



СЕСТРИНСКОЕ ДЕЛО

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Н. А. Темчина**

**Пособие
по английскому языку
для медицинских
училищ**

С. А. Тылкина, Н. А. Темчина

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медицинских училищ**

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Р е ц е н з е н т :

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Пособие содержит тесты на медицинскую тематику, диалоги, упражнения и словарь. Тесты интересны и познавательны по содержанию и снабжены комментарием. Цель пособия – развитие навыков чтения и понимания специальной медицинской литературы, а также навыка устной речи на темы, предусмотренные программой.

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ПРЕДИСЛОВИЕ

Настоящее пособие составлено на основе "Минимума английской лексики для медицинских и фармацевтических училищ" (автор Тылкина С. А.), в который вошли наиболее употребительные медицинские слова и речевые конструкции,

В пособии использованы оригинальные (частично адаптированные) тексты из английской и американской медицинской литературы, а также отечественные тексты.

Все тексты, кроме первого — My family, основаны на медицинской тематике. Текст My family дан как связующее звено. Во многих текстах пособия фигурируют члены этой семьи.

Пособие состоит из 6 разделов:

Раздел I — Части тела человека.

Раздел II — Общая медицинская терминология.

Раздел III — Болезни и уход за больными.

Раздел IV — Лекарства.

Раздел V — Зубоврачебная терминология.

Раздел VI — Медицинская мозаика.

Кроме того, в пособии имеются:

1. Англо-русские тематические выражения и разговорник.
2. Русско-английский тематический словарь.
3. Англо-русский словарь.

В пособие введены новые тексты и упражнения. Пополнен иллюстративный материал.

Данная книга знакомит с медицинской терминологией, а также со словами и выражениями, необходимыми для несложной беседы на английском языке: в своей работе вам, возможно, придется прочесть пояснения к употреблению иностранного лекарства или объяснить с иностранцем, которому внезапно понадобилась медицинская помощь.

В книге содержатся не только тексты по медицине, но и юмористические рассказы и шутки на медицинскую тематику.

Авторы

РАЗДЕЛ I

PARTS OF THE HUMAN BODY

ЗАНЯТИЕ 1

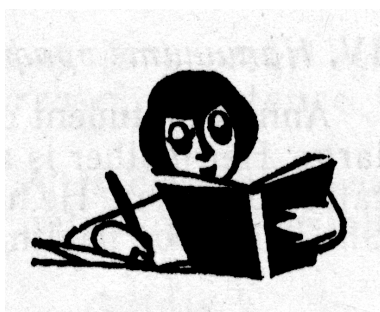
Выучите слова и выражения к тексту:

- | | |
|---|---|
| 1. nurse [nɜ:s] <i>n</i> медсестра, медбрат;
<i>v</i> (to) ухаживать (за больным) | 6. a lot of много |
| 2. kind [kaɪnd] <i>a</i> добрый ласковый | 7. to be in good health хорошо себя
чувствовать; health [helθ] <i>n</i> здоровье |
| 3. smile [smaɪl] <i>n</i> улыбка | 8. proverb [ˈprɒvə:b] <i>n</i> пословица |
| 4. tail [tɔ:l] <i>a</i> высокий | 9. tongue [tʌŋ] <i>n</i> язык |
| 5. strong [strɒŋ] <i>a</i> сильный, крепкий | 10. the tongue is not steel but it cuts <i>ср.:</i>
язык не оух, но убить может |

MY FAMILY

My name is Ann Volkova. I am a student of the medical school. I want to tell you about my family which I love very much. We are great friends.

My family is large: a mother, a father, a grandmother, a sister and a brother. My mother is a *nurse*¹ in a hospital. Her name is Nina Pavlovna. She has blue eyes and a *kind*² *smile*³. My father is a doctor. His name is Boris Petrovich. He is a *tall*⁴ *strong*⁵ man. He has a *lot of*⁶ work. My brother's name is Pete. He is eleven years old. My sister's



name is Olga. She is five. She has many toys and books. Our grandmother is sixty. Her name is Polina Victorovna. She *is in good health*⁷. She likes *proverbs*⁸. Here is one she often repeats:

*The tongue*⁹ *is not steel but it cuts*¹⁰.

УПРАЖНЕНИЯ

I. Ответьте на вопросы:

1. What is Ann? 2. Is her family large? 3. Is her mother a doctor? 4. What is she? 5. Is her father a tall or a short man? 6. What is her father? 7. How old is her brother? 8 How old is her grandmother?

II. Переведите следующие предложения на английский язык, употребив слова или словосочетания, данные ниже:

1. Я учусь (учащаяся) в медицинском училище. 2. У нас большая семья. 3. Моя мама — медсестра. 4. У нее много работы. 5. Мою сестру зовут Ольга. 6. Моя бабушка чувствует себя хорошо.

a lot of work; is in good health; a medical school; a large family; a nurse; sister's name

III. Составьте рассказ о своей семье, используя следующие слова или словосочетания:

my name is; my family is; kind; a medical school; a nurse; a doctor; a lot of work; to be in good health

IV. Напишите графический диктант по тексту*:

Ann is a student of the medical school. Her family is not large. Her mother is a doctor. Her father is a worker. He is a tall strong man. He has a lot of work Her grandmother is 50. She is in good health.

ЗАНЯТИЕ 2

Выучите слова к тексту:

1. **human** ['hju:mən] *a* человеческий

2. **body** ['bɒdi] *n* тело

3. **head** [hed] *n* голова

4. **hair** [heə] *n* волосы

5. **face** [feis] *n* лицо

6. **cheek** [tʃi:k] *n* щека

7. **eye** [ai] *n* глаз

8. **ear** [ɪə] *n* ухо

9. **healthy** ['helθi] *a* здоровый

10. **tooth** [tu:θ] (*pL* teeth [ti:θ]) *n* зуб

11. **mouth** [maʊθ] *n* рот

12. **hand** [hænd] *n* кисть (руки)

13. **leg** [leg] *n* нога

14. **foot** [fu:t] (*pL* feet [fit]) *n* ступня

15. **nose** [nouz] *n* нос

16. **arm** [a:m] *n* рука

17. **strong** [strɒŋ] *a* сильный, крепкий

PARTS OF THE HUMAN¹ BODY²

Look at the picture. You can see my brother and me. Look at my *head*³ and *hair*⁴. My hair is long. It is black. This is my *face*⁵. My face is round. I have rosy *cheeks*⁶. My *eyes*⁷ are blue. My *ears*⁸ are small. I have healthy⁹ *teeth*¹⁰ in my *mouth*¹¹. My *hand*¹² is on the table, and *legs*¹³ are under the table. You can see my legs, but can't see my *feet*¹⁴.



This is my brother Pete. His hair is short and dark. His face is not round. His eyes are brown and his *nose*¹⁵ is short. He likes sport. His *arms*¹⁶ and legs are *strong*¹⁷. In the picture he has a ball in his hand.

Proverb: *A little body has often a great soul.* (Сравни: Мал золотник да дорог.)

УПРАЖНЕНИЯ

I. Ответьте на вопросы:

1. What colour is your hair? 2. Is your hair long or short? 3. Is your face round? 4. Are your cheeks rosy? 5. What colour are your eyes? 6. Are your teeth healthy?

II. Скажите: "You are right" («Вы правы»), если согласны или "You are wrong" («Вы не правы»), если не согласны.

Образец: Ann's hair is long. — You are right; her hair is long.
— You are wrong; her hair is short.

1. Ann's eyes are brown. 2. Her cheeks are not rosy. 3. Pete's hair is blonde. 4. Pete has strong legs.

III. Ответьте на вопросы преподавателя (см. рис. на с. 8):

What do you see in the pictures in the 1st row? (in the 2nd, 3rd and 4th rows?)

IV. Переведите шутку:

One day a mother gave her son a new bicycle ([baisiki])— велосипед). The boy took the bicycle and went into the yard.

His mother went into the yard too and looked at her son with a smile. On his first round (после первого круга) he cried: "Look, Ma, no hands." On his second round he cried: "Look, Ma, no feet." On his third round he cried: "Look, Ma, no teeth."



V. Проведем игру: Учащиеся по очереди описывают внешность одного из присутствующих, а водящий должен отгадать, кого они задумали в его отсутствие.

ЗАНЯТИЕ 3

Выучите слова к тексту:

- | | |
|---|--|
| 1. rule [ru:l] <i>n</i> правило | 6. to hurry [hʌri] <i>v</i> торопиться |
| 2. air [εə] <i>n</i> воздух; <i>v</i> (to) проветривать | 7. meal [mi:l] <i>n</i> еда |
| 3. to wash [wɔʃ] <i>v</i> умываться | 8. rest [rest] <i>n</i> отдых |
| 4. waist [weɪst] <i>n</i> эд. пояс | 9. to eat [i:t] <i>v</i> есть |
| 5. shower [ʃaʊə] <i>n</i> душ | 10. to rise [raɪz] <i>v</i> подниматься |
| | 11. early [ˈɜ:li] <i>adv</i> рано |

RULES¹ OF GOOD HEALTH

1. When you get up *air*² the room.
2. Do morning exercises every day.
3. *Wash*³ to the *waist*⁴ or take a *shower*⁵.
4. Don't *hurry*⁶ when you have your *meal*⁷?
5. Work and have a *rest*⁸.
6. *Eat*⁹ in time.
7. Go to bed in time and *rise*¹⁰ *early*¹¹.

Proverb: *Early to bed, early to rise, makes a man healthy, wealthy and wise.*

УПРАЖНЕНИЕ

Найдите в тексте "Rules of Good Health" следующие словосочетания:

крепкое здоровье; проветривать комнату; делать утреннюю зарядку; умываться до пояса; принимать душ; вовремя принимать пищу; отдыхать; ложиться спать

Laughter is the Best Medicine

"I will not wash my face", said little Ann. "Oh, you are a bad girl," said the grandmother. "When I was a little girl I always washed my face." "Yes," said Ann, "and look at it now."

Proverb: *Two heads are better than one.*

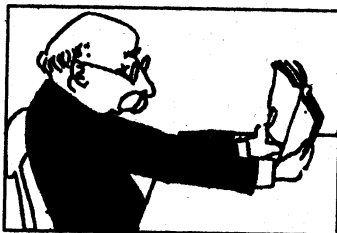
Выучите слова к тексту:

- | | |
|---|--|
| 1. nearsighted [ˈniəˈsaɪtɪd] <i>a</i> близорукий | 9. delicate [ˈdelɪkɪt] <i>a</i> хрупкий |
| 2. farmed [ˈfɑːsaɪtɪd] <i>a</i> дальнозоркий | 10. to be tired [ˈtaɪəd] быть усталым |
| 3. to need [niːd] <i>v</i> нуждаться | 11. harmful [hɑːmfʊl] <i>a</i> вредный |
| 4. glasses [ˈglɑːsɪz] <i>n</i> очки | 12. to examine [ɪgˈzæmɪn] <i>v</i> проверять |
| 5. to take care [keə] (of) беречь, заботиться | 13. to treat [tri:t] <i>v</i> лечить |
| 6. light [laɪt] <i>n</i> свет | 14. disease [diˈziːz] <i>n</i> заболевание |
| 7. to rub [rʌb] <i>v</i> тереть | 15. oculist [ˈɒkjʊlɪst] <i>n</i> глазной врач |
| 8. eyeball [ˈaɪbɔːl] <i>n</i> глазное яблоко | |

EYES



She is *nearsighted*¹.



He is *farsighted*².

They need³ proper kind of *glasses*⁴ — Им нужны правильные очки.

Take care of⁵ your eyes:

1. Give the eyes much *light*⁶ at home, at school, at the office.
2. Do not *rub*⁷ or press *the eyeballs*⁸. They are very *delicate*⁹.



3. Close your eyes for a few minutes if your eyes are *tired*¹⁰. It gives rest to the eyes.
4. Remember that smoke is *harmful*¹¹ to the eyes.
5. *Examine*¹² your eyes every year. A doctor who *freats*¹³ the eye *diseases*¹⁴ is called an *oculist*¹⁵.

Proverb: Beauty lies in lover's eyes. (Сравни: Не по-хорошу мил, а по-милу хорош.)

УПРАЖНЕНИЯ

1. Скажите по-английски:

Берегите глаза. Не трите глаза. Дым вреден для глаз. Проверяйте глаза каждый год.

II. Ответьте на вопросы:

1. What colour are your eyes? (blue, brown, grey) 2. How must you take care of your eyes? 3. How can you give rest to the eyes? 4. Do you wear glasses?

III Переведите шутку:

Two Englishmen were talking about young people in our days. One of them said: "Young people now are so different from what we were thirty years ago. Look at that young person with short hair, smoking a cigarette and wearing jeans. What is it – a boy or a girl? "

"It's a girl," said a middle-aged person sitting near them on a bench.

"I'm sorry, sir, " said the first Englishman. "Are you her father?"

"I'm not," was the answer. "I'm her mother."

