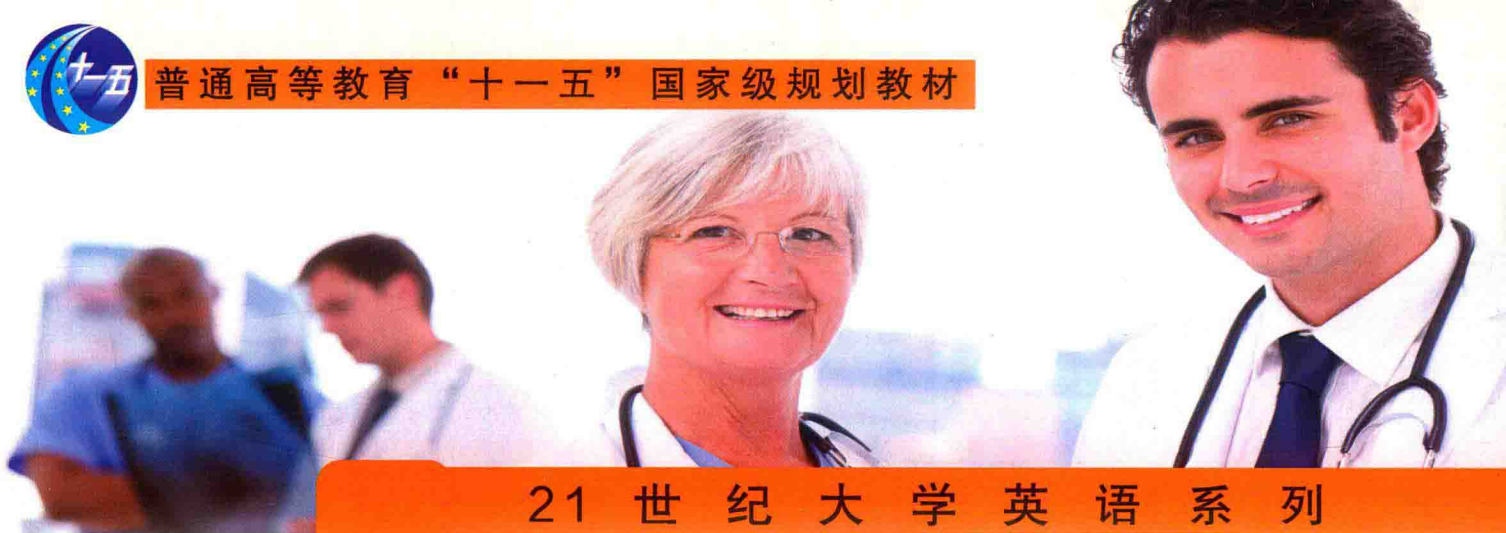




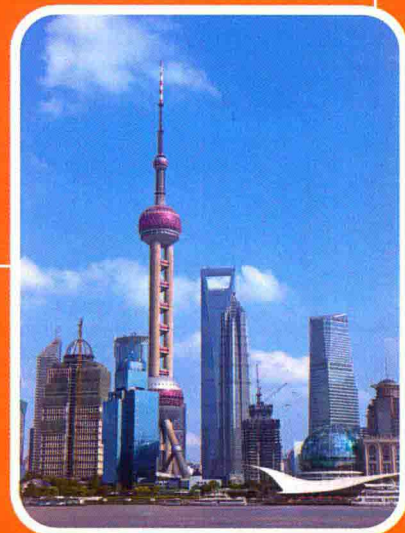
普通高等教育“十一五”国家级规划教材



21 世纪 大 学 英 语 系 列

# 21 世纪 大 学 公 共 医 学 英 语 下

教 学 参 考 书 赵 贵 旺 主 编



# 21 世纪大学公共医学英语教学参考书(下)

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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断深入,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,互为一体”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,又要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,个别题型也照顾了学生考研的要求。

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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## The Carbo Type Diet — Foods to Avoid



