



Unit 1

The History of Medicine

Passage 1 Word Bank

- **Venesection** (p11) surgical incision into a vein, used to treat hemochromatosis 刺络, 放血
- anatomy (p3、p34) 解剖
 - ✓ an-, ana- 向上, 向后,
- -ectomy; -tome; -tomy
 - ✓ 切除 (术) ;
 - ✓ 切割器, 刀;
 - ✓ 切开 (术)

- sect- 切，割
- section, **dissect**, insect, intersect, sector, bisect, **resect**.
- ✓ ①昆虫; ②扇形③部分,部门,章节; (手术中的) 开刀, 切开④进行解剖; 进行详细分析;
- ✓ ⑤相交, 交叉 ⑥平分; 二等分
- ✓ ⑦切除 (= excise , abscise)
- bi- , duo- , di-: 双

- Dissect 进行解剖; 进行详细分析;
 - ✓ 1. cut open or cut apart
 - ✓ 2. make a mathematical, chemical, or grammatical analysis of; break down into components or essential features
- We **dissected** a frog in biology class.
- 我们在生物课上解剖了一只青蛙。
- People want to **dissect** his work and question his motives.
- 人们想剖析他的作品，质疑他的动机。

- Resect 切除；割除(= excise , abscise)
- surgically remove a part of a structure or an organ

<ul style="list-style-type: none"> • Resect V Dissect 医学含义的区别 (Deepseek) • Resect <p>➤ 定义：手术切除（尤指器官、组织或病变部分的完整或部分移除）。</p> <p>➤ 用途：</p> <ul style="list-style-type: none"> • 常用于描述外科手术中彻底去除病变组织（如肿瘤、坏死组织）。 • 强调治疗性目的（如切除病灶以治愈或缓解症状）。 <p>➤ 示例：</p> <ul style="list-style-type: none"> • "The surgeon resected the tumor to prevent metastasis." • (外科医生切除了肿瘤以防止转移。) • "Partial liver resection may be necessary for severe trauma." • (严重肝损伤可能需要部分肝切除。) 	<ul style="list-style-type: none"> • Dissect <p>➤ 定义：解剖或分离组织（通常为研究、观察或手术准备）。</p> <p>➤ 用途：</p> <ul style="list-style-type: none"> • 侧重于分离结构以观察或分析（如解剖学教学、病理检查）。 • 也可指病理状态下的异常分离（如动脉夹层）。 <p>➤ 示例：</p> <ul style="list-style-type: none"> • "The anatomy class dissected a cadaver to study muscle attachments." • (解剖课上通过解剖尸体研究肌肉附着点。) • "Aortic dissection requires emergency intervention." • (主动脉夹层需要紧急干预。)
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特征	Resect	Dissect
目的	去除病变组织 (治疗性)	分离/分析结构 (研究性或病理性)
动作焦点	彻底切割并移除	细致切割以观察或分离层次
典型场景	肿瘤切除、器官部分切除	解剖教学、病理分析、动脉夹层
前缀含义	<i>Re-</i> (去除)	<i>Dis-</i> (分开) separation

- 易混淆点
- Resect 的 "re-" 并非表示 "重复"，而是强调 去除（类似 "remove"）。
- Dissect 在非医学语境中可指 详细分析（如 "dissect an argument"），但在医学中特指 解剖或组织分离。
- 通过词根和前缀的差异，可清晰区分两者的临床用途：切除（resect）是治疗性去除，而解剖（dissect）是分析性分离

	词汇	解释	词意
cis	abscise	离开+切	切除
	incise	进去+切	切；切割；雕刻
	incision		
	incisor		切牙；门牙
	excise	外面+切	切除，删除
	excision		
	concise	加强语气+切	简短的，精简的
	precise	提前+切	精确的

✓ The principal objective of this textbook was to maximize its value by remaining thorough in the breadth of open and arthroscopic procedures covered, yet extraordinarily concise in specific content.

通过保持开闭这一过程的宽度，这本教科书上的原则目标达到了最佳，但是在具体内容上写得太过简单（？？？）。

- ✓ ab- abnormal **abstract**
- ✓ tractor=tract+or
- ✓ abstract=abs (=ab) + tract
- ✓ 抽象的；摘要

- Following pulmonary resection, tuberculous empyema may develop in the post-pneumonectomy space, sometimes associated with a bronchopleural fistula or bony sequestration.
- 肺切除术后在切除肺空隙可发生结核性脓胸，有时可伴有支气管胸膜瘘或死骨形成。
- Even if the tumor is unresectable, laparotomy will yield information for staging, biopsy material, partial resection and delineating the residual tumor field with silver clips for radiation therapy and for assessment of response, as well as future recurrence of the tumor.
- 即使肿瘤不能切除，剖腹手术亦可提供多方面的信息，如肿瘤分期，取活组织检查材料，部分切除，用银夹定出残余肿瘤的边界以便作放射治疗，估计治疗反应以及今后肿瘤复发的可能性。

- These tumors should not be excised because they regress after the trophoblastic tissue has been removed.
这样的肿瘤不应切除，因清除滋养层组织后即退化。
- Such a ciliary prolapse is less easily abscised, and wounds involving the ciliary region are more prone to provoke a sympathetic ophthalmitis, so that such an eye may need to be removed.
- 这样的睫状体脱出不易被切除，睫状区的伤口更易诱发交感性眼炎，所以这种眼可能需摘除。
- Very little of it is visible in an unsectioned brain.
- 在未切开的脑，只能见到很小部分。
- These receptors are sensitive to stretch and to spasm, whereas they are insensitive to nerve section or temperature.
- 它们对牵引、痉挛的刺激十分敏感而对神经切断或温度刺激不敏感。

- Radical pancreatic cancer surgery-with arterial resection(title)
- Comparison of endoscopic resection techniques for duodenal neuroendocrine tumors: systematic review (title)
- Surgical excision of large rectal villous adenomas(title)
- Rectal endometriosis: results of radical excision and review of published work (title)
- To circumcise or not to circumcise? Circumcision in patients with bleeding disorders(title)

