

**АВТОНОМНАЯ НЕКОММЕРЧЕСКАЯ ОРГАНИЗАЦИЯ
СРЕДНЕГО ПРОФЕССИОНАЛЬНОГО ОБРАЗОВАНИЯ
«КОЛЛЕДЖ ИНФОРМАЦИОННЫХ ТЕХНОЛОГИЙ И ПРАВА»
(АНО СПО «КИТП»)**

ОГСЭ.03 ИНОСТРАННЫЙ ЯЗЫК (АНГЛИЙСКИЙ)

Сборник текстов для самостоятельной аудиторной и внеаудиторной работы
обучающихся по английскому языку
очной формы обучения
по специальности 31.02.01 Лечебное дело

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ИНФОРМАЦИОННЫХ ТЕХНОЛОГИЙ И
ПРАВА»

:

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Сборник предназначен для аудиторной и внеаудиторной самостоятельной работы обучающихся 1-4 курсов очной формы обучения специальности 31.02.01 Лечебное дело по дисциплине «Иностранный язык» (английский). Он поможет студентам расширить словарный запас и усовершенствовать навыки работы с текстовым материалом медицинской направленности по изучаемой теме.

Пояснительная записка

Сборник текстов для самостоятельной аудиторной и внеаудиторной работы обучающихся по дисциплине «Иностранный язык» (английский)» подготовлено в соответствии с требованиями ФГОС СПО для специальности Лечебное дело (1-4 курсы).

Цель сборника – оказание помощи студентам при самостоятельной работе с текстовым материалом, необходимым для совершенствования навыков и умений чтения адаптированной и аутентичной медицинской литературы, и ведения беседы по медицинской тематике.

Сборник построен в соответствии с программой специальности и включает тексты, заимствованные из различных источников как отечественной, так и зарубежной литературы по медицине. В сборнике представлены тексты с тематическими заданиями.

Для работы с текстом предлагаются задания: на чтение, перевод, нахождение эквивалентов лексики в текстовом материале на английском и русском языках и формирование относительно самостоятельных высказываний, а также ответы на вопросы.

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РАЗДЕЛ I MEDICAL SYSTEM

TEXT

MEDICAL EDUCATION IN GREAT BRITAIN

In Great Britain physicians are trained in medical schools or faculties of Universities.

To enter a medical school in Great Britain candidates must pass entrance examinations in oral form. Tuition fees are charged. Most students receive financial assistance in the form of grants.

The academic year is divided into 3 terms each of 10-11 weeks duration.

Two pre-clinical years are occupied by human anatomy, biology, biochemistry and other subjects.

Students attend lectures, do dissection and practical work in labs.

Beginning with the third year, students study the methods of clinical examinations and history-taking, they have practical training in teaching hospitals. Besides the work in the wards the students attend lectures and study clinical subjects.

After passing the finals students are given the degree of Bachelor of Medicine (B.M.) or Bachelor of Surgery (B.S.). Besides these degrees there is the degree of Doctor of Medicine (D.M.). This degree is a post graduate qualification obtained by a thesis.

Words:

1. in oral form - в устной форме
2. tuition - обучение
3. fee - плата
4. fee for tuition - плата за обучение
5. charge - плата, расходы
6. assistance - помощь
7. grant - стипендия
8. dissection - препарирование
9. history taking - составление истории болезни (анамнез)
10. teaching hospital - клиническая база
11. ward - больничная палата
12. degree of Bachelor of Medicine - степень бакалавра медицины
13. degree of Doctor of Medicine - степень доктора медицины (хирурга)

Ex.1 Find English equivalents. Найдите английские эквиваленты. терапевты, факультет, семестр, посещают лекции; учебный год, оплачиваются, длительность, лаборатория, проходят практику, клинические предметы, начиная с Зего курса, после сдачи госэкзаменов, диссертация.

Ex.3 Answer the questions. Ответьте на вопросы.

1. Where are doctors trained in G.B.?

2. What examinations is it necessary to pass?
3. Is education in G.B. charged?
4. How many terms has the academic year?
5. What subjects do the students study?
6. What degrees are given to students in G.B. after passing the finals?

TEXT

MEDICAL EDUCATION IN THE USA

After finishing primary school and secondary studies at the age of 18, the candidate for a medical school must complete at least three years of higher education in a college or university.

This period of college or university studies is called «the pre-medical phase». The students who are taking this course of studies preparing them for a medical school are called «pre-meds». A student applies to a medical school when he has completed premedical studies. The application costs approximately \$ 50.

Academic achievement is the most important factor in the selection of students. In most medical schools candidates are required to pass the admission test. This is a national multiple-choice test. The test lasts about eight hours over a one-day period and include questions in biology, chemistry, physics, mathematics, and English. Then, special admission committees have personal interviews with the applicant in order to assess the candidate's general qualities, his character and his ability to study medicine.

The competition among the applicants is very high and only about half of those who apply to medical school are accepted and begin their medical education. By the way, what we call «medical school» is «medical institute» in your country.

The curriculum of medical schools in the USA does not greatly differ from the curriculum in other medical institutes. The basic sciences are taught largely during the first two years of medical studies. For instance, in the first year at Johns Hopkins students study anatomy, biophysics, biochemistry, physiology, bacteriology, histology and other subjects. In the second year they study microbiology, pathology, physical diagnosis, pharmacology and laboratory diagnosis.

The curriculum of the final two years includes clinical subjects. Medical students do their practicum at teaching hospitals affiliated to the medical school. Students in small groups meet their teachers in the yards and in the out-patient departments where they participate in the treatment of patients.

At the end of four years all students receive the Degree of Doctor of Medicine, that is the M.D. Then they must work for one year as interns. This course of training at the hospital or clinic is called an internship.

After their internship young doctors must have period of residency at the clinic. The period of residency is obligatory for all medical graduates. This period varies, depending on the specialty of the doctor. Generally, the period of residency is three or four years. For instance, residency in surgery and neurosurgery in the Johns Hopkins School of Medicine lasts four years. Residency in internal medicine, preventive medicine and radiology- lasts

for three years. After the residency, the graduate is granted a license to practice and he may work either in government service or in private practice.

Medical schools are gradually increasing their tuition fee in all the universities of the USA. Only a small percentage of the students receive scholarships. The majority of the students have to work to pay for their studies. The government-financed universities charge less, while the tuition of the private colleges and universities is extremely high.

Words:

1. internship - интернатура
2. residency – место пребывания
3. majority – большая часть
4. extremely - чрезвычайно
5. primary - первичный
6. secondary - вторичный

Ex.1 Find English equivalents. Найдите английские эквиваленты. студенты младших курсов мединститута; тестовый экзамен с ответами в виде множественного выбора; доктор медицины; личное собеседование; ординатор; входящий в структуру института; приемная комиссия; плата за обучение; частная практика.

Ex.3 Answer the questions. Ответьте на вопросы.

1. What must the candidate for a medical school complete after finishing primary school?
2. Academic achievement is the most important factor in the selection of students, isn't it?
3. Is the competition among the applicants high?
4. What is the curriculum of medical schools in the USA?
5. When do all students receive the M.D.?
6. Is the education in the USA charged?

TEXT

MEDICAL EDUCATION IN RUSSIA

All establishments of higher medical education are financed and guided by the Ministry of Health and Social Development of the Russian Federation.

Doctors of different specialties are trained at medical institutions of higher education, at medical universities and academies. There are also pharmaceutical academies, which train specialists in pharmacy.

Medical institutions of higher education offer various faculties and specialties which an entrant may choose according to his or her abilities and wishes. Nowadays a new examination system is being introduced. The so-called «The General State Exam» allows pupils to enter any institution of higher education according to its results.

Medical colleges train paramedical personnel: nurses, midwives, dental technicians and doctor's assistants. The course of studies is 3-4 years.

The training at medical institutions of higher education takes 5 or 6 years. It consists of lectures, practical classes and medical practice. The attendance of lectures, practical classes and seminars⁴ is compulsory. Academic year begins on September the 1 stand is divided into two semesters of four months each. At the end of each semester the students have to pass examinations and tests. If a student passes the exams well he gets a grant paid monthly. paramedical personnel. For the first two years students study pre-clinical subjects such as: Physics, Chemistry, Biology, Social Sciences, Latin and so on. They also study Human Anatomy, Physiology, Histology, and Microbiology. Clinical subjects are taught from the third to the fifth or sixth year.

The students have practical course at therapeutic, surgical and other departments in hospitals and clinics. They master practical skills in clinical conditions. They are taught how to take and record the patient's case history, to carry on medical examination of the patient, to make diagnosis, to prescribe treatment and carry on different medical procedures. There are all facilities for talented students to carry on research work. They attend scientific societies at different departments where they are offered modern guidelines for research activity. Having passed state examinations graduates receive their diplomas and can apply for clinical internship.

The post graduate course and the Institute of Post-Diploma and Additional Education are for doctors, paramedical personnel. During three years the post-graduate students prepare a thesis, defend it and obtain the degree of Candidate of Medical Sciences.

Words:

1. medical education - медицинское образование
2. establishment - учреждение
3. to finance- финансировать
4. to guide - руководить
5. to train - обучать
6. institution of higher education - высшее учебное заведение (вуз)
7. pharmaceutical - фармацевтический
8. pharmacy - фармацевция
9. entrant - абитуриент
10. ability - способность
11. to introduce - вводить, представлять
12. General State Exam Единый – Государственный Экзамен (ЕГЭ)
13. to allow- позволять
14. paramedical personnel - средний медицинский персонал
15. nurse - медсестра
16. midwife - акушерка
17. dental technician - зубной техник
18. doctor's assistant - фельдшер
19. attendance of lectures - посещение лекций
20. compulsory - обязательный
21. semester - семестр

22. grant - стипендия
23. curriculum - учебный план
24. pre-clinical subjects - доклинические, теоретические предметы
25. to teach (taught, taught) - учить, преподавать
26. social sciences - общественные науки
27. surgical - хирургический
28. to master - овладевать
29. practical skills - практические навыки
30. to record - записывать, заполнять
31. patient's case history - история болезни пациента
32. to carry on medical examination - проводить медицинский осмотр
33. to make diagnosis - ставить диагноз
34. to treat - лечить
35. to prescribe - прописывать
36. medical procedure - медицинская процедура
37. facilities - возможности
38. research work - научно-исследовательская работа
39. scientific society - научное общество, кружок
40. department - отделение, кафедра
41. modern guidelines - современные направления
42. state examinations - государственные экзамены
43. graduate - выпускник
44. to apply- подать заявление
45. clinical internship- клиническая ординатура
46. post graduate course- аспирантура
47. post graduate student- аспирант
48. the Institute of Post-Diploma - институт последипломного
49. and Additional Education и дополнительного образования
50. to improve улучшать, совершенствовать
51. to prepare a thesis - готовить диссертацию
52. to defend a thesis- защитить диссертацию
53. to obtain a degree - получить степень

Ex.1. Find Russian equivalents. Найдите русские эквиваленты.

the Ministry of Health and Social Development of the Russian Federation; an entrant may choose according to his or her abilities and wishes; paramedical personnel ; master practical skills in clinical conditions; to carry on research work.

Ex.3 Answer the questions. Ответьте на вопросы.

- 1 Who finances and guides the higher medical education in Russia?
2. Where are the doctors trained?
3. Where are the specialists in pharmacy trained?

4. Who may enter a medical institution of higher education?
6. Whom do the medical colleges train?
7. What is the course of training at the medical institution of higher education?
8. How many semesters has the academic year?
9. What subjects does the curriculum include?
10. Where do the students have medical practice?
11. What are the students taught during medical practice?
12. Where do the students carry on research work?
13. When do the graduates receive their diplomas?
14. Where can the doctors improve their qualification?
15. For what degree does the post-graduate student defend a thesis?

TEXT

HEALTH CARE IN RUSSIA.

The characteristic feature of health care in Russia is the attention paid to the prophylaxis. One of the main tasks is the fight against various diseases is the early detection of the first signs of the diseases. That's why much attention is paid to the health education of the population.

The primary medical care is provided by polyclinics. Modern polyclinics are large, they have their own laboratories and X-ray, physiotherapy (medical treatment), surgical and dental departments. There are polyclinics for adult patients and for children. Outpatients are seen at the polyclinics by district doctors.

The emergency ambulance service operates day and night and is free of charge. A person has to dial 03 for a doctor to come.

Specialized hospitals in big cities are for the treatment of particular diseases – infectious diseases and mental impairments, cancer, eye diseases and others. Nowadays there are a number of private diagnostic and consultation centers, general hospitals specialized clinics in Russia. Medical and health care is provided with compulsory and voluntary medical insurance programs set up by the State via [vaiə] private insurance companies.

Words:

1. health care- здравоохранение
2. district doctor-участковый врач
3. emergency ambulance service –скорая (неотложная) помощь
4. primary medical care- первичная медицинская помощь
5. to be equipped with- быть оборудованным чем-либо
6. qualitative-качественный
7. mental impairment [im'preəmənt]-умственное расстройство
8. medical insurance - медицинское страхование

Ex.1 Find English equivalents. Найдите английские эквиваленты.

Раннее выявление; санитарное просвещение, взрослые пациенты, участковые врачи, работает день и ночь, надо набрать 03, определенные заболевания, обязательное и добровольное страхование.