### I. Background Information

#### 1. Source of the text

This text is extracted from *The Metabolic Typing Diet* which was co-written by William Wolcott and Trish Fahey in 1999. For hereditary reasons, your metabolism is unique. Cutting-edge research shows that no single diet works well for everyone — the very same foods that keep your best friend slim may keep you overweight and feeling unhealthy and fatigued. Wolcott believes that tailoring your diet to your body's particular quirks — metabolic typing — will improve digestion, circulation, immunity, energy and mood. In *The Metabolic Typing Diet*, Wolcott and Fahey provide simple self-tests that you can use to discover your own metabolic type and determine what kind of diet will work best for you. By detailing exactly which foods and food combinations are right for you, *The Metabolic Typing Diet* at last reveals the secret to shedding unwanted pounds and achieving optimum vitality with lasting results.

Although *The Metabolic Typing Diet* is based on information from researchers the majority of the public will never have heard of, Wolcott makes a strong case that it's all based on common sense: Most of the dietary problems we have come from ignoring the foods that make us feel satisfied and energetic in favour of ones that we feel we're supposed to eat, or foods that we eat in desperation because our last meal left us hungry or lethargic. If we just eat the foods that make us feel right, Wolcott argues, we'll never feel like things have gone horribly wrong.

#### 2. About the author

William Wolcott is a leading authority in the rapidly emerging area of customized nutrition. For over 30 years he has provided technical consulting services to health professionals including physicians, dentists, naturopaths, nutritionists, and chiropractors. In this capacity, he develops computer-based, customized Metabolic Typing nutritional profiles.

Over the course of the 20th century, many leading scientists and clinicians contributed to the evolution of customized nutrition — a field that is also known as “Metabolic Typing”. As a specialized scientific discipline, Metabolic Typing is the culmination of 70 years of pioneering research on the part of many of the century's most innovative nutritional researchers. In the late 1970s, Wolcott joined this cadre of researchers and since that time has played a central role in advancing the field. In 1983, Bill made a breakthrough discovery which he called *The Dominance Factor* which greatly advanced the clinical efficacy of Metabolic Typing. In 1987, Wolcott founded Healthexcel, a unique technical consulting organization. His highly specialized expertise in the area of nutritional biochemistry, combined with his abilities in the realm of computer science, has made Healthexcel the leading edge provider of Metabolic Typing training, products and services. Practitioners in over 40 countries throughout the world trained in his Healthexcel System of Metabolic

Typing use his patient-specific nutritional Metabolic Type profiles as the basis of therapeutic protocols that are tailored to the highly individualized needs of patients. Over the years these customized protocols have proven to be remarkably effective in helping to resolve many kinds of chronic health disorders.

In 1999, Wolcott and science writer Trish Fahey co-wrote *The Metabolic Typing Diet*, the definitive work on customized nutrition and Metabolic Typing.

### 3. Three metabolic types and the guidelines for their diet

In the book *The Metabolic Typing Diet*, researcher William Wolcott offers a simple home self-test for identifying your metabolic type. For an accurate diagnosis, a trained health practitioner can provide a thorough assessment that may include urine and blood tests. Wolcott provides three general metabolic types:

- Protein types — Protein types are fast oxidizers of parasympathetic dominant. They tend to be frequently hungry, crave fatty, salty foods, fail with low-calorie diets, and tend towards fatigue, anxiety, and nervousness. They are often lethargic or feel “wired”, “on edge”, with superficial energy while being tired underneath.

- Carbo types — Carbo types are slow oxidizers or sympathetic dominant. They generally have relatively weak appetites, a high tolerance for sweets, problems with weight management, “type A” personalities, and are often dependent on caffeine.

- Mixed types — Mixed types are neither fast or slow oxidizers, and are neither parasympathetic or sympathetic dominant. They generally have average appetites, cravings for sweets and starchy foods, relatively little trouble with weight control, and tend towards fatigue, anxiety, and nervousness.