Passage 1 Background Knowledge

Brief introduction of the history of Ancient Greek medicine (para. 1)

- ✓ The history of **ancient Greek medicine** spans from around 800 BC to 600 AD. Initially, illness was regarded as a divine punishment and healing as a gift from the gods. However, by the 5th century BCE, there was a move towards identifying material causes for illnesses rather than spiritual ones, which led to a shift from superstition towards scientific enquiry.
- ✓ Ancient Greek medicine focused on three key aspects: diet, drugs, and surgery. Diet was the most important aspect and it was not just about what you eat and drink, but it was about your whole way of life, your regimen. This included exercise habits and sleep patterns.
- ✓ The roots of Greek medicine were diverse, incorporating ideas from Egypt and the Near East, especially Babylonia. Medical practitioners often traveled from town to town, and while there is little evidence to suggest they were hired to provide free care for the general population, their practices formed the foundation of later developments in the field.

Passage 1 Background Knowledge

Brief introduction of the history of Ancient Greek medicine (para. 1)

Key Figures:

- ✓ **Hippocrates:** Often considered the "Father of Modern Medicine," Hippocrates established a medical school on the island of Cos in the 5th century BCE. He is credited with the development of the theory of the four humors, which held that health was maintained by a balance of blood, phlegm, yellow bile, and black bile. Hippocrates also emphasized the importance of clinical observation and rational treatment.
- ✓ **Galen:** A physician from Pergamon, Galen made significant contributions to anatomy and physiology. He refined the theory of the humors and introduced new surgical techniques and instruments.
- ✓ **Asclepius:** In Greek mythology, Asclepius was the god of medicine. He was believed to have healing powers and was the center of medical ceremonies. His temple in Epidaurus was a major healing center. The famous Epidaurus Theater, built in the 4th century BC, is a testament to the site's historical importance.

Passage 1 Background Knowledge

Brief introduction of the history of Ancient Greek medicine (para. 1)

Key Concepts and Practices:

- ✓ Humoral Theory: The theory that health was maintained by a balance of four humors: blood, phlegm, yellow bile, and black bile. This theory influenced medical practice for centuries.
- ✓ Clinical Observation: Ancient Greek physicians emphasized observing patients and recording symptoms for diagnosis and treatment.-
- ✓ Treatment Methods: Ancient Greek doctors used a variety of treatments including bloodletting, herbal remedies, and dietary adjustments.

Influence on Modern Medicine:

- ✓ Ancient Greek medicine had a profound impact on the development of modern medicine. Many of its principles, such as the importance of clinical observation and the theory of the four humors, were the basis of medical knowledge for centuries. The works of Greek physicians, including Hippocrates and Galen, were rediscovered in the Middle Ages, contributing to the revival of medical knowledge in Europe.

Passage 1 Background Knowledge

Temple Medicine in Ancient Greece (para. 4)

Unit 1

In Ancient Greece, temple medicine was closely intertwined with religious beliefs and practices. Temples, often dedicated to healing gods such as **Asclepius**, were central to the medical culture of the time.

Priests and healers at these temples would use a variety of methods to treat the sick and injured. These included rituals, prayers, offerings, and sometimes more practical medical interventions like herbal remedies and surgeries.

One of the most famous temples of healing in Ancient Greece was **the Temple of Asclepius in Epidaurus**. Pilgrims would travel long distances to seek cures at this temple, where they would be cared for by priests and healers. The temple complex even had sleeping quarters where patients could rest and receive divine dreams that would guide their treatment.

It's important to note that while temple medicine was a significant part of Ancient Greek society, it coexisted with other forms of medical practice, including those based on empirical observation and scientific inquiry.

Passage 1 Background Knowledge

Greek natural philosophy (para. 7)

Greek natural philosophy originated in the 6th century BC and lasted until the 6th century AD. It focused on understanding the nature of the universe and the principles that governed it. The earliest Greek philosophers, known as the Milesians, including Thales, Anaximenes, and Anaxagoras, were the first to attempt to explain the world without relying on mythological explanations. They were followed by other notable philosophers such as Heraclitus, Parmenides, Empedocles, and Democritus, each proposing different theories about the nature of the universe and its constituents. Greek natural philosophy represents a significant turning point in human thought, marking the transition from mythological explanations of the world to a more scientific and rational understanding.



Passage 1 Language Points

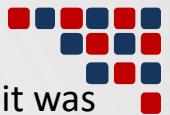


1. Ancient Greek medicine is incomparably closer to modern medicine than any other historical form of medicine. (Paragraph 1)

- ◆ incomparably: to emphasize that someone or some something has a good quality to a great degree. 无比地; 无与伦比地; 质量相当高地
 - In various experiments and clinical studies, it has been found that immunotherapy does have incomparable advantages over traditional anti-tumor therapy, which can prolong progression-free survival (PFS) and overall survival (OS). However, immunotherapy has obvious complexity and uncertainty (Review abstract). 在各种实验和临床研究中发现，免疫疗法确实具有传统抗肿瘤疗法不可比拟的优势，可以延长无进展生存期（MRP）和总生存期（OS）。然而，免疫治疗具有明显的复杂性和不确定性
- ◆ 译文：古希腊医学比任何其他历史形式的医学都更接近现代医学。



Passage 1 Language Points



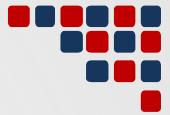
2. Disease was no longer regarded as a supernatural phenomenon; it was approached from a rational, naturalistic, and scientific point of view.

