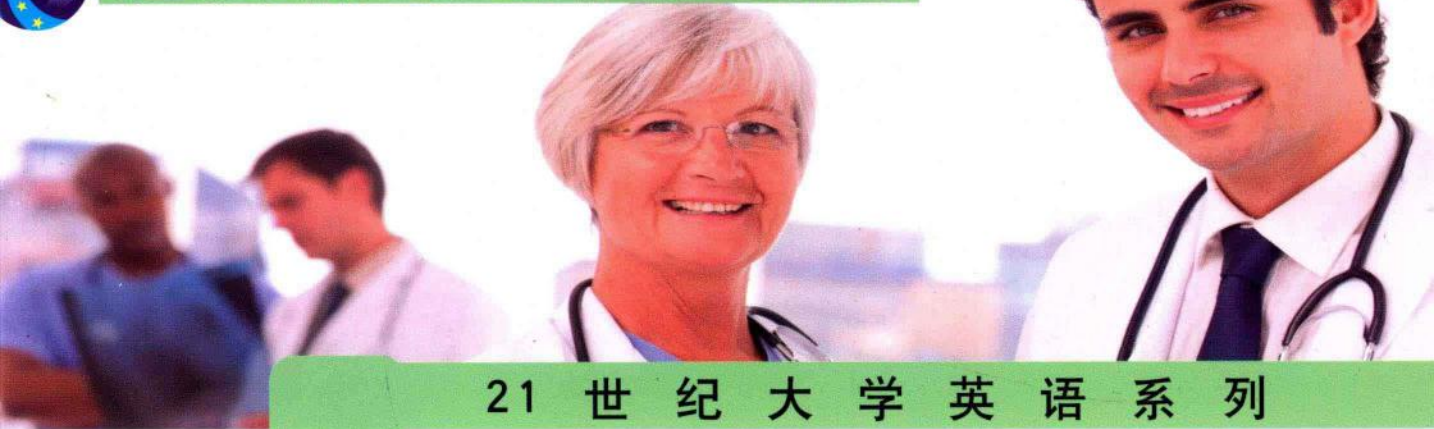




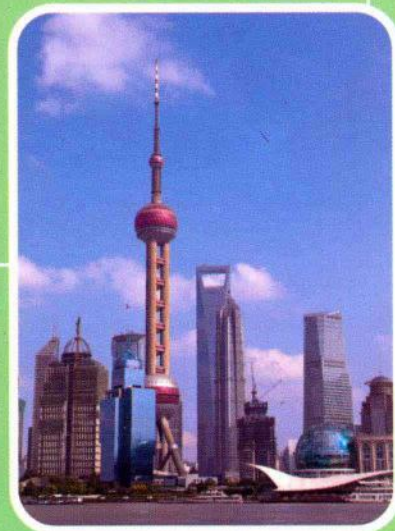
普通高等教育“十一五”国家级规划教材



21 世纪 大 学 英 语 系 列

21 世纪大学公共医学英语 上

赵贵旺 主编



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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,或者独立学院的学生,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四、六级考试相关的内容,课后练习的形式更加丰富多样,适合学生既要巩固课上所学,又要结合学生的社会需求,习题练习的难度界定在四到六级之间,个别题型也照顾了考研英语的要求。

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

2012年7月于河北医科大学

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Text A

People want to become doctors when they are still young. However, they must bear in mind that it exactly takes much to be a doctor. Aspiring doctors should spare no efforts to earn their bachelor's degrees in the first four years. Once they are admitted into medical school, they should focus on "heavy book learning". They have to do clinical rotations to accumulate precious experience in practice. This text will give us a clue on the road to becoming a doctor.

What It Takes to Be a Doctor

Warming-up Exercise

1. Read the whole text as quickly as possible and mark out the words you are not clear about.
2. Read the whole text again and try to: 1) finish the error correction exercises, which have been underlined in the text; 2) fill in the blanks with proper words.

