In this next module, I'm going to give you some more tips about repetition, keywords and acronyms. I've alluded to some of these points already, but I think they're worth highlighting in their own module. I’ve mentioned several times that when you find yourself reaching for the thesaurus to avoid repeating a word, this may be a case where you simply don't need the second instance of that word at all, you're being unnecessarily repetitive. We saw a sentence, a unit that had both illustrate and demonstrate as well as challenges and difficulties in the same sentence, and we only needed one of the words from each of these pairs. This week, I gave you an example where the authors had taught, clinicians and guides clinicians, but we only needed one of these. So a lot of times you can just delete the 2nd use of the word altogether. But of course, there are sometimes when you do need to repeat. In those cases, you're again going to be tempted to reach for your thesaurus to find a synonym. But ask yourself the question Is the synonym really better than just repeating the word? In many cases, it's preferable to just repeat the word. Despite what you may have been taught along the way, repeating a word is not a cardinal sin. In fact, when people try too hard to avoid repeating a word, that can lead to some amusing sentences, as I'm going to show you in a minute. In scientific writing, it's actually essential that you repeat a word. You need to repeat key words, any words that are key words in your paper, like the names of groups, the names of variables, the names of instruments, the names of disease. You absolutely must repeat these terms throughout the manuscript. You need to be consistent. Do not substitute synonyms for these keywords, as this would lead to great confusion. I see this all the time with my students. They change the keywords throughout the manuscript because they are worried about repeating themselves. But this leads to all sorts of trouble. I’ve had students come in and they're working on a particular disease, and they call the disease one thing in one place in the manuscript, and then they call it something different in other places in the manuscript. And I'm left thinking that they are talking about two different diseases. Or imagine if you're comparing groups, and in one case, you call those groups the obese group in the lean group, but then elsewhere, because you're afraid to repeat yourself, you call them the heavier group in the lighter group. That’s problematic, because now, as the reader, I'm asking myself, are these new groups? Have you redefined the groups? Have you rejiggered the categories? Is absolutely essential in scientific writing that you be consistent in how you name those keywords. So I'm going to repeat to you that it's okay to repeat a word, Sometimes it's necessary to repeat a word, and sometimes it's actually better to repeat that word than to reach for an awkward synonym. I’m going to share with you now some fun examples of needless synonyms. These are all examples from professional writers, from newspapers and magazine articles. Many professional writers also have this belief drilled into them that they shouldn't repeat a word, So in some cases, they get very creative. These are real examples that were compiled in an article in Time Magazine, and I've listed the reference at the bottom there in case you want to read the whole article. Probably the most famous example of this is there was an article that somebody was writing about a fruit company, and they used the word banana several times because it was an article about fruit, and they felt like, oh, I've used the word banana too many times. So at one point they started referring to the banana as the elongated yellow fruit. And you can see that that's just kind of ridiculous. It’s probably better just to say banana. I’ve got several other acute examples. There was a piece in the newspaper where the author was talking about a beaver, and the author replaced beaver with a free pedal tailed mammal. Another article, mustache was replaced with under news hair crops in Another one, milk from a cow was referred to as the vitamin laid in liquid from a buffing milk factory. And finally, there was an example where somebody replaced the word skis with the bee out of high barrel staves. You can see how amusing it is when you're trying too hard to come up with synonyms. It would have been better in all those cases to stick with the simple word, and Henry Fowler actually coined the term elegant variation for these kinds of needless synonyms. And here's to link to his article for those of you who are curious. And I just want to emphasize again that in scientific writing, it's not just amusing if you replace a key word with a synonym, it's actually disastrous, because the reader thinks you're talking about something different. And this leads me to a final thought on acronyms. I think one of the reasons that acronyms have become so widespread in, the scientific literature is that in scientific manuscripts, it's inevitable that you're going to find yourself writing the same key word over and over again. And I think scientists start to feel this ink about the fact that they're repeating this keyword so much, so they decide to make up an acronym instead. I do want to point, out that, uh, sometimes people will make a distinction between acronyms and initialisms. Acronyms actually make a new word, like the word NASA, whereas initialisms just read off the initials, like CPU or RNA. I'm just going to call these all acronyms for simplicity, but I wanted to point out this fine distinction. My advice is to only use standard, well known acronyms that most scientists across many disciplines are going to know, like RNA. Don't make up acronyms, and don't use acronyms that only people in your immediate field are going to know. Otherwise, the reader has to stop reading each time they encounter the acronym and look it up, like translating a foreign word. This but a terrible burden on the reader. If there are a few acronyms that you can't let go of, at least make sure that you define them within each section of the paper. Because remember, readers are not necessarily reading your paper from start to finish. So defining the acronym once at the beginning is not enough. Another suggestion I make to students is, if you want to create an acronym, to save yourself some typing, to save yourself having to type that key word over and over again when you're drafting your manuscript, that’s fine, but when you're done, go back and do a replace all and replace that native acronym with the original words. Your reader will appreciate it. Here's an example I pulled from a paper I was recently reviewing. Says Spinal muscle fatigue is common in people with L-A because decreased spinal muscle endurance and strength has been reported in persons with T-F-A and T-T-A with LP L-B-P. You can just see how annoying it is when your sentences are all alphabet soup like this.