(Paragraph 1, 倒line 1-3)

- ◆ approach: to come near to sb./sth. in distance or time (在距离或时间上) 靠近, 接近,
 - The physician approached the patient, introduced himself, and extending his hand in greeting. 医生走近病人, 作了自我介绍, 并伸出手问候。
- ◆ 译文: 疾病不再被人们视为超自然现象, 而是从理性、自然主义和科学的角度来看待。



Passage 1 Language Points



3. Because of their geographical location, the Greeks were exposed to the most varied cultural contacts. (Paragraph 2, line 4)

- ◆ 译文: 由于其地理位置, 希腊人接触到了多样化的文化。

- Clinical and Hematological Studies of Workers Professionally Exposed to Pesticides
- 对职业性接触杀虫药的工人的临床和血液学研究
- Each mouse was exposed to 30–40 cercarias percutaneously.
- 每个小鼠经皮接触感染30-40尾蚴。

- It is seen in heavy smokers and drinkers, and in those who are exposed to industrial or atmospheric pollution.
- 多见于过度吸烟、酗酒者及接触工业或空气污染者。
- Bladder cancer develops most frequently in male smokers and those who are exposed to certain chemicals (carcinogenic agents).
- 膀胱癌最多发生于男性吸烟者和经常接触某些化学品(致癌因子)的人。

- HCC827 cells were exposed to increasing concentrations of PF00299804, starting with 1 nM, until they were able to proliferate freely in 1 mM PF00299804, which occurred after six months of drug selection.
- 逐渐增加PF00299804的浓度处理HCC827细胞，起始剂量为1 nM，直到药物选择6个月之后，细胞能在1 mM PF00299804中不受限制地增殖。
- The breast cancer cell line MDA-MB-231 exposed to the P904 contrast agent showed significantly higher iron oxide concentrations compared with those of unlabeled controls ($P < .05$).
- 与无标记对照组相比，经P904对比剂处理的乳腺癌细胞株MDA-MB-231显示出了明显更高的氧化铁浓度($P < .05$)。

- A fresh blood smear is briefly fixed and then exposed to a phosphate buffer of specific pH.
- 取新鲜血液涂片，迅速固定，然后放入（置入）特定pH的磷酸盐缓冲液。
- Thus if cells are exposed to solutions with higher solute concentration, water will be drawn out of the cell.
- 因此，如果将细胞置于溶质浓度较高的溶液内，水分将从细胞内渗出。

- On exposure to cellular stresses, the p53 protein is stabilized, increases its concentration, and becomes active as a transcription factor initiating a transcriptional program, which leads to DNA repair, cell cycle arrest, cellular senescence, or apoptosis.
- 在细胞应激的作用下，P53蛋白稳定，浓度增加，激活成为一个转录因子来启动转录程序，导致DNA修复、细胞周期停滞、细胞衰老或凋亡。



Passage 1 Language Points



4. Hippocrates supposedly lived from 460 to 377 BC, and the treatises of the Hippocratic collection, the Corpus Hippocraticum, are supposed to have been written between 480 and 380 BC. (paragraph 4)

- Supposedly是一个副词，意思是“据说”，“被认为”，或者“按照推测而言”。通常用来引入一件事情或者一个观点，以表明自己并不确定其真实性，而是基于某些假设或者推测。在科研领域中，supposedly也可以用来表示某个假设或者猜想，需要进一步证实或者驳斥。
- 译文：希波克拉底据说生活在公元前460年至公元前377年之间，而希波克拉底文集《希波克拉底文集》中的论文应该写在公元前480年至公元前380年之间。

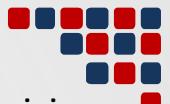
- Supposedly

- as is supposed : according to what is or was said, claimed, or believed by some 据说, 据传
 - ✓ a *supposedly* true story
 - ✓ a *supposedly* good restaurant
- Right ventricle dysfunction in patients with acute pulmonary embolism supposedly at low risk for death: when evidence-based medicine rescues clinical practice (Editorial Title)
- 据称死亡风险较低的急性肺血栓患者的右心室功能障碍: 当循证医学拯救临床实践时 (tencent)

- Dermatoses affecting palms may represent a dermatologic challenge from both the diagnostic, and therapeutic point of view. Patients with supposedly occupational dermatitis can spend months or even years in a frustrating attempt to avoid contact with possible irritants or allergens. To underline the importance of a thorough unbiased analysis of the patient's history and clinical features, we present the iconic case of a bricklayer affected by a chronic, disabling desquamation of palms which in the end was classified as keratolysis exfoliativa (KE) attributed to ranolazine-intake, an antianginal drug. To the best of our knowledge, this specific adverse effect of druginduced KE of palms has never been reported before in association with ranolazine.(abstract)



Passage 1 Language Points



5. It can therefore no longer be maintained that the Hippocratic physicians were the successors and pupils of the priests of Asclepius, nor that the temple inscriptions are the first “case histories”. (paragraph 4)

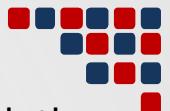
- ◆ inscription: words written in the front of a book or cut in stone or metal
(书首页的) 题词; (石头或金属上) 刻写的文字, 铭刻, 碑文,
- ◆ Maintain: to sustain against opposition or danger : uphold and defend
maintain a position 坚持, 主张
- ◆ 译文: 因此, 不能再坚持认为希波克拉底学派的医生是阿斯克勒庇俄斯祭司的继承人和学生, 也不能认为神庙铭文是最早的“病历”。

- Prescribe describe inscribe subscribe manuscript
- 描写 开处方 铭记 手稿
- inscription
 - ✓ a piece of writing inscribed on a stone, in the front of a book, etc. 碑文; 铭文; 题词

- Subscribe
- 1“订阅” 2“捐赠”
- The subscriber you dial is busy now, please redial later.
- Subscriber :订购者，订阅人，订户；消费者，用户；（慈善机构、活动的）定期捐款者，定期捐助者；<正式>（文件的）签名者



Passage 1 Language Points



6. The school of Cnidus was apparently concerned primarily with the diagnosis of disease, developing a somewhat elaborate system of classification. Cnidian physicians differentiated no less than twelve forms of cystitis. The treatment of these Cnidiots was active and primarily local. (paragraph 6)

- ◆ 译文：尼多斯学派显然主要关注疾病的诊断，开发了精细的分类系统。尼多斯医生区分了不少于12种形式的膀胱炎。尼多斯人的医学治疗是活跃的，又是地方性的。

- apparent

- appearance

✓ 1 “出现，出场，露面”

his sudden appearance surprised her.

✓ 2 “外表，外貌，外观”

don't judge by appearances.

