʌpl/ adj.

filtering valve

sodium chloride /sə'diəm 'klɔ:raɪd/ n.

柔软的

过滤阀

氯化钠

## Patterns & Structures

### ★ 过去分词作后置定语

过去分词作后置定语的用法在本篇课文里出现多次。过去分词作后置定语可以被看成为一个缩合了的定语从句；如课文中的第二段可以理解为：“The direct mechanical effect of rhythmically applied manual pressure and movement (which are) used in massage can dramatically increase the rate of blood flow.”（推拿过程中有节奏的指压和手指运动所产生的直接机械作用可以极大地提高血流速度。）

又如：On the other hand, the stimulation (which is) caused by vigorous activity can be outstripped by the increased waste (which was) produced by that activity. (另一方面，由激烈活动所产生的兴奋作用也会被其本身所产生的持续增加的消耗抑制住。)

再如课文中的第三段：“A milky white fluid (which is) called lymph carries impurities and waste away from the tissues and passes through gland-like structures (which are) spaced throughout the lymphatic system that act as filtering valves.”（一种称为淋巴的乳白色流体，把（人体）组织内的杂质和废物带走，并通过腺状结构，这些腺状结构分布在所有淋巴系统内，起着过滤阀的作用。）

## EXERCISE 1

Mark the following statements with “T” for true and “F” for false according to the passage.

- 1. The stimulation of nerve receptors also facilitates blood flow.
- 2. Lymph is a kind of milky white fluid which carries impurities and waste away from the tissues.
- 3. Lymph does not circulate, nor does blood.
- 4. The movement of lymph depends largely on the squeezing effect of muscle contraction.
- 5. The effect on circulation alone caused by massage can be beneficial to the whole body.
- 6. The effect produced by massage can increase the oxygen capacity of blood.
- 7. By receiving massage, people can quickly get recovered from fatigue after doing sport activities.
- 8. Some experts doubt if massage can help increase the metabolic rate.

## EXERCISE 2

Give a short answer to each of the following questions.

1. What is the main idea of this passage?

2. In which way do you think blood flow will be facilitated?

#### 4 Unit 1 *Massage Therapy*

3. What function does the lymphatic system serve?

4. Why is it possible for people to do more exercise and training than usual?

5. How do you describe the function of lymph?

6. Totally, how many aspects is massage known to be beneficial to human body?

### EXERCISE 3

*Fill in the blanks with the words or expressions given below. Change their forms where necessary.*

as a whole	be known	apply to	act as
depend on	on the other hand	be beneficial to	in the long run

- \_\_\_\_\_, the book is worth reading.
- For his good command of English, Li Hua was appointed to \_\_\_\_\_ a simultaneous interpreter.
- It is known that the stocks will earn money \_\_\_\_\_.
- Whether the patient will become a vegetable or even die \_\_\_\_\_ the operation on his brain.
- On one hand, we have to consider the cost of the operation. \_\_\_\_\_, we have to take the physical conditions of the patient into consideration.
- After cleaning and disinfecting the wound, the nurse dressed it and \_\_\_\_\_ a bandage \_\_\_\_\_ it.
- Massage \_\_\_\_\_ the entire body due to its effect on circulation alone.
- Lymph \_\_\_\_\_ to carry impurities and waste away from the tissues and passes through gland-like structures.

### EXERCISE 4

*Build up your vocabulary: match the following two groups of words and phrases.*

- |                        |          |
|------------------------|----------|
| 1. lanugo              | a. 胎龄    |
| 2. smallpox vaccine    | b. 胎毛    |
| 3. old tuberculin (OT) | c. 母乳喂养儿 |
| 4. bottle-fed infant   | d. 早熟儿童  |
| 5. gestational age     | e. 旧结核菌素 |
| 6. precocious child    | f. 卡介苗   |
| 7. skimmed milk        | g. 牛痘苗   |

- |                        |          |
|------------------------|----------|
| 8. hydrophobia vaccine | h. 狂犬病疫苗 |
| 9. BCG vaccine         | i. 人工喂养儿 |
| 10. breast-fed infant  | j. 脱脂乳   |

**EXERCISE 5**

*Build up your vocabulary: work out the meanings of the following words with the help of the suffixes given.*

- |                        |  |
|------------------------|--|
| -oma (swelling, tumor) | -e (an instrument)                             |
| -itis (inflammation)   | -oid (resembling)      -emia (blood condition) |