The metabolic typing theory may help to explain why some people do better on a high protein, low carbo diet, while others do better on a high carbo diet. According to the metabolic typing diet, the three metabolic types should eat the following foods:

- Protein types should eat diets that are rich in protein, fats and oils, and high-purine proteins such as organ meats, pate, beef liver, chicken liver, and beef. Carbohydrate intake should be low. (40 percent protein, 30 percent fat and 30 percent carbos).

- Carbo types should eat diets that are high in carbohydrates and low in protein, fats, and oils. They should eat light, low-purine proteins. (60 percent carbos, 25 percent protein and 15 percent fat)

- Mixed types should eat a mixture of high-fat, high-purine proteins and low-fat, low-purine proteins such as cheese, eggs, yogurt, tofu, nuts. This type requires relatively equal ratios of proteins, fats, and carbohydrates (50 percent carbos, 30 percent protein and 20 percent fat).

Unlike other diets that recommend the same plan for everyone, the metabolic typing diet recognizes that we are individual. Our metabolisms differ, so our diets should as well.

### 4. Characteristics of the carbo types

Many carbo types share similar characteristics. However, if you're a carbo type that doesn't mean you're just like everyone else in your metabolic category in the way you react to foods, your strengths and weaknesses, your energy level, the strength of your appetite, and so on. After all, you're unique on a metabolic level!

Nonetheless, here are some typical tendencies you may have in common with other carbo types:

- **Relatively Weak Appetite**

For carbo types, a little food tends to go a long way. You may eat three meals a day, but often the meals won't be large. Or you may be satisfied with one or two meals and several smaller snacks. Whatever your routine is, chances are that food does not play a prominent role in your conscious daily awareness.



- **High Tolerance for Sweets**

Unless they have hypoglycemia (low blood sugar), people with your style of metabolism usually handle sweets pretty well. This can be both a blessing and a curse, for although you can handle sweets, they can also be your downfall. Your tendency might be to reach for them whenever you're hungry or need an energy boost. So your tendency could easily be to overdo sweets, which could eventually lead to problems like hypoglycemia, insulin resistance, and diabetes.

- **Problems with Weight Management**

People with your kind of metabolism are often lean, or at least start off that way. Yet the tendency for sweet-snacking often leads to problems with obesity. Your small appetite tends to complicate the issue. By eating very little, snacking on sweets, or by waiting long periods between eating, you have a tendency to lower your metabolic rate, thereby throwing your system into "starvation mode", a self-preservation mechanism in which the body thinks it's starving and therefore slows down its metabolism in order to conserve energy.

- **Type-A Personalities**

Some carbo types — the sympathetic dominants — have classic Type-A personalities. They tend to be aggressive, goal-oriented, highly motivated workaholics. They can be abrupt, appear cool and aloof, and quick to anger. Their energy tends to come in spurts, so their physical stamina is relatively limited, yet their concentration tends to be excellent. Aside from the fact that they don't have large appetites, they often think they don't have time to eat — a quality that both horrifies and mystifies many people in the opposite metabolic category, the Protein Type.

- **Variable Energy Patterns**

Another segment of the carbo type population — the slow oxidizers — tend to have very different personality and energy patterns from sympathetic dominants, even though they share the same general dietary characteristics. Slow oxidizers tend to have lower though steadier energy without the peaks and valleys that sympathetics experience.

- **Caffeine Dependency**

Both sympathetic dominants and slow oxidizers frequently depend on caffeine to get them through the day. Sympathetics use caffeine to "jump-start" their adrenals, which tend to be strong anyway. Caffeine gives them a hormonal kick and an energy surge, but overuse can lead to a weakened appetite, a worsening of already poor dietary habits, adrenal exhaustion, or an actual shift in their metabolic type due to a loss of sympathetic strength. Caffeine can make slow oxidizers feel "half alive" again, and they may feel quite unable to function without it. But, unlike sympathetic dominants, slow oxidizers generally start out with weak adrenals that need to be rebuilt through a balanced nutritional regime. Caffeine only exacerbates the fundamental metabolic imbalances of slow oxidizers.