- apparent

✓ 1 “明显的，显而易见的”

it was apparent that he knew nothing about how to repair cars.

✓ 2 “表面的，貌似” apparent cause 表面原因

- transparent “透明的”

transparent window

opaque 不透明的

● Cardiac catheterization---- a long hollow tube, a catheter, can be threaded into an artery up into the heart. Then material **opaque** to X-rays can be released into the blood flow through the heart imaging the details of coronary arteries. Typically used to identify a blockage and location in the coronary circulation.

opaque 不透明的

- To support the elaborate system of nerves, vessels, and glands, the corium contains connective tissue cells and fibers.
- 真皮中含有结缔组织细胞与纤维来支撑复杂的神经系统、血管与腺体。
- The diagnosis of sick-sinus syndrome does not usually require elaborate testing.
- 病窦的诊断常常不需要复杂的检查。
 - ◆ elaborate adjective 复杂的；详尽的；精心制作的
 - ✓ 1: planned or carried out with great care
 - took elaborate precautions
 - ✓ 2 : marked by complexity, fullness of detail, or ornateness
 - a somewhat elaborate system of classification

- elaborate transitive verb 详细说明，详尽阐述；精心制作
 - ✓ 1: to work out in detail : DEVELOP
 - elaborate a theory
 - ✓ 2: to produce by labor
 - ✓ 3: to build up (something, such as complex organic compounds) from simple ingredients
- Many tissues are resistant to invasion because they are resistant to the action of various products being elaborated by cancer cells.
- 很多组织对侵袭有抵抗力，因其对癌细胞产生的各种产物及作用具有抵抗能力。
- Alcohol causes diuresis by increasing fluid intake and by inhibiting the secretion of antidiuretic hormone elaborated by the posterior pituitary gland.
- 酒精通过增加液体摄入和抑制脑垂体后叶分泌的抗利尿激素来引起利尿。

- elaborate transitive verb 详细说明，详尽阐述；精心制作
 - ✓ 1: to work out in detail : DEVELOP
 - elaborate a theory
 - ✓ 2: to produce by labor
 - ✓ 3: to build up (something, such as complex organic compounds) from simple ingredients
- A hormone is a chemical substance elaborated by one part of the body that controls or helps to control some function elsewhere in the body.
- 激素是身体某部分精制的一种化学物质，它控制或帮助控制身体其他部分的某些功能。
- When a person's skin becomes sensitized to a substance elaborated in or on his body from his own tissue proteins, autosensitization dermatitis may develop.
- 当一个人的皮肤对他体内或身体上由他自己的组织蛋白质合成的物质变得敏感时，可能会出现自敏性皮炎。

- Hormonally active tumors of the adrenal cortex are either benign adenomas or adenocarcinomas. They may be located within the adrenal gland or as adrenal rests along the Wolffian tract. Hyperplastic cortical tissue without actual neoplastic formation is also capable of elaborating excessive cortical secretions. AT THE PRESENT STATE OF KNOWLEDGE, ANY ONE OR A COMBINATION OF THE FOLLOWING COMPOUNDS MAY BE ELABORATED IN A GIVEN CASE: the electrolytic, glucogenic, androgenic, or estrogenic corticosteroids. Whether or not Cushing's syndrome is primarily pituitary or adrenal in origin is still a matter of conjecture(abstract).

● **cystitis:** 膀胱炎

- ✓ cysto-, cyst-, cysti-, cystido- 囊，膀胱
- ✓ -itis是炎症后缀，表示某部位的发炎或感染。
- ✓ cyt(o)- 细胞

● **nephritis:**

- ✓ 肾炎，“nephri-”表示肾脏。

● **gastritis:**

- ✓ 胃炎，“gastr-”表示胃。

● **enteritis:**

- ✓ 肠炎，“enter-”表示肠道。

● Changes in color may be generalized or localized.

● 皮肤颜色的改变可以是全身性的或局部的。

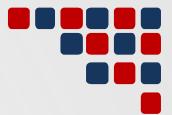
● As more muscles are involved, rigidity becomes increased and generalized.

● Generalize概括，归纳 全身的

● 随着更多肌肉受到影响，强直加剧至全身。



Passage 1 Language Points



7. He designated the brain as the central organ of the higher activities of man (paragraph 8).

- ◆ designate as: to say officially that sth. has a particular character or name; to describe sth. in a particular way
- ◆ 译文：他将大脑描述为人类高级活动的中心器官。

- Designate 把.....定名为，把.....描述为；任命，指定；标明，标示
- It also contained the chronic sick wards, which were now designated as geriatric hospital beds. 它还包括慢性病病房，现在被指定为老年医院床位。
- Or the committee could designate some funds for antibiotics that will treat drug-resistant infections that may not be prevalent in the US but are common in lower-income countries.
- 或者，委员会可以指定一些资金用于治疗耐药感染的抗生素，这些感染可能在美国不流行，但在低收入国家很常见。

- Designate 把.....定名为，把.....描述为；任命，指定；标明，标示
- The Brentwood home was designated by the city as a historic monument in June, a move that helps protect the residence from demolition, after its new owners began preparing to tear the house down.
- —Emily Alpert Reyes, Los Angeles Times, 17 Aug. 2024

Passage 1

Global Reading

Unit 1



Structure of the passage

I Introduction (para 1-2.)

- Brief overview of the significance of Ancient Greek medicine to modern medicine.
- Highlight the rational, naturalistic, and scientific approach of Greek medicine.
- Mention the cultural interactions with Egyptian, Mesopotamian, Phoenician, and Cretan civilizations.
- Explain the transition from supernatural explanations of disease to a more scientific approach.

II . The Role of Religion in Greek Medicine(para 3-4)

- Describe the association of Asclepius and his temples with medicine.
- Clarify the timeline and nature of temple medicine in relation to classical Greek medicine.
- Discuss the Hippocratic physicians and their independence from religious institutions.