ЗАНЯТИЕ 4

Выучите слова к тексту:

- | | |
|---|--|
| 1. to keep [ki:p] <i>v</i> содержать | 7. to use [ju:z] <i>v</i> употреблять |
| 2. gum [gʌm] <i>n</i> десна | 8. food [fu: d] <i>n</i> пища |
| 3. condition [кэп'diʃən] <i>n</i> состояние | 9. to chew [tʃu:] <i>v</i> жевать |
| 4. brush [brʌʃ] <i>n</i> щетка; <i>v</i> (to) чистить | 10. to crack [kræk] <i>v</i> колоть |
| 5. rinse [rɪns] <i>n</i> полоскание; <i>v</i> (to) полоскать | 11. nut [nʌt] <i>n</i> орех |
| 6. meal [mi:l] <i>n</i> еда | 12. sugar [ˈʃʊɡə] <i>n</i> сахар |
| | 13. dentist [ˈdentɪst] <i>n</i> зубной врач |
| | 14. twice [twɑɪs] <i>adv</i> дважды |

MOUTH

You must *keep*¹ the mouth, *gums*² and teeth in healthy *condition*³. *Brush*⁴ your gums and teeth and *rinse*⁵ your mouth in the morning and after every *meal*⁶. Don't *use*⁷ metal things to clean your teeth after meals. Examine your teeth regularly twice a year. *Use*⁷ *food*⁸ which you must *chew*⁹.

If you want to have strong and healthy teeth:

1. Brush your teeth every day.
2. Rinse your mouth after meal.
3. Never *crack*¹⁰ *nuts*¹¹ with teeth.
4. Do not eat much *sugar*.¹²
5. See the *dentist*¹³ *twice*¹⁴ a year.



"I showed him a quick way to clean his teeth – to bite a piece of soap."

Proverb: *Keep your mouth shut and your ears open.*

ЗАПОМНИТЕ: _____

in Russian: раз в год, два раза в день

in English: once a year, twice a day

УПРАЖНЕНИЯ

I. Найдите интернациональные слова в тексте.

II. Скажите по-английски:

в здоровом состоянии; дважды в год; после еды; чистить зубы; не употребляйте; полоскать рот

III Ответьте на вопросы.

1. Have you healthy teeth? 2. When do you brush your teeth? 3. How often do you see the dentist? 4. Are you afraid of going to the dentist?

IV. Выпишите из текста все, что касается ухода за зубами.

V. Прочтите ответы мальчика и закончите вопросы зубного врача:

Dentist: Do you...?

Boy: No, I don't. I don't rinse my mouth after each meal.

D.: How often do you...?
B.: I examine my teeth once a year.
D.: Are you...?
B.: Yes, I am I am very much afraid of going to the dentist.
D.: Do you...?
B.: Yes, I do. I crack nuts with my teeth.

Believe It or Not

A Woman with Two Tongues

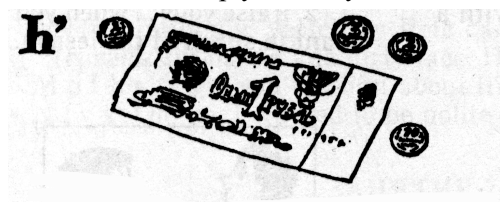
Of course, there never lived a more unhappy young woman than this woman of Frankfurt, Germany She had two tongues but could not speak a word

Laughter is the Best Medicine

Doctor: Show me your tongue, little Ann.
Ann: No, I shan't. My mother always punishes (наказывает) me when I show my tongue to my sister at home.

Отгадайте ребус:

Bear: Oh, Doctor, my teeth... my teeth... I am ill. Help me, Doctor.
Doctor: I'll help you, but you must not eat much....



Ответ: honey

Переведите текст:

HANDS

Human hands can do different¹ work.
There are some rules for your hands:
1. Wash your hands before meals.
2. Wash your hands after the use of the toilet².
3. Soap³ your hands well.
4. When you rinse your hands with running water⁴ count⁵ to 60.

5. Keep the nails⁶ short.
6. Don't bite⁷ your nails.

1. **different** ['dɪfrənt] *a* различный
2. **toilet** ['tɔɪlɪt] *n* туалет
3. **soap** [səʊp] *n* мыло, *v* (to) намыливать
4. **running water** *зд.* струя воды

5. **count** [kaʊnt] *n* счет; *v* (to) считать
6. **nail** [neɪl] *n* ноготь
7. **bite** [baɪt] *n* укус; *v* (to) кусать

Proverb: *To work with the left hand.* (Сравни: Работать спустя рукава.)

УПРАЖНЕНИЯ

1. *Вставьте вместо точек» слова "hand" или "arm", а затем опишите рисунки, пользуясь данными предложениями:*



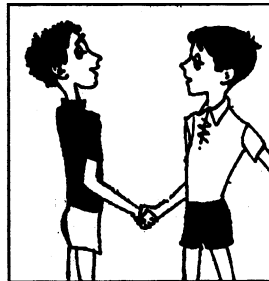
1. This is a nurse with a thermometer in her....



2. Raise your... when you want to speak at the lesson.

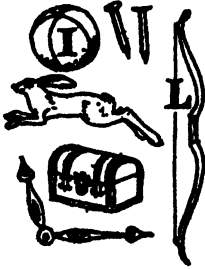


3 A nurse is holding a baby in her....



4. When you meet your friend you shake....

II. *Посмотрите на рисунок и назовите шесть частей тела; название каждого предмета по произношению совпадает с названиями различных частей тела.*



О т в е т : chest,
hands, elbow (L-bow),
nails, hair (hare), eye-
ball (I-ball)

Laughter is the Best Medicine

M o t h e r : Nelly, did you wash your hands before dinner?

N e l l y : Yes, Mummy, you can see it if you look at the towel (полотенце).

* * *

"I don't understand why I must wash my hands before school."

"Why not?"

"I never put them up in class."

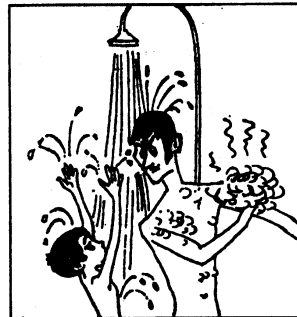
Вьучите слова к тексту:

- | | |
|---|--|
| 1. habit ['hæbitl] <i>n</i> привычка | 5. to sneeze [sni:z] <i>v</i> чихать |
| 2. daily ['deili] <i>a</i> ежедневный | 6. neatly ['ni:tli] <i>adv</i> опрятно, аккуратно |
| 3. to cover ['kʌvə] <i>v</i> закрывать | 7. to hang up [hæŋg] <i>v</i> вешать |
| 4. to cough [kɔf] <i>v</i> кашлять | |

GOOD HABITS¹



1. You must have the habit to brush your teeth.



2. You must have the habit to take a *daily*² bath.



3. *Cover*³ your nose and mouth when you *cough*⁴ and *sneezed*⁵.



4. You must have the habit to do morning exercises.



5. You must have the habit to dress *neatly*⁶.

6. You must have the habit to *hang up*⁷ your clothes

Laughter is the Best Medicine

The nurse bathed the twins. Later she heard the twins laughing in bed. She said: "What are you, children, laughing at?"

"Oh, nothing" said Edna. "Only you have bathed Edith twice and didn't bathe me at all."

ЗАНЯТИЕ 5

Выучите слова к тексту:

1. **anybody** ['eni ,bɒdi] *pron* эд. любой

2. **dry** [draɪ] *a* сухой

3. **to protect** [prɒ'tekt] *v* защищать, предохранять

4. **as... as** так... как

5. **without** [wi'ðaʊt] *prep* без

6. **weather** ['weðə] погода

HAIR

Here are some rules for your hair:

1. Keep your brush clean and don't give it to *anybody*¹.
2. If you have *dry*² hair, *protect*³ it from the sun.
3. Don't wash your hair *as often as*⁴ your face.
4. Don't go out *without*⁵ a hat in cold *weather*⁶.

Believe It or Not

...a dark-haired person has on his head about 120,000 hairs, a blond – about 150,000 hairs and a red-headed person only about 90,000.

Laughter is the Best Medicine

T e a c h e r : Nick, why didn't you comb (причесал) your hair at home?

N i c k : No comb (расческа), miss.

T e a c h e r : Couldn't you take your father's comb?

N i c k : No hair, miss.

УПРАЖНЕНИЕ

Опишите рисунки на с. 15-16, используя известные вам слова и словосочетания.

ЗАНЯТИЕ 6

Выучите слова к тексту:

- | | |
|--|---|
| 1. heart [hɑ:t] <i>n</i> сердце | 10. in such a way таким образом |
| 2. blood [blʌd] <i>n</i> кровь | 11. beat [bi:t] <i>n</i> удар |
| 3. wonderful [ˈwʌndəfʊl] <i>a</i> удивительный | 12. vein [veɪn] <i>n</i> вена |
| 4. during [ˈdʒuəriŋ] <i>prep</i> в течение | 13. capillary [kəˈpɪləri] <i>n</i> капилляр |
| 5. to strengthen [ˈstreŋθən] <i>v</i> укреплять | 14. artery [ˈɑ:təri] <i>n</i> артерия |
| 6. disease [diˈzi:z] болезнь | 15. to carry [kæri] <i>v</i> нести |
| 7. regular [ˈreɡjʊlə] <i>a</i> правильный | 16. cell [sel] <i>n</i> клетка |
| 8. regimen [ˈredʒɪmən] <i>n</i> режим | 17. blood pressure [ˈblʌd prefə] <i>n</i>
(B. P.) артериальное давление |
| 9. to take smb's pulse шупать
to feel smb's pulse пульс } | 18. blood test анализ крови |
| | 19. cardiogram of one's heart кардио-
грамма |

HEART¹ AND BLOOD²

Your heart is a *wonder ful*³ organ that works *during*⁴ every minute of your life.

You can help it work long and well. You can *strengthen*⁵ it, protect it from *disease*⁶ by exercises and *regular*⁷ *regimen*⁸.

Take your *pulse*⁹ and in such a *way*¹⁰ you can control the work of your heart.

Our pulse is about 70 *beats*¹¹ per minute. After heavy exercises the heart works faster and then the pulse will be faster too, perhaps 100 (one hundred) beats. After a minute or two the pulse will be normal again.

About 5 litres of blood fill our arteries, *veins*¹² and *capillaries*¹³. *Arteries*¹⁴ *carry*¹⁵ blood from the heart. Veins carry blood to the heart.

Blood has red blood *cells*,¹⁶ white blood cells and plasma. Today doctors can take *blood pressure* (B. P.),¹⁷ listen to the heart, take *blood tests*¹⁸ and take cardiogram of a patient's *heart*¹⁹.

Proverb: *A merry*¹ *heart does good*² *like*³ *a medicine*⁴.

1. **merry** а веселый

3. **like** эд. подобно

2. **to do good** эд. приносить пользу

4. **medicine** [‘medsin] n лекарство

УПРАЖНЕНИЯ

I. Найдите эти словосочетания в тексте:

укрепить сердце; защитить сердце; это легко и полезно; щупать пульс; таким образом; контролировать работу сердца; 70 ударов в минуту; пульс будет учащенным; пульс будет нормальным; измерить давление; прослушать сердце; сделать анализ крови

II. Ответьте на вопросы:

1. How can you strengthen your heart? 2. Can you take anybody's pulse? 3. What do you learn when you take the pulse? 4. How many beats is the pulse of a healthy person? 5. When does the heart work faster? 6. Where do arteries carry blood? 7. Where do veins carry blood?

III. Напишите графический диктант по следующему тексту:

Arteries carry blood from the heart. Veins carry blood to the heart. Blood has only red and white blood cells. Today doctors cannot take blood pressure and blood tests.

Doctors can take a cardiogram of a patient's heart.

Believe It or Not

Different Hearts

The lion (лев) has the smallest heart of all wild animals (диких животных).

King Philip the Second of Spain (Филипп 11, король Испании) was a coward (трус) but he had the largest heart of any known (известный) man

Laughter is the Best Medicine

Teacher: Jimmy, why don't you wash your face? I can see what you had for breakfast this morning.

Little boy: What was it?

Teacher: Eggs.

Little boy: Wrong (неправильно), that was yesterday.

* * *

Jim and his mother were waiting for Jim's music teacher.

Mother: Did you wash your hands?

Jim: Yes.

Mother: And your face?

Jim: Yes, Mother.

Mother: And did you wash behind your ears?

Jim: On her side I did. Mother.

* * *

Nick: Mummy, yesterday Pete came to school with dirty (грязными) hands and dirty face. His ears were dirty too.

Mother: Did you tell him about it?

Nick: Oh, no. I wanted to be polite (быть вежливым).

