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Unit One



Are You Healthy?

Warming-up

Have you heard of subhealth? Experts say forming good living habits is the key to avoiding subhealth and ensuring good health.

Healthy Habits, Healthy Body

Do you feel tired lately? Has a doctor said he can't find anything wrong with you? Perhaps he sent you to a hospital, but all the advanced equipment there shows that there is nothing wrong with you.

Then, consider this: you might be in a state of subhealth.

Subhealth, also called the third state or the gray state, is explained as a borderline (分界线) state between health and disease.

According to the investigation (调查) by the National Health Organization, over 45 percent of subhealthy people are middle-aged or elderly. The percentage is even higher among people who work in management positions as well as students around exam weeks.

Symptoms (症状) include a lack of energy, depression, slow reactions, insomnia (失眠), and poor memory. Other symptoms include shortness of breath, sweating and aching in the waist and legs.

The key to preventing and recovering from subhealth, according to some medical



experts, is to form good living habits, alternate (交替) work and rest, exercise regularly, and take part in open air activities.

As for the meals, people are advised to eat less salt and sugar. They should also eat more fresh vegetables, fruits, fish because they are rich in nutritional (营养的) elements — vitamins and trace (微量) elements that are important to the body.

Nutrition experts point out that it is not good to eat too much at one meal. They also say that a balanced diet is very helpful in avoiding subhealth.

Warming-up Activities

I. Discuss the following questions in groups.

- 1 What does subhealth mean and what is the other name for subhealth?
- 2 What kinds of people are liable to be affected by subhealth?
- 3 How do people know that they are in a state of subhealth?
- 4 How can people prevent and recover from subhealth?
- 5 Could you suggest some other methods to fight against subhealth?

II. Learn the use of phrasal verbs with the help of a dictionary.

Send

1. If you are not happy with our product, you can always **send** it **back**.
2. The case is urgent; you must **send for** a doctor or an ambulance.
3. Entry forms must be **sent in** by December 21.
4. We have **sent** the children **off** to the zoo for the afternoon.

Text A

Living a Healthy Life

The word *health* means different things to different people. To many people, it merely means the freedom from any obvious symptoms of disease. To someone in poor health, it may mean a goal to be attained. To a psychologist, health is mainly the normal functioning of the mind; to a physician, it may mean mainly the normal functioning of the body. To an investor, it may be a profitable industry.

One definition of health is “the ability to function effectively within one’s environment.” Health is seen as the consequence and the evidence of a successful adaptation to the world where one lives and disease as a failure in adaptation. Because the environment is constantly changing, this definition of health implies an ongoing, continuous process of adaptation. Poor health is seen in terms of inability to adapt. Such inability could result from an individual’s loss of adaptive ability (physical or emotional) or from an environment that changes beyond the limits of human adaptive potential. Thus, a healthful environment is essential to our personal health. Too often, there are adverse factors in a person’s physical, emotional, or social environment that are damaging to health and that are beyond the ability of even the most adaptable individual to adapt to.

In today’s fast-changing world, it is necessary to define health in very broad terms. Health cannot be defined as merely the absence of disease or as a purely personal condition. The World Health Organization’s Constitution defines health as a state of physical, mental, and social well-being and not merely the absence of disease or infirmity. The health of the individual and the health of society are mutually dependent. Individual health cannot reach its fullest development within an ailing society, nor can a society composed of physically or emotionally ill individuals be truly healthy. The health of the individual contributes to the health of society; the health of society helps build the health of the individual.

The way in which an individual defines health will strongly influence his or her health-related behavior. People who see health only in terms of the absence of disease are unlikely to take much personal responsibility for their own health. They may see health as the problem of physicians and public health workers but not as any real concern of their own. They tend to take a passive role in the maintenance of their own health. Although such people may not be actually sick, neither are they usually in excellent health.

People who see health in terms of positive wellness (not just the absence of disease) will



take a more active role in promoting their own health. They are aware of great possibilities life holds for people in good health. They know that the rewards they receive from life are largely determined by the amount of physical and emotional vitality they can put into living. Their concept of health includes a positive, dynamic, enthusiastic approach to living. People with this attitude will take good care of their physical health, because they enjoy life and want to live as long and as fully as possible. Also, they are less likely to be held back by the unavoidable problems that develop throughout every life. They cope better with periods of emotional conflict. They refuse to be discouraged or disabled by any physical handicaps they may have or develop. They have tremendous ability to “bounce back” from adversity. This is the quality of health that is attainable to people with positive attitudes.