Passage 1

Global Reading

Unit 1



Structure of the passage

III. The Development of Independent Physicians(5-6)

- ① Mention the appearance of independent physicians in Homer's writings.
- ② Discuss the medical traditions in various Greek colonies, such as Cnidus, Cos, Crotona, Rhodes, and Cyrene.
- ③ Highlight the importance of foreign stimuli in the development of Greek thought.

IV. The Influence of Philosophy on Greek Medicine(7-8)

- ④ Explain the mutual influence of philosophy and medicine in Ancient Greece.
- ⑤ Discuss the contributions of early Greek philosophers like Empedocles, Alcmaeon, and Democritus to medical theory.
- ⑥ Describe how these philosophical ideas were incorporated into medical practice and later became influential in medieval and modern medicine.

Passage 1

Detailed Reading

Unit 1

1 Ancient Greek medicine is incomparably closer to modern medicine than any other historical form of medicine. This is hardly surprising, since modern medicine would not exist without the Greek [a similar action or event that happened earlier](#) [在很大程度上](#) **precedent**. It is no accident that modern medical terminology is **to such a large extent** based on Greek. There are, of course, numerous differences between present-day medicine and Greek medicine, even [change](#) as there are **variations** within Greek medicine itself. It must be remembered that Greek medicine [远非, 远离](#) [Unchanging, inactive](#) [unrest, agitation](#) covered a period of about one thousand years, and that, **far from being static**, it was in a **ferment of** [Outburst, blowup](#) [consecutive, sequent](#) continuous change and **ebullition**. Yet the **successive** epochs of Greek medicine have one thing in [它远非静止不变, 而是处于不断变革和激荡中。](#) common with each other and with the medicine of modern times. Disease was no longer regarded as a [move towards](#) supernatural phenomenon; it was **approached** from a rational, naturalistic, and scientific point of view.

Passage 1

Detailed Reading

Unit 1

2 It has never been fully explained why all of a sudden, more than twenty-five hundred years ago, a small revolutionary group of people in the Eastern Mediterranean took this important and radical step in human thought. But contributive several contributing factors can be named. Because of their geographical location, the Greeks were make accessible to some action or influence exposed to the most varied cultural contacts. They came under the influence of the Egyptian, Mesopotamian, Phoenician, and Cretan civilizations. All these civilizations contained certain elements a way, access a great number and variety of sth. which could contribute to the new approach, and their very multiplicity, with the contradictions involved, a lack of agreement between facts, opinions, actions, etc. may have provoked a new departure.

Passage 1

Detailed Reading

Unit 1

3 The Greeks had many gods, and many of these gods took a hand in producing and curing disease.

In the course of time Apollo was regarded more and more as the god of disease and healing, until in the fifth century B.C., he was replaced by Asclepius, whose staff and holy snake are still the symbols of the medical profession. Asclepius had his temples all over the ancient world, first in Greece and Asia Minor, and later in Rome and the Roman possessions.

罗马领地

part, section

4 There was, thus, an extensive segment of Greek medicine that was closely connected with religion. But it is now generally agreed that Asclepius, originally a legendary physician and a patron supporter 行会 of the guild of physicians, became a god only during the fifth century B.C., between 475 and 425. one who precedes you in time Thus the outstanding type of Greek temple medicine was not the predecessor but the contemporary of classic Greek medicine.

Passage 1

Detailed Reading

Unit 1

4 Hippocrates supposedly lived from 460 to 377 B.C., and the **treatises** of the Hippocratic collection, the *Corpus Hippocraticum*, are supposed to have been written between 480 and 380 B.C. It can therefore no longer be **maintained** that the Hippocratic physicians were the successors and pupils of the priests of Asclepius, nor that the **temple inscriptions** are the first “case histories.” By the time Asclepius rose to the rank of a god and his **cult** had become widespread, the **independent physicians** and philosopher-scientists were already firmly established. The title of **Asclepiad**, which some of the physicians used, has produced much confusion. But it is now clear that this title did not refer to the god or to a **religious corporation**, but to certain guilds or families of physicians. In ancient Greece, the medical profession was predominantly a familial tradition, transmitted from father to son, with many physicians acquiring their medical knowledge through hereditary means.

Passage 1

Detailed Reading

Unit 1

5 Independent physicians appear in the writings of Homer (about 1000 B.C.), and no mention of priest-physicians is made there. The physicians in Homer are all independent and respected **craftsmen**.

Asclepius himself, and his sons Machaon and Podalirius, are **chieftains** who, like many other chieftains, are skilled in treating wounds.

Medicine in Homer consists almost entirely of military surgery, since his epics deal mostly with warfare.

尼多斯（小亚细亚西南古代城市）

6 It seems that by the seventh century a medical tradition had developed in **Cnidus**, a Greek settlement in Asia Minor. The names of Euryphon and Ctesias have been transmitted to us as outstanding representatives of this school. The school of Cnidus was apparently concerned primarily with the diagnosis of disease, developing a complicated and detailed **classification**. Cnidian physicians differentiated no less than twelve forms of **cystitis**.

Passage 1

Detailed Reading

诉诸, 求助于

mainly

6 The treatment of these Cnidians was active and **mainly** local. Apparently, they **resorted** more easily to
 科斯人
 surgical interventions than did the **Coans**. The school which grew up on the island of **Cos** during the sixth
 不灭的, 永生的
 century, and which has been **immortalized** through the name of Hippocrates and the books of the
 forecast
 Hippocratic collection, was, on the contrary, primarily interested in **prognosis** and in general treatment. A
 克罗多尼
 third medical group developed in **Crotona**, Sicily, during the fifth century, and there were apparently
 boom
 flourishing schools in Rhodes and Cyrene. It is noteworthy that all these early centres grew up, not on the
 the outer edge of a particular area
 Greek mainland, but in the colonies on the **periphery** of Greek civilization. This supports the theory that
 stimulus 的复数
 foreign **stimuli** played a great role in the development of Greek thought. The schools, here mentioned
 were groups held together by the same tradition, not active teaching institutions.