Ex.2 Find Russian equivalents. Найдите русские эквиваленты.

the attention paid to the prophylaxis; the fight against various diseases; polyclinics for adult patients and for children; are for the treatment of particular diseases .

Ex.3 Answer the questions. Ответьте на вопросы.

1. What is the characteristic feature of health care in Russia?
2. Why is much attention paid to the health education of the population?
3. What is primary medical care provided by?
4. Is ambulance service free of charge in our country?
5. What are specialized hospitals for?

TEXT

HEALTH CARE IN THE USA

Health care system in the USA exists on three levels: the level of the family doctor, the medical institution or hospital and the United States Public Health Service. Not many Americans seek medical help from private doctors.

A private doctor, they call him a family doctor, gives his patients regular examinations and inoculations. In case professional care is needed, the family doctor arranges for the patient to see a specialist or to go to a hospital. The family doctors' receives pay directly from the patient. Most physicians have private practices. They make use of the hospital's facilities whenever necessary. A family doctor either has his own private office or works with several other doctors in a so-called group practice.

Many Americans have no family doctor and they come directly to the hospital for all their medical needs. The hospital provides health care to the sick and injured. They have government-financed and private hospitals. The patients are admitted to hospitals or clinics staffed by consulting physicians, residents, interns and highly skilled nurses. The nursing staff is very important. Nurses and patients are in close contact throughout the patients' stay in the hospital. Social services are available to the patients and families regarding personal, emotional, and financial problems that may arise from continued illness or disabilities.

Most hospitals have the following major departments or units: surgery, obstetrics and gynecology, pediatrics and general medicine. They may also have trauma and intensive care units, neurosurgical and renal care units, and a psychiatric unit. The emergency room (unit) is a very special area in the hospital. The emergency patients receive immediate attention.

The cost of medical care in country is very high. Two thirds of the population has private health insurance. Some people have health insurance, life insurance (financial assistance for the relatives in case of death), disability insurance and retirement benefits at their place of employment. Most employees and their families now pay more than 50 per cent of the costs of health insurance. The great cost of medical care in the country and a lot

of people who could not pay for it forced the federal government to develop two health insurance programs – Medicaid and Medicare.

Medicaid, started in 1966, is a federal program providing free medical care for low-income people, the aged, the blind and for dependent children.

Medicare, started in 1967, is a health insurance program for the elderly and disabled. It provides free medical care aged Americans over 65, for those who in the past had the greatest medical expenses.

The chief scientific problems facing USA medicine are: heart disease and cancer. The chief causes of suffering and death today are cancer and cardiovascular disease, including hypertension, stroke and atherosclerosis. Also much medical research is done on illnesses of aging, disabilities caused by arthritis, mental illness, drug addiction, and genetic problems.

Words:

1. private doctor – частный врач
2. to inoculate - делать прививку
3. inoculation – прививка
4. consulting physician – врач-консультант
5. disability - нетрудоспособность, инвалидность
6. retirement - пенсия
7. stroke - инсульт
8. Medicaid - социальная правительственная программа, обеспечивающая бесплатное медицинское обслуживание беднякам и инвалидам.
9. Medicare-правительственная программа, предусматривающая частичную оплату медицинского обслуживания престарелым за счет страхования, остальную часть – за счет государства.
10. dependent children - несовершеннолетние дети
11. the aged - пожилые
12. the blind - слепые
13. the disabled - инвалиды

Ex.1 Find English equivalents. Найдите английские эквиваленты.

Здравоохранение; нуждаются в медицинской помощи; больницы, финансируемые государством; урологическое отделение; пособие по инвалидности; люди с низкими доходами; престарелые; бесплатная медицинская помощь; заболевания сердца; генетические проблемы.

Ex.2 Find Russian equivalents. Найдите русские эквиваленты.

To give regular examinations and inoculations; to arrange; to receive pay directly from the patient; private practices; the hospitals facilities; provides health care; highly skilled nurses; are in close contact; social services; emergency patients; health insurance; scientific problems.

Ex.3 Answer the questions. Ответьте на вопросы.

- 1 .What kinds of hospitals are there in the USA?
- 2 .What duties does a private doctor have?
3. Who works at the American hospitals?
4. Do social services help people at the hospitals?
5. Do nurses work in close contact with patients?
6. What are the departments of hospitals?
7. Is the cost of medical care high in the USA?
8. Are there people who can't pay for medical care?
9. What are Medicaid and Medicare?
10. What are the main problems of medical science in the USA?

TEXT

HEALTH CARE IN GREAT BRITAIN

In Great Britain the National Health Service (NHS) provides free medical care both in hospitals and in the out-patient clinic. Free emergency medical treatment is given to any visitor from abroad who becomes ill while staying in the country. But those who come to England specifically for treatment must pay for it.

The general practitioner services include the family doctor service, the dental service, the pharmaceutical service and the ophthalmic service. If a patient is dissatisfied with NHS or family doctor, or a dentist, he may change to another one. In fact, 97% of the population uses the NHS. It is necessary to say about the role of the family doctor (General Practitioner – GP), which is very important. As a rule, not all patients need highly specialized attention and GP does 90% or so of the total medical work. Family doctors work in close cooperation with the hospital doctors.

A patient in England may choose between NHS or private treatment. Many people who have enough money prefer to be private patients because they want to establish a closer relationship with the doctor and they do not want to be put in a large ward with other patients.

In big cities there are some private hospitals which people may use.

There are many small hospitals with only about 200 beds in Great Britain.

Most of them are housed in inconvenient buildings because they are over 100 years. They are not economical and cannot provide a full range of service which requires a district hospital of 800 beds or more. Now there are more than 150 big health centers in the UK. The first Scottish health center was opened in Edinburgh in 1953. Health centers are institutions where various medical services both preventive and curative are brought together.

Health centers provide all the special diagnostic and therapeutic services family doctors may need, such as electrocardiography, X-ray, physiotherapy and good administrative and medical records systems. Health centers are the basis of primary care. They provide consultant services in general medicine, ear-nose-throat diseases , obstetrics and surgery, gynecology, ophthalmology, psychiatry and orthopedics. All consultations in the center are by appointment only. The patient is given a definite time at which to attend. Each doctor decides for himself how many patients he can examine in one hour.

The patient is the most important person in the health center and the doctors should direct all their energy towards helping him as much as possible.

Words:

1. To be dissatisfied - быть неудовлетворенным
2. Close cooperation - тесное сотрудничество
3. Enough- достаточно
4. Inconvenient - неудобный

Ex.1 Find English equivalents. Найдите английские эквиваленты.

Национальная система здравоохранения; оказывается; население; как правило; нуждаться; работают в тесном сотрудничестве; индивидуальное лечение; быть помещенным; помещены, центр здоровья; рентгенологическое обследование; электрокардиограмма; основа; хирургия; только по назначению; определенное время; за час.

Ex.2 Find Russian equivalents. Найдите русские эквиваленты.

Our-patient clinic; free medical care; may change; highly specialized attention; to provide; a full range of service; are housed; preventive and curative; by appointment; a definite time; towards.

Ex.3 Answer the questions. Ответьте на вопросы.

1. Where does the NHS provide free medical care in Great Britain?
2. How do doctors help foreign visitors and citizens of the country?
3. What do the general practitioner services include?
4. Is GP's role important in GB? Why?
5. Why was it necessary to build new and big hospitals in Great Britain?
6. Health centers provide all special diagnostic and therapeutic services family doctors may need, don't they?
7. Can a patient come to the center without appointment?
8. Should doctors do their best to help patients as much as possible?

РАЗДЕЛ II ANATOMY

ТЕКСТ

PARTS OF THE HUMAN BODY

The body is wonderfully made, like a complex, perfect machine. Each part is specially constructed to carry out its own function, and to work as a whole with the other parts.

The body has a strong frame work of bones called the skeleton. The skeleton is covered by muscles and other soft tissues, and by skin on the outside.

The human body consists of three parts. They are the head, the trunk and the limbs.

The main part of the head is called the skull. The forehead, the temples, the cheeks, the cheekbones, the two jaws and the mouth compose the face. The teeth and the tongue are loading in the mouth. One chews food with the teeth and tastes food with the tongue. The lips are the two margins of the mouth. We see with the eyes, breathe and smell with the nose.

The trunk consists of the spine, the chest and the pelvic bones. The trunk is divided into two large cavities by diaphragm. The upper cavity of the trunk is called thorax and lower one is called the belly. The lungs and the heart are located above the diaphragms in the upper cavity. In the lower cavity we find interior organs such as stomach, liver, urinary bladder, gallbladder kidneys, spleen and intestines.

The upper limb is divided into the shoulder, the upper arm, the forearm and the hand. The joint between upper arm and forearm we call the elbow. The wrist is the joint between forearm and hand. Each hand has five fingers: index, middle finger, ring finger, little finger and a thumb.

The lower limb consists of the thigh-bone, the shin-bone and the fibula. We call the calf the back of the lower leg. The joint between the femur and the lower leg is called the knee-joint. This joint is protected by the knee-cap. The joints between lower legs and feet are the ankles. The foot consists of heel, sole and toes.

Words:

1. construct - строить
2. to carry out - нести
3. to cover - покрывать
4. muscle - мышца
5. tissue - ткань
6. trunk - туловище
7. limb - конечность
8. skull - череп
9. temple - висок
10. chew - жевать
11. to divide into – делиться на
12. belly – живот
13. shin-bone – большеберцовая кость
14. thighbone– бедренная кость
15. joint - сустав
16. knee-joint –коленный сустав
17. knee-cap – коленная чашечка
18. ankle-лодыжка
19. sole – подошва
20. frame– скелет, каркас
21. margin - поле, кромка
22. thorax – грудная клетка

23. cavity – полость
24. diaphragm – диафрагма
25. wrist – запястье
26. thumb – большой палец
27. fibula – малоберцовая кость
28. calf – икра
29. femur – бедро

Ex.1 Find English equivalents. Найдите английские эквиваленты.

Составляют лицо; располагаются во рту; работаться как одно целое; покрыт мускулами и мягкими тканями; жевать еду; состоять из трех частей; внутренние органы; верхние конечности; нижние конечности.

Ex.2 Find Russian equivalents. Найдите русские эквиваленты.

To carry out its own function; complex machine; the teeth and the tongue are loading in the mouth; strong frame work of bones; upper cavity; lower cavity; tastes food with the tongue; joint between forearm and hand.

Ex.3 Answer the questions. Ответьте на вопросы.

3. What is the human body?
4. What is skeleton?
5. What parts of the human body do you know?
6. What is the main part of head?
7. What fingers does the hand consist of?

TEXT INTERNAL ORGANS

All internal organs are situated in the chest and abdomen. The chest is separated from the abdomen by the diaphragm. The principal organs of the chest are the gullet, the heart and the lungs. The gullet connects the pharynx and the stomach. There are two lungs - one in each half of the chest. They differ in size. The right lung is larger than the left one. There is the heart between the lungs behind the breastbone. The heart pumps the blood to the whole body.

The lower part of the trunk is the abdominal cavity. The principal organs here are the stomach, the liver, two kidneys, the gallbladder, the pancreas, the spleen, the small and large intestines, the bladder and internal sex glands. There is the liver with the gallbladder in the right upper abdominal part. The liver is the largest and heaviest organ in the body. It works over all the products of digestion. The liver destroys poisons and bacteria which get into the blood. There is the stomach, the pancreas and the spleen in the left upper part of the abdominal cavity. Behind them there are the right and left kidneys at the back.

The small and large intestines occupy all the lower abdomen. Here is also the bladder and sex glands. Each internal organ of the body plays a specific role in the organism. The branch of medicine which studies internal organ diseases is called internal medicine.

Words:

1. chest - грудь
2. abdomen – живот
3. diaphragm - диафрагма
4. gullet - пищевод
5. lung - легкое
6. trunk - туловище
7. pharynx - глотка
8. stomach - желудок
9. breastbone - грудина
10. abdominal cavity - брюшная полость
11. liver - печень
12. kidney - почка
13. gallbladder - желчный пузырь
14. pancreas - поджелудочная железа
15. spleen - селезенка
16. small and large intestines - тонкий и толстый кишечник
17. bladder - мочевой пузырь
18. internal sex glands - внутренние половые железы

Ex.1 Find English equivalents. Найдите английские эквиваленты. расположены в области груди и живота; перерабатывает все продукты пищеварения; яды; бактерии; нижняя часть туловища; правая верхняя часть брюшной полости; самый большой и тяжелый орган тела;

Ex.2 Find Russian equivalents. Найдите русские эквиваленты.

Principal organs; behind the breastbone; to pump the blood; lower part of the trunk; the right and left kidneys at the back; intestines occupy all the lower abdomen; internal medicine

Ex.3 Answer the questions. Ответьте на вопросы.

1. What are the principal organs of the chest?
2. What does the gullet connect?
3. Where is the heart?
4. What are the principal organs of the abdominal cavity?

РАЗДЕЛ III IN AND AROUND THE HOSPITAL

TEXT POLICLINICS

There are many polyclinics in our country. Doctors of different specialties: therapeutics, neurologists, surgeons, dentists, oculists, psychiatrists, urologists and nurses work there. There are many different laboratories, x-ray and procedure rooms, consulting and waiting rooms in our polyclinics.