NEW WORDS AND EXPRESSIONS

symptom / 'sɪmptəm / *n.* 症状

disease / dɪ'zi:z / *n.* 病, 疾病

attain / ə'teɪn / *v.* 达到, 实现

psychologist / psɪkə'lɒdʒɪst / *n.* 心理学家, 心理学者

physician / fɪ'zɪʃən / *n.* 医师; 内科医师

investor / ɪn'vestə(r) / *n.* 投资者

profitable / 'prɒfɪtəbl / *adj.* 有利可图的; 赚钱的

consequence / 'kɒnsɪkwəns / *n.* 结果

adaptation / ædæp'teɪʃən / *n.* 适应

potential / pəu'tenʃəl / *n.* 潜能; 可能性

adverse / 'ædvɜ:s / *adj.* 不利的

physical / 'fɪzɪkəl / *adj.* 身体的

well-being / 'wel'bi:ɪŋ / *n.* 幸福; 康乐

infirmary / ɪn'fɜ:mətri / *n.* 虚弱; 疾病

mutually / 'mju:tʃʊəli / *adv.* 互相地

ail / eɪl / *n.* 病痛 *v.* 生病

maintenance / 'meɪntənəns / *n.* 维护; 保持

vitality / var'tæləti / *n.* 活力; 生命力

concept / 'kɒnsept / *n.* 概念

dynamic / daɪ'næmɪk / *adj.* 动力的; 有活力的

approach / ə'prəʊtʃ / *n.* 方法; 途径 *v.* 接近, 靠近

conflict / 'kɒnflɪkt / *n.* 冲突, 矛盾

handicap / 'hændɪkæp / *n.* 障碍; 不利条件

tremendous / trɪ'mendəs / *adj.* 极大的, 巨大的

attainable / ə'teɪnəbl / *adj.* 可得到的; 可达到的

adapt to 使……适应于

in terms of 就……而言; 在……方面

result from 起因于; 由……造成

compose of 由……组成

contribute to 有助于; 是……的原因之一

hold back 退缩; 阻止

cope with (成功地) 对付, 处理

bounce back 反弹; 迅速恢复活力

NOTES

- Health is seen as the consequence and the evidence of a successful adaptation to the world where one lives and disease as a failure in adaptation. 健康被视为一个人成功地适应所生活的世界的结果和证据, 而疾病则被看作是适应能力的缺失。

adaption to / adapt to 对……适应，例如：

The world will be different, and we will have to be prepared to adapt to the change. 这个世界将会不同，所以我们必须准备好适应这种变化。

where one lives 为定语从句，修饰 the world。

- ② Such inability could result from an individual's loss of adaptive ability (physical or emotional) or from an environment that changes beyond the limits of human adaptive potential.

这种不能适应（环境）可能起因于个体生理上或心理上失去适应能力，抑或由于环境的变化超出人类适应能力。

result from 起因于，由于；比较 result in 导致，致使，如：

The car accident resulted from the carelessness of the driver. 司机的大意造成了这次事故。

Bad food resulted in his diarrhea. 食物的变质引起了他的腹泻。

句中 that changes beyond the limits of human adaptive potential 为定语从句，修饰 the environment。

- ③ Too often, there are adverse factors in a person's physical, emotional, or social environment that are damaging to health and that are beyond the ability of even the most adaptable individual to adapt to. 一个人的身体、心理或社会环境方面往往有一些不利因素，而这些不利因素破坏了健康，即使最能适应的人也难以适应。

句中 that are damaging to health and that are beyond the ability of even the most adaptable individual to adapt to 是两个定语从句，共同修饰 adverse factors。

- ④ the World Health Organization's Constitutions 世界卫生组织章程

- ⑤ Individual health cannot reach its fullest development within an ailing society, nor can a society composed of physically or emotionally ill individuals be truly healthy. 在一个病态社会里，个人不可能达到完全健康；而一个充满了生理或心理疾患的个体的社会也不可能是健康的。

nor 同 neither “也不”，后接倒装结构，又如文中第四段最后一句：

Although such people may not be actually sick, neither are they usually in excellent health. 也为倒装结构。

composed of 由……组成，过去分词结构做定语，修饰 society。

- ⑥ They know that the rewards they receive from life are largely determined by the amount of physical and emotional vitality they can put into living. 他们知道他们从生活中获得的回报主要由他们投入到生活中生理和心理活力的多少来决定的。

they receive from life 和 they can put into living，是两个省去关系代词的定语从句，分别修饰 rewards 和 vitality。

I. Answer the following questions.

1. What does the word “health” mean to different people?
2. What is the relationship between health and the environment according to the author?
3. What is the relationship between health and the society according to the author?
4. What will strongly influence the individual’s health-related behavior?
5. How will people with positive health attitudes react to some unavoidable problems?