- |                   |               |
|-------------------|---------------|
| 1. anemia         | a. 囊样的, 似膀胱的  |
| 2. glycemia       | b. 贫血, 贫血症    |
| 3. sarcoma        | c. 纤维性的, 纤维状的 |
| 4. ophthalmoscope | d. 脑膜炎        |
| 5. arthrotome     | e. 血糖过多       |
| 6. hepatitis      | f. 脑瘤         |
| 7. meningitis     | g. 检眼镜        |
| 8. cystoid        | h. 肝炎         |
| 9. fibroid        | i. 肉瘤, 恶性毒瘤   |
| 10. encephaloma   | j. 关节刀        |

**EXERCISE 6**

*Translate the following sentences into Chinese, paying special attention to the participles used.*

1. Massage service now well known to increase both blood circulation and lymph flow is popular everywhere.  
\_\_\_\_\_
2. Massage can help loosen the shortened muscles caused by vigorous activity.  
\_\_\_\_\_
3. Salt also known as sodium chloride is an important compound.  
\_\_\_\_\_
4. People receiving massage regularly have lubricated skin kept by the improved function of sebaceous and sweat glands.  
\_\_\_\_\_
5. Massage also enables the increase of metabolic rate usually referred to as the utilization of the absorbed material by body's cells.  
\_\_\_\_\_
6. The effect of manual pressure needed by individuals at the time of massage differs from person  
\_\_\_\_\_

## 6 Unit 1 *Massage Therapy*

to person.

7. The lady named Maggie, a skillful massagist, works in a massage parlour run by City Hospital.
8. The gentle stretching action provided by massagists keep the muscles and connective tissues elastic.

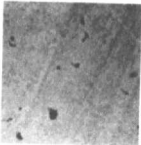
### ★★★ Reading B

#### Ten Least Wanted *Foodborne Pathogens*

The U.S. Public Health Service has identified the following microorganisms as being the biggest *culprits* of foodborne illness, either because of the severity of the sickness or the number of cases of illness they cause. Beware of these pathogens: Fight BAC!

LEARN WHERE THEY ARE AND HOW TO AVOID THEM

#### *Campylobacter jejuni*



Most common cause of *diarrhea*.

Sources: raw and undercooked meat and *poultry*, raw milk and untreated water.

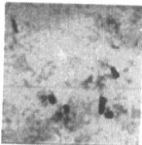
#### *E. coli* O157:H7



A bacterium that can produce a deadly toxin.

Sources: meat, especially undercooked or raw hamburger, produce and raw milk.

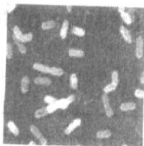
#### *Clostridium botulinum*



This organism produces a toxin which causes *botulism*, a disease characterized by muscle paralysis.

Sources: home-prepared foods and herbal oils.

#### *Listeria monocytogenes*



Causes *listeriosis*, a serious disease for pregnant women, newborns and adults with a weakened immune system.

Sources: soil and water. It has been found in dairy products including soft cheeses as well as in raw and undercooked meat, in poultry and seafood, and in produce.

**Salmonella**



Second most common cause of foodborne illness.

Responsible for millions of cases of foodborne illness a year.

Sources: raw and undercooked eggs, undercooked poultry and meat, dairy products, seafood, fruits and vegetables.

**Staphylococcus aureus**



This bacterium produces a toxin that causes vomiting shortly after **ingesting**.

Sources: cooked foods high in protein (e.g. cooked ham, salads, bakery products, dairy products).

**Shigella**

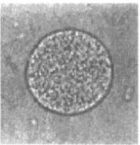


Causes an estimated 300 000 cases of diarrhea illnesses a year.

Poor **hygiene** causes Shigella to be easily passed from person to person.

Sources: salads, milk and dairy products, and unclean water.

**Toxoplasma gondii**



A parasite that causes **toxoplasmosis**, a very severe disease that can produce central nervous system disorders particularly mental **retardation** and visual **impairment** in children.

Sources: meat, primarily pork.

**Vibrio vulnificus**



Causes gastroenteritis or a syndrome known as primary **septicemia**.

People with liver diseases are especially at high risk.

Sources: raw or undercooked seafood.

**Yersinia enterocolitica**



Causes **yersiniosis**, a disease characterized by diarrhea and/or vomiting;

Sources: pork, dairy products, and produce.

For more information on these and other foodborne pathogens, check out the

"Bad Bug Book"

on the World Wide Web

at: <http://vm.cfsan.fda.gov/~mow/intro.htm>.