ЗАНЯТИЕ 7

SKELETON

Используя данные слова, назовите кости скелета и сравните английское название с латинским.

parietal [pə'raɪiiti] *a* теменной

frontal ['frʌntl] *a* лобный

temporal ['tempərəl] *a* височный **occipi-**

tal [ɔk'sipitl] *a* затылочный

skull [skʌl] *n* череп

cervical ['sə:vikəl] *a* шейный

vertebra ['və:tibrə] *n* позвонок;

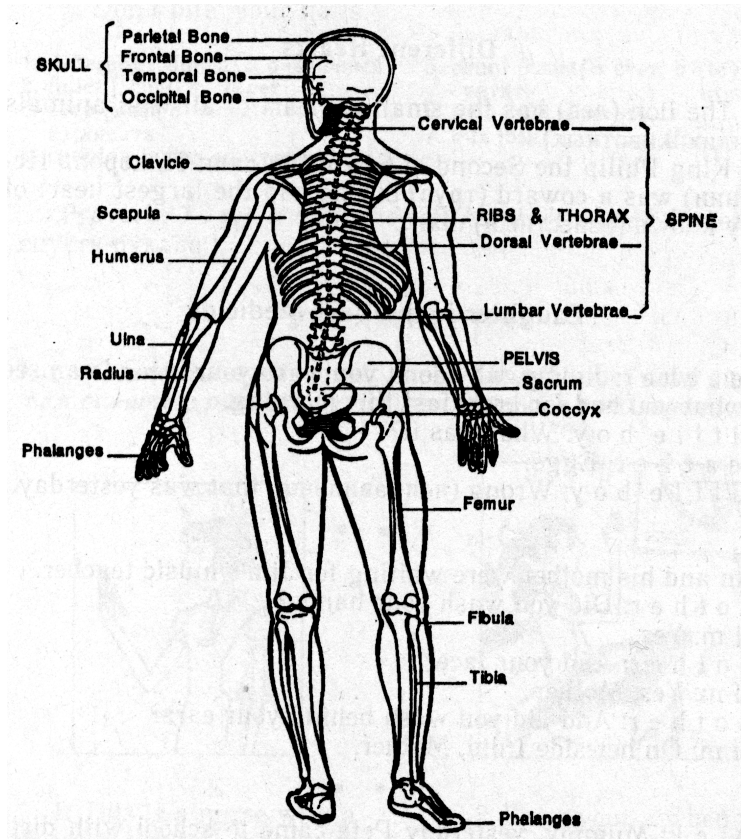
vertebrae ['və:tibri:] позвонки

clavicle ['klævɪkl] *n* ключица

scapula ['skæpjulə] *n* лопатка

rib [rɪb] *n* ребро

thorax ['θɔ: ræks] *n* грудная клетка



dorsal ['dɔ:səl] *n* спинной
spine [spain] *n* позвоночный столб
lumbar ['lʌmbə] *a* поясничный
pelvis ['pelvis] *n* таз
sacrum ['seikrəm] *n* крестец
coccyx ['kɔksiks] *n* копчик
humerus ['hju:məgəs] *n* плечевая кость

ulna ['ʌlnə] *n* локтевая кость
radius ['reidiəs] *n* лучевая кость
phalanges [f'ælændʒi:z] *n* фаланги
femur ['fi:mə] *n* бедро
fibula ['fibjulə] *n* малая берцовая кость
tibia ['tibiə] *n* большая берцовая кость

УПРАЖНЕНИЯ

- I. Прочтите названия костей по-английски.
- II. Найдите и напишите по-английски и по-латински названия костей: а) головы; б) туловища; в) таза; г) верхней конечности; д) нижней конечности.

КОНТРОЛЬНЫЕ УПРАЖНЕНИЯ

I. *Глядя на рисунок, назовите части тела человека. В случае ошибки другой учащийся должен вас быстро поправить:*

A.: This is a foot (*указывая на кисть руки*).

B.: No, you are wrong. This is a hand.

II. *Скажите по-английски:*

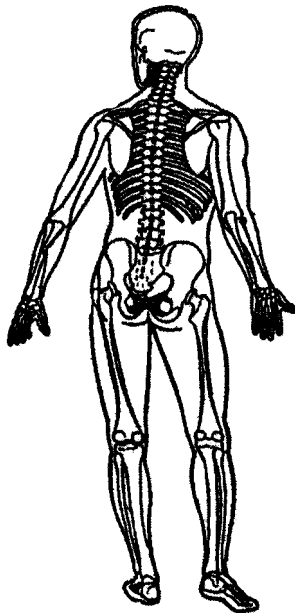
1. Дайте вашу руку, я хочу пощупать ваш пульс. 2. Дайте вашу руку, я хочу измерить давление. 3. У вас давление нормальное. 4. Откройте рот и покажите язык. 5. Вы здоровы. 6. Откройте рот и покажите зубы. 7. Вы должны заботиться о ваших зубах. 8. Вы должны проверять глаза каждый год.



III. *Назовите и покажите на картинке кости: а) головы; б) туловища; в) таза; г) верхней конечности; д) нижней конечности.*

IV. *В правой колонке найдите перевод каждого английского слова. (Работу выполняйте на перфокарте*):*

- | | |
|----------|------------------|
| 1. hand | I. палец |
| 2. eye | II. голова |
| 3. leg | III. рука |
| 4. body | IV. зубы |
| 5. arm | V. содержать |
| 6. brush | VI. глаз |
| 7. toph | VII. нога |
| 8. head | VIII. кисть руки |



* См. «Методические указания», С. 4.

- 9. to examine
- 10. feet
- 11. cneek
- 12. to keep

- IX. стопа
- X. стопы
- XI. осматривать
- XII. тело
- XIII. щека
- XIV. зуб
- XV. чистить
- XVI. слышать
- XVII. полоскать

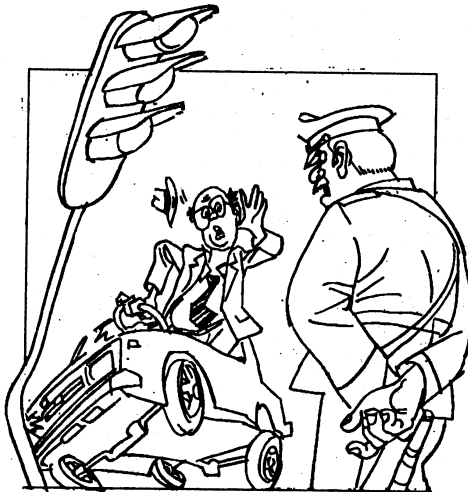
V. Какие слова вы можете выделить в этой цепочке букв? Последняя буква каждого слова является первой буквой следующего:

eyearightoeskinailegumouthand

VI. Закончите стихотворение подходящей по смыслу рифмой:

Ears for hearing;
Teeth for biting;
Eyes for seeing;
Legs for walking;
Tongues for testing and for.....

VII. Переведите шутку:



"What's the matter? Are you blind?"
"Speak louder. I'm deaf."

РАЗДЕЛ II

GENERAL MEDICAL TERMINOLOGY

ЗАНЯТИЕ 8

Выучите слова к тексту:

- | | |
|--|--|
| 1. diet ['daɪət] <i>n</i> диета | 10. carbohydrate ['kɑ:bou'haidreit] <i>n</i>
углерод |
| 2. disease [di'zi:z] <i>n</i> болезнь | 11. fat [fæt] <i>n</i> жир, <i>a</i> жирный |
| 3. careful ['keəfʊl] <i>a</i> внимательный, за-
ботливый | 12. minerals ['mɪnərəlz] <i>зд.</i> минераль-
ные соли |
| 4. physical ['fɪzɪkəl] <i>a</i> физический | 13. fish [fɪʃ] <i>n</i> рыба |
| 5. need [ni:d] <i>n</i> нужда; <i>v</i> (to) нуждаться | 14. meat [mi:t] <i>n</i> мясо |
| 6. mental ['mentl] <i>a</i> умственный | 15. kidney ['kɪdni] <i>n</i> почка |
| 7. important [ɪm'pɔ:tənt] <i>a</i> важный | 16. cheese ['tʃi:z] <i>n</i> сыр |
| 8. to consist (of) [kən'sɪst] <i>v</i> состоять (из) | 17. butter ['bʌtə] <i>n</i> масло |
| 9. protein ['prəʊti:n] <i>n</i> белок | 18. mixed [mɪkst] <i>a</i> смешанный |
| | 19. fruit [fru:t] <i>n</i> фрукт, плод |

THE DIET¹

As you know my mother is a nurse and she often tells me that the diet in health and *disease*² is very important

If a person wants to be in good health he must be *careful*³ about his diet.

People of *physical*⁴ work *need*⁵ more food than people of *mental*⁶ work.

It is *important*⁷ to know that a diet must *consist*⁸ of *proteins*⁹ *carbohydrates*¹⁰, *fats*¹¹, *minerals*¹², water and vitamins.

All this you can find in *fish*¹³, *meat*¹⁴, liver, *kidney*¹⁵, *cheese*¹⁶, eggs, milk, sugar, bread, potatoes, *butter*¹⁷ and nuts.

If you want to be healthy you must use a *mixed*¹⁸ diet of meat, fats and *fruit*¹⁹.

Proverb: *Hope is a good breakfast but a bad supper.*

УПРАЖНЕНИЯ

I. Скажите по-английски:

сохранить здоровье; физическая (умственная) работа; нуждаться в большом количестве пищи; важно знать; состоит из белков и углеводов.

II. Начните предложения с 'there is little' (мало) — для предметов, которые нельзя сосчитать или 'there are few' (мало) – для предметов, которые можно сосчитать:

1.... sugar in my tea. 2.... bread on the table .3.... meat in his soup. 4.... soup in the pan. 5 ... salt in the soup. 6... apples on the plate. 7. ...cheese on his bread. 8.... fish on the plate 9....milk in her coffee

III. Ответьте на вопросы:

1. What must a person do if he wants to be in good health? 2. Who needs more food, people of physical work or people of mental work? 3. What must a diet of a healthy person consist of?

IV. Переведите текст "Table Manners".

Table Manners

1. Sit facing¹ the table, don't sit sideways².
2. After stirrings³ your tea remove⁴ the spoon and place⁵ it on the saucer⁶.
3. Don't use a spoon instead of⁷ a fork⁸.
4. Don't put your knife⁹ in your mouth.
5. Vegetables, potatoes, macaroni are placed on your fork with the help of your knife.
6. Try¹⁰ to make little noise¹¹ when you eat.
7. Don't talk with your mouth full.¹² First chew¹³ and then swallow.¹⁴
8. Don't put your elbows on the table.
9. If food is very hot, quickly drink some water.
10. Don't forget¹⁵ to say "thank you very much".

1. facing ['faisɪŋ] зд. лицом к
2. sideways ['saidweɪz] adv боком
3. to stir [stɜː] v мешать.
4. to remove [ri'mu:v] v зд. убирать
5. to place [pleɪs] v помешать
6. saucer ['sɔːsə] n блюдце
7. instead of [ɪn'sted] prep вместо
8. fork [fɔːk] n вилка

9. knife [naɪf] n нож
10. to try [traɪ] v стараться
11. noise [nɔɪz] n шум
12. full [fuːl] a полный
13. to chew [tʃuː] v жевать
14. to swallow ['swɒləʊ] v глотать
15. to forget [fɔːget] v (forgot, forgotten) забывать

Laughter is the Best Medicine

One day when a mother and her little son Torn were eating their dinner, the mother said: "Torn, why are you wiping your mouth with the back of your hand?"

"Because the back of my hand is cleaner than the front," said little Tom.

* * *

A visitor asks a little girl: "What will you do, my dear, when you areas big as your mother?" "Keep a diet," says the child.

* * *

Mother: You understand me, John, you must not eat any more tonight. It's dangerous to sleep on a full stomach.

John (*her young son*): Never mind about that. Mother, dear, I can sleep on my back!

ЗАНЯТИЕ 9

Выучите слова к тексту:

- | | |
|--|---|
| 1. to pay attention to [ə'teɪʃən] обращать внимание | 6. appetite ['æpɪtaɪt] <i>n</i> аппетит |
| 2. to prescribe [prɪs'kraɪb] <i>v</i> прописывать | 7. high [haɪ] <i>a</i> высокий |
| 3. patient ['reɪʃənl] <i>n</i> пациент, больной | 8. to become [bɪ'kɒm] <i>v</i> становится |
| 4. temperature ['tempərɪtʃə] <i>n</i> температура | 9. weak [wi:k] <i>a</i> слабый |
| 5. poor [puə] <i>a</i> плохой, бедный | 10. caloric [kə'lɒrɪk] <i>a</i> калорийный |
| | 11. to do a lot делать много |
| | 12. to treat [tri:t] <i>n</i> лечить |

THE DIET

(continued)

My mother tells me that in a hospital they *pay special attention*¹ to the diet. In a hospital the doctor usually *prescribes*² the diet for every *patient*³.

Any patient with high *temperature*⁴ has a very *poor*⁵ *appetite*⁶ and so a nurse must be very careful.

If a patient has *high*⁷ temperature for a long time he *becomes*⁸ very *weak*⁹ and it is very important to give him high *caloric*¹⁰ diet (food).

A careful nurse does *a lot*¹¹ to help the patient to become healthy. You can *treat*¹² many diseases by diet.

УПРАЖНЕНИЯ

1. Скажите по-английски:

высокая температура; плохой аппетит; обратить внимание; в течение долгого времени; высококалорийная пища; заботиться; ослабеть; очень важно; лечить

II. Ответьте на вопросы:

1. Who prescribes a diet in a hospital? 2. What appetite has a patient with high temperature? 3. What is the diet of a patient who has high t° or a long time? 4. What food must the nurse give a patient with high t°?