If any of these situations describes you, it's a clear indication that you're pumping the wrong kind of "body fuel" into your "engines of metabolism".

## 5. Sympathetic dominance

Your nervous system is divided into two major components. First, there is the portion of the nervous system that is under intentional control. The other portion of the nervous system is the portion that is not under intentional control — it's automatic. This part of the nervous system works to digest food, raise and lower blood pressure, orchestrate the endocrine system, mount immune responses, repair damaged tissue and probably a thousand other functions that are needed to keep you alive and well, and it all happens

automatically. Metabolic Typing is based on the strengths and weaknesses of a person's autonomic nervous system. Metabolic types are classified as "sympathetic dominant", "parasympathetic dominant" and "balanced." Different metabolic types have different nutritional and life-style needs.

Sympathetic dominant people are "go-go-go" left-brain Type A personalities, in which the organs, glands and systems of the sympathetic branch are stronger. They have a speeded up metabolism. Parasympathetic dominant people are more relaxed, easy going and tend to be right-brained. The organs, glands and systems of the parasympathetic branch are stronger and they have a slower metabolism. With a balanced metabolism, neither branch is stronger.

Sympathetic dominance indicates a person who is over-utilizing his or her sympathetic nervous system. In simple terms, the person is pushing himself or herself, or worrying too much. Sympathetic dominant people have a stronger muscular system, heart, thyroid gland, parathyroid gland, kidneys, gonads, uterus or prostate and adrenal medulla. The adrenal medulla is often over-active in sympathetics and they are typical "fight or flight" Type A people — "workaholic" executives, self-motivated leaders and high-pressure business people.

They have lots of nervous energy, are ambitious, enjoy exercise, love mental stimulation, have excellent powers of concentration, seem to be in constant motion and function well under stress. Sympathetics are anxious, impatient, quick to anger and have emotional swings, but they are rarely depressed. They enjoy vegetables, fruits and sweets and have good calcium metabolism. They are slow oxidizers (meaning they digest food and burn sugar slowly) and their cells are more "acidic". They generally thrive on vegetarian or modified vegetarian diets, with chicken, fish and just a little meat.

Sympathetic dominant people tend to be slender and pale, with big eyes. The conditions they are prone to include constipation, diabetes, digestive problems, anemia, cancer, high blood pressure, bacterial infections, non-fatal heart attacks, poor circulation, migraine headaches, insomnia, rheumatoid arthritis and hardening of the arteries. Because they are so busy, they may "forget" to eat. They tend not to "feel" sick (no time to be sick), so they don't slow down even when they need to, which can lead to their physical and mental decline.



## II. Warm-up Activities

With the advancement of society and the improvement of our living standard, we should pay increasing attention to the healthfulness of the foods we eat. carbo type is one of the three metabolic types. Acquiring some knowledge of the carbo type diet and sticking to the allowable foods could benefit your metabolism.

### 1. Suggested questions

- ❖ How do you know about metabolic types?
- ❖ Can you mention some foods harmful to our health?
- ❖ How to develop a healthy diet?

### 2. Suggested activities

- ❖ Ask students to make a brief self-test and figure out what metabolic types they belong to.
- ❖ Organize students to discuss their eating habits and check out whether they are healthy.
- ❖ Ask students to go over the text and illustrate the foods carbo types should avoid.
- ❖ Ask students to have a fast reading practice, i. e. go through the text in 10 minutes and finish "Understanding the Text".
- ❖ Learn the text in parts with suggested teaching tips.



### III. Text Analysis

#### 1. Main idea

Each person has a unique metabolism. Therefore, the nutrients which are appropriate for one person may be inappropriate for a second, and detrimental for a third. A number of somewhat different “metabolic typing” diet plans are currently marketed. Keep in mind certain foods may aggravate your metabolic imbalances and should be avoided. If you belong to the carbo type, this passage will give you some dietary guidelines to help you eat according to your own metabolic type.

#### 2. Structure of the text

Part One (Paras 1-3) Certain foods may damage your metabolic system and should be avoided.