People often know at a young age that they want to become doctors. Perhaps they are naturally good _____ (at/with) math and science. Maybe they have a desire to help people and to make a difference in people's lives. Or, they may just want a job that is full _____ (of/with) challenges. These are all very good reasons to consider a medical career. However, anyone who wants to become a doctor must understand how much work it _____ (makes/takes) to achieve that goal.

The road _____ (to/of/in) becoming a doctor is a long and difficult one. In fact, doctors go through _____ (more/less) education and training than almost any other type of professional. At the very minimum, it _____ (costs/takes/spends) eleven years to become a doctor, and longer for high specialized medical fields. Still, most doctors love their work and believe it was well _____ (worth/worthy/worthwhile) the years of effort.

The First Four Years

Aspiring doctors spend the first four years of college _____ (to earn/earning) their bachelor's degrees. Many students major in which is known as "premed," which has a curriculum that is heavy in science and math. Premed students study such things _____ (as/for) physics, chemistry, and biology, and take other advanced mathematics and science courses. During this time students often volunteer or work part-time in hospitals, clinics, or doctor's offices, so they can gain knowledge and experience.

When premed students are in their third or fourth year of college, they apply _____ (for/to) medical school. There are nearly 150 medical schools in the United States, and acceptance to these schools is

highly competitive. Students must achieve a high score on an examination calling the Medical College Admission Test (MCAT). They must complete an essay to explain _____ (why/when/what/how) they want to be a doctor. Many schools require letters of recommendation. Also, the grades the students have earned in college is an extremely important consideration. Medical students almost always have grade point averages of 3.5 or higher.

Intensive Study

Once students are _____ (admitted/admitting) into medical school, they spend the first two years _____ what is often called “heavy book learning”. They _____ (participate in/join/attend) classes in anatomy, biochemistry, and physiology. They study pathology, medical ethics, and laws that govern medicine. They learn about the human body and _____ (when/how/what) it works. They learn about disease and how the human immune system fights disease. They also study pharmacology, which is the science of medications.

During the second year, students begin to learn about basic medical tasks. This includes learning how to examine patients, how to _____ (make/write/take) medical histories, and how to diagnose certain illnesses.

Learning on the Job

The third year of medical school is when students do their clinical rotations, which means they work with doctors and other health care professionals. They observe and assist internists, surgeons, and pediatricians, as good as radiologists, neurologists, family practice doctors, and ER doctors. This gives students an opportunity to experience a _____ (large/huge/wide) variety of medical specialties. It also allows them to work with many different patients. As they gain knowledge about the different areas of medicine, most students make decisions about which field they like best.

Pediatrician Heather Burrows says that the clinical rotations is a wonderful chance for students to find out what being a doctor is really _____ (like/likely). One of her most memorable experiences happened during her third year of medical school, when she was doing a rotation in OB/GYN. It was the middle of the night, and a woman was about to have a baby. Dr. Burrows describes the situation: “I was going to assist with the birth, and I was exhausted _____ (from/in/with) working such many hours. All I wanted was for her to hurry up and get it over with so I could go to sleep. But then the baby was born ... and it was the more amazing thing I’ve ever seen. All of sudden, I was wide awake. I was so excited to be a part of this experience, helping to make this miracle happen.”

Reflection

Is it easy to be a doctor? No, absolutely not. After you finish learning this text, you would believe that to be a doctor is tough. As you can see from the text, the road to becoming a doctor is a long and difficult one. Although it is difficult to be a doctor, you will feel so excited and happy when you try to help make miracles happen.