II. Choose the best answer to each of the following questions.

1. What is the passage mainly about?
 - A. The definition of health.
 - B. Health and the environment.
 - C. Living a healthy life.
 - D. Health and the society.
2. To a physician what does *health* mean according to the passage?
 - A. A profitable industry.
 - B. The normal functioning of the body.
 - C. A goal to be attained.
 - D. The normal functioning of the mind.
3. Which of the following is NOT mentioned as a factor that influences one's health?
 - A. The environment and society.
 - B. People's adaptation.
 - C. People's health attitudes.
 - D. The family history.
4. People with passive health attitudes will _____.
 - A. cope better with some emotional problems
 - B. take good care of their physical health
 - C. not really be concerned for their own health
 - D. not be discouraged by any physical handicaps

Vocabulary Exercises

III. Fill in blanks with the words given, changing forms where necessary.

approach

goal

attain

physical

profitable

consequence

disease

dynamic

tremendous

adverse

1. I felt a _____ pressure on my work.

2. It's important to set your own _____ and follow them all the time.
3. The pollution has a(n) _____ effect on people's health.
4. With Christmas _____, all shops are crowded with people.
5. We should take measures to prevent the spread of the _____ in the area.
6. _____ activities are beneficial for a good health.
7. China continues to be the most _____ economic region in the world.
8. Henry is halfway to _____ his pilot's license.
9. This decision could have serious _____ for the future of the industry.
10. Drug manufacturing is the most _____ business in US.

IV. Complete the following sentences by choosing the correct word.

Model:

Individual health cannot reach its fullest development within an ailing society, *nor/ neither can* a society composed of physically or emotionally ill individuals be truly healthy.

1. He didn't finish the job and she didn't, either.

2. I have no excuse for being late. He does not have any, either.

3. "If my husband has no future," she said, "then my children do not have it, either."

VI. Organize the parts into a complete sentence, following the model given.

Model:

the way, an individual defines health, will strongly influence his or her health-related behavior

The way in which an individual defines health will strongly influence his or her health-related behavior.

1. historians seem to differ from other social scientists in the way, they study social processes

2. the way, they take care of these needs, depends on the culture they grow up in

3. plant hormones play an important role in controlling the way, plants grow and develop

Translation

VII. Put the following sentences into English, using the words given.

1. 新鲜空气和运动有助于健康。 **contribute to**

2. 父母应该在子女的教育方面起积极作用。 **play an active role**

3. 成长期间有猫狗陪伴的婴儿，长大之后不大可能有过敏症。 **be less likely to**

4. 在一年内不断参加测试的学生在期末考试时会表现得比较好。 **tend to do**

5. 这个国家的人民生活很苦。很少有哪一天物价或其他东西不上涨。 **go by without**

Text B

Enjoy Idleness

In his 1935 essay, *In Praise of Idleness*, British philosopher Bertrand Russell wrote, “I think there is far too much work done in the world and immense harm is caused by the belief that work is virtuous.” Russell advocated shortening the work day to four hours. And people all over the world ignored his advice. Although fourteen-hour work days are gone in most industrialized countries today, studies reveal that people in most of these countries believe they are working longer and harder than ever.

In the United States, the hours available for leisure each week dropped from 24.3 in 1975 to 19.2 in 1995. An associate partner in a U.S. architectural firm reported that working 70 to 80 hours a week is the norm in her field. In a recent survey of 150 Canadian executives, 75 percent stated they were working so hard that their personal relationships were suffering. Compaq Canada’s director of channel sales and development says he arrives at his office by 6:30 a.m., leaves after 7:30 p.m., and always works at home in the evening.

Many people blame technology for our longer working hours. Instead of giving us more leisure time as predicted, it seems to tie us more securely to our offices. In the days before fax, e-mail, and videoconferencing, the office closed. Today we take the office with us. A British manager, for example, can stay at work until midnight for a conference with the California branch. Corporate downsizing is another contributor, because remaining workers have to do the jobs of those who have been laid off. Basically, however, people just seem to feel they need to work harder. According to Carole Pemberton, a research consultant with a British management organization, people worked hard in the 1960s to get ahead; now they feel they must work hard just to stay where they are.