**Teaching tips:** Ask students to figure out the topic sentences in each paragraph.

Paraphrase the topic sentences and grasp the general idea of the passage.

Part Two (Paras 4-10) There are seven foods that the carbo types should mainly avoid.

(Para 4) Alcohol

**Teaching tips:** Ask students to read the paragraph quickly and tell how alcohol is damaging to your health.

Ask students to pay attention to the following phrases and try to translate them into Chinese: excessive insulin secretion, blood sugar imbalances, increased fat storage, the development of chronic degenerative processes.

Ask students to paraphrase the phrase “moderation with alcohol”.

(Para 5) Allergenic or reactive foods

**Teaching tips:** List some foods which are more likely to cause allergy.

Ask students whether they are allergenic to certain foods or not. If the answer is yes, ask them what measures they usually take to prevent the situation.

(Para 6) Caffeine

**Teaching tips:** Ask students to list some caffeine products and figure out their side effects.

Organize students to have a group discussion on the topic whether they regularly take these caffeine products in their daily life.

(Para 7) Sugar

**Teaching tips:** Ask students to go through the paragraph and make clear the effect of sugar on carbo types.

Ask students to paraphrase such phrases as energy boost, empty energy and hidden sugars.

(Para 8) Foods high in fat

**Teaching tips:** Ask students to make a conclusion of the effect of fat on carbo types.

(Para 9) Foods high in purines

**Teaching tips:** Ask students to read the paragraph and figure out the reason why proteins are an undesirable fuel for the carbo types.

(Para 10) Thyroid-suppressing foods

**Teaching tips:** Ask students to tell the reason why certain foods are called thyroid-suppressing foods.



## IV. Language Points

### 1. **sensitive:** *adj.* (1) easily hurt or damaged

语块 the sensitive skin of the baby 婴儿娇嫩的肌肤

例句 A sensitive nerve in a tooth can cause great pain.

(2) affected greatly or easily by sth.

语块 highly sensitive to light 对光十分敏感

例句 This material is heat-sensitive.

Asthma(哮喘) sufferers are not necessarily more sensitive but, if affected, are advised to use their inhaler(吸入器).

(3) having or showing perceptive feeling or sympathetic understanding

语块 an actor's sensitive reading of a poem 演员富于感情的诗朗诵

例句 When I need advice, he is a helpful and sensitive friend.

### 2. **ingest:** *v.* (1) take (food, etc) into the body

语块 ingest nutrition 摄取营养

例句 The lack of proper hydration — the failure to ingest enough water — actually can have dire and lasting consequences for a typical human being.

(2) take (sth.) in; absorb sth. mentally

语块 ingest information 获取信息

例句 She want to go abroad to ingest some new ideas.

### 3. **minimize:** *v.* (1) reduce (sth.) to the smallest amount or degree

语块 minimize the effects of the flood 把水灾的破坏减至最低程度

maximize the positives and minimize the negatives 使优势最大化劣势最小化

例句 Studies show that healthy eating and exercise habits can prevent or minimize this weight gain.

One can minimize pancreatic(胰腺的) digestive activity by first not feeding the patient for several days.

(2) estimated(sth.) at the smallest possible amount; reduce the true value or importance of (sth.)

语块 minimize the importance of community medical workers 轻视社区医护工作者

例句 He minimized the value of her contribution to the research so that he got all the praise.

### 4. **plain:** *adj.* (1) easy to see, hear or understand; clear

语块 in plain English 用简单明了的英语

例句 She explained the difficult medical terms in plain language.

(2) frank and direct

语块 in plain words 明言

a plain answer 直截了当的回答

例句 Let me be plain with you.

There will have to be some plain speaking.

(3) not decorated or luxurious; ordinary and simple

语块 a plain white dress 一条朴素的白裙子

例句 From a rather plain child she had grown into a beautiful woman.