When a patient comes to the polyclinics he goes to the registry first. A registering clerk on duty asks his name, address, age, occupation and writes it down in the patient's card.

Doctors examine their patients in their consulting rooms. During the medical examination doctors question their patients thoroughly, listen to their heart and lungs, feel their pulse and take their blood pressure, palpate, auscultate and percuss them, make the diagnosis, fill in their cards and prescribe them a special treatment.

During the physical examination doctors use such methods as palpation, percussion, auscultation, questioning a patient, feeling his pulse, taking electrocardiograms, etc.

At the end of the physical examination doctors make a diagnosis, prescribe the necessary medicine and treatment if it is necessary.

Our doctors treat patients not only with the help of different mixtures, powders, injections, but they always use a good bedside manner and deal with patients very carefully.

The duty of the doctor is to treat a patient not only with different remedies but with a kind word and hearty attitude.

Words:

1. specialty - специальность
2. laboratory - лаборатория
3. therapist - терапевт
4. x-ray room - рентгеновский кабинет
5. neurologist - невролог
6. procedure room - процедурный кабинет
7. surgeon - хирург
8. waiting room - комната ожидания
9. psychiatrist - психолог
10. registry - регистратура
11. urologist - уролог
12. to auscultate - выслушивать(мед)
13. nurse - м.сестра
14. to percuss-выстукивать(мед.)

Ex.1 Find English equivalents. Найдите английские эквиваленты.

Врачи разных специальностей, процедурные кабинеты, медицинский осмотр, поставить диагноз, измерять кровяное давление, лечить пациента.

Ex.2 Find Russian equivalents. Найдите русские эквиваленты.

Consulting and waiting rooms, listen to heart and lungs, to auscultate and percuss, prescribe them a special treatment, to use a good bedside manner.

Ex.3 Answer the questions. Ответьте на вопросы.

1. What are our polyclinics equipped with?
2. Where do doctors examine their patients ?
3. What do doctors do during the medical examination ?
4. What kind of methods do doctors use during the physical examination ?
5. How must the doctor treat a patient ?

**TEXT
HOSPITAL**

When patients are admitted to the hospital, they are examined by a doctor on duty in the reception ward. He gives the instructions to what wards and departments a sick person should be admitted.

A nurse on duty fills-in a patient's case report (case history) in which she writes down a name and initial diagnosis made by a doctor at the polyclinic (= made by a district doctor).

At the in-patient department nurses begin working early in the morning. They take patient's to, give them intramuscular and intravenous injections, take stomach juice for analysis apply cups and mustard plasters, give all prescribed medicines (remedies).

The drugs are kept in a special drug cabinet'. All medicines have labels with names and doses indicated on them.

Doctors begin to make rounds at nine o'clock in the morning.

After medical check-up (examination) doctors administer different procedures to the patients. They order electrocardiograms to be taken of some patients. Other patients are to undergo lab. tests. Some patients are administered a bed regimen, some are recommended (allowed) to have a walk, some are to follow a special diet to relieve pain in the stomach or to prevent stomach troubles.

As a rule the doctors treat their patients carefully that helps sick people to get better.

As soon as the patient is admitted to the in-patient department the ward doctor fills-in the patient's case report (case history, case record, in-patient' card, in-patient's chart – история болезни). It must include the information about the patient's parents – if they alive or dead.

The doctor must know what caused the death and at what age the parents died. It is necessary for a doctor to know if anybody in the family has ever been ill with tuberculosis or has had any mental or emotional impairments. This information composes the family history (семейный, наследственный анамнез).

The patient's medical history (case report, case record, medical in-patient card, chart) must include the information about diseases the patient had both as a child and as an adult. The doctor must know if a patient had an operation or a trauma. These findings compose the past history (PH past medical history, life history – жизненный анамнез). The patient's blood group and his sensitivity to antibiotics must be determined. The doctor writes down the obtained information in the case report.

The attending doctor must know the symptoms and complaints of patients as well as how long the people have had these complaints.

The history of present illness makes a part of a case history. The history of present illness contains a lot of findings, i.e. information of the patient on his admission, the results of laboratory tests and X-ray examination, the course of the disease with any changes in symptoms and condition, the exact doses of the administered (prescribed) medicines, the effects of treatment.

The case history must always be written, very accurately and have exact and complete information.

Words.

1. case history (case report, in-patient card, in-patient chart, case record) – история болезни;
2. to cause the death – вызывать смерть;
3. mental or emotional impairments – душевные или эмоциональные нарушения (повреждения);
4. trauma – травма;
5. past history (PH, past medical history, life history) – жизненный анамнез;
6. blood group – группа крови;
7. sensitivity – чувствительность;
8. the history of present illness – история настоящего заболевания.

Ex.1 Find Russian equivalents. Найдите русские эквиваленты:

To admit to the hospital, a reception ward, a doctor on duty, a nurse on duty, to fill-in a case report, initial diagnosis, to give intravenous injections, to give intramuscular injections, stomach troubles, bed regimen, accurately, exact, complete information, is admitted to the in-patient department, fills-in, the patient's case report, must include, if they are alive or not, to cause the death, has ever been ill with, tuberculosis, any mental or emotional impairments, to compose, medical history, must include, to have an operation or a trauma, past history, sensitivity, the patient's blood group, the obtained information, symptoms and complaints.

Ex.1 Find English equivalents. Найдите английские эквиваленты. история болезни (дать синонимы); точный полный; верный (правильный); при поступлении в больницу; результаты лабораторного обследования; течение болезни; изменения в симптомах и состоянии больного; дозы выписанного лекарства; воздействие лечения; очень точно; верная и полная информация

ТЕХТ

HOSPITAL ERROR

A hospital error left a dying man on the wrong ward for two days as deep vein thrombosis (DVT) ravaged his body, an inquest heard. Stephen Melvin Newbold suffered massive brain damage when a blood clot formed in his veins. Now his family are considering legal action against York Hospital, saying that his death was 'untimely and unnecessary'.

Mr Newbold, a 52-year-old maintenance worker, went to York Hospital on November 3 complaining of a swollen right foot. He should have been sent to a surgical ward where he would have been treated with Fragmin, a drug which counters the effects of DVT.

However, hospital staff wrongly admitted him to an orthopedic ward, where he stayed for two days, before finally being transferred to the care of a consultant vascular surgeon.

Twenty-four hours later, on November 6, doctors decided they would have to operate to remove his leg below the knee. The operation went ahead on November 10, but two days later Mr Newbold suffered a cardiac arrest. A scan revealed he had had a pulmonary embolism, a condition related to DVT. Mr Newbold suffered brain damage and died in the hospital on November 16. Giving evidence, the surgeon said he could not explain why Mr Newbold had been admitted to an orthopedic ward where it was not policy to administer Fragmin. He did not know why his medical team had not given Mr Newbold the drug later. York coroner Donald Coverdale said, 'From November 3 until the day of the operation, no Fragmin was given to Mr Newbold. If he had been admitted to a consultant vascular surgeon's care from day one, it is clear that Fragmin would have been prescribed. Fragmin reduces the risk of DVT, but does not eliminate it. It is impossible to say whether Mr Newbold would have suffered this DVT if he had received the Fragmin.' He recorded a verdict of death by misadventure.

Kim Daniells, Mr Newbold's family's lawyer, said, 'The family hope that the hospital will learn from the errors, and that no other families will have to suffer in the future.' A spokeswoman for York Hospital's NHS Trust said, 'We would like to extend our sincere sympathies to the family of Stephen Newbold during this difficult time.'

Words:

1. ward – палата
2. vein – вена
3. maintenance- поддержка
4. staff – персонал
5. surgeon – хирург
6. knee – колено
7. misadventure- несчастный случай

Ex.1 Read the text and decide if the sentences are true or false 1. The patient was admitted with an injured foot.

2. The patient was admitted to the surgical ward. 3. The patient did not get the correct medication.

4. The patient died before he could be operated on.

5. The patient died of brain damage.

6. It was decided that the patient's death had been an accident.
7. Mr Newbold's family's lawyer was not qualified.

TEXT

METHODS OF PHYSICAL EXAMINATION

Before the treatment of a disease it is necessary to make diagnosis, to determine the cause of the disease, and all symptoms by which it can be revealed.

Correct diagnosis must be based on a complete clinical examination of the patient. The usual methods of examination which doctors use in their practice, are: inquiry, inspection, auscultation, palpation, percussion, taking the temperature, feeling the pulse, taking the blood pressure, making X-ray examinations and various laboratory studies.

By questioning the patient the doctor learns about his complaints, the onset of the disease, his past history and his family history, hereditary diseases.

Inspection is the method by which doctor reveals the appearance of the patient, his build, nourishment, complexion, the state of his skin, mucous membranes, tongue, pupils, etc.

While auscultating the patient, the physician can determine the abnormal heart sounds, crepitations and rales in the lungs.

By palpation the doctor determines elasticity or rigidity of the abdomen, the outlines or the enlargement of the organ, swelling, edema and existence of growth.

Percussion reveals dullness of sound and distribution of fluids in the body.

The temperature is taken by means of thermometer to ascertain whether the patient has or has no temperature.

The blood pressure is measured by means of monometer to find out whether the patient is suffering from hypertension or hypotension.

The patient's pulse is felt to determine whether the pulse rate is normal or accelerated. The normal rate is 65-70 beats per minute.

The usual laboratory studies are various blood tests, urine analyses, stool studies and sputum, bile examinations.

Patient's swabs or smears are taken for cytological examination. If the patient suffers from any kind of allergy it is necessary to make allergy tests.

Biopsy specimens are taken to detect the character of tumor.

In order to detect lesions in the bones or tissues patients are X-rayed.

The results of physical examination and laboratory investigations are recorded into patient's case history.

Ex.1 Find English equivalents. Найдите английские эквиваленты. метод осмотра, расспрашивание, анамнез, берут, семейный анамнез, телосложение, хруст, крепитирующие хрипы, притупленность, необходимо, установить, выяснить, образец, мазок, цвет лица, записывают.

Ex.2 Answer the questions. Ответьте на вопросы.

1. What are the usual methods of examination?
2. What does inquiry reveal?
3. What does inspection reveal?
4. What can be determined by palpation, auscultation and percussion?
5. How do the doctors take the patient's temperature, measure blood pressure?
6. What is the patient's normal pulse?
7. Which are the usual laboratory studies?
8. In what case is it necessary to make biopsy?

TEXT

EXAMINATION AND FUNCTIONS OF DOCTOR

Before the treatment of a disease an attending doctor should establish a diagnosis. It is necessary for a doctor to determine the etiology of the disease, pathogenesis and symptoms, signs by which it can be revealed.

A number of different procedures are used to make a diagnosis. They are: history taking, physical examination, palpation, percussion, auscultation (выслушивание), laboratory studies, and instrumental studies.

The attending doctor must know objective and subjective symptoms and complaints of patients as well as how long sick people have been having these symptoms.

History of present illness makes a part on a case history (=case report). The history of present illness contains a lot of findings: information of the patient on his admission, the results of laboratory and instrumental tests, and the course of disease with any changes in the symptoms and condition, the exact doses of the prescribed medicines, the produced effects of treatment. The case history should be written in a correct way, it should contain the exact and complete information.

Words:

1. attending doctor - лечащий врач;
2. to establish - устанавливать;
3. pathogeneses - патогенез;
4. to reveal - обнаруживать;
5. signs - признаки;
6. history taking - сбор анамнеза;
7. auscultation - выслушивание;
8. percussion - перкуссия (выстукивание);
9. palpation - пальпация;
10. instrumental - инструментальный;
11. laboratory - лабораторный;
12. studies - обследование;
13. course - курс;
14. to contain - содержать;

15. exact - точный.

Ex.1 Find English equivalents. Найдите английские эквиваленты.

Лечащий врач, установить диагноз, объективные и субъективные симптомы, история болезни, результаты лабораторных и инструментальных обследований,

Ex.3 Answer the questions. Ответьте на вопросы.

1. When should an attending doctor establish a diagnosis?
2. What procedures are used to make a diagnosis?
3. What must an attending doctor know?
4. What part does history of present illness make?
5. What way should the case history be written?

РАЗДЕЛ IV ACCIDENTS AND EMERGENCIES

TEXT BLEEDING

Bleeding can lead to a severe loss of blood. The best way to stop bleeding is by direct pressure with a clean cloth. If the bleeding is from the arm or the leg, the limb can be kept in a raised position. If the bleeding is from a nose, put a cold compress on the nose. It will stop the blood. Ice placed on the nose also stops bleeding. In severe case doctors make blood transfusion.

Words:

1. bleeding - кровотечение
2. severe - тяжелый
3. loss - потеря
4. case - случай
5. blood transfusion - переливание крови.

Ex.1 Find English equivalents. Найдите английские эквиваленты. лучший способ остановить кровотечение, потеря крови, чистая ткань, поднятое положение, кровотечение из носа, остановить кровотечение, переливание крови.

Ex.2 Find Russian equivalents. Найдите русские эквиваленты.

Bleeding from the arm or the leg; cold compress; severe case; severe loss of blood; direct pressure; to put a compress on

Ex.3 Answer the questions. Ответьте на вопросы.