## New Words &amp; Expressions

foodborne /'fu:dbɔ:n/ *adj.*

culprit /'kʌlprɪt/ *n.*

diarrhea /dai'hiə/ *n.*

poultry /'pəʊltri/ *n.*

botulism /'bɒtjʊlɪzəm/ *n.*

listeriosis /li.steri'əʊsɪs/ *n.*

auris/'ɔ:ris/ (*pl. aures* /'ɔ:ri:z/) *n.*

ingest /in'dʒest/ *vt.*

hygiene /'haɪdʒi:n/ *n.*

toxoplasmosis /,tɒksəʊplæz'məʊsɪs/ *n.*

retardation /,rɪ:tə'deɪʃən/ *n.*

impairment /im'peəmənt/ *n.*

septicemia /'septɪkəmiə/ *n.*

yersiniosis /jesi'nɪsɪs/ *n.*

靠食物传播的、由食物生成的  
事故的原因

腹泻

家禽

肉毒中毒

利斯特菌病

[拉]耳

咽下, 摄食

卫生

弓形体病

迟钝; 阻滞

损伤; 减弱

败血症

小肠结肠炎

## Notes:

(1) campylobacter jejuni /kæmpɪləʊ'bæktə dʒi'dʒu:ni/: 空肠畸形菌

(2) E. coli 0157:H7: 大肠杆菌 0157:H7

(3) clostridium botulinum /klɒz'trɪdiəm 'bɒtju'linəm/: 梭状芽胞杆菌

(4) listeria monocytogenes /lis'tɛriə.mɒnəsai'təʊdʒi:nz/: 单核细胞增多性利斯特菌

(5) salmonella /sælmə'nelə/: 沙门菌

(6) staphylococcus aureus /stæfɪləʊ'kɒkəs'ɔ:ri:z/: 葡萄球菌耳

(7) shigella /ʃi'gelə/: 志贺杆菌

(8) toxoplasma gondii /tɒksəʊ'plæzmə 'gɒndi/: 兔弓形虫

(9) vibrio vulnificus /'vɪbrɪəʊ 'vʌlnɪfɪkəs/: 弧菌

(10) yersinia enterocolitica /'jɛ:sɪniə .entərəʊkɒ'laitikə/: 耶尔辛血清菌

## EXERCISE 7

Mark the following statements with "T" for true and "F" for false according to the passage.

- 1. Diarrhea is mostly caused by campylobacter jejuni from raw and undercooked chicken.
- 2. E. coli 0157:H7 refers to a kind of bacterium that can produce a deadly disease.
- 3. Patients suffering botulism may feel weak in muscles.
- 4. Listeria monocytogenes are usually found in milk, ducks and abalone.
- 5. Salmonella is the number one cause of foodborne disease.
- 6. If a person vomits immediately after eating something, the food is most probably infected with staphylococcus aureus.
- 7. If a person caught Shigella, he may have had some unclean salad.
- 8 Toxoplasmosis makes one's central nervous system suffer.





- 9. People with liver trouble may easily catch vibrio vulnificus if they have undercooked salmon.
- 10. One of the symptoms of yersinia enterocolitica is visual impairment.

**EXERCISE 8**

*Give a short answer to each of the following questions.*

1. What is meant by "foodborne illness"?  
\_\_\_\_\_
2. Which kind of bacterium causes people to suffer from diarrhea and vomiting?  
\_\_\_\_\_
3. What kind of bacterium can be found in food sold in a fast food restaurant?  
\_\_\_\_\_
4. Which disease is characterized by muscle paralysis?  
\_\_\_\_\_
5. To what kind of people is listeria monocytogenes a serious disease?  
\_\_\_\_\_
6. How many cases of foodborne illness does Salmonella cause a year?  
\_\_\_\_\_
7. In what condition do you think food infected with staphylococcus aureus causes vomiting?  
\_\_\_\_\_
8. How many estimated cases of diarrhea illness are caused by Shigella a year?  
\_\_\_\_\_
9. What kind of germ is a parasite causing a very severe disease for children in particular?  
\_\_\_\_\_
10. What kind of bacterium causes blood-related disease?  
\_\_\_\_\_

**EXERCISE 9**

*Fill in the blanks with the words or expressions given below. Change their forms where necessary.*

because of      millions of      be known as      be characterized by  
 at (the) risk      identify ... as ...      beware of      pass from ... to ...

1. Salmonella \_\_\_\_\_ by the U.S. Public Service \_\_\_\_\_ being one of the biggest culprits of foodborne illness.
2. \_\_\_\_\_ the production of a deadly toxin, Clostridium botulinum can result in muscle paralysis.
3. The U.S. Public Service has warned us to \_\_\_\_\_ the ten least wanted foodborne pathogens.
4. E. coli O157:H7 can lead to a kind of disease, which \_\_\_\_\_ a deadly toxin.
5. It is estimated by WHO that each year the ten foodborne pathogens are responsible for