**5. perspective:** *n.* (1) a particular attitude towards sth. ; a way of thinking about sth. (on sth.)

语块 a global perspective 全面的看法

例句 In order to treat the obscure illness, the doctor tries to consider the problem from a different perspective.

(2) the ability to think about problems and decisions in a reasonable way without exaggerating their importance

语块 see things in perspective 正确的观察事物

put patients' condition into perspective 正确看待病人的病情

例句 Doctors should try to keep the effect of surgery in perspective.

**6. trigger:** *n.* lever that releases a spring as to fire a gun

语块 squeeze the trigger 扣动扳机

have one's finger on the trigger 手指触动扳机

例句 To fire the gun, just pull the trigger.

*v.* be the cause of a sudden (often) violent reaction; set an action or a process in motion

语块 trigger infection 引发感染

例句 It can cause breathing problems, trigger asthma, reduce lung function and cause lung diseases. The junk foods that are most likely to trigger cravings may be part of the problem.

**7. excessive:** *adj.* greater than what is normal or necessary; extreme

语块 excessive price 过高的价格

an excessive amount of alcohol 过量的酒精

an excessive enthusiasm for sport 对运动的狂热

例句 Excessive drinking is harmful to the health.

Her symptoms include loss of appetite, weight loss, excessive fatigue, fever and chills.

**8. chronic:** *adj.* 两栖类词汇, 普通英语中指“(问题或困难)长期的, 反复出现的”; 医学中指“(疾病)慢性的, 长期的”。

例句 Chronic stress can increase the risk of diseases such as depression, heart disease and even cancer. He's been suffering from chronic arthritis for years now.

**9. process:** 两栖类词汇, 普通英语中作名词指“程序、过程、方法”之意, 用作动词指“对原材料或食品进行加工处理”; 医学中主要用作名词指“突起、隆起”之意。

语块 articulating process 关节突

transverse process 横突

xiphoid process 剑突

例句 A new process for testing serum samples has been developed in the research laboratory. The blood samples are being processed by the laboratory.

**10. moderation:** *n.* quality of being moderate; freedom from excess; restraint

语块 in moderation 适度地, 不过分

例句 Whisky can be good for you if taken in moderation.

**11. issue:** *n.* (1) supply and distribution of items for use or sale

语块 the issue of a new edition of this dictionary 这部词典新版本的出版

例句 He bought new samples on the day of issue.

(2) one of a regular series of publications

语块 the July issue of a magazine 七月号的杂志

例句 This piece of news was published in the latest issue of the journal.

(3) important topic for discussion; point in question

语块 a vital political issue 重大的政治问题

raise a new issue 提出新议题

例句 The next big issue confronting the workers is the question of wages.

v. (1) publish (books, articles, etc) or put into circulation

语块 issue the newspaper 发行报纸

例句 A flood of currency issued last year.

(2) send sth. out; make sth. known

语块 issue orders 发布命令

语块 The minister issued a statement to the press.

**12. counter:** v. (1) do sth. to reduce or prevent the bad effect of sth.

语块 counter late payments of debts 对付债务逾期不还

例句 One way of countering these problems would be to improving your physical condition and strengthening your immunity.

(2) reply to sb. by trying to prove that what they said is not true

语块 new measures that are aimed at countering the rise in violent crime 旨在对付暴力犯罪上升的新措施

例句 The attending doctor countered that the patient is too weak to leave hospital.

**13. boost:** v. increase the strength or value of (sth.)

语块 boost your brainpower 增强脑力

boost imports 增加进口

boost production 增加生产

例句 If you aren't getting enough fiber each day, you may need to boost your intake.

n. increase; help; encouragement

语块 a boost in sales and exports 销售和出口的增长

例句 The teacher's praise gave her confidence a boost.

When you're looking for that late-afternoon energy boost, try a walk in the park.

**14. be better off:** in a better or more prosperous condition 处境更好,更富有

be wiser to do sth. specified 最好

例句 He knew he could be better off if he gave up smoking.

Thirty-nine percent of those polled said the country would be better off if the Democrats took control.

He'd be better off going to the police about it.