1. What can lead to a severe loss of blood?
2. What is the best way to stop the bleeding?

3. What do the doctors in severe cases?

TEXT
FRACTURES

Your bones are tough stuff — but even tough stuff can break. Like a wooden pencil, bones will bend under strain. But if the pressure is too much, or too sudden, bones can snap. You can break a bone by falling off a skateboard or crashing down from the monkey bars. When a bone breaks it is called a fracture. The word “fracture” means a break in a bone.

There are two kinds of fractures: closed and open. In a closed fracture there is no wound on the skin. In an open fracture there is a wound. Open fractures are more serious than closed ones.

Doctors describe fractures in the following ways:

A complete fracture is when the bone has broken into two pieces.

A greenstick fracture is when the bone cracks on one side only, not all the way through.

A single fracture is when the bone is broken in one place.

A comminuted fracture is when the bone is broken into more than two pieces or crushed.

A bowing fracture, which only happens in kids, is when the bone bends but doesn't break.

If a person breaks his arm or leg he complains of pain in the place of the break. The pain becomes more severe if he presses the place or tries to move. If you think you or someone else has broken a bone, the most important things to do are to:

- stay calm
- make sure the person who is hurt is as comfortable as possible
- do not let the person move
- use a splint for the broken limb
- bind the splints to the limb but not at the place of the fracture
- call the emergency number in your area

One super-important tip: If you're not sure what bone is broken or you think the neck or back is broken, do not try to move the injured person. Wait until a trained medical professional has arrived.

Doctors use X-rays to see the break and put plaster casts on the broken limbs. The special bandage that will keep the bone in place for the 1 to 2 months it will take for the break to mend.

Words:

1. fracture – перелом
2. to break – ломать, перелом
3. bone – кость
4. closed – закрытый
5. open – открытый
6. to complain of – жаловаться на

7. to move – двигаться
8. comminuted fracture – оскольчатый перелом
9. single fracture – единичный перелом
10. greenstick fracture – перелом по типу зеленой веточки
11. complete fracture – полный перелом
12. to appear – появляться
13. splint – шина
14. to bind - перевязывать
15. X-rays – рентгеновы лучи
16. plaster cast – гипсовая повязка
17. limb – конечность

Ex.1 Find English equivalents. Найдите английские эквиваленты.

Нет раны на коже, более серьезный, жаловаться на боль, становиться более сильной, пытаться двигаться, не позволяйте, наложите шину, на сломанные конечности.

Ex.2 Find Russian equivalents. Найдите русские эквиваленты.

To bend under strain, by falling off a skateboard, a break in a bone, more serious, a wound on the skin, an open fracture, a closed fracture, a comminuted fracture, a single fracture, a greenstick fracture, a complete fracture, to see the break, to put plaster casts/

Ex.3 Answer the questions. Ответьте на вопросы.

1. What does the word “fracture” mean?
2. What kinds of fractures do you know?
3. What fracture is more serious?
4. When does the pain become more severe?
5. How can you help the person with fracture?
6. What do the doctors do with fractures?

TEXT
SUNSTROKE

It is very dangerous to fall asleep in the open air when the sun is hot or to be in the hot sun for a long time without a hat. You may get a sunstroke.

When a person has a sunstroke, he has a high temperature. His skin is very hot, dry and red. He has a bad headache and can even lose consciousness. Sunstroke can cause death. One must avoid walking in excessive heat conditions during the summers. It is important to stay cool.

If you help a person who has a sunstroke:

1. Take the patient into a cool and shady place.
2. Put him on his back.
3. Raise his head and shoulders a little.

4. Put cold cloth on his head.

5. Cool his body with cold water.

6. Rub his skin with a sponge to keep up blood circulation. If you are suffering heatstroke alone:

1. Get into a shady, cool (preferably air-conditioned) area.

2. Call emergency services. Even if you still feel like you are hanging in there, you may start going into shock and be unable to call for help when you really need it. Prolonged heat stroke damages the brain, heart, kidneys, and muscles, so it's better to be safe than sorry.

3. Remove any extra clothing (hat, shoes, socks) to aid in the cooling process.

4. Get in a cold bath, shower, stream, or pond if possible. Otherwise, put a cool, wet rag on the back of your neck, on your groin, and/or in your armpits. If you can, mist and fan yourself to promote evaporative cooling.

5. Lie down and raise your feet by about a foot (30cm). This will help you avoid potential shock.

6. Replenish your fluids and electrolytes. If you have it, slowly sip Gatorade to counteract both dehydration and the loss of salts through sweating, but don't drink quickly or you could induce shock. If you don't have Gatorade, sip plain water; trying to hunt down the right beverage in a panic will hurt more than help.

7. Calm yourself. Minimize your agitation by breathing deeply and focusing your thoughts away from what is happening to you.

During the summer, we try to go to the sea to get a welcome dose of sunshine and warmth. To make sure we stay undamaged, we must be aware of the danger of heat or sunstroke in advance and take the necessary measures.

Words:

1. sunstroke – солнечный удар

2. dry – сухой

3. headache – головная боль

4. to cool – охлаждать

5. sponge – губка

6. to keep up – поддерживать

7. blood circulation - кровообращение

Ex.1 Find English equivalents. Найдите английские эквиваленты.

На открытом воздухе, высокая температура, сухая красная кожа, сильная головная боль, потерять сознание, перенести в прохладное помещение, слегка приподнять голову, обтереть кожу губкой, принять холодный душ, поднять ноги на 30 см., успокойтесь, восполните недостаток жидкости, жаловаться, остаться невредимым.

Ex.2 Find Russian equivalents. Найдите русские эквиваленты.

In the open air, the sun is hot, to get a sunstroke, a high temperature, to lose consciousness, a cool and shady place, blood circulation, to start going into shock, to raise your feet, replenish your fluids, to get a welcome dose, necessary measures.

Ex. 3. Answer the questions. Ответьте на вопросы.

1. What symptoms of sunstroke do you know?
2. Have you ever had a sunstroke?
3. What must we do to help a person who has a sunstroke?
4. Can sunstroke cause death?
5. What must you do if you are suffering heatstroke alone?

TEXT
A SURPRISE PASSENGER

British taxi driver, Clive Lawrence, became midwife for an hour when a passenger gave birth to a baby in the back of his taxi.

Asha Gemechu's baby was due in a month, but when her contractions started she called for a taxi to take her to hospital. Mr. Lawrence answered the call.

The expectant mum was in the taxi for the minutes when she realized that things were happening too fast. The baby was not going to wait. Its head appeared, and Mr. Lawrence stopped the taxi to help with the birth.

Mr. Lawrence said. "I was there when my kids were born, so this was not completely new for me. I spoke to a nurse on the taxi radio and she gave me instructions – I only did what she told me. There's nothing special about that. One minute I had one passenger, then I had two, but there's no extra charge!"

A midwife at the hospital said, "Giving birth on the way to hospital doesn't happen often, but if you're there when it does, just support the baby's head and guide it out – don't pull. Then clean the baby's nose and mouth, but don't cut the umbilical cord – just lay the baby on them other's chest, cord and all. Dry the baby with a clean towel or cloth, gently rub its back, then cover mum and baby with a dry blanket to keep them both warm, and wait for medical help to arrive". "Clive was wonderful", the mother said later, "he did everything right" Asha is naming the baby Mohammed Clive, Mother and baby are both doing well.

Words:

2. blanket - одеяло
3. head - голова
4. medical help- медицинская помощь
5. towel- полотенце
6. umbilical cord -пуповина
7. mother's chest-грудь матери

Ex.1. Answer the questions. Ответьте на вопросы.

1. Was this Clive's first experience of a birth?
2. Who gave instructions to Clive?
3. Who is Mohammed Clive?
4. How is the baby now?

TEXT FAINTING

The cause of fainting may be different: strong emotion, want of food, fatigue or pain.

In fainting person loses consciousness. Blood doesn't get to the brain. The face of a person before fainting gets very pale and sweat appears on his forehead. He feels dizzy and weak. His breathing is shallow. His pulse is weak and slow. If you help a person who lost his consciousness:

1. Lay the person flat on his back.
2. Raise his feet a little.
3. Loose his dress.
4. Cover him warmly and open the window.
5. Sprinkle cold water on his face.
6. Give the person to breathe in ammonia water.

Words:

1. fainting - обморок
2. cause - причина; вызывать
3. emotion - душевное волнение
4. want of food - голод
5. fatigue - усталость
6. lose consciousness - терять сознание
7. brain - мозг
8. to feel dizzy - чувствовать головокружение
9. weak - слабый
10. shallow - поверхностный
11. slow - медленный
12. to lay - (laid) положить
13. flat - плоско
14. to loose - зд. ослабить
15. to cover - покрывать
16. to sprinkle - брызгать
17. sweat - пот, испарина
18. ammonia - нашатырный спирт.

Ex.1 Find English equivalents. Найдите английские эквиваленты.

Сильные эмоции; терять сознание; кровь не поступает в мозг; лицо становится бледным; уложить на спину; поднять ноги; побрызгать водой; ослабить одежду; тепло укрыть.

Ex.2 Find Russian equivalents. Найдите русские эквиваленты.

the cause of fainting; wait of food; the face gets pale; sweat appears; he feels dizzy; shallow breathing; weak pulse; slow pulse

Ex.3 Answer the questions. Ответьте на вопросы.

1. What may be the cause of fainting?
2. What does person lose in fainting?
3. What appears on his forehead before fainting?
4. What does person feel?
5. How can you help a person who lost his consciousness?

**TEXT
BURNS**

John's mother stood near the electric fire and her dress caught fire. John heard her scream and ran into the room. "Lie down!" he ordered and covered the flame with a carpet. The flames went out without air. "Don't worry, mother," he said. "You'll be all right."

"Do not take the pieces of burnt dress off your leg. Get into the bath with your clothes on." John helped her.

"Keep your leg under the water for ten minutes," he said. He telephoned for an ambulance." When John's mother got out of the bath, he wrapped her leg in a clean cotton tablecloth. Every 10 minutes he gave her drink. Soon the ambulance came and took her to hospital. Because John knew First Aid for burns his mother was not badly hurt and her leg soon healed.

Words:

burn - ожог electric fire-
электрический камин
to catch fire - загораться
scream - крик flame
- пламя carpet -
ковёр to go out -
потухать
piece - кусок burnt - сожженный
clothes - платье, одежда ambulance -
машина скорой помощи
to wrap - завертывать tablecloth
- скатерть
to heal - заживлять, излечивать

Ex.1 Find English equivalents. Найдите английские эквиваленты.

Одежда загорелась; вбежал в комнату; без воздуха; держать ногу под водой; позвонить в скорую; давать пить каждые 10 минут.

Ex.2 Find Russian equivalents. Найдите русские эквиваленты.

Lie down; to cover the flame; to wrap the leg in a clean cotton tablecloth; to take to the hospital; First Aid for burns; badly hurt

Ex.3 Answer the questions. Ответьте на вопросы.

1. Why did John's mother scream?
2. What did John order?
3. What did he say about the pieces of burnt dress?
4. What did he say about mother's leg?

TEXT

INSECT BITES AND STINGS

Insect bites and stings can cause an immediate skin reaction. The bite from fire ants and the sting from bees, wasps, and hornets are usually painful. Bites caused by mosquitoes, fleas, and mites are more likely to cause itching than pain. Insect and spider bites cause more deaths from poisoning than bites from snakes.

Considerations. In most cases, bites and stings can be easily treated at home. Some people have extreme reactions that require immediate medical treatment to prevent death.

Certain spider bites, such as the black widow or brown recluse, can be serious and life-threatening. Most spider bites, however, are harmless. If bitten by an insect or spider, bring it for identification if this can be done quickly and safely.

Symptoms. Symptoms depend on the type of bite or sting. They may include pain, redness, swelling, itching, burning, numbness, tingling

Some people have severe, life-threatening reactions to bee stings or insect bites. This is called anaphylactic shock. This condition can occur very quickly and lead to rapid death if not treated quickly.

Symptoms of anaphylaxis can occur quickly and affect the whole body. They include: chest pain, face or mouth swelling, difficulty swallowing, difficulty breathing. **First**

Aid

For severe reactions:

1. Check the person's airways and breathing. If necessary, call ambulance and begin rescue breathing and CPR.
2. Reassure the person. Try to keep him or her calm.
3. Remove nearby rings and constricting items because the affected area may swell.
4. Use the person's EpiPen or other emergency kit, if they have one. (Some people who have serious insect reactions carry it with them.)
5. If appropriate, treat the person for signs of shock. Remain with the person until medical help arrives.

General steps for most bites and stings:

- Remove the stinger by scraping the back of a credit card or other straight-edged object across the stinger. Do not use tweezers -- these may squeeze the venom sac and increase the amount of venom released.
- Wash the site thoroughly with soap and water.
- Place ice (wrapped in a washcloth) on the site of the sting for 10 minutes and then off for 10 minutes. Repeat this process.
- If necessary, take an antihistamine, or apply creams that reduce itching.
- Over the next several days, watch for signs of infection (such as increasing redness, swelling, or pain).

DO NOT

- Do NOT apply a tourniquet.
- Do NOT give the person stimulants, aspirin, or other pain medication unless prescribed by the doctor.