III. Переведите диалог на английский язык, используя словосочетания, данные ниже, затем прочтите и разыграйте диалог в лицах:

A.: У моего сына высокая температура, у него плохой аппетит.

B.: Вы должны быть особенно внимательны сейчас в отношении его питания.

A.: Он очень слаб, так как у него долго держится температура.

B.: Давайте ему высококалорийную пищу. high temperature; poor appetite; to pay special attention; to become weak; high caloric food

Laughter is the Best Medicine

"Your husband is too fond of strong coffee," said the doctor, "you must not let him have it. He gets too nervous (нервничает)." "But, Doctor, you should see how nervous he is when I give him weak coffee."

* * *

Tea ch e r : Tommy, name five things that contain milk.

To m m y : Butter and cheese, ice-cream¹ and two cows².

1. **ice-cream** мороженое

2. **cow** [kau] корова

ЗАНЯТИЕ 10

Выучите слова к тексту:

1. **overdosage** [ouvə'dousidʒ] *n* передозировка

2. **harmful** ['hɑ:mful] *a* вредный

3. **dose** [dous] *n* доза, прием

4. **cold** [kould] *n* простуда

5. **flu** [flu:] *n* грипп

6. **resistance** [ri'zistəns] *n* сопротивляемость

VITAMINS

Vitamins play a very important role in human health. *Overdosage*¹ of some vitamins may be *harmful*², so people must take normal *doses*³ of vitamins.

When the winter months come your food becomes poor of vitamins.

Winter is the time for virus [vaiəriəs] infections, *colds*⁴ and *flu*⁵ and your *resistance*⁶ is especially low. Take vitamins A, D, C every day. They are often called winter vitamins.

Interesting Facts

You will find:



You must take:

vitamin A
in

carrots,
fish oil,
eggs

vitamin A to *protect*¹ *eyesight*² *increase*³ resistance to infection.

vitamin A is often combined with other vitamins, especially vitamin D.



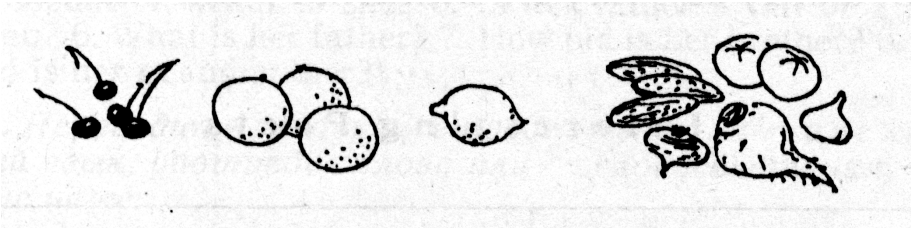
vitamin B
in

liver,
eggs,
*yeast*⁴

vitamin B to strengthen nervous system. Cooking *destroys*⁵ vitamin B. Take it daily.

You will find:

You must take:

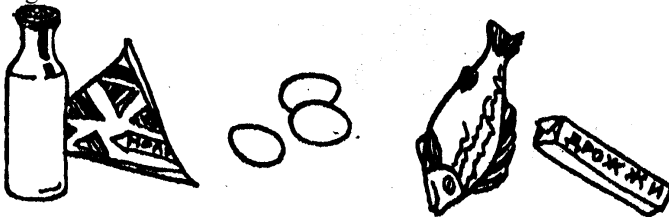


vitamin C

in

cherry, orange,
lemon, fruit
and vegetables

vitamin C to increase resistance to infection. It helps *to recover*⁶ after *illness*⁷. Take it daily.



vitamin D

in

milk, eggs,
fish, yeast

vitamin D to help the body in formation of *bones*⁸ and strong teeth.



vitamin E

in

soya,
fruit

vitamin E to *improve*⁹ poor blood circulation, in *treatment*¹⁰ of thrombosis, varicose veins.

1. **to protect** [prə'tekt] *v* защищать
2. **eyesight** ['aɪsaɪt] *n* зрение
3. **to increase** [ɪn'kri:s] *v* повышать
4. **yeast** [ji:st] *n* дрожжи
5. **to destroy** [dis'trɔɪ] *v* разрушать

6. **to recover** [ri'kʌvə] *v* выздоравливать
7. **illness** ['ɪlnɪs] *n* болезнь
8. **bone** [bəʊn] *n* кость
9. **to improve** [ɪm'pru:v] *v* улучшать
10. **treatment** ['tri:tmənt] *n* лечение

УПРАЖНЕНИЯ

I. Скажите по-английски:

сохранить зрение; укрепить нервную систему; повысить сопротивляемость инфекции; принимайте ежедневно; улучшать плохое кровообращение; лечение варикозных вен

II. Ответьте на вопросы:

1. What do we take vitamin A for? 2. Can vitamin A strengthen the nervous system? 3. How often must we take vitamin B? 4. What does vitamin C give to human health?

ЗАНЯТИЕ 11

WATER

Water is very important to all living¹ things. In the living body water carries² foodstuffs³ from one part of the body to another.

Man gets one half of his water in the food he eats, especially in fruit and vegetables.

More than 70 per cent of the body is composed⁴ of water. Daily we lose⁵ some water.

The human body gives off (отдавать) about 5 pints⁶ of water every twenty-four hours through the lungs, sweat⁷ glands⁸ and kidneys. We must replace⁹ it. If 10 per cent of the body water is lost without replacements¹⁰ there will be serious¹¹ signs¹² of illness¹³. If 20% of the body water is lost a person may die.¹⁴

The maximum time that a person can go without water is about 7-10 days.

1. **living** ['lɪvɪŋ] *a* живой
2. **to carry** ['kæri] *v* переносить
3. **foodstuff** ['fu:dstʌf] *v* продукты питания
4. **to compose** [kəm'pəʊz] *v* составлять

5. **to lose** [lu:z] (**lost**) [lɒst] *v* терять
6. **pint** [paɪnt] *n* пинта (*приблиз.* 0,5 литра)
7. **sweat** [swet] *n* пот
8. **gland** [glænd] *n* железа

- 9. to replace** [ri'pleis] *v* замещать
10. replacement *n* замещение
11. serious ['siəriəs] *a* серьезный

- 12. sign** [sain] *n* знак, признак
13. illness ['ilnis] *n* болезнь
14. to die [dai] *v* умирать

Переведите следующие тексты:

1

A 30-year old woman who was very stout¹ decided to become thinner.² She didn't eat butter and other³ fats and even didn't have breakfast. It was unwise⁴. It would be better⁵ for her:

1. to go on a fruit diet for three days.
2. to omit⁶ carbohydrate and fat at one meal and reduce⁷ carbohydrate and fat in all meals.

- | | |
|--|--|
| 1. stout ['staut] <i>a</i> полный | 5. it would be better было бы лучше |
| 2. thin [θin] <i>a</i> худощавый, тонкий | 6. to omit [o(u)'mit] <i>v</i> <i>зд.</i> не употреб- |
| 3. other ['ʌðə] <i>a</i> другой | лять |
| 4. unwise ['ʌn'waiz] <i>a</i> неблагоприятный | 7. to reduce [ri'dju:s] <i>v</i> уменьшать |

2

A 12-year old girl who was too thin was advised¹ to take extra² carbohydrate between meals. Foods which will be good for her are: a cup of cacao [kæ:kə:ou] made with all milk, extra cream³ raw⁴ tomatoes⁵ etc.

- | | |
|--|---|
| 1. ...girl... was advised... девочке ... по- | 3. cream [kri:m] <i>n</i> сливки, крем |
| советовали | 4. raw [rɔ:] <i>a</i> сырой |
| 2. extra [ekstrə] <i>a</i> добавочный; <i>adv</i> до- | 5. tomato [tə'mɑ:təu] <i>n</i> помидор |
| бавочно | |

3

A young man who got tired¹ quickly and was often short of breathe², asked for medical advice³. He was told⁴ to eat food rich⁵ in iron⁶ and liver twice a week. Cucumbers⁷, milk, radishes⁸, apples and lemons are rich in iron.

- | | |
|---|---|
| 1. to get tired ['tai ə d] <i>v</i> устать | 5. rich [ritʃ] <i>a</i> богатый |
| 2. to be short of breath [brɛθ] страдать | 6. iron ['aɪən] <i>n</i> железо |
| одышкой | 7. cucumber ['kju:kəmbə] <i>n</i> огурец |
| 3. advice [əd'vaɪs] <i>n</i> совет | 8. radish ['rædɪʃ] <i>n</i> редис |
| 4. he was told ему сказали, ему велели | |

УПРАЖНЕНИЯ

I. Заполните таблицу:

	A	B	C	D	E
Продукты, содержащие витамины					
Их действия					

II. Из данных слов напишите предложения, а затем произнесите каждое предложение целиком, не глядя в тетрадь:

1. prescribed, the hospital, the doctor, in, the patient, a, diet, special
2. poor, a patient, high, has, temperature, with, very, appetite
3. human, vitamins, health, important, play, an, part, in
4. food, present, are, kinds, vitamins, in, all, of

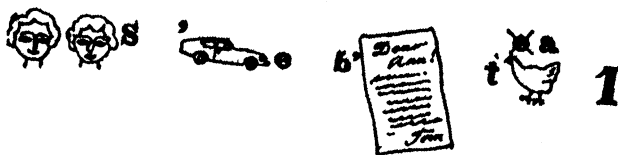
III. Переведите текст:

A boy comes up¹ to a nurse in the hospital and says: "My mother is one of the patients of your hospital and the doctor tells me that she must have a high caloric diet, but I don't know what it is. Will you help me?" The nurse tells him to buy butter, milk, cheese and fruit.

1. **to come up** [kʌm] *v* подходить

2. **to buy** [baɪ] *v* покупать

IV. Отгадайте ребус:



Ответ: Two heads are better than one.

ЗАНЯТИЕ 12

Выучите слова к тексту:

1. **first aid** [eɪd] первая помощь

2. **to save** [seɪv] *v* спасать

3. **injured** [ˈɪndʒəd] *a* пострадавший

4. **method** [ˈmeθəd] *n* метод

5. **accident** [ˈæksɪdənt] *n* несчастный случай

6. **calm** [kɑ:m] *a* спокойный

7. **to act** [ækt] *v* действовать; *n* поступок
 8. **panic** [ˈpænik] *n* паника
 9. **to mean** [mi:n] *v* (**meant**) [ment] значить, подразумевать *t*
 10. **soul** [soul] *n* душа

FIRST AID¹

Everybody must know how to give the first aid. The first aid *saves*² many lives. The first aid is the help which you give to an *injured*³ person. You must know different *methods*⁴ of helping in *accidents*⁵. When you give the first aid you must *be calm*⁶, and *act*⁷ without *panic*⁸.

REMEMBER: "SOS " *means*⁹ "Save Our Soul".¹⁰

УПРАЖНЕНИЯ

I. Скажите по-английски:



первая помощь; оказать первую помощь; спасти жизнь; быть спокойным; действовать спокойно (без паники)

II. Ответьте на вопросы к рисунку, используя предыдущий текст

1. Whom do you see in the picture?
2. What is the matter with the patient?
3. How must a person act when he gives the first aid?
4. What does "SOS" mean?

Выучите слова к тексту:

- | | |
|--|--|
| 1. bruise [bru:z] <i>n</i> ушиб, синяк | 6. scratch [skrætʃ] <i>n</i> царапина |
| 2. to fall [fɔ:l] <i>v</i> (fell, fallen) [fel, 'fɔ:lɪn] <i>v</i> опадать | 7. iodine [ˈaɪədi:n] <i>n</i> йод |
| 3. bruised place [bru:zd] <i>n</i> ушибленное место | 8. to hurt [hɜ:t] <i>v</i> причинить боль |
| 4. to look [lʊk] <i>v</i> выглядеть, смотреть | 9. cloth [klɒθ] <i>n</i> ткань |
| 5. swollen [ˈswɒlən] (<i>part, II</i> <i>от</i> to swell) опухший | 10. to wet [wet] <i>v</i> мочить |
| | 11. to relieve [riˈli:v] <i>v</i> облегчить |
| | 12. pain [peɪn] <i>n</i> боль |
| | 13. to consult [kɒnˈsʌlt] <i>v</i> советоваться |

BRUISE¹

When you *fall*² on your knee you get a bruise on it. The *bruised place*³ *looks*⁴ red and *swollen*⁵ at first. If there is a *scratch*⁶ on your knee put *iodine*⁷ on it.

If your *knee hurts*⁸ you very much, take some *cloth*⁹, *wet*¹⁰ it in cold water and put it on the bruise. It will *relieve*¹¹ the *pain*¹².

If the bruise was very bad you must *consult*¹³ a doctor.