在下一个模块中，我将为你提供更多关于重复、关键词和首字母缩略词的提示。已经为其中的一些观点做好了准备。但我认为它们值得在自己的模块中重点介绍。我多次提到，当你发现自己使用同义词库以避免重复一个单词时，你可能根本不需要那个单词的第二个实例。你在不必要地重复。我们在第一单元中看到了一句既有说明又有演示的句子。在同一句话中还有挑战和困难，我们只需要每对中的一个单词。本周，我举了一个例子，说明作者曾教过临床医生和指导临床医生。但是我们只需要其中一个。所以很多时候，你可以完全删除这个词的第二次用法。但是，当然，有时候你确实需要重复。在这种情况下，你会再次被诱惑去找同义词库来寻找同义词。但是问问自己一个问题，这个同义词真的比重复这个词好吗？在许多情况下，最好只重复这个词。尽管在此过程中你可能被教导了什么，但重复一个单词并不是一个主要的罪过。实际上，当人们太努力地避免重复一个单词时，这可能会导致一些有趣的句子，正如我稍后将向你展示的那样。在科学写作中，重复一个单词实际上是至关重要的。你需要重复关键字。论文中任何作为关键词的单词，比如群体的名称、变量的名称、仪器的名称、疾病的名称，你绝对必须在整篇手稿中重复这些术语。你需要保持一致，不要用同义词代替这个关键词，因为这会导致很大的混乱。我经常在学生身上看到这种情况，他们在整篇手稿中都会更改关键字，因为他们担心自己会重复，但这会带来麻烦。我有学生进来，他们正在研究一种特定的疾病，他们称这种疾病为一回事，在手稿中占有一席之地。然后他们称手稿中的其他地方有所不同。我只能以为他们在谈论两种不同的疾病。或者想象一下，如果你在比较群体，在一种情况下，你称这些群体为肥胖组和精益组。但是在其他地方，因为你害怕重复自己的话，所以你称他们为较重的群体和较轻的群体。这是有问题的，因为现在作为读者，我要问自己，这些是新的团体吗？你重新定义了群组吗？你重新调整了类别吗？在科学写作中，在命名这些关键词时保持一致是绝对必要的。所以我要向你重复一遍，重复一句话是可以的。有时候需要重复一个单词，有时候重复那个单词实际上比伸手去找一个尴尬的同义词要好。我现在要和大家分享一些不必要的同义词的有趣例子。这些都是报纸和杂志文章中专业作家的例子。许多专业作家也有这样的信念，即他们不应该重复一句话。因此，在某些情况下，他们会变得非常有创造力。这些都是真实的例子，汇编在《时代》杂志的一篇文章中，如果你想阅读整篇文章，我在底部列出了参考文献。这方面最著名的例子可能是，有人在写一篇关于一家水果公司的文章。他们多次使用香蕉这个词，因为那是一篇关于水果的文章。他们觉得，我用香蕉这个词太多次了。因此，有一次，他们开始将香蕉称为细长的黄色水果。你可以说这有点荒谬。只说香蕉可能更好。我还有其他几个可爱的例子。报纸上有一篇文章作者在谈论海狸，作者用毛茸茸的踏板尾哺乳动物代替了海狸。另一篇文章，胡子被鼻子下方的毛发作物所取代。在另一篇文章中，来自牛的牛奶被称为牛奶厂的富含维生素的液体。最后，有一个例子，有人用宣福的枪管法杖代替了滑雪板这个词。当@@你太努力地想出同义词时，你可以看到这有多有趣。在所有这些情况下，最好坚持一个简单的词。亨利·福勒（HenryFowler）实际上为这类不必要的同义词创造了“优雅变体”一词。对于那些好奇的人，这里有他的文章链接。我只想再次强调，在科学写作中，如果你用同义词替换关键词不仅很有趣，而且实际上是灾难性的。因为读者认为你说的是不同的东西。这使我对首字母缩略词有了最后的想法。我认为首字母缩略词在科学文献中如此广泛的原因之一是，在科学手稿中，你不可避免地会发现自己一遍又一遍地写同样的关键字。而且我认为科学家们开始对他们经常重复这个关键字这一事实感到焦虑，因此他们决定改为编一个首字母缩略词。我确实想指出，有时候人们会区分首字母缩略词和首字母缩写。首字母缩略词实际上是一个新词，比如NASA这个词，而首字母缩写只是读掉首字母缩写，比如CPU或RNA。为了简单起见，我只想把这些都称为首字母缩略词，但我想指出这个很好的区别。我的建议是只使用许多学科的大多数科学家都会知道的标准、众所周知的缩写词，比如RNA。不要编造首字母缩略词，也不要使用只有你所在领域的人才会知道的首字母缩略词。否则，读者每次遇到首字母缩略词时都必须停止阅读并查找，就像翻译外语单词一样。这给读者带来了沉重的负担。如果有一些首字母缩略词，你不能放手，至少要确保在论文的每个部分中定义它们。因为请记住，读者不一定从头到尾都在阅读你的论文。因此，仅仅在开头定义首字母缩略词是不够的。我向学生提出的另一个建议是，如果你想创建一个首字母缩略词来节省一些打字时间，这样你就不必在起草手稿时一遍又一遍地键入那个关键字，那没关系。但是当你完成后，回去做一个全部替换然后用原来的单词替换那个编成的首字母缩略词。您的读者将不胜感激。以下是我从最近审阅的一篇论文中摘录的一个例子。它说，脊肌疲劳在LLA患者中很常见，因为据报道TFA和TTA患有LBP的人脊肌耐力和力量会降低。你可以看到当你的句子都是这样的字母表时有多烦人。因此，除了最标准的首字母缩略语之外，请避免使用其他首字母缩略词。