When to Contact a Medical Professional

Call 911 or your local emergency number if someone with a sting has the following symptoms:

- Trouble breathing, wheezing, shortness of breath
- Swelling anywhere on the face or in the mouth
- Throat tightness or difficulty swallowing
- Feeling weak
- Turning blue

If you had a severe, body-wide reactions to a bee sting, your doctor should send you to an allergist for skin testing and therapy. You should receive an emergency kit to carry with you wherever you go.

Prevention

- Avoid rapid, jerky movements around insect hives or nests.
- Avoid perfumes and floral-patterned or dark clothing.
- Use appropriate insect repellants and protective clothing.
- Use caution when eating outdoors, especially with sweetened beverages or in areas around garbage cans, which often attract bees.
- If have severe allergies to insect bites or stings, you should have an emergency kit and EpiPen. Make sure your friends and family know how to use it if you have a reaction.

Words:

1. fire ant-муравей
2. wasp-оса
3. hornet- шершень
4. mite-клещ
5. numbness-онемение
6. tingling-покалывание
7. stinger- жало
8. venom sac-мешочек с ядом

9. hive- улей
10. emergency kit-аптечка
11. floral-patterned-узор на ткани в виде цветов

Ex.1. Find English equivalents. Найдите английские эквиваленты.

укусы насекомых и жалящих; блохи и клещи; пауки; можно вылечить в домашних условиях; безвредный; предоставить для опознания; скоропостижная кончина; близлежащие кольца; тщательно вымыть водой с мылом; признаки инфекции; повязка; резкие движения; сладкие напитки; шприц с дозой антидота; убедиться, что друзья и семья знают.

Ex.2. Find Russian equivalents. Найдите русские эквиваленты.

immediate skin reaction; to have extreme reactions; redness, swelling, itching, burning, numbness, tingling; if not treated quickly; airways and breathing; person's EpiPen; tweezers; scraping the back of a credit card; to apply creams that reduce itching; throat tightness; turning blue; to use appropriate insect repellants.

Ex.3. Answer the questions: - ответьте на вопросы:

1. What can insect bites and stings cause?
2. What bite is usually painful, cause itching?
3. Certain spider bites, such as the black widow or brown recluse, can be serious and lifethreatening, can't they?
4. Can a bite cause anaphylactic shock?
5. What are the symptoms of anaphylactic shock?
6. Do you know the first aid at severe reactions?
7. Why is it prohibited to apply a tourniquet or give a person stimulants?
8. What are the special signs in patient's condition for contacting a medical professional?
9. How can a person prevent insect bites and stings?

**РАЗДЕЛ V NUTRITION
TEXT
SECRETS OF A LONG LIFE**

A hundred years ago, not many people lived into their seventies. Today it is fairly common to do so in developed countries. But on the Japanese island of Okinawa, people live longer than anywhere else in the world, with an average life expectancy of 81,2 years. Many people on Okinawa live to be over 100 years old – the highest ratio of centenarians per head of population in the world. And they just do not live longer, they live better. So what's the Okinawan secret? So far all the findings indicate that lifestyle, not genetic factors, is largely responsible.

Okinawans eat a traditional diet of soya, fruit, and vegetables. They consume a lot of fish, such as tuna, mackerel, and salmon, which are rich in omega-3 fatty acids, and help reduce

the risk of heart disease and breast cancer. They don't eat a lot of red meat, and their diet is low in fats. Many elderly Okinawans also live by the motto 'Eat until you are 80% full', and this helps them to control portion sizes.

Elderly Okinawans enjoy walking, gardening, and T'ai Chi, and often work long after the usual age of retirement in Western countries. Interviews with elderly Okinawans reveal that they are optimistic, adaptable, and easygoing. They have strong religious beliefs, which give them comfort and support. They have a valued role in society and the family, and they are respected for their wisdom and experience of life.

Most of them belong to moai, group of old classmates, colleagues, friends, or neighbours that meet several times a week to drink tea and chat. These networks provide emotional and financial support throughout their lives.

Unfortunately, younger Okinawans have abandoned these good habits. They have followed a more Western diet and lifestyle, and the results have been devastating.

For Okinawans who move away from islands, the picture is similar. Around 100,000 Okinawans moved to Brazil and adopted the eating habits of their new home, including eating a lot of red meat.

Words:

1. island- остров
2. habit-традиция
3. mackerel-скумбрия
4. tuna-тунец
5. support- поддержка

Ex. 1. Answer the questions. Ответьте на вопросы.

1. What is the article about?
2. What factors explain the long life of Okinawans?
3. What do elderly people in Okinawa usually eat?
4. What do they do in their free time?
5. Is the lifestyle of young Okinawans the same as their parent's?
6. What do you do to live a long life?

Ex. 2. Read the text and decide if the sentences are true or false. Определите, правда или ложь.

1. Genetic factors explain the long life of Okinawans.
2. Elderly people in Okinawa usually eat large meals.
3. Elderly Okinawans are physically active.
4. Elderly Okinawans are usually cheerful and relaxed.
5. On Okinawa, elderly people are often involved in group activities.
6. Young Okinawans follow the same lifestyle as their grandparents.

TEXT

OUR MEALS AND DIET

Our eating habits affect our health. If a person has no breakfast, or poor breakfast he feels tired or cross and hungry till lunch. Food is a form of fuel. It gives us energy, helps us to grow, resist disease and form strong teeth and bones. Different foods do different things for the body. If a person wants to be in good health he must be careful about his meals and diet.

Diet should contain everything sufficient to supply the needs of the body. People of physical work need more food than and form strong teeth and bones. It is important to know that a diet must consist of proteins, carbohydrates, fats, minerals, water and vitamins.

In the hospital the doctor usually prescribes the diet for every patient. A person with high temperature and poor appetite needs caloric diet. You can treat many diseases by diet.

Words:

1. habit - привычка
2. to feel tired or cross - чувствовать себя усталым и раздраженным
3. fuel - топливо
4. sufficient - достаточный
5. to supply - снабжать, поставлять

Ex.1. Find English equivalents. Найдите английские эквиваленты.

Влиять на здоровье; сопротивляться болезни; содержать все необходимое, чтобы обеспечить потребности тела; умственная работа; углеводы; плохой аппетит

Ex.2 Find Russian equivalents. Найдите русские эквиваленты.

a form of fuel; form strong teeth and bones; must consist of proteins, carbohydrates, fats, minerals, water and vitamins

Ex.3 Answer the questions. Ответьте на вопросы.

1. What will happen if we have no breakfast?
2. Why do we say that food is a form of fuel?
3. Why must a person be careful about meals and diet?
4. Do people of mental work need more food?
5. What diet does a person with high temperature and poor appetite need?

TEXT VITAMINS

Vitamins play a very important role in human health. The story of vitamins began more than 100 years ago when a Polish chemist extracted from rice polishings a crystalline substance. This substance could cure beriberi. The chemist called it "vitamin". Vitamins are necessary for the growth and health, development and general health of the body. Overdosage of some vitamins may be harmful, so people must take normal doses of them.

In planning a nutrition program for a person, we must know that certain foods are the best sources of each body requirement. We must eat carrots, fish, oil and eggs because they contain vitamin A which protects eyesight, increases resistance to infection. We may find vitamin B in liver, yeast and eggs. It strengthens nervous system. Fruit and vegetables contain vitamin C which helps to recover after illness. We find vitamins D and E in milk, eggs, fish liver oil, yeast and soya. They help the body in formation of bones and strong teeth, improve poor blood circulation.

Words:

1. rice polishing – рисовая шелуха;
2. resistance - сопротивляемость;
3. yeast - дрожжи;
4. to improve - улучшать;
5. nutrition - питание;
6. requirement - требование, запрос;
7. certain - определенный.

Ex.1 Find English equivalents. Найдите английские эквиваленты.

Играют очень важную роль; дозировки в пределах нормы; при планировании программы питания; защищает зрение; укрепляет нервную систему; рыбий жир.

Ex.2 Find Russian equivalents. Найдите русские эквиваленты.

a crystalline substance; are necessary for the growth and health; may be harmful ; certain foods are the best sources of each body requirement; resistance to infection;

Ex.3 Answer the questions. Ответьте на вопросы.

1. Do vitamins play a very important role in human health?
2. When did the story of vitamins begin?
3. What are the vitamins necessary for?
4. What vitamin protects eyesight, increases resistance to infection?
5. Does vitamin D help the body in formation of bones and strong teeth?

**TEXT
MINERALS**

Minerals are an essential part of life on Earth as they work to promote the health of all living cells. They are necessary ingredients of life. There are over 20 minerals which are essential for mammalian life on Earth. Among these, there are some minerals that appear with the most prevalence in the human body.

Calcium plays an important role in forming bones and teeth; helps with blood clotting, and muscle and nerve function.

We can find calcium in salmon, sardines, milk, cheese, yogurt, calcium-set tofu, Chinese cabbage, kale, broccoli. Lack of calcium can lead to bone density issues, dental concerns, and muscular cramping. Overdosage of calcium can cause kidney stones; faulty

kidney function; high blood levels of calcium; calcium deposits in soft tissue; decreased absorption of iron, zinc and magnesium

Iodine is a part of the thyroid hormones; it prevents goiter and a birth defect called infantile myxedema.

We can find this mineral in iodized salt, seafood, kelp.

Overdosage of iodine can lead to elevated level of thyroid-stimulating hormone (TSH).

Iron is a part of hemoglobin; it helps blood carry oxygen to your body's tissues and muscles; needed to make energy; supports immune system health; prevents one type of anemia We can find iron in meat, fish, poultry, lentils, beans, fortified breads and cereals.

Possible effects of taking too much are an upset stomach; constipation; diarrhea; dark stools; decreased absorption of zinc, calcium and copper.

Magnesium helps maintain normal muscle and nerve function; it sustains regular heartbeat; keeps bones strong; helps your body produce energy.

Magnesium is contained in meats, seafood, milk, cheese, yogurt, green leafy vegetables, bran cereal, nuts.

Possible effects of taking too much are diarrhea; nausea; appetite loss; muscle weakness; trouble breathing; low blood pressure; irregular heartbeat; mental changes; kidney failure.

Phosphorus is essential for healthy bones; helps your body produce energy .

It is contained in milk, yogurt, cheese, peas, meat, fish, eggs, some cereals and breads

Overdosage of phosphorus can cause decreased absorption of calcium. It also can join with calcium in the blood and form calcium deposits in soft tissue and also lead to porous bones.

Zinc supports your immune system; needed for wound healing and tissue repair; maintains your sense of taste and smell; helps digestion; supports normal reproduction, growth and development

We can find zinc in red meats, liver, oysters, certain seafood, milk products, eggs, beans, nuts, whole grains, and fortified cereals.

Possible effects of taking too much are decreased absorption of iron and copper; reduced immune function; reduced levels of high-density lipoproteins (HDL)—also called the “good cholesterol”

Life is a game of balance. The dietary minerals or elements as they're known today, that are in every human are in a constant balancing act to regulate cellular health, which leads to total body health. Deviations in the balance of any of these elements can have adverse effects that could be life threatening. By promoting a balanced range of nutrition, you will be providing your body with the essential dietary elements which are necessary to develop and grow.

Words:

8. salmon - лосось

9. tissue - ткань

10.oysters - устрицы

11.reduce - уменьшить

- 12.human - человеческий
- 13.necessary - необходимый
- 14.lead – вести

Ex.1 Find English equivalents. Найдите английские эквиваленты необходимая часть; формирование костей и зубов; ткани и мышцы тела; камни в почках; злаки; потеря аппетита; нарушение в работе почек; заживление ран; сниженная всасываемость железа и меди; отложения кальция в мягких тканях.

Ex.2 Answer the questions. Ответьте на вопросы.

1. Why are minerals an essential part of life on Earth?
2. Does calcium play an important role in forming bones and teeth?
3. What mineral sustains regular heartbeat?
4. Overdosage of phosphorus can cause decreased absorption of calcium, can't it?
5. Why is zinc needed?
6. What effects can the overdosage of iron have?

TEXT CHOCOLATE

Chocolate is made from the beans of the cacao tree and has been popular for thousands of years. The Aztecs in South America used cocoa beans to make a chocolate drink which was refreshing and nourishing but bitter to taste in Europe, sweetener were added and modern chocolate contains cocoa, butter, sugar, and cream or milk.

BUT IS CHOCOLATE GOOD FOR YOU? First the good news.

Research at Harvard University suggests that people who eat chocolate three times a month will live almost a year longer than people who don't.

Chocolate contains flavonoids-substances that can reduce the _____ Of coronary artery diseases. Chocolate also contains small amounts of caffeine which can be beneficial as it _____ your endurance and _____ feeling of fatigue.

Eating chocolate makes you feel good. Like other sweet food chocolate stimulates the release of endorphins – natural body hormones that produce feelings of pleasure and help to lift your _____ and because chocolate melts in the mouth at body temperature. It produces a wonderful, silky sensations that people love. According to psychologists, this is one of the main reasons why people can become addicted to chocolate.

But is not all good news _____ chocolates contains a lot of calories – just 100 g of milk chocolate contains 520 Kcals. while dark chocolate contains 510 Kcals. That's about the _____ number of calories as 2.5 Kg. of grapes or 300grams of grilled chicken.