УПРАЖНЕНИЯ

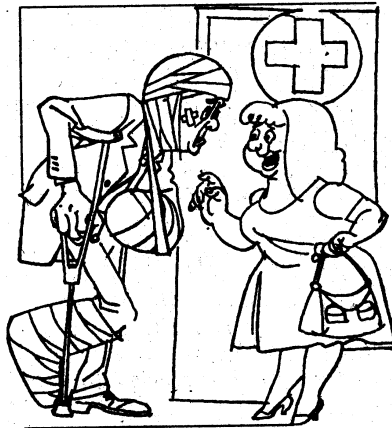
I. Скажите по-английски:

синяк; ушибленное место; распухшее место; царапина на колене; помазать йодом; колено болит (причиняет боль); взять ткань; намочить в воде; облегчить боль

II. Прочтите текст и скажите, что мальчик сделал неправильно:

A boy fell in the street and hurt his knee badly. His knee looked red and swollen but he didn't go home at once. In an hour when he finished playing with his friends he went home. He took some cloth, wet it in hot water and put it on his bruise.

III. Опишите рисунок.



"What is interesting there isn't a scratch on your motorcycle."

ЗАНЯТИЕ 13

Выучите слова к тексту:

1. **bleeding** [ˈbli:diŋ] *n* кровотечение

2. **to flow** [fləʊ] *v* (**flew**, **flown**) течь

3. **scarlet** ['skɑ:lɪt] а алый

4. **wound** ['wu:nd] n рана

5. **bandage** ['bændɪdʒ] v зд. перевязывать

6. **tightly** ['taɪtli] adv туго

7. **to raise** [reɪz] v поднимать

8. **limb** [lɪm] n конечность

9. **to breathe** [bri:θ] v дышать

10. **severe** [si'viə] а тяжёлый

11. **case** [keɪs] n случай

12. **bloodtransfusion** [træns'fju:zən] переливание крови

BLEEDING¹

When the blood *flows*² *horn* an artery it is *scarlet*³. When the blood flows from a vein it is dark red.

Stop the bleeding as soon as possible (как можно быстрее). The simple method is to put clean cloth over the *wound*⁴ and *bandage*⁵ it *tightly*⁶.

If the bleeding is from an arm or leg *raise*⁷ the *limb*⁸. If a person has nosebleed after a bad bruise you must put a cold compress on the nose. The person must *breathe* through his mouth. In *severe*¹⁰ *cases*¹¹ doctors make blood *transfusions*¹².

УПРАЖНЕНИЯ

Скажите по-английски:

кровь течет из артерии; остановить кровотечение; наложить чистую ткань; крепко перевязать; кровотечение из носа; сильный удар; положить компресс на...; тяжелые случаи; переливание крови

II. *Ответьте на вопросы:*

I. What colour is the blood when it flows from an artery? a vein? 2. How must we bandage the wound? 3, What must we do if the bleeding is from an arm, a leg or nose?

III. *Прочтите и перескажите:*

Yesterday when I was sitting in the room and doing my homework I heard my grandmother's voice: "Ann, help me." My granny was in the kitchen I immediately ran there and saw that my grandma's hand was bleeding. She told me that while washing a cup she broke it and cut her hand near the thumb. I saw dark blood and understood that the old woman cut her vein. I told her to raise her hand. Then I took a clean cloth and fastened it tightly over the cutting. As the cutting was deep, my granny had logo to the polyclinic to a surgeon¹ for medical aid.

I. **surgeon** ['sɜ:dʒən] n хирург

Laughter is the Best Medicine

One day the new clerk came with an eye closed, left arm injured, right foot bleeding and with all his clothes badly torn (разорванный). The director asked him:

"Why are you late by two hours?" The clerk answered: "I fell out of an eight-storey window" (из окна 8 этажа).

The director smiled: "And it took you two hours for that?"

ЗАНЯТИЕ 14

Выучите слова к тексту:

- | | |
|--|---|
| 1. fracture [fráktʃə] <i>n</i> перелом (от <i>лат.</i> fractura) | 7. to move [mu:v] <i>v</i> двигаться |
| 2. to break [breik] <i>v</i> (broke, broken)
ломать; <i>n</i> перелом | 8. swelling [ˈsweliŋ] <i>n</i> опухоль |
| 3. bone [baun] <i>n</i> кость | 9. to appear [əˈpiə] <i>v</i> появляться |
| 4. closed [klaʊzd] <i>a</i> закрытый | 10. splint [splint] <i>n</i> шина |
| 5. open <i>a</i> открытый | 11. to bind [baɪnd] <i>v</i> перевязывать |
| 6. to complain [kəmˈpleɪn] <i>v</i> жаловаться
(на боль) | 12. X-rays [ˈeksˈreɪz] <i>n</i> рентгеновы лучи |
| | 13. plaster cast [ˈplɑːstəˈkɑːst] гипсовая повязка |

FRACTURES¹

The word "fracture" means a *break*² in a *bone*³. There are two kinds of fractures: *closed*⁴ and *open*⁵.

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.

If a person breaks his arm or leg he *complains*⁶ of pain in the place of the break. The pain becomes more severe if he presses the place or tries *to move*.⁷

*Swelling*⁸ *appears*⁹ quickly. Do not let the person move. Use a *splint*¹⁰ for the broken limb. *Bind*¹¹ the splints to the limb but not at the place of the fracture.

Doctors use *X-rays*¹² to see the break and put *plaster casts*¹³ on the broken limbs.

УПРАЖНЕНИЯ

I. Скажите по-английски:

открытый перелом; закрытый перелом; место перелома; боль становится сильнее; пытаться двигаться, опухоль появляется; не позволяйте кому-либо двигаться; сделать рентген; накладывать гипс

II. Прочтите диалог и разыграйте его в лицах:

Granny: What is the matter with you, Ann? You look pale (бледная).

Ann: There's nothing the matter with me, Granny.

G.: But I see that something is wrong.

A.: Well, I fell on the skating-rink and hurt my right leg badly.

G.: Let me take off your shoe, Ann.

A: Thank you, Granny. I can do it myself.

G.: I am afraid you have a fracture.

A.: Don't be afraid. Granny. It's not a fracture. You see there
is no swelling on my leg.

G.: But I want you to have an X-ray examination.

A.: All right. I'll consult a doctor.

III. Опишите картинку.



IV. Переведите текст:

A Case

Militiaman¹: Doctor, this girl was in a car accident². Will you examine her and see if she has any broken bones. (*Doctor examined the patient*).

Doctor: Well, she has some bruises and abrasions³ on the legs. I don't think she has a fracture, but I'm going to take several X-rays to make sure⁴ of it.

1. **militiaman** [mi'liʃəməŋ] *n* милиционер

2. **accident** ['æksɪdənt] *n* эд. авария

3. **abrasion** [ə'breɪʒn] *n* ссадина

4. **to make sure** [ʃʊə] убедиться

Laughter is the Best Medicine

T o m: How did you break your arm?
N i c k: Do you see those stairs (ступеньки) over there?
T o m: Yes.
N i c k: Well, and I didn't.

"If you want the thing done well do it yourself."



ЗАНЯТИЕ 15

- fainting** ['feɪntɪŋ] *n* обморок
- cause** [kɔ:z] *n* причина; *v* (**to**) вызывать
- emotion** [i'mouʃən] *n* душевное волнение
- want of food** голод
- fatigue** [fə'tɪg] *n* усталость
- lose consciousness** ['lu:z'kɒnʃɪsnɪs] терять сознание
- brain** [breɪn] *n* мозг
- sweat** [swet] *n* пот, испарина
- to feel dizzy** чувствовать головокружение
- weak** [wi:k] *a* слабый
- shallow** ['ʃæləʊ] *a* поверхностный
- slow** [sləʊ] *a* медленный
- to lay** [lei] *v* (**laid**) положить
- flat** [flæt] *adv* плоско
- to loose** [lu:s] *v* *зд.* ослабить
- to cover** ['kʌvə] *v* покрывать
- to sprinkle** ['sprɪŋkl] *v* брызгать

FAINTING¹

The *cause*² of fainting may be different: strong *emotion*³ want of *food*⁴ *fatigue*⁵ or pain.

In fainting person *loses consciousness*⁶. Blood doesn't get to the *brain*⁷. The face of a person before fainting gets very pale and *sweat*⁸ appears on his forehead. He feels *dizzy*⁹ and *weak*¹⁰. His breathing is *shallow*¹¹. His pulse is weak and *slow*¹².

If you help a person who lost his consciousness:

1. *Lay*¹³ the person *flat*¹⁴ on his back.

2. Raise his feet a little.
3. *Loose*¹⁵ his dress.
4. *Cover*¹⁶ him warmly and open the window.
5. *Sprinkle*¹⁷ cold water on his face.
6. Give the person to breathe in ammonia [э'моунjэ] water (нашатырный спирт).

УПРАЖНЕНИЯ

I. *Переведите на русский язык следующие словосочетания:*

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

II. *Составьте небольшой рассказ о том, как вы помогли человеку, потерявшему сознание на улице. Используйте слова и словосочетания из текста*

ЗАНЯТИЕ 16

1. **shock** [ʃɔk] *n* шок

2. **dangerous** [ˈdeɪndʒərəs] *a* опасный

3. **loss** *n* потеря

4. **rapid** [ˈræpɪd] *a* учащенный

5. **to keep him quiet** [ˈkwaɪət] *зд.* не тревожить его

SHOCK¹

Shock is very *dangerous*². *Loss*³ of blood can cause shock.

Severe pain or strong emotion can cause shock too. The face of a person in shock is usually pale and the skin is cold. Breathing is *rapid*⁴ and shallow. The pulse is rapid.

If you help a person who is in shock:

1. Lay him flat on his back.
2. Raise his feet little
3. Cover him with blankets to keep him warm.
4. Give him a warm drink.
5. *Keep him quiet*⁵.

УПРАЖНЕНИЯ

I. *Найдите в тексте "Shock" соответствующие словосочетания:*

очень опасен; потеря крови; вызвать шок; кожа холодная; учащенное дыхание; положить на спину; поднять ноги; накрыть одеялом; теплое питье

II. Вставьте вместо точек нужные по смыслу слова (*pale, rapid, to keep warm, flat, back*); прочтите каждое предложение целиком и повторите его, не глядя в книгу:

1. When a person is in shock his face is... . 2. The pulse and breathing of a person in shock are 3. If you help a person in shock lay him ... on his 4. It is important ... a person in shocks.

Believe It or Not

A Man with Two Hearts

Joseph de Mai was born with two hearts. He lived in the nineteenth century in Naples (Неаполь).

Выучите слова к тексту:

1. **poisoning** ['pɔɪznɪŋ] *n* отравление

2. **to empty** ['empti] *v* опорожнять

3. **stomach** ['stʌmək] *n* желудок

4. **poison** ['pɔɪzn] *n* яд

5. **asphyxia** [æ's'fiksɪə] *n* удушье, асфиксия

6. **prompt** *a* быстрый

POISONING¹

The first aid for poisoning is to *empty*² the *stomach*³. Do it as soon as possible. Give much water to drink — 4-8 glasses.

Some *poisons*⁴ cause shock, others — *asphyxia*⁵. In every case the patient needs *prompt*⁶ medical care.

УПРАЖНЕНИЯ

I. Найдите в тексте "Poisoning" соответствующие слова и словосочетания:

первая помощь при...; очистить желудок; в каждом случае; пациенты нуждаются в быстрой медицинской помощи

II. Определите правильные ответы на вопрос: 'What are the aids for poisoning?'

1. lay the person down; 2. give the person four or eight glasses of water; 3. take off the person's dress; 4. examine the person's mouth

Laughter is the Best Medicine

"Doctor," called a small boy, "come up to our house quickly."

"Who is ill at your house?" asked the doctor.

"Everybody but (кроме) me I was naughty (капризничал), so they didn't give me any of the nice mushrooms (грибов). Father had picked (собрал) in the forest"

ЗАНЯТИЕ 17

Выучите слова к тексту:

- | | |
|---|--|
| 1. sunstroke ['sʌnstrouk] солнечный удар | 5. sponge [spʌndʒ] <i>n</i> губка |
| 2. dry [drai] <i>a</i> сухой | 6. to keep up <i>v</i> поддерживать |
| 3. headache ['hedeik] <i>n</i> головная боль | 7. blood circulation [sə:kju'leifn] <i>n</i> кровообращение |
| 4. to cool [ku:l] охлаждать; <i>adj</i> прохладный | |

SUNSTROKE¹

It is very dangerous to fall asleep (засыпать) 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*² and red. He has a bad *headache*³ and can even lose consciousness. If you help a person who has a sunstroke:

1. Take the patient into a *cool*⁴ and shady (тенистое) 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*⁵ to *keep up*⁶ *blood circulation*⁷.

УПРАЖНЕНИЯ

I. Скажите по-английски:

на открытом воздухе; высокая температура; сухая красная кожа; сильная головная боль; потерять сознание; перенести в прохладное место; слегка приподнять голову; обтереть кожу губкой

II. Прочтите диалог и разыграйте его в лицах:

In the Country

P e t e : Ma, where are you?

M o t h e r : I'm in the kitchen, Pete. What's the matter?

P.: My friend Nick feels bad. He has a bad headache and his skin is very hot. M.: Where is he?

P.: He is on the bank of the river. He was lying in the sun for a long time.

M.: He probably has a sunstroke. Is anybody with him?

P.: Yes, Boris is there.

M.: Don't waste time² Run back quickly and take Nick to a shady place. Raise his head a little. Put a wet cloth on his head. I'll take some medicine and come in a minute.