Smokers might be better off going smokeless.

**15. add up:** seem reasonable or consistent; make sense 前后一致;合理

calculate the total of (two or more numbers or amounts) (两个或两个以上的数或量)相加

例句 His story just doesn't add up — he must be lying.

Add up all the medical bills.

**16. essential:** adj. (1) extremely important and necessary in order to do something correctly or successfully



语块 essential component 主要成分

例句 Good food and plenty of exercises are essential for a healthy life.

For those with food allergies, vigilance about food preparation is essential to staying safe.

(2) relating to sb.'s/sth.'s basic nature; fundamental

语块 essential difference 根本区别

例句 The essential character of the village has not changed in over 300 years.

*n.* fundamentally necessary element or thing (通常做复数)

语块 the essentials of English grammar 英语语法的要点

例句 The charity provides homeless people with essentials like food and clothing.

**17. consequence:** *n.* (1) importance

语块 a person of consequence 举足轻重的人

例句 He is a man of consequence in medical profession.

(2) effect, cause

语块 consider the consequences 考虑后果

例句 Her small mistake in the surgery had disastrous consequences.

We know the consequences of malnutrition, also in terms of higher mortality from childhood infections.

**18. supplement:** *n.* something added to complete a thing make up for a deficiency, or extend or strengthen the whole

语块 a dietary supplement 饮食补充物

例句 The money they get from fruit-picking is often a supplement to incomes earned in the town.

Half of all American adults take some sort of nutritional supplement.

*v.* to add something, especially to what you earn or eat, in order to increase it to an acceptable level

语块 supplement one's nutrition by taking vitamin pills 吃维生素片以增加营养

例句 Jane supplements her regularly salary by tutoring in the evening.

Some women will find they need to supplement their newborn's diet with formula.

**19. diminish:** *v.* (1) cause sth. to become smaller or less; decrease

语块 diminish supplies 缩减物资

例句 His strength has diminished over the years.

Nothing could diminish her enthusiasm for the project.

It's unclear how long it takes for the risk to diminish once drinkers cut down.

(2) make (sb./sth.) seem less important than it really is; devalue

语块 diminish one's achievement 贬低某人的成就

例句 Although the authorities made efforts to eliminate corruption and to diminish political influence in the judiciary, some problems remained.

All of us working in public health struggle to change human behaviour in ways that protect health and diminish risks and dangers.

**20. substance:** *n.* (1) particular type of matter

语块 a poisonous substance 有毒物质

例句 Water and ice are the same substance in different forms.

The U. S. Drug Enforcement Administration's proposal to make propofol (异丙酚) a controlled substance is pending.

(2) most important or essential part of sth. ; essential meaning

语块 the substance of the speech 讲话的要旨

例句 I agree with the substance of what you say, but differ on points of detail.

**21. integral: adj.** (1) necessary for completeness

语块 integral parts of the human body 人体的组成部分

例句 Writing ability is the integral part of language skills.

Appropriate physical exercise is integral to the recovery of the patients.

(2) having or containing all parts that are necessary for completeness; whole

语块 an integral design 完整的设计

例句 They are a very necessary and integral component to the processes of the universe.



## V. Difficult Sentences

**1. So even if you don't display any noticeable adverse reactions, it's still best to minimize your intake of the following foods whenever possible.**

这是一个复合句。句中 even if 引导让步状语从句,主句中 it 为形式主语,指代 to minimize your intake of the following foods(it 用作形式主语或形式宾语的用法请参考上册 unit one)。Whenever 同样引导让步状语从句,意为不论何时,相当于 no matter when。本句中的 whenever possible 为省略结构,补充完整之后应为 whenever it is possible。本句译作:因此,即使没有表现出任何明显的不良反应,最好还是尽可能地将下列食物的摄取量控制到最低。

让步状语从句表示“虽然”、“尽管”等概念,其关联词有 though, although, if, even though, even if, when, while, whereas, granting that, granted that, admitting that, for all that, in spite of the fact that 等。让步状语从句可置于主句之前或之后。

- ◆ 由 although, though, even though, even if 引导的让步状语从句,都表示“虽然,即使,尽管”之意。though 和 although 语气较弱,even if 和 even though 带有强调意味而显得语气更强。例如:

Although it was so cold, he went out without an overcoat.