New Words, Phrases & Expressions

1. make a difference (to) to have an effect (on) (对某人或某事)有影响或有作用
2. challenge /'tʃælɪndʒ/ *n.* invitation or call (to sb.) to take part in a game, contest, fight etc. to prove who is better, stronger, more able, etc. 挑战
3. professional /prəʊ'feʃənəl/ *n.* person qualified or employed in one of the professions 具有某专业资格的人;从事某专业的人;专业人士
4. minimum /'mɪnɪmə/ *n.* least or smallest amount, degree, etc. possible (可能的)最小量;最低限度
5. specialized /'speʃəlaɪzd/ *adj.* of or relating to a specialist 专业的;专科的
6. aspire /ə'spaɪə/ *vi.* to desire strongly to achieve sth.; have ambition for sth. 渴望成就某事物;对某事物有雄心或野心
7. bachelor /'bætʃələ/ *n.* person who holds the first university degree 获学士学位的人
8. curriculum /kə'rɪkjʊləm/ *n.* subjects included in a course of study or taught at a particular school, college, etc. (全部的)课程
9. volunteer /ˌvɒləntɪə/ *v.* to give or offer (one's help or suggestion, etc.) willingly or without being paid 自愿或无偿地给予或提供(帮助、建议等)
10. clinic /'klɪnɪk/ *n.* private or specialized hospital (私人)诊所;专科医院
11. acceptance /ək'septəns/ *n.* (act of) or being accepted 接受, 答应; 同意; 认可
12. competitive /kəm'petɪtɪv/ *adj.* of or involving competition 比赛的; 竞争的
13. score /skɔ:/ *n.* (a) number of points, goals, etc. made by a player or team in a game, or gained in a competition, etc. (比赛中一方得的)分数
14. admission /əd'mɪʃən/ *n.* entering or being allowed to enter a building, society, school, etc. 进入或获准进入某建筑物、社团、学校等
15. recommendation /ˌrekəmə'ndeɪʃən/ *n.* action of recommending 推许; 推荐; 赞许; 建议
16. intensive /ɪn'tensɪv/ *adj.* involving hard work concentrated into a limited amount of time 在有限时间内紧张工作的
17. admit /əd'mɪt/ *v.* to take sb. to a hospital, or other institution where they can receive special care; declare to be true; allow to enter, grant entry to 接收入院, 收治; 承认; 允许进入
18. anatomy /ə'nætəmi/ *n.* the scientific study of the structure of human or animal bodies 解剖学
19. physiology /ˌfɪzɪ'ɒlədʒi/ *n.* the scientific study of the normal functions of living things 生理学
20. pathology /pə'θɒlədʒi/ *n.* the scientific study of diseases 病理学
21. ethics /'eθɪks/ *n.* the branch of philosophy that deals with moral principles 伦理学, 道德学
22. govern /'gʌvən/ *v.* to control or influence sb./sth. or how sth. happens, functions, etc. 控制, 影响, 支配

- | | |
|---|---|
| 23. immune /ɪ'mju:n/ <i>adj.</i> | that cannot catch or be affected by a particular disease or illness 有免疫力的 |
| 24. immune system | the system in your body that produces substances to help it fight against infection and disease 免疫系统 |
| 25. pharmacology /fɑ:mə'kɒlədʒɪ/ <i>n.</i> | the scientific study of drugs and their use in medicine 药理学; 药理学 |
| 26. medication /,medɪ'keɪʃən/ <i>n.</i> | a drug or another form of medicine that you take to prevent or to treat an illness 药, 药物 |
| 27. clinical /'klɪnɪkəl/ <i>adj.</i> | relating to the examination and treatment of patients and their illnesses 临床的; 临床诊断的 |
| 28. rotation /rəʊ'teɪʃən/ <i>n.</i> | the practice of changing regularly from one thing to another, or regularly changing the person who does a job 轮转, 轮换, 交替 |
| 29. observe /əb'zɜ:v/ <i>vt.</i> | to watch sb./sth. carefully, especially to learn more about them 观察; 注视 |
| 30. internist /ɪn'tɜ:nɪst/ <i>n.</i> | a doctor who is a specialist in the treatment of diseases of the organs inside the body and who does not usually do medical operations 内科医生 |
| 31. surgeon /'sɜ:dʒən/ <i>n.</i> | a doctor who is trained to perform medical operations in a hospital 外科医师 |
| 32. pediatrician /,pi:diət'riʃən/ <i>n.</i> | a doctor who studies and treats the diseases of children 儿科医生; 儿科学家 |
| 33. radiologist /,reɪdɪ'ɒlədʒɪst/ <i>n.</i> | a doctor who is trained in radiology 放射科医生; X光科的医生 |
| 34. neurologist /,njʊə'ɒlədʒɪst/ <i>n.</i> | a doctor who studies and treats diseases of the nerves 神经科医生; 神经病学家 |
| 35. variety /və'raɪətɪ/ <i>n.</i> | several different sorts of the same thing (同一事物的) 不同种类, 多种式样 |
| 36. specialty /'speʃəltɪ/ <i>n.</i> | an area of work or study that sb. gives most of their attention to and knows a lot about; sth. that sb. is good at 专业; 专长 |
| 37. memorable /'memərəbl/ <i>adj.</i> | special, good or unusual and therefore worth remembering or easy to remember 值得纪念的; 难忘的 |
| 38. exhausted /ɪg'zɔ:stɪd/ <i>adj.</i> | very tired 筋疲力尽的; 疲惫不堪的 |
| 39. hurry up | to do sth. more quickly because there is not much time 赶快, 急忙(做某事) |
| 40. get sth. over with | to complete sth. unpleasant but necessary 完成, 结束(令人不快但免不了的事) |
| 41. amazing /ə'meɪzɪŋ/ <i>adj.</i> | very surprising, especially in a way that makes you feel pleasure or admiration 令人大为惊奇的; 令人惊喜的 |
| 42. miracle /'mɪrəkl/ <i>n.</i> | a lucky thing that happens that you did not expect or think was possible 奇迹; 不平凡的事 |