1. **probably** ['prɒbəbli] *adv* вероятно

2. **to waste** [weɪst] *v* терять; **to waste time** терять время

ЗАНЯТИЕ 18

УПРАЖНЕНИЯ

I. По данной схеме составьте предложения. Пользуясь русскими словосочетаниями.

You'd better + глагол = выражение совета – Вам бы лучше... **You'd better...** лечь в постель.

Образец: *You'd better go to bed.*

You'd better... помазать руку йодом; намочить ткань в холодной воде и положить ее на голову; положить компресс на ухо; поднять голову, ноги; дышать носом

II. Сначала переведите русские словосочетания на английский язык, а затем составьте предложения, начиная словами '*Let me...*' (разрешите мне) или '*Help me...*' (помогите мне).

Образец 1: **Let me...** помочь вам.

Let me help you.

Let me... положить девочку на кровать; расстегнуть ей платье; накрыть ее одеялом; открыть окно; дать вам питье

Образец 2: **Help me** (him, her, us, them) вымыть палату.
Help him to wash the ward.

Help me... остановить кровотечение; положить компресс на голову; растереть его кожу губкой; положить больного в машину; положить мальчика на спину

КОНТРОЛЬНЫЕ УПРАЖНЕНИЯ

I. Скажите по-английски:

у меня очень болит нога; положите холодный компресс – это облегчит боль; вчера у меня было сильное кровотечение; завтра доктор сделает вам переливание крови; она жалуется на боль в руке; мы сейчас сделаем рентген и наложим гипсовую повязку; она упала в обморок; у него слабый и медленный пульс; у нее учащенное и поверхностное дыхание

II. Напишите графический диктант по следующему тексту:

In fainting the person doesn't lose consciousness. The face of the person gets pale. His breathing is shallow. His pulse is rapid. Raise his head a little. Then give the person to breathe in ammonia water.

III. Проведите программированный контроль лексики. В правой колонке найдите перевод каждого английского слова (работу выполняйте на перфокарте).

- | | |
|----------------|------------------------|
| 1. bruise | I. кровотечение |
| 2. to hurt | II. жаловаться |
| 3. to relieve | III. слабый |
| 4. wound | IV. ушиб |
| 5. to breathe | V. облегчить |
| 6. dangerous | VI. покрывать |
| 7. weak | VII. обморок |
| 8. fainting | VIII. опасный |
| 9. to complain | IX. сильный |
| 10. pain | X. рана |
| | XI. предохранять |
| | XII. боль |
| | XIII. гипсовая повязка |
| | XIV. дышать |
| | XV. причинять боль |

РАЗДЕЛ III

DISEASES AND NURSING

ЗАНЯТИЕ 19

Напишите названия изображенных здесь предметов, используя данные английские слова и выражения и словарь на с. 138—139. Запомните выражения с этими словами.



1. air-ring ['eəriŋ]
to give an air-ring to a bed-patient

2. bed-pan ['bɛdɹpæn]
to give a bed-pan to a bed-patient
to take away (убрать) a bed-pan from a bed-patient

- | | |
|--|---|
| <p>3. compress ['kɒmpres] to put a cold (hot) compress on ...</p> <p>4. cups [kʌps] to put cups on the back (chest)</p> <p>5. dropping bottle ['bɒtl] to drop drops</p> <p>6. enema ['enimə] to give a warm enema to give a cleansing (очистительная) enema to give a medicinal (лечебная) enema</p> <p>7. feeding-cup ['ftɪŋkʌp] to give a feeding-cup of milk (tea, water, soup) to a bed-patient</p> <p>8. hot-water bag (bottle) to fill a hot-water bag with... to put a hot-water bag on... to change water in the hot-water bag</p> <p>9. ice-bag ['aɪsbæg] to fill an ice-bag with ice (cold water) to put an Ice-bag on... to change ice in the ice-bag</p> <p>10. wheel-chair ['wi:l, tʃɛə] to take a patient' in a wheel-chair into a ward</p> <p>11. pipette [pi'pet] to pipette</p> | <p>12. mustard plasters ['mʌstəd 'plɑ:stəz] to put mustard plasters on the back (chest, heart, neck)</p> <p>13. scissors ['sɪzəz] to cut a bandage with scissors</p> <p>14. soap [səʊp] to soap a piece (кусоч) of soap</p> <p>15. sticking plaster to put a sticking plaster on...</p> <p>16. syringe ['sɪrɪndʒ] to boil a syringe to sterilize a syringe to assemble (disassemble) a syringe</p> <p>17. thermometer [θə'mɒmɪtə] to put a thermometer to take a thermometer out to read a thermometer to shake a thermometer</p> <p>18. basin [beɪsn] to bring a basin to a bed-patient for washing</p> <p>19. sponge [spʌndʒ] to wash a patient with a sponge</p> <p>20. stretcher ['stretʃə] to be on a stretcher to carry a stretcher to carry a patient on a stretcher</p> |
|--|---|

УПРАЖНЕНИЕ

Скажите по-английски:

1. Поставьте градусник лежачему больному. 2. Выньте градусник и прочтите показание. 3. Сестра должна сбить градусник. 4. Дайте больному поильник с чаем. 5. Поставьте очистительную клизму этому больному. 6. Сестра должна дать судно лежачему больному. 7. Наполните грелку горячей водой. 8. Смените лёд в пузыре через 2 часа. 9. Отвезите больного на каталке в операционную. 10. Положите холодный компресс на голову. II. Поставьте банки на спину. 12. Закапайте две капли в нос. 13. Поставьте горчичники на сердце. 14. Намыльте хорошо руки. 15. Сестра должна кипятить шприц 40 минут.

ЗАНЯТИЕ 20

Выучите слова к тексту:

1. **to take the temperature** [temprɪtʃə] измерять температуру
2. **chart** [tʃɑ:t] *n* карта; **temperature chart** температурный лист
3. **medicine** [ˈmedsɪn] *n* лекарство
4. **to carry out** [ˈkæəri] *v* выполнять
5. **prescription** [prɪsˈkrɪpʃən] *n* предписание, рецепт
6. **ward** [wɔ:d] *n* палата
7. **to examine** [ɪgˈzæmɪn] *v* осматривать (больного)
8. **ward nurse** палатная сестра
9. **condition** [kənˈdɪʃən] *n* состояние
10. **to prescribe** [prɪsˈkraɪb] *v* прописывать, назначать
11. **injection** [ɪnˈdʒɛkʃən] *n* впрыскивание, инъекция
12. **practice** [ˈpræktɪs] *n* практика
13. **attentive** [əˈtɛntɪv] *a* внимательный
14. **to observe** [əbˈzɜ:v] *v* наблюдать
15. **change** [tʃeɪndʒ] *n* изменение

IN A HOSPITAL

I am a nurse. I work at a therapeutic [tʃɪˈræpɪvɪk] (терапевтический) hospital. Many doctors and nurses work at the hospital. Our hospital is very large. Work at the hospital begins at 6 o'clock in the morning. The nurses begin *to take* the patients' *temperature*¹ at 6 o'clock. They write it down in *temperature charts*². Then the nurses give the patients *medicines*³ and *carry out*⁴ other *prescriptions*⁵ of the doctors. They open the windows and air the *wards*⁶. The doctors come at 9 o'clock in the morning and begin *to examine*⁷ the patients. Each ward *nurse*⁸ tells the doctor about her patients. As I am a ward nurse the doctor asks me about the *condition*⁹ of my patients. Sometimes I tell him that they are well. And sometimes I tell the doctor that the temperature of some of the patients is high and the doctor *prescribes*¹⁰ some new medicine or *injections*¹¹. I like my profession very much. I know that much of the nurse's work can be learnt by *practice*.¹² So I am very *attentive*¹³ and *try to observe*¹⁴ any *changes*¹⁵ in a patient's condition.

Запомните следующие выражения со словом 'patient':

bed-patient лежачий больной
sitting patient сидячий больной
up-patient ходячий больной

in-patient стационарный больной
out-patient амбулаторный больной

УПРАЖНЕНИЯ

I. Вставьте нужные по смыслу слова:

'to observe', 'a nurse', 'to prescribe', 'to examine', 'infections', 'a hospital', 'medicines'

1. I work at.... 2.1 am.... 3. In the morning the nurse? give the patients....
4. In the morning the doctors... the patients. 5. The doctor... some medicine
or.... 6. An attentive nurse tries... any change in a patient's condition.

**II. Составьте и напишите предложения из следующих слов.
Прочтите каждое предложение целиком и повторите его,
не глядя в тетрадь:**

1. medicines, patients, give, nurses, to, their
2. our, many, work, hospital, doctors, nurses, and, at
3. examine, patients, every, doctors, morning, their
4. injections, prescribes, or, doctor, some medicine, the, ward

**III. Придумайте 6 предложений со словом 'patient' и выражения-
ми, включающими это слово.**

IV. Опишите рисунок.



Laughter is the Best Medicine

Old doctor: You have cured (излечили) your patient.

What is there to worry about now?

Young doctor: I don't know which of the medicines cured him.

ЗАНЯТИЕ 21

Выучите слова к тексту:

1. student nurse учащийся медицинско-
го училища

2. sick [sik] а больной

3. to learn [lɜ:n] (learnt) v изучать

4. care [кеэ] n яд. уход

5. to wear [wεə] (wore, worn) v
носить

6. **to be proud** [praʊd] гордиться
 7. **spotless** ['spɒtlɪs] а чистый
 8. **surgery** ['sɜ:dʒəri] n эд. операция

9. **wheel-chair** ['wi:l, tʃeə] n кресло-каталка
 10. **nursery** ['nɜ:səri] n ясли
 11. **to be afraid** [ə'freɪd] бояться
 12. **to try** [traɪ] v стараться

A STUDENTNURSE¹

A nurse takes care of people who are *sick*². This is her work (Men can be nurses, too). She goes to a medical school to *learn*³ what she must know to give good *care*⁴ to sick people. The nurse must be a good student in school. She must be healthy herself, eat in time, get plenty of rest and exercises, use good personal hygiene [ˈhaɪdʒi:n]. She must be a happy person and must like people. When she is a student nurse, she *wears*⁵ a uniform [ju:nɪfɔ:m]. She *is proud*⁶ of her uniform and keeps it *spotless*⁷, so she always looks professional.

During her practice she gives patients medicine, brings them meal. Sometimes she works in the operating room, helping the doctor who does *surgery*⁸ on a patient.

She helps people to walk and takes them in a *wheel-chair*⁹. She loves to work in the *nursery*¹⁰, where she helps to take good care of babies. Sometimes she reads or plays with small children, so they won't *be afraid*¹¹ of the hospital. She studies hard. She *tries*¹² to make a better person of herself.



"Where is the patient?"
 "He is out to smoke"

ЗАНЯТИЕ 22

Выучите слова к текстам:

- | | |
|---|--|
| 1. to respect [ris'pekt] <i>v</i> уважать | 7. to worry ['wʌri] <i>v</i> беспокоиться |
| 2. quietly ['kwaɪətlɪ] <i>adv</i> спокойно, тихо | 8. order ['ɔ:də] <i>n</i> предписание |
| 3. sheet [ʃi:t] <i>n</i> простыня | 9. mistake [mis'teɪk] <i>n</i> ошибка |
| 4. pillow ['pɪləʊ] <i>n</i> подушка | 10. angry ['æŋɡri] асердитый, раздра-
женный |
| 5. patient ['peɪʃənt] <i>a</i> терпеливый | 11. scar [skɑ:] <i>a</i> шрам |
| 6. rude [ru:d] <i>a</i> грубый | |

OUR BESTWARD NURSE

Nina Ivanova is our best ward nurse. She works at our hospital and everybody *respects*¹ her very much. In the morning she always comes into the ward with a smile on her face. And every patient when he sees her *kind* smile feels better. Everything she does in the ward she does quickly and *quietly*². If there is a bed-patient in the ward Nina comes up to him. She brushes *his sheets*³ or changes them if it is necessary. She shakes his *pillow*⁴. Then Nina brings a basin and washes the patient's face and hands. She is especially *patient*⁵ with old people. Nina makes injections, puts mustard plasters and cups. She never hurts her patient with a *rude*⁶ word.

The doctors always say: "When Nina is at work we don't *worry*⁷. We know that everything will be all right."

Some Good Rules for Nurses

1. Read the *order*⁸ of the doctor before you give medicine?
2. If you made a *mistake*⁹ in your work you must tell the doctor about it at once.
3. Do not be rude when you speak with patients.
4. Learn to control your feelings. When you are *angry*¹⁰ — count to a hundred ['hʌndrɪd] (100).
5. Don't gossip [sip] (сплетничай) about your patients.
6. Never say the word "incurable" [ɪn'kjʊərəbəl] (неизлечимый).

Proverb: *He laughs* [lɑ:fs] *at a scar*¹¹ [skɑ:] *that never felt a wound* [wu:nd] (*буквально:* Тот смеется над шрамом, кто никогда не был ранен). Ср.: Тот смеется над страданиями человека, кто сам никогда не страдал.

ЗАПОМНИТЕ:

Hearts like doors will open with ease (легко).

To very, very little keys (ключ):

"We thank you much" and "If you please."