天气虽然很冷,但他没有穿大衣就出去了。

The article is very important though it is not long.

那篇文章虽然不长,但很重要。

He feels better, though not yet cured.

他感觉好些了,虽然仍未痊愈。

Even though it was raining heavily, she walked to work.

尽管下着大雨,她还是走着去工作。

I'll visit him this evening even if I can stay only a few minutes.

今晚我将去拜访他,即使我只能停留一小会儿。

- ◆ “no matter + 疑问词”或“疑问词 + ever 的疑问词”可以表示“不管……”的含义,引导让步状语从句。例如:

However (No matter how) much I tried, I failed to work out the maths problem.

无论怎么努力,我还是解不出这道数学题。

Whatever (No matter what) you say, she will not change her mind.

无论你说什么,她也绝不改变主意。

Whenever (No matter when) you come, you will be warmly welcomed.

不论你什么时候来,你都会受到热烈欢迎。

Wherever (No matter where) you go, you will find the same problem.

无论你到哪里,你都会发现同样的问题。

Whoever (No matter who) you are, you have no right to do such a thing.

不管你是谁,你都无权做这种事。

- ◆ 从属连词 *whether...or...* 或是 *no matter whether/if* 引导让步状语从句,表示“不论”。例如:

I am going to meet her whether it is raining or not.

无论下不下雨,我都要去见她。

I hope I can find a good woman, no matter whether she is beautiful or not.

我希望能找到一个好对象,不论她是否漂亮。

- ◆ *as* 引导让步状语从句表示“虽然、即使、尽管”,其引导的让步状语从句必须采用倒装结构,基本结构为:形容词/副词/名词(单数可数名词前一般不带冠词,有时也可见单数可数名词前形容词与不定冠词连用、形容词放在不定冠词前)/动词/过去分词 + *as* + 主语 + 谓语的其他部分。例如:

Try as you may, you will not succeed.

你尽管试试吧,但绝对不会成功。

Fool as he looks, he always makes the wisest proposals.

他看样子傻乎乎的,可总是能提出明智的建议。

## 2. **Whether or not you are currently reactive or allergic to any of these foods is a completely different issue.**

这是一个复合句,句中 *whether* 引导了一个主语从句。可译为:目前你是否对这食物表中的任何一种有反应或过敏完全是另外一回事。

## 3. **Sugar is added to a great many commercial foods and can really add up if you're not careful, secretly sabotaging your best intentions to follow your dietary recommendations.**

这是一句由 *if* 引导的条件状语从句,*sabotaging* 则是现在分词做伴随状语(详见本册 unit 16)。本句可译为:许多商业食品中都添加了糖,即便你想按照最佳食品表安排饮食,如不小心,这些糖就会累积起来,悄然破坏你的本意。

引导条件状语从句的连词和词组有:*if, unless, as (so) long as, provide/providing that, suppose/supposing that, on condition that, if only, assuming that, given that, in case that* 等。

- ◆ 由 *if* 引导的条件状语从句,意为“如果”;*unless (= if not)* 表示负面的条件,意为“除非,如果不”。

例如:

If you ask him, he will assist you.

如果你请求他,他会帮助你的。

He is sure to come unless he has some urgent business.

他一定会来,除非他有急事。

If you had come a few minutes earlier, you would have caught the train.

要是你早来几分钟就能赶上火车了。

- ◆ *in case, on condition that, providing, provided (that), supposing, suppose (that)* 等词比 *if* 更为书面化,指“假如,假使,在……条件下”。例如:

In case it is too late, do not expect me. 如果太晚了,就不要等我了。

I shall lend the money to you on condition that you return it on time.

我将借钱给你,如果你准时还的话。