Passage 1

Detailed Reading

Unit 1

6 The Greek physician was a craftsman and therefore was trained not in school but through
 apprentice 学徒; 生手
 apprenticeship to an individual master. Among craftsmen he was the most respected since he dealt with
 疑病症
 health, and the Greek interest in health was almost **hypochondriac**. If he was not salaried by a city
 move from one place to another
 administration, he had to **migrate** from one city to another. The **upper crust** on which he lived was in
 general too thin to keep him alive permanently in one given locality.
 相互的, 彼此的
 7 Of decisive importance for the development of Greek medicine was the **mutual** influence of philosophy
 and medicine. **Greek natural philosophy** provides one of the great landmarks in the evolution of human
 thought. It is remarkable that early Greek philosophy, like early medicine, originated on the periphery of
 Greek civilization. Empedocles of Agrigentum (504-433 B.C.) worked in Sicily.

Passage 1

Detailed Reading

Unit 1

7 He was probably the originator of the theory that replaced the one fundamental element of the former philosophers with four: air, fire, water, and earth. Empedocles imagined that the elements came into being through a combination of the four fundamental qualities: hot, dry, wet, and cold. A further step was to identify the four basic elements with the four **constituent humours** of the body: blood, **phlegm**, **yellow bile**, and black bile. These four humours originated in the heart, brain, liver, and **spleen** respectively. This theory, through its incorporation into Hippocratic writings and its development through Aristotle and Galen, became the ruling medical theory of the Middle Ages and the following centuries. It provided the “reasons” for techniques of **evacuation** used long before, such as **venesection**, **cupping**, **cathartics**, **emetics**, **sneezing**, **sweating**, **urination**, and so on. Its popularity can probably be attributed to its simplicity.

Passage 1

Detailed Reading

Unit 1

8 During the fifth century the interest of the Greek philosophers shifted from natural toward moral philosophy. One of the last natural philosophers, Alcmaeon of Crotona (about 500 B.C.), is one of the first Greeks known to have written on medicine. Alcmaeon advanced the theory that disease is a state **a loss or lack of balance in a situation** 不平衡; 失调 of **disequilibrium** among the qualities of the body components. At the same time, Alcmaeon was greatly interested in **anatomy** and **embryology**. He described the **optical** nerve, two kinds of blood vessels, and the **trachea**. He designated the brain as the central organ of the higher activities of man. Another fifth-century philosopher, Democritus of Abdera (about 460 B.C.), deserves mention for his **tiny** theory of the atoms as **minute** bodies representing the ultimate unit in the physical world. Not only has this theory been incorporated into modern science, but it also **exerted** great influence **on** many ancient medical writers.

Passage 1**Language Focus***Unit 1***Exercises:**

1. Complete the following sentences with proper words provided below. Change the form where necessary.

**Answer Keys:**

- Ⓐ (1) The invention of penicillin has immortalized Alexander Fleming's legacy.
- Ⓐ (2) Cancer cells can migrate through the bloodstream or lymphatic system to form metastases in distant organs.
- Ⓐ (3) Certain foods can provoke allergic reactions in sensitive individuals.
- Ⓐ (4) The patient and healthcare provider need to have a mutual understanding of the treatment plan.
- Ⓐ (5) Static posture refers to the position of the body when it is at rest.

Passage 1**Language Focus***Unit 1***Exercises:**

1. Complete the following sentences with proper words provided below. Change the form where necessary.

**Answer Keys:**

- Ⓐ (6) The treatment plan for the patient will be elaborated on collaboration with the healthcare team.
- Ⓐ (7) The prognosis for patients with early-stage breast cancer is generally good.
- Ⓐ (8) The inscription on the surgical instrument package indicates the expiration date and batch number.
- Ⓐ (9) Mosquitoes can transmit diseases such as malaria and dengue fever to humans.
- Ⓐ (10) The researchers found that the drug can help patients in possession of type 2 diabetes manage their blood sugar levels.

Passage 1 Language Focus

Unit 1



Exercises:

2. Choose the best explanation for the underlined expression from A, B, C, or D.

Answer Keys:

- 1)A 2) A 3) D 4) A 5) C 6) A 7) B 8) C 9) B 10) C



Passage 1 Language Focus

Unit 1



Exercises:

3. Translate the medical expressions with the help of the given Chinese equivalents.

Answer Keys:

- | | |
|------------|------------------------|
| ①) 医学术语 | medical terminology |
| ②) 古希腊医学 | Ancient Greek Medicine |
| ③) 现代医学 | modern medicine |
| ④) 埃及文明 | Egyptian civilization |
| ⑤) 罗马领土 | Roman possessions |
| ⑥) 希波克拉底全集 | Corpus Hippocraticum |
| ⑦) 寺庙铭文 | temple inscriptions |
| ⑧) 宗教团体 | religious corporation |
| ⑨) 希腊文明 | Greek civilization |
| ⑩) 祭司医生 | priest-physicians |



Passage 1**Language Focus****Unit 1****Exercises:**

- 4. Listen to the passage and fill in the blanks with the exact words or expressions you have heard.**

Answer Keys:

Medical history is often 1) accused of dealing with “old theories.” This reproach overlooks the fact that modern medicine, too, depends upon certain basic 2) philosophical assumptions and scientific theories, even though it may not formulate them as clearly as its 3) predecessors. These will be the “old theories” of 4) tomorrow. Modern men, no less than men of former times, see only what they are 5) prepared to see, and a new outlook is always needed in order to see something 6) fundamentally new. Therefore, it is a most valuable 7) feature of medical history that it makes us conscious of the important role of theories, for better or worse, at all times. The knowledge of old theories offers an additional 8) advantage to the doctor in that many of his patients still cling to a variety of medical beliefs which can be 9) traced to the Stone Age, the ancient Greeks, Paracelsus, or the Scotsman John Brown. Of course, even more important, but also far more difficult to know, is what doctors did 10) in the past. Theory and practice sometimes differ considerably.