ЗАНЯТИЕ 23

УПРАЖНЕНИЯ

I. По заданной модели поставьте вопросы к каждому предложению:

(Who... hospital?. Where does...?. Does she...?)

1. Nina Ivanova works at our hospital.

(When...?, What.. do in the morning?. Whose sheets and pillows..?)

2. In the morning Nina brushes her patients' sheets and shakes pillows

(Is..?, How... injections?. What... very well?. With whom... ?)

3. She is patient with old people and makes injections very well.

II. Исправьте неверные по смыслу предложения. Своё утверждение начинайте словами *No, that isn't right* или *That's wrong*.

Образец: Don't wash your hands before dinner. That's wrong. You must wash your hands before dinner.

1. Don't read the order of the doctor before you give medicines. 2. Never tell the doctor about your mistake. 3. You may be rude when you speak with patients. 4. Gossip about your patients.

III. Дополните следующие предложения, употребив новые слова:

bed-patient, scar, respect, patient, angry

1. My father is a good worker Everybody.. him very much. 2. My mother is a very... person. She never gets... 3. Pete cut his finger last week. He has a... on his finger. 4. There are many... in this ward.

IV. Выпишите из текста предложения о том, как Нина Иванова ухаживает за лежачими больными; перескажите это по-английски.

V. Переведите письмо на английский язык:

Дорогой Борис!

Я нахожусь в больнице. У меня было воспаление легких (pneumonia). В течение недели у меня была высокая температура. Врачи назначили мне уколы. Теперь я чувствую себя лучше. Здесь много хороших врачей и сестер. Наша лучшая палатная сестра — Нина Иванова. Все ее очень уважают. Она очень внимательна (attentive) к своим больным. Наши врачи говорят: «Когда Нина на работе, мы знаем» что все будет в порядке» Я надеюсь (hope), что вернусь очень скоро (soon).

До свидания,
твой Игорь.

VI. Выучите наизусть правила: "Some good rules for nurses".

ЗАНЯТИЕ 24

Выучите слова к тексту:

- | | |
|---|---|
| 1. to take the pulse [rʌls] прощупывать
пульс | 4. fast [fɑ:st] а быстрый |
| 2. radial ['reɪdʒəl] а лучевой | 5. beating ['bi:tɪŋ] n биение (сердца),
пульсация |
| 3. nervous ['nɜ:vəs] а нервный | |

HOW TO TAKE THE PULSE¹

A nurse looks after her patients in the daytime oral night and can see any changes in the patients' condition. Many of the changes are very important. The nurse must be careful when she takes the patient's pulse. It is not difficult to take the pulse. Put three fingers of the left hand over *the radial*² artery. Many patients are *nervous*³ when they see a nurse or a doctor and the patient's pulse is *faster*⁴.

That's why the nurse must wait a few seconds before she begins to count the pulse. If the nurse sees any changes in the *beating*⁵ of the pulse she must immediately tell the doctor. Changes in the pulse are very important.

REMEMBER: When you take the pulse you must note:¹

1. If it is deep or shallow ['fæɪləu]
2. the rate³
3. the strength of the beating
4. the rhythm⁴

1. **to note** [nəʊt] *v* замечать, отмечать

2. **deep** [di:p] *a* глубокий

3. **rate** [reɪt] *n* частота

4. **rhythm** [rɪðm] *n* ритм

УПРАЖНЕНИЯ

I. Ответьте на вопросы:

1. When does the work of the nurse begin at the hospital? 2. What does the nurse do in the morning? 3. What does the doctor ask the ward nurse when he comes to his ward? 4. How must the nurse count the pulse? 5. What must the nurse do if she sees any irregularity in the beating of the pulse?

II. Скажите по-английски:

измерять температуру; проветрить палату, состояние больного; практика: замечать любые изменения; считать пульс; немедленно

II Глядя на рисунок, расскажите, как надо прощупывать пульс



Laughter is the Best Medicine

Doctor's wife: Now, my dear, you must forget your profession if you go to see our friends with me.

Her husband: What have I done?

Doctor's wife: Why, you feel the pulse of everyone who gives you the hand.

ЗАНЯТИЕ 25

Посмотрите на картинку. Напишите названия болезней, используя данные слова и выражения и словарь на С. 137. Запомните выражения с этими названиями.



- | | |
|--|---|
| <p>1. headache ['hedeɪk]
to have a bad headache
to take a tablet for a headache</p> <p>2. toothache ['tu:θeɪk]
to have a toothache
to rinse the mouth</p> <p>3. stomach-ache ['stʌməkeɪk]
to have a stomach-ache
to take a tablet for a stomach-ache
to keep a diet</p> <p>4. earache ['iəreɪk]
to have an earache
to put a warm compress on the ear</p> <p>5. heartache ['hɑ:teɪk]
to listen to the heart
to have a bad (weak) heart
to have a healthy heart</p> | <p>6. sore throat ['sɔ:θrəʊt]
to have a sore throat
to gargle the throat</p> <p>7. bleeding ['bli:diŋ]
to stop the bleeding
the bleeding is from an arm (leg, nose...)</p> <p>8. cough [kɒf]
to have a dry cough
to have a bad cough</p> <p>9. cold in the head
to have a bad cold in the head =
to have a running nose</p> <p>10. fracture ['fræktʃə]
to have an open (closed) fracture to put splints
to put a plaster cast</p> <p>11. sunstroke ['sʌnstroʊk]</p> |
|--|---|

to get a sunstroke
to cool the body
12. **fever** ['fi:və]

to be ill
to keep (stay) in bed
to catch a cold

УПРАЖНЕНИЕ

1. Скажите по-английски:

1. У этого больного слабое сердце. 2. Прополощите горло. 3. Вы должны быстро остановить кровотечение. 4. У мальчика открытый перелом ноги. 5. Примите таблетку от головной боли. 6. Наложите шины на руку. 7. Прополощите рот после еды. 8. Вы должны придерживаться диеты. 9. У девочки сильная боль в животе. 10. Положите теплый компресс на ухо.

ЗАНЯТИЕ 26

Переведите текст:

BLOODPRESSURE

The blood pressure¹ (BP) is the pressure of the blood in the arterial wall.

The blood pressure can be normal, high and low. The normal BP is between 110-140 (the systolic pressure) over 70-90 (the diastolic pressure).

When you check the patient's BP² you must think of his (or her) age. If a person of 20 has a blood pressure of 140-150 it is dangerous. And the nurse must immediately take care of such a patient. But if the same BP has a person of 50 it is not dangerous.

If a patient has hypertension³, he may often complain of headaches, nosebleedings, heartaches⁴. The doctor prescribes him hypotensive⁵ drugs. High blood pressure often frightens⁶ the patient. The nurse must calm him. Hypertensive⁷ patients must not work hard.

Hypotension⁸ or low BP is caused by different conditions. Anaemia⁹ may be a cause of hypotension. Great fatigue may also cause hypotension. In all cases it is a very serious disease¹⁰ and the nurse must be very attentive to the patient.

1. **pressure** ['preʃə] *n* давление

2. **to check the BP** измерять кровяное давление

3. **hypertension** [,haipə:'tenʃən] *n* повышенное кровяное давление

4. **heartache** ['hɑ:teik] *n* боль в сердце

5. **hypotensive** [,haipə'tensiv] а относящийся к пониженному кровяному давлению

6. **to frighten** [ˈfraɪtn] *ν* пугать

7. **hypertensive** [ˌhaɪəˈtensɪv] *a* относящийся к повышенному кровяному давлению

8. **hypotension** [ˌhaɪpəˈtenʃən] *n* пониженное кровяное давление

9. **anaemia** [əˈniːmjə] *n* анемия, малокровие

10. **disease** [diˈziːz] *n* болезнь

Запомните названия болезней, которые в английском языке употребляются без артикля:

pneumonia [njuːˈmounjə], **influenza**, **appendicitis** [əˌpendɪˈsaɪtɪs]

УПРАЖНЕНИЯ

I. *Ответьте на вопросы:*

1. What is blood pressure? 2. What kinds of blood pressure do you know? 3. What must you know when you check the patient's BP? 4. What does a hypertensive patient often complain of? 5. What does the doctor prescribe the hypertensive patient?

II. *Напишите графический диктант по теме "Blood Pressure":*

The blood pressure can be high, low and normal. High blood pressure never frightens patients. The nurse must not calm a patient with high blood pressure. Patients with high BP can work hard. Low BP is not a serious disease. The nurse must be very attentive to the patients with high BP.

III. *Переведите текст:*

AN INCURABLE¹ DISEASE

Mr. Black was infected with hypochondria². He never moved³ without a battery of pills and tablets. He was sure that he had heart trouble. He consulted a heart specialist who examined him carefully. At last the doctor said, "Mr. Black. I am afraid you have an incurable disease." "Yes, yes," said Mr. Black. "I knew it. Tell me — what is it?" "Fear,⁴" was the answer.

1. **incurable** [ɪnˈkjʊərəbəl] *a* неизлечимый

2. **hypochondria** [ˌhaɪpouˈkɒndrɪə] *n* угнетенное состояние духа

3. **to move** [muːv] *ν* ездить, передвигаться с места на место

4. **fear** [fiə] *n* страх

ЗАНЯТИЕ 27

Выучите слова к тексту.

- | | |
|---|--|
| 1. conversation [ˌkɒnvəˈseɪʃən] <i>n</i> разговор | 5. urine [ˈjuəriːn] <i>n</i> моча |
| 2. what's the matter with you?
what's wrong with you? | } Что с вами? |
| 3. to bother [ˈbɒðə] <i>v</i> беспокоить | |
| 4. test [test] <i>n</i> анализ, <i>v</i> (to) испытывать, проверять | |

AT THE DOCTOR'S

For a week I felt pain in my stomach and I decided to consult a doctor. Here is the *conversation*¹ between me and the doctor.

V o l k o v : Good morning.

D o c t o r : Good morning What is your name?

V o l k o v : My name is Volkov.

D.: *What's the matter with you*²?

V.: I have a stomach-ache for a week and I want to find out *what's wrong with me*².

D.: Show me with your finger the place where it hurts you.

V.: Here, doctor.

D: Does this pain go to another place?

V.: It goes to my back sometimes.

D.: Does it *bother*³ you at night?

V.: Most of the time.

D: We'll take X-rays of your stomach and make some more *tests*⁴: blood test, *urine*⁵ test. I'll tell you the *diagnosis*⁶ after I have all your tests and I'll prescribe you some *treatment*⁷.

УПРАЖНЕНИЯ

I. *Вставьте вместо точек пропущенные слова:*

X-rays; show; bothers; matter; wrong

1. What is the... with you? 2 I want to find out what's... with me. 3.... me the place where it hurts you. 4. This pain... me at night. 5. Take... of your stomach.

II. *Скажите по-английски:*

у него сильная головная боль; где у вас болит? сделайте анализ крови и рентген желудка; у нее больное сердце; вчера у меня очень болел зуб; вас беспокоит боль в желудке?

III. Опишите рисунок



IV. По образцу диалога на с. 57 разыграйте сценку "У врача", используя рисунок.

Laughter is the Best Medicine

Patient: Oh, Doctor, I have pain in my back.

Doctor: Do you feel the pain all the time?

P.: No, I don't. Only sometimes.

D.: Here are the tablets. Take one tablet five minutes before the pain begins.

ЗАНЯТИЕ 28

Выучите слова к тексту:

1. **fever** ['fi:və] *n* жар, лихорадка

2. **rise** [raiz] *n* подъем

3. **symptom** ['sɪmptəm] *n* признак, симптом

4. **ache** [eɪk] *n* боль (*тупая, продолжительная*)

5. **to replace** [ri'pleɪs] *v* ставить или класть на место, сменять

6. **damp** [dæmp] *a* влажный

7. **bed-clothes** ['bedkloʊðz] *n* постельное белье

FEVER¹

Fever is the *rise*² of the body temperature above normal. The *symptoms*³ of high temperature are headache, *aches*⁴ all over the body, red face, hot dry skin, loss of appetite, quick pulse and breathing.

If a person has fever he must stay in bed and drink plenty of water. The nurse must keep the patient warm. The nurse must give him more blankets and hot drinks. When the patient is sweating *replace*⁵ the *damp*⁶ *bed-clothes*⁷ as quickly as possible (как можно быстрее) and dress the patient in a clean warm bedgown (ночная рубашка) or pyjamas [pə'dʒɑ:məz] (пижама). When the temperature is normal the patient may sit in bed and then have a short walk.

Упражнения

I. *Переведите тексты:*

The child has a high temperature. He wants to sleep. His throat is sore, he can hardly swallow' at all. The tonsils are red and swollen. This is a typical case of acute tonsillitis in a child.

The doctor prescribes a treatment that is effective and the patient gets better very soon.

1. swallow ['swɒləʊ] *v* глотать

Mr. K. is a 36-year old teacher He came to the doctor because of a persistent¹ headache. His BP was two hundred over one hundred. The doctor diagnosed arterial spasm² Lungs were clear. Liver not palpable.³

- 1. persistent** [p 'sɪst nt] *a* зд. постоян-
ный
2. spasm [spæzəm] *n* спазм
3. liver not palpable ['rælpəbl] печень
не прощупывается

II. *Исправьте следующие предложения, если они неверны по смыслу.*

Образец: Fever is the fall of the body temperature below normal.