The Harvard research also suggests that people who eat too much chocolate have a _____ live expectancy. Chocolate is _____ in saturated fats and

sugar, so eating too much can contribute to obesity and related health problems. And the sugar and chocolate can cause _____decay.

But if you really can't resist chocolate, eat dark chocolate- it's higher in cocoa than milk chocolate and helps to increase levels of HDL a type cholesterol that helps prevent fat clogging up arteries.

Words:

1. tiredness- усталость
2. to block - блокировать
3. substances - вещества
4. feeling - чувство
5. coronary- коронарный
6. endurance - выносливость
7. expectancy - ожидание

Ex.1 Read the text quickly .Who is this information for: a.

- Doctors
- b. - Nutritionists
- c. -the general public

Ex.2 Read the text again and complete it using words from below. Прочитайте, вставьте слова по смыслу.

Unfortunately	Before
Decreases	Lower
Hungry	Tooth
Improves	Same
Because	Risk
Quickly	high
Mood	

РАЗДЕЛ VI GENERAL MEDICAL TERMINOLOGY

TEXT BLOOD

Blood contains a fluid called plasma plus microscopical cellular elements: erythrocytes, leucocytes, and thrombocytes.

Erythrocytes are red blood cells of which 4.5 – 5 million are found in each cubic millimeter. These cells are made in the bone marrow and are important in transporting oxygen from the lungs through the blood stream to the cells all over the body. The oxygen is then used up by body cells in the process of converting food to energy (catabolism). Hemoglobin, containing iron, is an important protein in erythrocytes, which helps in carrying the oxygen as it travels through the blood stream. Erythrocytes also carry away carbon

dioxide (CO₂), a waste product of catabolism of food in cells, from the body cells to the lungs. On arriving there it is expelled in the process of breathing.

Leucocytes are white blood cells from 4.000 to 10.000 per cubic millimeter existing in several types: granulocytes and agranulocytes, which are also subdivided into different types.

Granulocytes are cells with granules in their cytoplasm formed in the bone marrow. There are three types of granulocytes: eosinophils, basophils, neutrophils.

Agranulocytes are produced in lymph nodes and spleen. There are two types of agranulocytes: lymphocytes and monocytes.

Thrombocytes or platelets are tiny cells formed in the bone marrow. They are necessary for blood clotting. Their number is 400.000 per cubic millimeter. The plasma is the fluid portion before clotting has occurred. The serum is the fluid portion of blood remaining after the coagulation process is completed.

The body contains about five liters of blood kept at a constant temperature of 37°C. Blood consists of three different types of cell floating in a liquid called plasma. The blood cells are known as red cells, white cells and platelets. Red cells and platelets are unique among body cells in having no nucleus. Blood cells are so small that one cubic millimeter of blood (the size of a pin head) contains about five million red cells, 7.000 white cells and 250.000 platelets.

The red blood cells contain a pigment called hemoglobin, which gives the blood its red color. The main function of red cells is to carry oxygen to the body cells.

For its journey from the lungs to the body cells, oxygen combines with hemoglobin of the red cells. It is then released from the hemoglobin when the body cells are reached. Some people do not have enough hemoglobin in their red cells and are consequently short of oxygen. This condition is called anemia and such people tire easily, become breathless on exertion and have a pale complexion. They need special care during general anesthesia.

The white blood cells defend the body against disease. They do this by attacking germs and repairing damage.

The function of platelets is to stop bleeding. They do this in two ways: by blocking the cut blood vessels; and by producing substances, which help the blood to clot.

Words:

1. contain - содержать
2. plasma - плазма
3. microscopical - микроскопический
4. element - элемент
5. erythrocyte - эритроцит
6. leucocyte - лейкоцит
7. thrombocyte - тромбоцит
8. bone marrow - костный мозг
9. transport - транспортировать, переносить
10. convert - преобразовывать, превращать
11. carry - переносить

12. arrive - прибывать
13. expel - вытеснять, выводить
14. catabolism - катаболизм
15. hemoglobin (haemoglobin) - гемоглобин
16. agranulocyte - агранулоцит
17. cytoplasm- цитоплазма
18. granulocyte - гранулоцит
19. eosinophil - эозинофил
20. basophil - базофил
21. neutrophil - нейтрофил
22. node - узел
23. spleen - селезенка
24. lymphocyte - лимфоцит
25. monocyte - моноцит
26. platelet - тромбоцит
27. tiny - крошечный
28. blood clotting - свертываемость крови
29. occur - происходить, случаться
30. remain - оставаться
31. coagulation - коагуляция
32. complete - заканчивать

Ex.1 Find English equivalents. Найдите английские эквиваленты.

Микроскопические клеточные элементы, в каждом кубическом миллиметре, через кровоток, по всему организму, процесс превращения пищи в энергию, выводить, продукт отхода, выталкивать, несколько видов, лимфатические узлы, крошечные клетки, свертываемость крови, завершаться

Ex.2 Find Russian equivalents. Найдите русские эквиваленты.

To call, to be found, bone marrow, to be used, to convert, iron, to be expelled, spleen, a fluid portion, coagulation process, three types of granulocytes, tiny cells, blood clotting, the main function, five liters of blood.

Ex.3 Answer the questions. Ответьте на вопросы..

1. What does blood contain?
2. How many erythrocytes can be found in each cubic millimeter?
3. Where are these cells made?
4. What is their function?
5. What role does hemoglobin play?
6. What are the types of leucocytes?
7. Where are agranulocytes produced?

8. What types of granulocytes do you know?
9. What organ forms thrombocytes?
10. How many platelets are there in one cubic millimeter?
11. What is the difference between the plasma and serum?

TEXT HEART

The heart is simply a pump, which circulates blood throughout the body. Tubes called blood vessels carry it from the heart to all parts of the body and back again. This round trip is known as the circulation. Vessels carrying blood away from the heart are known as arteries and those returning blood to the heart are known as veins.

The heart pumps blood round the body about 70 times a minute in adults. The heartbeats can be felt as the pulse where certain arteries lie just beneath the skin, and the most well – known place where this occurs is at the wrist.

The heart lies in the chest immediately behind the breast bone. It consists of two chambers, left and right, separated from each other by a wall. Each chamber is further divided into upper and lower compartments, which communicate with each by valves. Each upper compartment is called an atrium and each lower a ventricle. Note that there is no communication at all between the left and right sides of the heart.

Heart failure, or cardiac arrest, means that the heart has stopped beating. This of course, means that no blood is being pumped round the body and death occurs in a few minutes. But as the heart is just a simple pump, it can be made to beat artificially by rhythmically applying pressure to the chest. This squeezes the heart between the breast bone and forces blood out the heart into the circulation. When pressure on the chest has been relaxed, blood returns to the heart again.

Words:

1. can be felt as the pulse – можно определить по пульсу.
2. ately behind the breast bone – непосредственно за грудиной.
3. is further divided – далее подразделяется
4. communicate with each other – общаются друг с другом.
5. heart failure – паралич, остановка сердца; сердечная недостаточность.
6. as the heart is just a simple pump – поскольку сердце всего лишь простой насос.
7. pump - насос
8. circulate - циркулировать
9. tube - труба
10. carry - переносить
11. artery - артерия
12. vein - вена
13. adult - взрослый
14. pulse - пульс
15. skin - кожа

16. occur - происходить
17. wrist - запястье
18. chest - грудная клетка
19. breast - грудь
20. chamber - камера
21. valve - клапан
22. atrium - предсердие
23. ventricle - желудочек
24. death - смерть
25. apply - применять
26. pressure - давление
27. squeeze - сжимать
28. spine - позвоночник
29. relax - расслабиться

Ex.1 Find English equivalents. Найдите английские эквиваленты.

Просто насос, кровеносные сосуды, круговое движение, известны как, у взрослых, располагаться непосредственно под кожей, где это происходит, состоит из двух камер, каждый верхний отдел, вообще нет сообщения, заставить биться искусственно, выталкивать кровь из сердца.

Ex.2 Find Russian equivalents. Найдите русские эквиваленты.

Throughout the body, blood vessels, about 70 times a minute, immediately behind the breast bone, separated from each other, upper and lower compartments, communication, cardiac arrest, round the body, to beat artificially, pressure on the chest

Ex.3 Answer the questions. Ответьте на вопросы.

1. What is heart?
2. What are tubes carrying blood called?
3. Where can the heartbeats be felt?
4. What does the heart consist of?
5. What compartments is each chamber divided into?
6. What does heart failure mean?
7. Can the heart be made to beat artificially?
8. When does blood return to the heart again?

**TEXT
THE BRAIN**

The brain is the most wonderful organ in the human body. It consists of about 12 billion cells and weights about 1 kilogram. It is soft and spongy with 3 membranes and fluid in between the first and second membranes.

The brain is the center of a wide system of communication. It controls the body functions. It keeps all the body parts working together. Thousands of stimuli come into the brain through the spinal cord. The messages come to the brain from our eyes, ears and other sense organs for pain, temperature, smell and other feelings. All the stimuli are analyzed and then the brain sends orders through the spinal cord to different parts of the human body. Due to these orders we eat, move, hear, see and do many other things.

There are special areas in the brain which control vision, hearing, physical movements and even emotions.

Words:

1. to weight - весить
2. stimuli - мн.ч. побудители, стимулы, послания
3. spinal cord - спинной мозг
4. area - область

Ex.1 Find English equivalents. Найдите английские эквиваленты.

Самый замечательный орган; состоит; весит; центр системы; функции организма; через спинной мозг; органы чувств; анализируются; посылает приказы; особые области в мозге.

Ex.2 Find Russian equivalents. Найдите русские эквиваленты.

The human body; soft and spongy; fluid; through the spinal cord; stimuli are analyzed; sends orders; due to these orders.

Ex. 3 Answer the questions. Ответьте на вопросы:

1. The brain is the most wonderful organ in the human body, isn't it?
2. Is the brain soft and spongy?
3. What is the main function of the brain?
4. Do thousands messages come to the brain each minute?
5. Are the messages analyzed in the brain?
6. What does the brain send to different parts of the body?
7. Are there special areas in the brain? What do they control?

TEXT
THE NERVOUS SYSTEM

The nervous system is made up of the brain, the spinal cord, and nerves. One of the most important systems in your body, the nervous system is your body's control system. It sends, receives, and processes nerve impulses throughout the body. These nerve impulses tell your muscles and organs what to do and how to respond to the environment. There are three parts of your nervous system that work together: the central nervous system, the peripheral nervous system, and the autonomic nervous system.

Brain. The brain keeps the body in order. It helps to control all of the body systems and organs, keeping them working like they should. The brain also allows us to think, feel, remember and imagine. In general, the brain is what makes us behave as human beings.

The brain communicates with the rest of the body through the spinal cord and the nerves. They tell the brain what is going on in the body at all times. This system also gives instructions to all parts of the body about what to do and when to do it.

Spinal Cord. Nerves divide many times as they leave the spinal cord so that they may reach all parts of the body. The thickest nerve is 1 inch thick and the thinnest is thinner than a human hair. Each nerve is a bundle of hundreds or thousands of neurons (nerve cells). The spinal cord runs down a tunnel of holes in your backbone or spine. The bones protect it from damage. The cord is a thick bundle of nerves, connecting your brain to the rest of your body.

Senses. There are five main senses - touch, smell, taste, hearing and sight. These are the external sensory system, because they tell you about the world outside your body. Your senses tell you what is happening in the outside world. Your body's sense organs constantly send signals about what is happening outside and inside it to your control center - the brain.

The cerebrum is part of the forebrain. The cerebral cortex is the outer layer of the cerebrum. Certain areas of the cerebral cortex are involved with certain functions.

Sensory areas such as touch, smell, taste, hearing and sight receive messages from the skin, nose, mouth, ears and eyes. We feel, taste, hear and see when these messages are received by the sensory parts of the brain.

The Peripheral Nervous System. The nervous system is made up of nerve cells or neurons that are "wired" together throughout the body, somewhat like communication system. Neurons carry messages in the form of an electrical impulses. The messages move from one neuron to another to keep the body functioning.

Words:

1. spinal cord – спинной мозг
2. to send - посылать
3. to receive - получать
4. to respond - отвечать
5. environment - окружение
1. to keep the body in order – поддерживать тело в порядке
2. to allow – позволять
3. rest – остаток
4. bundle – пучок
5. external – внешний
6. forebrain – передний мозг
7. cerebral cortex – кора
8. involve – вовлекать
9. to wire – связывать

Ex.1 Find English equivalents. Найдите английские эквиваленты.

Нервная система состоит из; центральная нервная система; периферическая нервная система; вести себя как человек; достигать всех частей тела; защищать от повреждений; получать информацию (сообщения) от кожи; электрический импульс

Ex.2 Find Russian equivalents. Найдите русские эквиваленты.

It sends, receives, and processes nerve impulses; to respond to the environment; to keep the body in order; brain communicates with the rest of the body; nerves divide many times; tunnel of holes in backbone or spine; thick bundle of nerves

Ex. 3. Answer the questions. Ответьте на вопросы.

1. What is the function of brain?
2. How does the brain communicate with the rest of the body?
3. What senses do you know?
4. What is neuron?
5. What is the function of neuron?