Passage 1**Language Focus****Unit 1****Exercises:**

- 5. Translate the following text into Chinese.**

Answer Keys:

从古代文明到现代，西医的历史跨越了数千年，成为一段引人入胜的旅程。这是一个关于发现、创新和进步的故事，因为人类一直在寻求了解人体并开发治疗和预防疾病的方法。

在古希腊，希波克拉底重视观察和诊断，奠定了现代医学的基础。罗马人对医学知识做出了重大贡献，特别是在外科和公共卫生领域。在中世纪，医学很大程度上建立在迷信和民间传说的基础之上，但文艺复兴重新唤起了人们对科学探究的兴趣。

19世纪确立了疾病的细菌理论，从而在外科和疫苗研发方面取得了重大进展。20世纪见证了抗生素和其他神奇药物的出现，以及医疗技术和外科手术技巧的显著改进。

如今，西医是一个不断发展的领域，正在进行的研究和发现，正在推动我们改善人类健康和福祉的边界。从个性化医疗的发展到基因编辑和干细胞疗法等尖端技术的应用，医学的未来充满了希望。

Unit 1

The History of Medicine

Unit 1



译文

希腊医学

--医生、牧师、哲学家

1 古希腊医学比任何其他历史形式的医学都更接近现代医学。这并不奇怪，因为如果没有希腊的先例，现代医学就不会存在。现代医学术语在很大程度上基于希腊语，这并非偶然。当然，现代医学与希腊医学之间存在许多差异，尽管希腊医学本身也存在差异。人们一定知道希腊医学涵盖了大约一千年的时间，它远非静止不变，而是处于不断变革和激荡中。然而，希腊医学的各个时期彼此之间以及与现代医学有一个共同之处。疾病不再被视为超自然现象，而是从理性、自然主义和科学的角度来看待。

2 2500多年前，地中海东部的一小群人为什么突然间迈出了人类思想中重要而激进的一步，这一点一直没有得到充分的解释。但可以列出几个促成因素。由于其地理位置，希腊人接触到了多样化的文化。他们受到埃及、美索不达米亚、腓尼基和克里特文明的影响。所有这些文明都包含了有助于新方向的一些元素，它们的多样性以及所涉及的冲突可能引发了新的开端。

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译文

3 希腊人有许多神，其中许多神都参与了疾病的提出和治疗。随着时间的推移，阿波罗逐渐被视为疾病和治疗之神，直到公元前五世纪，他被阿斯克勒庇俄斯取代，其手杖和圣蛇仍然是医学界的象征。阿斯克勒庇俄斯的神庙遍布古代世界，首先在希腊和小亚细亚，后来在罗马和罗马领地。

4 因此，希腊医学的大部分与宗教密切相关。但现在人们普遍认为，阿斯克勒庇俄斯最初是一位传说中的医师，赞助过医师协会，直到公元前5世纪，即公元前475年至425年间才被认为是医神。因此，出色的希腊神庙医学不是先辈，而本身就是当代的经典希腊医学。希波克拉底据说生活在公元前460年至377年之间，他收藏的论文《希波克拉底语料库》据说是公元前480年至380年之间写成的。因此，希波克拉底不能被认为是阿斯克勒庇俄斯牧师的继承者和学生，寺庙铭文也不能被认为是第一批“案例史”。当阿斯克勒庇俄斯升为神、他的信徒遍及各地时，独立医生和哲学家-科学家已经存在。一些医生使用的Asclepiad的名字引起了很多混淆。但现在很明显，这个头衔不是指神或宗教团体，而是指某些行会或医生家族。

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译文

5 独立医生出现在荷马（大约公元前1000年）的著作中，作品中没有提到祭司医生。荷马的医生都是独立且受人尊敬的工匠。阿斯克勒庇俄斯本人和他的儿子玛卡翁和波达利里乌斯是酋长，像许多其他酋长一样，擅长治疗伤口。荷马的医学几乎完全是军事外科手术，他的史诗主要涉及战争。

6 到七世纪，在小亚细亚的希腊定居点尼多斯传统医学发展了起来。作为这个学派的杰出代表，尤瑞丰和克特西亚斯的名字已经家喻户晓。尼多斯学派显然主要关注疾病的诊断，开发了精细的分类系统。尼多斯医生区分了不少于12种形式的膀胱炎。尼多斯人的医学治疗是活跃的，又是地方性的。显然，他们比科斯人更倾向采取手术干预措施。科斯学派在六世纪科斯岛上建立，希波克拉底的名字和希波克拉底收藏的书籍使其名字永垂不朽，他们主要对预后和一般治疗感兴趣。公元5世纪，西西里岛的克罗托纳（Crotona）发展出了第三个医学派，在罗得岛和昔兰尼（Cyrene）一些学派繁荣昌盛起来。值得注意的是，所有这些早期中心都不是在希腊大陆发展起来的，而是在希腊文明边缘的殖民地发展起来。这验证了外来因素在希腊思想发展中发挥重要作用的这一理论。这里提到的学派是由具有相同传统的团体，而不是活跃的教学机构。希腊医生通常是工匠，因此他们不是在学校接受培训，而是师从大师进行训练。自从希腊医生开始关注健康问题以来，在工匠中他们是最受尊敬的，因为希腊人对健康的关注几乎到了疑病症的地步。如果希腊医生没有市政当局的薪水，他们不得不从一个城市迁移到另一个城市。他们的生活所在上层阶级太单薄，无法让他在一个特定的地方永久生活。

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译文

7 哲学和医学的相互影响对希腊医学的发展具有决定性的重要意义。希腊自然哲学是人类思想演进的重要里程碑之一。值得注意的是，早期希腊哲学与早期医学一样，起源于希腊文明的边缘地带。恩培多克勒（公元前504-433年）在西西里岛工作。他创建了空气、火、水和土四个基本元素的理论，取代了之前哲学家们所坚持的一个基本元素理论。恩培多克勒想象，这些元素是通过四种基本品质的组合而形成的：热、干、湿和冷，他进一步通过身体的四个组成体液来识别四个基本元素：血液、痰液、黄色胆汁和黑色胆汁。这四种体液分别起源于心脏、大脑、肝脏和脾脏。这一理论通过融入希波克拉底的著作并通过亚里士多德和盖伦的发展，成为中世纪和随后几个世纪的主导医学理论。它为很久以前使用的排泄技术提供了“理由”，如静脉切断、拔罐、泻药、催吐剂、打喷嚏、出汗、排尿等等。它的流行可能归因于它的简单。