Notes

1. Perhaps they are naturally good at math and science.
Perhaps the students can do well in math and science because they have the quality or skill that they are born with.
2. In fact, doctors go through more education and training than almost any other type of professional.
As a matter of fact, if you want to be doctors, you must learn more subjects related to medicine and receive more training than the people who work in almost any other type of profession.
3. hospitals, clinics, or doctor's office
A hospital is a health care institution providing patient treatment by specialized staff and equipment. A clinic (or outpatient clinic or ambulatory care clinic) is a health care facility that is primarily devoted to the care of outpatients. A doctor's office (known as a surgery or doctor's surgery in the UK) is a suite of rooms where a physician receives and treats patients, and otherwise practices medicine.
4. the Medical College Admission Test (MCAT)
The Medical College Admission Test (MCAT) is a standardized, multiple-choice examination designed to assess the examinee's problem solving, critical thinking, writing skills, and knowledge of science concepts and principles prerequisite to the study of medicine. 医学院入学考试
5. grade point average 平均成绩
6. heavy book learning
The learning process in which the learning pressure is heavy and students must learn a lot of books.
7. family practice doctor 家庭医生
8. clinical rotation 轮转
9. OB/GNY
A commonly used abbreviation. OB is short for obstetrics or for an obstetrician, a physician who delivers babies. GYN is short for gynecology or for a gynecologist, a physician who specializes in treating diseases of the female reproductive organs. An obstetrician/gynecologist (OB/GYN) is therefore a physician who both delivers babies and treats diseases of the female reproductive organs. 妇产科
11. All I wanted was for her to hurry up and get it over with so I could go to sleep.
What I expected the woman to do was hurry up and finish the labouring quickly, and in that way I could go to sleep.
12. I was so excited to be part of this experience, helping to make this miracle happen.
I was so excited that I had taken part in the baby-delivering process and helped the woman have the baby.

Relaxation, Health, Appreciation

Poem

Doctors

— by Anne Sexton

They work with herbs
and penicillin.

They work with gentleness
and the scalpel.
They dig out the cancer,
close an incision
and say a prayer
to the poverty of the skin ...

They are not Gods
though they would like to be;
they are only a human
trying to fix up a human.
Many humans die.
They die like the tender,
palpitating berries
in November ...

But all along the doctors remember:
First do no harm.
They would kiss if it would heal.
It would not heal.
If the doctors cure
then the sun sees it.
If the doctors kill
then the earth hides it.
The doctors should fear arrogance
more than cardiac arrest.
If they are too proud,
and some are,
then they leave home on horseback
but God returns them on foot.