TEXT AT THE CHEMIST'S

When you are ill you consult a doctor. He prescribes you the treatment and writes out a prescription.

At the chemist's you can get patent medicines of all kinds: ampules of glucose and camphor for injections, different pills, tablets and powders, cough mixtures, heart drops, nasal drops, vitamins, cod liver oil, ointments, sleeping draughts, laxatives, sedatives, bandages, adhesive plasters, mustard plasters, bottles of iodine.

There are usually two departments in a large chemist's at the chemist's department one can have the medicine immediately, other drugs have to be ordered at the prescription department.

At the chemist's all medicines are kept in drug cabinets, on the open shelves and in the refrigerator. Every small bottle, a tube or a box has a label with the name of the medicine. There are labels of four colours: green labels indicate medicines for internal use; blue labels indicate drugs for injections, labels of a yellow colour indicate drugs for external application and labels of a pink colour indicate drugs for the treatment of eye diseases. The single dose and the total dosage are indicated on the label.

At the chemist's one can buy different drugs for intramuscular and intravenous injections, tubes of ointments, different pills and tablets for internal use, tonics and sedatives; drugs for cough and headache; cardiac medicines; herbs and things for medical care (hot-water bottles, medicine droppers, cups, thermometers) and many other things. One must be careful using medicine.

Words:

1. A chemist - аптека
2. a chemist's department - отдел ручной продажи
3. a prescription department - рецептурный отдел

4. for internal use - для внутреннего использования
5. for external application - для внешнего использования
6. to indicate - указывать, показывать
7. cod liver oil - рыбий жир
8. infusion - настой
9. drops - капли
10. tincture - настойка
11. powder - порошок

Ex.1 Find English equivalents. Найдите английские эквиваленты.

Лечение; выписывать рецепт; различные таблетки; снотворное; слабительное средство; рыбий жир; два отдела; внутримышечные и внутривенные

Ex.2 Find Russian equivalents. Найдите русские эквиваленты. you can get patent medicines of all kinds; have to be ordered at the prescription department; all medicines are kept in drug cabinets; drugs for external application ; must be careful using medicine.

Ex.3 Answer the questions. Ответьте на вопросы.

1. What can you get at the chemist's
2. How many departments are there in a large chemist s?
3. Where are all medicines kept in?
4. What do labels of four colours mean?
5. How must we use medicine?

TEXT
FIRST AID STATION

The other day two medical students had a very interesting talk with Victor. Victor had graduated from the University two years before. He had been working as an ambulance doctor at the First Aid Station for two years. The two friends were greatly interested in the work of the First Aid Station. Victor was glad to answer their questions. Victor said that in case of an accident or a sudden severe illness calls were made to the First Aid Station which was on duty all day round.

The First Aid Station has many ambulances which are equipped with everything necessary for giving first aid and making a diagnosis. The ambulances carry artificial respiration apparatuses, different medicines, such as painkillers, tonics and sedatives; dressings, first aid instruments, such as pincers, scalpels, syringes and others; sets of splints and stretchers. There are special ambulances equipped with everything necessary for reanimation of the organism. All ambulances are radio equipped. This is a very important thing for the ambulance doctor, because it enables him to send the necessary information to the hospital, so that the hospital can prepare beforehand all the necessary instruments for an urgent operation, a blood transfusion or anything else.

The main thing in the work of the ambulance doctor is to make a correct diagnosis quickly. The ambulance doctor must have a deep knowledge of emergency surgery, toxicology, emergency therapy, obstetrics and gynecology, because he must always do his best to give the patient a proper aid on the spot.

While working as an ambulance doctor Victor had had some interesting cases. Last June, for example, a call was made to the First Aid Station. It turned out that a man had been run over by a car. When Victor reached the place of the accident he examined the victim. The man was badly injured, he had an open bleeding wound in his leg, his arm was fractured, there were many injuries, abrasions and bruises on his face and forehead. The man lost his consciousness and was moaning all the time.

First Victor tried to arrest profuse arterial bleeding; he elevated the injured extremity carefully and applied a tourniquet to it. Next he applied a sterile gauze dressing on the man's face and forehead to prevent contamination. Then Victor examined the arm and applied a splint to it. The injection of morphine and camphor having been given, the man recovered his consciousness, but he complained of nausea. It was necessary to transport the patient to the nearest hospital without delay, because the patient was in a very poor state, in which shock might develop as well. The stretcher-bearers laid the patient down on the stretcher carefully and in 15 minutes the patient was brought to the hospital. If the ambulance doctor hadn't given the patient emergency help, the patient would have died.

Once Victor had to give first aid to a boy who was badly burned. He removed only that clothing which was absolutely necessary. The remaining pieces of the clothing were removed from the burned surface with pincers. Victor didn't carry out any other measures to treat the burn, as excessive handling of the burned part could increase pain and cause shock. If Victor had done so, shock would have developed. The burn was covered with a sterile, dry dressing. Doing this Victor tried to handle the burned part as little as possible. As it was a severe burn involving the whole leg and the knee-joint, a splint was applied over the dressing for the immobilization of the injured extremity.

Just the other day Victor was called to a patient with myocardial infarction. Being questioned the patient said he had been suffering from a severe, squeezing pain in the substernal area for two hours. The patient had had such a pain before, but it had been relieved by nitroglycerin. This time the pain was much more severe and it didn't subside after nitroglycerin. Besides the pain radiated to the left shoulder and arm. The examination suggested myocardial infarction.

Victor came up to the ambulance and called up a thromboembolic team. Before the arrival of the thromboembolic team Victor gave the patient an injection of 1 % promidole and 0,1 % atropine, after which the pain considerably subsided. If Victor had not given the patient these injections, the pain would have been too severe. The thromboembolic team having arrived, the electrocardiogram was taken, the blood analysis was made, the prothrombin time was determined. The electrocardiogram and the blood analyses confirmed the diagnosis of myocardial infarction. The patient was transported to the hospital without delay.

Words:

1. Syringe - шприц

2. Emergency – неотложный
3. Gynaecology - гинекология
4. Injure – травма, повреждение
5. Abrasion – ссадина, царапина
6. Bruise – синяк, кровоподтек, гематома
7. Moan - стонать
8. Elevate - поднимать
9. Tourniquet - жгут
10. Nausea - тошнота
11. Excessive - избыточный
12. Joint – сустав
13. All day round — круглые сутки
14. For reanimation of the organism — для оживления (реанимации) организма.
15. This is a very important thing — это очень важно обратите внимание на перевод слова thing после прилагательного:
16. The main thing is to make a correct diagnosis. Главное — это поставить правильный диагноз
17. he must always do his best — он всегда должен делать все возможное
18. shock might develop as well — мог также развиться шок; to develop — развиваться, появляться.

Ex.1 Find English equivalents. Найдите английские эквиваленты.

Оборудование, первая помощь, студенты медики, закончил университет, круглые сутки, ставить диагноз, аппарат искусственного дыхания, оснащены радио, быстро, неотложная хирургия, стараться изо всех сил, потерял сознание, стонал, остановить кровотечение, осмотреть пострадавшего, положить на носилки, обожженная поверхность, перевозить пациента, сделать пациенту уколы.

Ex.2 Find Russian equivalents. Найдите русские эквиваленты.

To sterilize a syringe, syringes are sterilized before giving injections, an ambulance doctor must always have a syringe with him, emergency case, emergency measures, emergency surgery, emergency therapy, lectures in Emergency Surgery, to take notes of a lecture in Gynaecology, to pass an examination in Gynaecology, injured, to injure badly, to injure seriously, to injure slightly, to be injured in an accident, to injure one's arm, to injure one's leg, to injure the kidney, to injure the liver, abrasions, a slight abrasion, bad abrasions, to get abrasions while falling down, there are abrasions on the patient's face, bruises, many bruises, there are many bruises on the patient's body, to get bruises in an accident, bruises.

Ex. 3. Answer the questions. Ответьте на вопросы.

1. With whom did medical students have a very interesting talk the other day?
2. When did Victor graduate from the University?
3. Where had Victor been working for two years?
4. What do ambulances carry?

5. What is the main thing in the work of the ambulance doctor?
6. What knowledge must the ambulance doctor have?
7. What did Victor do to arrest profuse arterial bleeding?
8. Why did Victor apply a sterile gauze dressing?
9. What injection did Victor give the man?
10. What did the man complain of after he recovered his consciousness?
11. Why was it necessary to transport the man to the nearest hospital without delay?
12. What did the stretcher-bearers do?
13. What had happened to the boy whom Victor gave first aid?
14. How did Victor remove the remaining pieces of the clothing from the

TEXT

OBSTETRIC HISTORY

Obstetric history-taking is a skill for good clinical practice. Competence in this area requires a deep knowledge. A carefully taken obstetric history provides good results of a physical examination of a pregnant woman because many important details of her pregnancy can be revealed.

An obstetrician should ask a name of the woman, age, number of pregnancies, including the current one (or gravidity) and parity (number of births). The expected date of delivery (EDD) can be calculated from last menstrual period (LMP) by the rule: add one year and seven days to the LMP and subtract 3 months. Then it is necessary to inquire about her health and that of her fetus. After 20 weeks it is inquired about fetal movements. Then the obstetrician asks of the current problems if there are any. Much attention should be paid to laboratory tests and ultrasound scans.

A medical worker (obstetrician) should reveal the facts and any significant events of the previous pregnancies which may have influence at the current pregnancy, such as maternal complications, mode of delivery, birth weights and the life and health of babies. It may be relevant to know some medical conditions because they may have a significant impact on the pregnancy. Heart disease, epilepsy, bronchial asthma, thyroid disorders, insulin-dependent diabetes and other medical conditions may have significant impact on the pregnancy. Alternatively pregnancy may have an impact on the medical condition.

During pregnancy the use of drugs should be noted because allergic complications may occur.

It is important to reveal hereditary illness or congenital defects, and it may be of concern to the couple. Appropriate counseling and investigations may be organized. It is time to discuss about stopping to smoke or to reduce alcohol intake. Social aspects such as childcare arrangements and plans for breast-feeding and contraception can be discussed at this point.

The summary of obstetric history should include main details that will impact on the investigations to be carried out and the proposed plan of a pregnancy management.

Words:

1. Obstetrics - акушерство

2. Obstetrician - акушерка
3. Obstetric - акушерский
4. to require - требовать
5. to provide - обеспечивать
6. to reveal - выявлять
7. gravidity - беременность
8. parity - способность к деторождению
9. delivery - роды
10. to subtract - вычитать
11. to inquire - спрашивать, узнавать
12. fetus - утробный плод
13. ultrasound - ультразвук
14. antenatal - предродовой, преднатальный
15. maternal - материнский
16. mode - способ
17. relevant - уместный
18. epilepsy - эпилепсия
19. bronchial asthma - бронхиальная астма
20. thyroid - щитовидная железа
21. diabetes - диабет
22. hereditary - наследственный
23. congenital - врожденный
24. counseling - консультация, совет

Ex.1 Find English equivalents. Найдите английские эквиваленты.

Клиническая практика; глубокие знания; физикальное обследование; беременная женщина; можно посчитать; менструальный период; необходимо; большое внимание; выявить факты; значительное влияние; аллергические осложнения; наследственные болезни; врожденные дефекты; пара; грудное вскармливание; ведение беременности.

Ex.2 Find Russian equivalents. Найдите русские эквиваленты.

Competence in this area; provides good results; examination of a pregnant woman; number of pregnancies; her fetus; fetal movements; the current problems; may have influence; mode of delivery; may be relevant; medical conditions; significant impact; it may be concern; alcohol intake; can be discussed; investigations to be carried out.

Ex.3 Answer the questions. Ответьте на вопросы.

1. What can be revealed by the physical examination of a pregnant woman?
2. What should an obstetrician ask a pregnant woman?
3. How can EDD be calculated?
4. Are laboratory tests important for the pregnant woman examination?

5. May medical conditions impact on the course of the pregnancy?
6. Is it important to reveal hereditary illnesses and congenital defects? Is it concerned only a pregnant woman?
7. Is smoking and alcohol dangerous for a pregnant woman?
8. What should the summary of obstetric history include?

TEXT SURGERY

Treatment of injuries or traumas by operative techniques is the subject of surgery.

The surgeon has always been an integral part of medical science. Early medical texts are devoted chiefly to records of surgical cases. Strangely, however, the great advances in surgery have been dependent on medical discoveries in other fields. These advances include the discovery of ether anesthesia by Morton and Long in 1847; the discovery of the principle of antiseptics by Joseph Lister in 1865—87, and the application of rubber gloves introduced by Halstead. The use of blood transfusion, the control of fluid in the body and the use of drugs for various symptoms have also aided success in surgery.

Not many years have passed since the time when few surgeons dared to invade the interior of the abdomen.

Today every portion of the human body has been invaded successfully. The surgery of today is called physiological surgery and is aimed at restoring (восстановление) normal function of various organs and tissues when these functions have failed.

Words:

1. integral-неотъемлемый
2. chiefly-главным образом
3. ether-эфир
4. to aid-способствовать
5. to invade-вторгаться
6. to aim-нацелиться

Ex.1. Find English equivalents. Найдите английские эквиваленты. ранения и травмы; неотъемлемая часть; однако; великие достижения; принцип антисептики; применение переливание крови; различные симптомы; каждая часть; ткани; успех; потерпеть неудачу.