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译文

8 在五世纪，希腊哲学家的兴趣从自然哲学转向道德哲学。最后一位自然哲学家阿尔克迈翁（约公元前500年）是最早涉及医学主题的希腊人之一。阿尔克迈翁提出了一种理论，即疾病是身体各组成部分之间的一种不平衡状态。同时，阿尔克迈翁对解剖学和胚胎学非常感兴趣。他对视神经、两类血管和气管进行了描述。他将大脑指定为人类高级活动的中心器官。另一位是五世纪的哲学家德谟克利特（大约公元前460年），值得一提的是他的原子作为微小物体的理论，代表了物理世界中的终极单位。这一理论不仅被纳入现代科学，而且对许多古代医学著作产生了巨大的影响。



Unit 1

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Unit 1



译文

中外医疗交流

1 传播到世界各地的中医药（TCM）不仅保持强劲的势头，而且对其他医疗体系非常包容。中医药的广泛传播不仅影响了其他医疗体系，也促进了中医药自身的发展，为全球医疗行业的发展做出了重大贡献。

中医药对世界的贡献

2 中国与外国的医疗交流首先是与东部邻国、特别是日本和韩国的交流。在汉代（公元前202年至公元220年），这样的交流逐渐向西扩展到中亚和西亚。明清时期（公元1368年至1912年），扩展到欧洲、美洲和世界其他地区。

3 中外医学交流最早可以追溯到西周（公元前1100年）。当时，中韩之间已经开始了医疗交流。据《史记》记载，箕子对周武王解释了如何治理一个国家后，给周武王留下了深刻的印象，并任命他为韩国大臣。在交流中，他们讨论了五行理论和阴阳观念。中国和日本之间的医疗交流可以追溯到公元前1000年左右。徐福东渡日本求仙是影响深远的历史事件，《史记》、《太平御览》和《异语志》均有记载。中越医疗交流由来已久，公元前257年，中医崔伟就曾经治愈了一名越南官员的乏力疾病。中印之间的医疗交流可以追溯到先秦时期（公元前221年之前），两国之间最早的交流与印度佛教在中国的传入有关。佛经翻译成汉语和印度僧侣的来访将印度医学带到了中国。

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译文

4 在汉代（公元前202年至公元220年），中国与中亚和西亚国家之间经常进行医疗交流。西汉张骞（公元前202年至公元前8年）和东汉班超（公元25年至公元220年）担任中亚和西亚国家的使节，从中亚国家带回各种药用植物。

5 在三国时期（公元220年至公元280年），韩国积极寻求接触中国医学理论和经验。在明治维新之前，中药和草药在日本发挥了重要作用。

6 从西晋（公元265年到公元316年）到南北朝（公元420年到公元581年），中国与东南亚之间的交流越来越密切。龟壳、象牙和各种香料被引入中国。

7 在隋唐时期（公元581年至907年），中国与包括韩国、日本、印度、阿拉伯在内的其他国家的医疗交流前所未有地活跃和频繁。大量的中国医学著作被传播到韩国、日本、阿拉伯等多个国家或地区。日本和韩国都效仿中国的医疗系统，导入了一套完整的医学教育系统、教材和课程。中国与中亚国家的关系也大大发展。聂斯托利（景教）不仅将西医和阿拉伯医学引入中国，还将中医药引入阿拉伯。中国炼金术传播到阿拉伯，对阿拉伯的炼金术产生了相当大的影响。

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8 宋元时期（公元960年至1368年），许多阿拉伯药品被引入中国，如犀角和乳香。一些阿拉伯药物制剂和处方开始在中国流通，这促进了中国药物制剂方法的发展。

9 在明清时期（公元1368年至1912年），天花接种首先引入韩国和日本，然后引入俄罗斯和土耳其，最后在英国和欧洲其他地区使用。此时，传教士开始在中国引入西医，开展频繁的医疗活动，建立新的诊所和医院。西医的渗透范围越来越广，到19世纪初，西医逐渐在中国站稳脚跟。

世界对中医的贡献

10 中医药在中国境外广泛传播的同时，也吸取了不同国家的经验，促进了许多有价值的药材在中国的引进，进而启动了与中国的药材贸易。同时，中国不仅引进了药物，还引进了来自世界各地的医学作品和配方。例如，韩国治疗脚气的配方记录在《外台秘要》中。唐代、宋代、元代、明代的许多著名医学著作被纳入并汇编在韩国医学著作中，如《医生的仁方》、《药草大纲》、《东方医学的珍贵镜子》等，帮助保存了中国历史上未传承的数十部医学著作。这些作品随后被重新引入中国，对中医产生了重大影响。它们提供了丰富的材料，后人可以从中获得有关古代医学作品的信息，对中医临床实践、病史、文献和不同版本的书籍收藏也具有重要价值。

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11 印度医学是通过佛教传入中国。据《隋书》记载，包括《龙树菩萨药典》在内，有十余部印度书籍被译成中文。治疗印度眼病的配方和治疗方法在中国推出，促进了中医眼科的发展。其中一些仍在当代临床实践中使用。

12 元末《回回药方》是以阿拉伯医学为基础，但也记载了许多中医配方和术语。它反映了当时回族医学与中医的融合。著作记录了阿拉伯医学的骨科知识，包括软组织损伤和关节脱位的原因、发病机制、诊断和治疗，以及它们的一些并发症。它在外科和骨科领域对中医发展作出了重要贡献。

13 明治维新时期，虽然日本废除了汉方医学，但约有570部重要的日本汉方医学著作在中国广泛传播。这些著作具有相当大的学术价值，包括《黄帝内经》的注释与文本研究、张仲景理论的研究以及汉方医学的临床应用与经验。它们不仅提供了一种了解日本主流医学的途径，而且还极大地丰富了中医知识，为日本中医实践提供了许多重要的参考文献。