Proverbs

God heals and the doctor takes the fee.

—Benjamin Franklin

The doctor should be opaque to his patients and, like a mirror, should show them nothing but what is shown to him.

—Sigmund Freud

Men who are occupied in the restoration of health to other men, by the joint exertion of skill and humanity, are above all the great of the earth. They even partake of divinity, since to preserve and renew is

almost as noble as to create.

—Voltaire

Bilingual Appreciation

Love, Knowledge, and Pity

The Prologue to Bertrand Russell's *Autobiography*

Three passions, simple but overwhelmingly strong, have governed my life: the longing for love, the search for knowledge, and unbearable pity for the suffering of mankind. These passions, like great winds, have blown me hither and thither, in a wayward course, over a great ocean of anguish, reaching to the very verge of despair.

I have sought love, first, because it brings ecstasy — ecstasy so great that I would often have sacrificed all the rest of life for a few hours of this joy. I have sought it, next, because it relieves loneliness that terrible loneliness in which one shivering consciousness looks over the rim of the world into the cold unfathomable lifeless abyss. I have sought it finally, because in the union of love I have seen, in a mystic miniature, the prefiguring vision of the heaven that saints and poets have imagined. This is what I sought, and though it might seem too good for human life, this is what — at last — I have found.

With equal passion I have sought knowledge. I have wished to understand the hearts of men. I have wished to know why the stars shine. And I have tried to apprehend the Pythagorean power by which number holds sway above the flux. A little of this, but not much, I have achieved.

Love and knowledge, so far as they were possible, led upward toward the heavens. But always pity brought me back to earth. Echoes of cries of pain reverberate in my heart. Children in famine, victims tortured by oppressors, helpless old people a burden to their sons, and the whole world of loneliness, poverty, and pain make a mockery of what human life should be. I long to alleviate this

爱 and 知识与同情

——伯兰特·罗素自传前言

三种单纯而又极度强烈的激情,支配了我的一生:对爱的渴望,对知识的寻求,对人类的苦难的无法承受的同情。这些激情像强劲的风任意把我吹向四方,越过极度痛苦的深海,到达濒临绝望的边缘。

我寻求爱,首先是因为它带来欢乐——这么巨大的欢乐,我常常愿奉献出余下的生命全部,以换取几小时的这种乐趣。我寻求爱,其次是因为它消除孤独,在这可怕的孤独中,一个颤抖的意识越过世界的边缘,窥视到了冷酷而又深不可测的死亡深渊。我寻求爱,还因为通过爱的结合,我在一个神秘的缩影里,看到了圣者与诗人想象中预示的天国。这就是我所寻求的,而且,虽然它对人生似乎过于美好,但却正是——最终——我所找到的。

我以同样的激情去寻求知识。我要理解人们的心灵。我要知道为何星光闪烁。我试图领会使数支配一切变动的毕达哥拉斯哲学的威力。这些,我做得不多,只做到了一点点。

爱与知识在可能得到的情况下使我上升到天国。但是,同情总是把我拉回到现实。痛苦的哀嚎之声回荡在我的心中。饥饿的儿童,受压迫者欺凌的人们,被儿子们看成是可憎的重负的无依无靠的老人,以及充满孤独、贫穷、苦难的整个世界,对人类应有的生活是一个嘲弄。我渴望减少邪恶,但是,我不能,因而,我也经受着痛苦。

evil, but I cannot, and I too suffer.

This has been my life. I have found it worth living, and would gladly live it again if the chance were offered me.

这就是我的一生。我发现值得这样生活,如果让我再生,我还要愉快地再一次这样生活。

Tips for Health

Find Your Happy Place

It's striking how important energy is to happiness. Unfortunately, when you're feeling blue, it can be hard to muster up the physical and mental energy needed to do the things that will make you happier. Planning a brunch party, weeding the garden, or pulling out a craft project seems like a lot of trouble, while plunking down in front of the TV or digging into a tub of ice cream entices you as an easy fix. But research shows (and you know it's true) that these aren't the routes to lifting your spirits.