Ex.2. Find Russian equivalents. Найдите русские эквиваленты.

operative techniques; records of surgical cases; application of rubber gloves; use of drugs for various symptoms; have also aided success; dared to invade; every portion of the human body; has been invaded.

Ex.3. Answer the questions. Ответьте на вопросы.

1. What is the subject of surgery?
2. Who has always been an integral part of medical science?
3. Who discovered ether anesthesia?
4. What did Joseph Lister propose?
5. The use of blood transfusion, the control of fluid in the body and the use of drugs for various symptoms have also aided success in surgery, haven't they?
6. Is the surgery of today called physiological or urgent surgery?

TEXT

INFECTIOUS DISEASES

Infection means invasion of the body by microorganisms which are harmful. Every infectious disease has its own specific way of invasion into a human body. Infection may pass from one person to another through blood, stools, saliva, instruments; it may enter the body through skin cuts, it may be swallowed.

There are intestinal infections, which are spread through intestines and stools; infections of the respiratory tract, which are spread during coughing or talking; skin infections and infections spread by living insects.

All the infectious diseases are divided in several stages. They are: 1) the period of incubation, 2) the prodromal stage during which the initial symptoms may appear, 3) the stage of a fully developed disease, 4) the stage of decline

To establish a proper disease it is necessary to do some laboratory tests at the right time and in the right place.

Characteristic symptoms of the diseases may be local and systemic. Symptoms vary according to a disease, but a sore throat, sneezing, nausea and vomiting, restlessness and prostration, pain in the limbs and back, rash may occur among the most characteristic local symptoms.

A lot of disease may begin with these symptoms.

It is necessary for a medical staff to be careful during physical examination of the infected patients. There are two important steps which mustn't be omitted: to take the temperature and examine the throat. A nurse who looks after the infected person must wear a special gown and a mask. She must wash her hands with soap as often as she can, she must be very careful to prevent the spread of the infection.

Words:

1. infection - инфекция
2. infectious - инфекционный
3. invasion - инвазия, вторжение
4. intestinal - кишечный
5. respiratory - респираторный
6. insect - насекомое
7. prodromal - предшествующий
8. decline - упадок, стихание

Ex.1 Find English equivalents. Найдите английские эквиваленты.

Микроорганизмами; может переходить; через порезы в коже; можно проглотить; во время кашля или разговора; распространяемые живыми насекомыми; делятся; чтобы осмотреть горло; ухаживать за инфицированным больным; предотвратить распространение инфекции.

Ex.2 Find Russian equivalents. Найдите русские эквиваленты.

Invasion of the body; specific way of invasion; it may be swallowed; through intestines and stools; skin infections; are divided; fully developed disease; characteristic symptoms; rash may occur; medical staff; must be very careful.

Ex.3 Answer the questions. Ответьте на вопросы.

1. What does infection mean ?
2. In what ways may infection pass?
3. What kinds of infections are there ?
4. How many stages are infectious diseases divided in ?
5. What is necessary for a medical staff during examination of the infected patients ?
7. What are the main tasks for nurses?

РАЗДЕЛ VII HISTORY OF MEDICINE

TEXT

EARLY MEDICINE

Early people were nomads – they didn't live in one place and traveled around to look for food. Early people were healthy, because they lived outdoors most of the time and they walked and ran a lot. They hunted animals and ate meat and plants when they were still fresh. Early nomads used mud to heal broken bones. If they broke an arm or a leg, they put wet mud on it. Then the mud became dry and hard, and it stopped the arm or leg moving so that the bone inside could heal.

Early people believed that they got ill because evil spirits were inside them. Many people had amulets – things that can bring luck. They hoped that their amulets could stop them being ill. People cared for each other when they were ill. A shaman was a man or woman who sang songs, danced, and did magic spells to make people well. Many people believed that these magic spells worked. Nowadays some people also visit shamans because they believe that a shaman can help them.

When early people tasted plants to test which ones were safe to eat, they sometimes discovered plants that cured illness and fever. These plants were the first medicines. One of the oldest books about medicines made from plants was written in China more than four thousand years ago. Most early medicines were made from parts of plants such as flowers. People ate the plant parts or they made them into drinks. Sometimes they made the plant parts into lotions to put on their body. Nowadays many people also use medicines made

from plants. For example, we use lotions made from aloe vera plants to make sore skin feel better.

Words:

1. bone - кость
2. mud - грязь
3. magic - магия
4. skin - кожа
5. early – ранний

Ex.1 Answer the questions. Ответьте на вопросы.

1. Why were early people healthy?
2. What did they eat?
3. How did early people heal broken bones?
4. Who was a shaman?
5. How did early people discover plants that cured illness and fever?
6. When was the first book about medicines made from plants written?
7. What are the lotions made from aloe vera plants used for?

Ex.2 Find English equivalents. Найдите английские эквиваленты.

кочевники, здоровые люди, свежий, растения, накладывать влажную грязь, сломанные кости, заживать, злые духи, приносящий удачу, больной, совершать магические обряды, пробовать (на вкус), проверять, безопасный, обнаруживать, болезнь, лихорадка, лекарство, лосьон, раздраженная кожа.

TEXT

MEDICINE IN ANCIENT TIMES

Ancient Egyptians. We know about medicine in Ancient Egypt because Ancient Egyptians wrote about their world. They cut words into walls and wrote on a type of paper. We know that Ancient Egyptians used magic spells to cure people, but they also had the first doctors. These doctors made medicines from plants, and they were good at putting bandages on wounds. They also used honey to help wounds to heal. This was a good idea. Even today, doctors put honey on wounds because it helps wounds to heal quickly.

Ancient Greeks. About 2 500 years ago in Ancient Greece many people believed that evil spirits or angry gods made them ill. Hippocrates was a Greek doctor and a teacher. He is the most famous of all the Greek doctors. And he is often called “the father of medicine”. Hippocrates believed that people became ill because there was something wrong with their body. He told doctors to watch patients and to think about their illnesses. Doctors wrote down what they learnt. They made medicines from plants and they wrote about which medicines worked. Soon doctors started to understand different illnesses. To prevent illness they told people to eat good food, to rest often and to do exercise.

Ancient Romans. Ancient Roman doctors learnt that being dirty and drinking dirty water could make people ill. To prevent illness Ancient Romans built baths and toilets for lots of people to use. At the baths there were big pools like swimming pools. Every day Romans

went to the baths to wash and to meet friends. In some places Romans built giant bridges called aqueducts that brought water to cities from the high hills. This gave people clean water that they could drink and use. Romans also built pipes to take waste away from the cities to keep the cities clean.

Words:

1. ancient - древний
2. bandage - повязка
3. wound - рана
4. cure - лечение
5. heal - исцелять
6. prevent - предотвращать
7. waste - отходы

Ex.1 Answer the questions. Ответьте на вопросы.

1. How do we know about medicine in Ancient Egypt?
2. What did Ancient Egyptians use to help wounds to heal?
3. Who believed that people got ill because there was something wrong with their body?
4. What did doctors in Ancient Greece tell people to do to prevent illness?
5. Why did Ancient Romans build baths and toilets for lots of people to use?
6. What is an aqueduct?

Ex.2 Find English equivalents. Найдите английские эквиваленты.

древние египтяне, высекать слова на стенах, вылечить, накладывать повязку на рану, мед, быстро зажить, древние греки, Гиппократ, пациент, предотвратить болезнь, часто отдыхать, древние римляне, бани, огромные мосты, акведук, трубы, мусор.

Ex. 3 Complete the sentences. Дополните предложения.

1. Ancient doctors learnt that being dirty could make people ill.
2. Ancient Egyptian doctors were good at putting on wounds.
3. Every day Romans went to the to wash and to meet friends.
4. Romans built pipes to take away from the cities to keep the cities clean.
5. Giant bridges called brought water to the cities from high hills.
6. was the most famous of all the Greek doctors.
7. Hippocrates is called the of medicine.
8. To illness doctors told people to eat good food, to rest often and to do exercise.

TEXT

MEDICINE IN THE MIDDLE AGES

In the Middle Ages millions of people died from such diseases as diphtheria, typhoid, fever, influenza and leprosy. But the worst disease at that time was the plague. Plague (the "Black death") killed millions of people in Europe and Asia. Nobody knew how to fight

with the disease and people just ran away from the infected areas. Leprosy was also incurable. Patients with leprosy lived in special colonies away from other people. The first hospitals appeared in Ceylon in the fifth century b. c. and in India in 260 b. c. During the Middle Ages hospitals were founded in Italy, France, England and other European countries. Monks and nuns cared for patients in hospitals. They were not doctors or nurses and they did not cure patients. They just gave patients food and a bed and said prayers with them. Monks and nuns cared for many patients who had the plague because the patients had to stay in hospital until they died.

At the same time in the Middle East there were many hospitals. Many doctors and nurses cared for patients there. These doctors also made medicines for patients. They treated everyone who came to them and they taught new doctors and nurses about diseases. There were different wards for different diseases in these hospitals. There were also pools and fountains because doctors thought that the sound of moving water helped patients to rest. Barbers were the first surgeons. People could go to barber shops where the barbers cut hair. They could also pull out sore teeth. Later barbers started to treat wounds from fights and cut off arms or legs which were badly wounded.

Words:

1. influenza - грипп
2. plague - чума
3. incurable - неизлечимый
4. ward - палата
5. surgeon - хирург

Ex.1 Find English equivalents. Найдите английские эквиваленты. Дифтерия, брюшной тиф, лихорадка, грипп, чума, бороться с заболеванием, зараженные территории, неизлечимый, монах, монахиня, заботиться, пациент, медсестра, читать молитвы, изготавливать лекарства, палата, отдыхать, цирюльник, хирург, выдернуть больной зуб, тяжело раненый

Ex. 2 Complete the sentences. Дополните предложения.

The worst in the Middle Ages was the plague. Nobody knew how to with the disease. Monks and did not cure patients, they just gave patients food and a bed. Doctors in the Middle Ages made from plants. Acupuncture doctors put thin into a patients body at special places called points.

TEXT

SCIENTIFIC DEVELOPMENTS OF THE 18th - 20th CENTURES.

During the 18th century doctors discovered cures for many dangerous diseases such as smallpox (оспа). In 1796 a British doctor Edward Jenner developed a method of "vaccination". He made smallpox vaccines from cowpox – a disease that cows had. His vaccine stopped thousands of people dying from smallpox. The vaccine is a weak type of a virus or bacteria. When a vaccine is injected to a patient his body starts to make antibodies

(substances in the blood that can kill viruses and bacteria). In future the patient who has been vaccinated will not get this disease again because the antibodies in his body will kill viruses or bacteria if they get inside the body.

Later in the 19th century a French chemist Louis Pasteur developed Edward Jenner's invention and made a vaccine for hydrophobia. Louis Pasteur is also known as the founder of modern microbiology. He discovered that infection was caused by germs that were spread through the air. He proved that germs could be killed in liquids by heat and developed the process of pasteurisation.

About one thousand years ago doctors in the Middle East started to make anesthetics (drugs which help patients not to feel pain). The first anesthetics were made from plants. Doctors made some plants into medicines for patients to put into their mouth. Later new anesthetics were invented. One of them was cocaine which was discovered in the 19th century. Cocaine was very effective as a local anesthetic. Surgeons could inject cocaine into a certain part of the body and stop the patient feeling pain during the surgery. When the problem of pain was solved surgeons could perform long and complicated operations. In 1895 Wilhelm Roentgen discovered X-rays. He placed his hand in front of the apparatus and saw that the rays passed through the hand and cast a shadow of bones on the screen.

These rays were unknown to him and he called them X-rays.

During the first part of the 20th century a lot of important advances were made. In 1922 Frederik Banting discovered that insulin was very effective against diabetes. In 1928 Alexander Fleming discovered penicillin. It was used in hospitals to reduce infections in wounds during the Second World War. After penicillin a series of other anti-infectious drugs were discovered. All these drugs are known as antibiotics.

Words:

1. X-ray - рентген
2. drug – лекарство, наркотик
3. discovery - открытие
4. pain – боль
5. century - век

Ex.1 Find English equivalents. Найдите английские эквиваленты. Оспа, вакцинация, коровья оспа, ввести вакцину, кровь, развивать, изобретение, вакцина от бешенства, анестезия, лекарство, чувствовать боль, хирургическая операция, открывать (обнаруживать), жидкость, местное обезболивающее, хирург, длинные и сложные операции, рентгеновские лучи, диабет

Ex. 2 Translate into English. Переведите.

2. Сегодня врачи могут лечить многие опасные заболевания.
3. Пациенту ввели вакцину от оспы.
4. Во время операции хирурги всегда применяют анестезию.
5. Вакцина от бешенства была изобретена Луи Пастером.
6. Луи Пастер — основатель современной микробиологии.
7. Диабет — очень серьезное заболевание.

8. Много важных открытий было сделано в 20 веке.
9. Пенициллин используется для уменьшения инфекции в ранах.

Литература:

Интернет – ресурсы:

1. ЭБС «Университетская библиотека online».