In the short run, workers may be rewarded for long hours, but experts point out that ultimately people suffer from exhaustion, stress, and depression. To improve the quality of their lives, many U.S. workers are changing jobs and taking salary cuts. Internationally, organizations are helping workers slow down. When conducting performance reviews, the Bank of Montreal no longer rewards managers for working interminable hours. In Japan, Sony encourages staff to take every day of holiday entitlement. In Great Britain, a group launched the movement “Long Hours on Time! Get a Life.” It remains to be seen if workers around the world will take this advice.



NEW WORDS AND EXPRESSIONS

idleness /'aɪdlɪnɪs/ *n.* 懒惰; 闲散
philosopher /fɪ'lɒsəfə(r)/ *n.* 哲学家
immense /ɪ'mens/ *adj.* 巨大的, 广大的
virtuous /'vɜ:tʃʊəs/ *adj.* 有道德的; 品德高尚的
advocate /'ædvəkeɪt/ *v.* 提倡, 主张
industrialized /ɪn'dʌstriəlaɪzd/ *adj.* 工业化的
reveal /rɪ'vi:l/ *v.* 显示; 揭露
associate /ə'səʊʃieɪt/ *adj.* 副的; 联合的
architectural /'ɑ:kɪtektʃə(r)/ *adj.* 建筑学的; 建筑上的
norm /nɔ:m/ *n.* 规范, 基准
executive /ɪg'zekjʊtɪv/ *n.* 主管; 行政人员
securely /sɪ'kjʊəli/ *adv.* 牢固地; 安全地
videoconferencing /ˌvɪdɪəʊ'kɒnfərənsɪŋ/ *n.* 视频会议

corporate /'kɔ:pəreɪt/ *adj.* 公司的, 法人的
downsize /daʊn'saɪz/ *v.* 缩小尺寸; 裁减人数
contributor /kən'trɪbjʊtə(r)/ *n.* 造成 (不良后果的) 因素; 贡献者
consultant /kən'sʌltənt/ *n.* 顾问; 咨询者
ultimately /'ʌltɪmətli/ *adv.* 最后
exhaustion /ɪg'zɔ:stʃən/ *n.* 疲惫; 精疲力竭
interminable /ɪn'tɜ:mɪnəbl/ *adj.* 冗长的; 无休止的
entitlement /ɪn'taɪtlmənt/ *n.* 权利; 津贴
launch /lɔ:ntʃ/ *v.* 发起, 发动
blame...for 责备; 因……责备
lay off 解雇
in the short run 从短期看
suffer from 遭受; 患……病

Review and Practice

I. Answer the following questions.

1. What was British philosopher Bertrand Russell's general attitude toward idleness and work?

2. Did people at that time take his advice?

3. What is the current situation in terms of leisure and work according to the author?

4. Do you have any comment on this topic?

II. Decide whether the following statements are true (T) or false (F) according to the text.

1. According to a survey U.S. workers get more leisure hours each week now than before.
2. Technology development leads to longer working hours.
3. Today many people take the office with them, because they have fax, e-mail, and videoconferencing.
4. According to Carole Pemberton people used to work hard to get ahead, but now people feel they must work hard just to keep their jobs.
5. For the time being, workers may be rewarded for long working hours; however, in

the long run, people will suffer from exhaustion, stress, and depression.

6. It is certain that workers around the world will take the advice of “Long Hours on Time! Get a Life.”

III. Translate the following into Chinese.

1. I think there is far too much work done in the world and immense harm is caused by the belief that work is virtuous.
2. In a recent survey of 150 Canadian executives, 75 percent stated they were working so hard that their personal relationships were suffering.
3. Instead of giving us more leisure time as predicted, it seems to tie us more securely to our offices.
4. Corporate downsizing is another contributor, because remaining workers have to do the jobs of those who have been laid off.
5. When conducting performance reviews, the Bank of Montreal no longer rewards managers for working interminable hours.

Word Building (1)

Learning Something about Word-building

You probably know the following words already: *special, specialist, specific, specify, specialize, specialty, specialization*. They are all related with a Latin word *species* meaning *a kind*, and by changing the suffixes, they all have a different meaning of their own. For our purpose, what we need to know is that by learning useful word elements, such as **prefixes**, **suffixes**, and **roots**, we can learn more words more quickly and understand their meanings better. In this book, we will introduce some very commonly used prefixes and suffixes.

-al and *-ic* are two useful suffixes forming adjectives. In the texts of this unit, you meet words like *medical, normal, personal, social, physical, mental, emotional, dynamic, enthusiastic*, and others.

Here are more sample words containing *-al* and *-ic*.

-al (of or concerning)

functional

global

additional

behavioral

habitual

-ic (of, like, or connected with)

energetic

alcoholic

optimistic

realistic

characteristic