Instead, I've found it helpful to look for patterns in the times of day when I begin to drag: Am I having trouble getting out of bed in the morning? Passing out at my desk in the mid-afternoon? Dragging around the apartment after dinner instead of having fun with my family? Sometimes, oddly, I'm too tired to go to bed: I can't face the effort of brushing my teeth, washing my face, and all the rest. Once I identified the energy dips in my daily routine, I was able to identify strategies to keep my energy higher — and I've been astonished by how quickly and easily I'm able to give myself a boost.

For long-term energy, it's most important to a) get enough sleep and b) get some exercise. But that doesn't help you if you need some energy right now. When I'm desperate for an immediate happiness boost, these are the tips that really work for me:

1. **GO OUTSIDE INTO THE SUNLIGHT** Light deprivation is one reason that people feel tired. Research suggests that light stimulates brain chemicals that improve mood. For an extra boost, get your sunlight first thing in the morning.
2. **GO FOR A BRISK WALK** One study found that even a 10-minute walk is enough to increase energy and decrease tension.
3. **ACT WITH ENERGY** We think we act because of the way we feel, but often we feel because of the way we act. Trick yourself into feeling energetic by moving more quickly, pacing while you talk on the phone, and putting more energy into your voice.
4. **LISTEN TO YOUR FAVORITE UPBEAT SONG** Hearing stimulating music gives an instant lift and is one of the quickest, most reliable ways to affect your mood and energy level. I'm always surprised by the effectiveness of this strategy.
5. **TALK TO AN ENERGETIC FRIEND** Not only do you gain energy from interacting with other people, but you also — in what's called emotional contagion — “catch” their emotions. Instead of infecting others with your mood, try to lift yourself by catching the energy of a boisterous friend.
6. **TACKLE AN ITEM ON YOUR TO-DO LIST** Unfinished tasks weigh you down. So if you feel bad about skipping your skin cancer check, not having completed an overdue report, or not having faced this month's bills, force yourself to tackle one thing that's nagging at you. It's tough, but you will feel a huge rush of energy when you cross it off your list.
7. **CLEAN UP** I'm not sure why tidying makes such a huge difference, but when I feel like I can't face the day, I tidy up my desk, and I perk right up.

Exercises

Part I Understanding the Text

Directions: Read the text and answer each of the following questions by choosing the best answer based on your understanding.

- The following ones are all good reasons for people to choose medical career except that _____.
 - they have the desire to help others
 - they think medicine is the most respectable career
 - they want to make a difference in their lives
 - they would like to do the work full of challenges
- Although it takes a long time to become a doctor, most doctors _____.
 - love their work and think that it is worthy of the effort for so many years
 - love their work and believe that they get repaid
 - love their work and insist that they would dedicate themselves to medicine
 - love their work and cherish it very much
- “Premed students” refers to the students _____.
 - who study science and math
 - who study physics, chemistry, and biology
 - who want to be doctors and study the premed curriculum
 - who spend the first four years of college earning their bachelor’s degree
- Which of the following is NOT TRUE about the application to American medical schools?
 - Students must achieve a high score on MCAT.
 - Students must write an essay to explain the reasons why they would like to be doctors.
 - The grades earned in college are very essential.
 - All medical schools in America require letters of recommendation.
- From the passage, we can know for sure that _____.
 - students often have “heavy book learning” once they are admitted to medical schools
 - students usually learn human body and human culture in medical schools
 - students will learn how to take medical histories in the first medical year
 - during the first two years, medical students usually learn anatomy, biochemistry, and advanced math
- When do the medical school students in America do clinical rotations?
 - Once they are enrolled into medical schools.
 - Before they graduate.
 - When they are in their third year of medical schools.
 - When they are well-prepared.
- What can we know from the instance mentioned by pediatrician Heather Burrows?
 - Being a doctor is wonderful and can help miracles happen.
 - Being a doctor must stay up all the time.
 - Being a doctor means being always exhausted.
 - Doctors usually see amazing things.
- What is the main idea of the passage?
 - How to study in medical school.