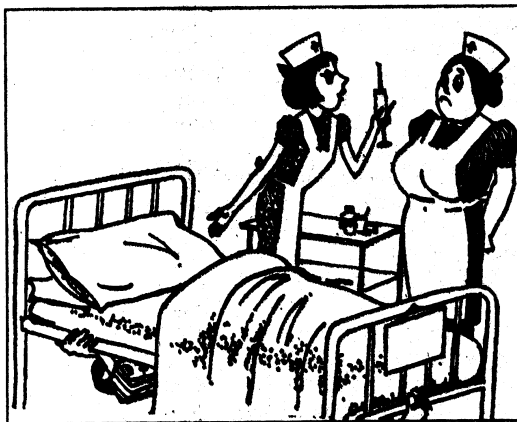
This is wrong Fever is not the fall of the body temperature below normal. Fever is the rise of the body temperature above normal.

1. The symptoms of high temperature are: a pale face, slow pulse and a good appetite.
2. A feverish person must go for a walk.
3. During the fever the patient needs warmth (тепло).
4. A nurse must not replace damp bed-clothes when a patient is sweating.
5. When the temperature is down to normal the patient must lie in bed.

III. *Расскажите по-английски, какие симптомы появляются у больного при высокой температуре.*

IV. *Выпишите из текста и расскажите по-английски, как надо поступать с больным, у которого высокая температура.*

V. Ответьте на вопросы к рисунку:



"He was here a moment ago when I was preparing (готовила) his injection".

1. What do you see in the picture? 2. Where is the nurse? 3 What does the nurse have in her hand? 4. What is she going to do? 5. Where is the patient? 6 Do you think the patient likes the injection? 7. Who is the third person in the ward?

ЗАНЯТИЕ 29

Выучите слова к тексту:

- | | |
|--|---|
| 1. to have a running nose = to have a cold in the head
иметь сильный насморк | 3. flu [flu:] <i>n</i> грипп |
| 2. to strip to the waist раздеться до пояса | 4. to stay [steɪ] <i>v</i> оставаться |
| | 5. sick-list ['sɪklist] <i>n</i> больничный лист |

A VISIT OF A DOCTOR

One day my mother fell ill. My father looked at her and said, "You don't look well. What is the matter with you? "

"I *have* a bad headache and a *running nose*¹." "Let's take your temperature. Oh, your temperature is very high. I must call in a doctor."

In some hours the doctor came. He asked my mother: "What is the matter with you?" "I don't feel well. I have a running nose, a cough, a bad headache and a sore throat."

"Well, I must examine you. First I shall feel your pulse. It is fast. Give me your arm. I want to check your BP.. Please, be quiet or your blood pressure will go up. It's 140 over 80. That is a normal BP for you. I'll listen to your heart and lungs. *Strip to the waist.*² Breathe, please. Now make a deep breath and stop breathing for a moment. All right. Go on breathing, please. Please, open your mouth and say "ah". Show me your tongue. I see, you have a *flu*³. You must *stay*⁴ in bed for some days. Ill prescribe you some medicine. Take it regularly. You are a nurse yourself and you know it is necessary. Here is a *sick-list*⁵ for you. Come to me in three days if you feel better. Good-bye."

ЗАПОМНИТЕ:

Существуют два термометра для измерения температуры: термометр Цельсия (C) и термометр Фаренгейта (F).

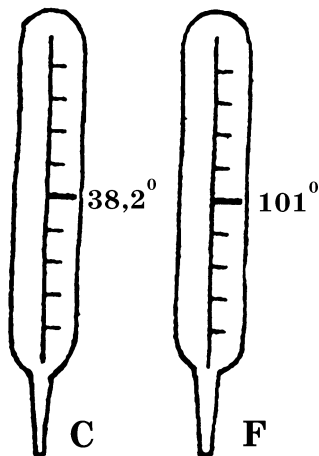
36.5 читается так: thirty-six point five degrees Celsius *или* thirty-six point five Centigrade.

Упражнения

I. Скажите по-английски:

я выпишу вам лекарства; у меня сильная головная боль; я хочу проверить ваше кровяное давление; откройте рот и скажите «а»; вы должны полежать в постели несколько дней; у меня болит горло; покажите язык; что с вами? я себя плохо чувствую; давление поднимается; дышите; не дышите; это нормальное кровяное давление

II. Составьте и напишите предложения из следующих слов, прочтите каждое предложение целиком и повторите его, не глядя в тетрадь:



1. Mother, did, my, feel, not, well
2. decided, a doctor, mother, call in, to, my
3. keep, he, bed, must, in, days, for, some
4. the, three, a day, times, doctor,- him, to take, told, medicine

III. Выпишите из текста и запомните те фразы, с которыми врач обращается к пациенту при осмотре.

Laughter is the Best Medicine

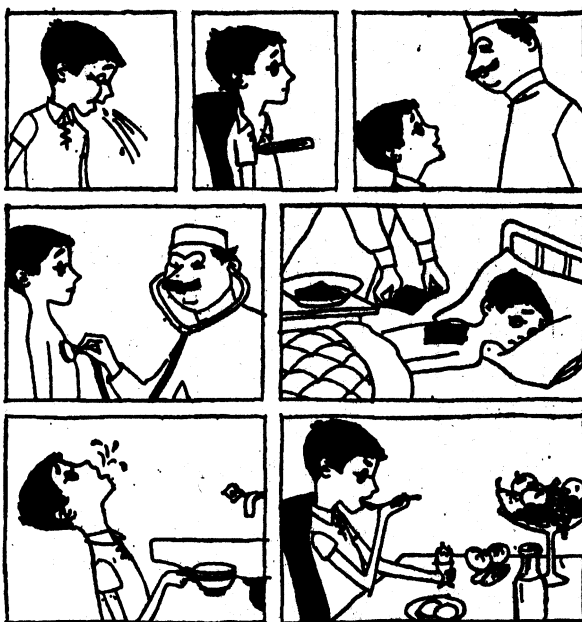
A champion was told that he had a high temperature. "How high is it. Doctor?" he asked. "A hundred and one"* said the doctor. "And what is the world record (мировой рекорд)?" asked the champion.

ЗАНЯТИЕ 30

Выучите слова к тексту:

- | | |
|---|---|
| 1. to catch [kæʃ] v (caught [kɔ:t]) зара-
зиться; to catch a cold простудиться | 4. he was sick of ему надоело |
| 2. to shiver ['ʃɪvə] v дрожать | 5. sausage ['sɔ:sɪdʒ] n колбаса |
| 3. to gargle ['gɑ:gl] v полоскать | 6. to strengthen [streŋθən] v укреплять |

PETE CAUGHT A COLD¹



*По Фаренгейту 101° равняется приблизительно 38,2° по Цельсию.

Once Pete came home from school very early. He did not feel well. He *shivered*² and sneezed at school so the teacher sent him home. Granny (бабушка) told him to go to bed and brought him a hot-water bottle. As Pete had a sore throat and a bad cough Granny gave him a glass of hot milk She took his temperature. It was high — thirty-seven point nine. Granny called in a doctor over the telephone. The doctor came in two hours. He washed his hands in the bathroom, dried them on a clean towel and came up to Pete.

The doctor looked at Pete's tongue and throat, listened to his heart and lungs, examined his whole body and diagnosed a bad cold. He prescribed to take some medicine. Pete had to *gargled*³ his throat and stay in bed.

In the evening Mother put mustard plasters on. Peters back and chest and sat at Pete's bed reading him an interesting story. For two days Pete had a high temperature He lost his appetite and became very pale. He drank much but at last he *was sick of*⁴ hot milk and drank only tea with lemon.

Some days later Pete's temperature was normal again. He asked Granny for bread and butter and *sausage*⁵. So one evening when Mother came home from her work Granny said: "Our boy is well again but he must do regular morning exercises to *strengthen*⁶ his health."

УПРАЖНЕНИЯ

I. Скажите по-английски:

плохо себя чувствовал; его знобило; он чихал; грелка; больное горло; сильный кашель; стакан горячего молока; измерила температуру; температура была высокой; вызвала врача; выслушал сердце и легкие; осмотрел все тело; поставил диагноз; выписал лекарство; полоскать горло; оставаться в постели; потерял аппетит; много пил; стал бледным; то и дело; вполне здоров

II. Опишите рисунки на с. 60.

III. Вставьте вместо точек подходящие по смыслу слова или словосочетания, данные ниже:

gargled; lost appetite; prescribed; a cough; mustard plasters

1. Pete had... and his mother put..... on his back. 2. He... ... and became very weak 3The doctor... some medicine. 4 She... her throat three times a day.

IV. Представьте себе, что вы простудились. Опишите ваше состояние.

Laughter is the Best Medicine

She took her husband's temperature, read the thermometer, and gave a call to the doctor:

"Dear Doctor, please, come at once. My husband's temperature is 63." The doctor said: "Dear Madam, I can do nothing. Send for the fire brigade (пожарная команда).

ЗАНЯТИЕ 31

Выучите слова к тексту:

- | | |
|---|---|
| 1. pneumonia [nju:'mouŋjə] <i>n</i> воспале-
ние легких | 3. flushed <i>p.p.</i> покрасневшее |
| 2. painful ['reɪnful] <i>a</i> болезненный | 4. delirium [di'liəriəm] <i>n</i> бред |

PNEUMONIA¹

Pneumonia begins suddenly. In most cases the temperature rises quickly. The pulse and breathing are fast. Cough begins early and at first is dry and *painful*². The patient feels ill, has a *flushed*³ face and dry tongue.

In severe cases there may be *delirium*⁴. A patient in delirium is very restless and the nurse must pay special attention to such patients.

Patients with pneumonia need rest and sleep. The best position for a patient is half-sitting. Fresh air is very important. Give such patients much drink. The diet must be light.

УПРАЖНЕНИЯ

- I. *Вставьте вместо точек слова или словосочетания из текста:*

was ill; light; flushed; fast; tongue; half-sitting

1. The patient... with pneumonia. 2. The patient has a... face and a dry....
3. The pulse and breathing are... 4. The best position is.... 5. The diet must be ..

- II. *Перескажите текст по следующим ключевым словам:*

rises; fast; dry; painful; feels ill; flushed face; delirium; needs rest; fresh air; much drink; light

III. Переведите текст:

A young man of 20 fell ill with the grippe. The illness began with a cold, during six days he had fever (high temperature) and pain in the limbs. He coughed and had a bad headache. On the seventh day the doctor sent him to the hospital, in the hospital the young man complained of the pain in the limbs and in the right part of the chest. His temperature was 39°. The doctor diagnosed pneumonia as a complication¹ after the grippe. The doctor prescribed some sulfa drugs² which the patient took during a week. By the end of the week he felt and looked much better. His temperature fell to normal, he slept well and his appetite was good. Soon he left the hospital and went to a sanatorium³.

1. **complication** [ˌkɒmplɪˈkeɪʃn] *n* осложнение

2. **drug** [drʌɡ] *n* лекарство, средство;

sulfa [ˈsʌlfə] **drugs** сульфамидные препараты

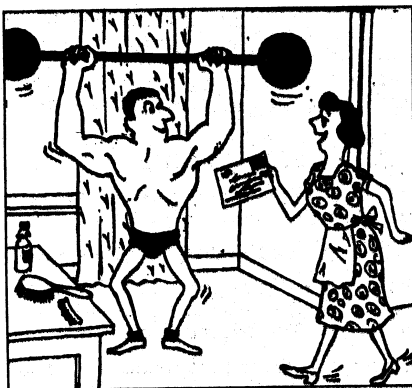
3. **sanatorium** [ˌsænəˈtɔːriəm] *n* санаторий

Laughter is the Best Medicine

Producer of the film: Now you must jump from the fourth story! (этаж)

Actor: And if I get injured or killed!

Producer: It doesn't matter (неважно), because it's the last scene in the picture.



“Your leg exercises have arrived at last!”

ЗАНЯТИЕ 32

Переведите текст:

TREATMENT¹ AND NURSING² OF PATIENTS WITH HEART DISEASES

Rest is of great importance in the treatment and nursing of a heart disease. The patient is kept in bed. Keep the patient free of³ fear and worry. The nurse must wash and feed him until the doctor says he may do it himself. Then the nurse must allow⁴ only little acts at first, then bigger acts: he may wash his face and neck. Then a day or two later his arms and so on.

Don't keep patients in bed when they could be in a chair. Don't keep them in a chair when the doctor advised them to walk.

1. treatment ['tri:tmənt] *n* лечение

2. nursing ['nə:sɪŋ] *n* уход

3. to keep free of (зд.) ограждать, оберегать

4. to allow [ə'laʊ] *v* позволять

УПРАЖНЕНИЯ

I. Составьте и напишите предложения из следующих слов; прочтите каждое предложение целиком и повторите его, не глядя в тетрадь:

1. in, patient, is, bed, kept, the

2. worry, and, the, keep, fear, of, patient, free

3. advised, the, to, walk, doctor, patient, the

4. the, his, face, patient, asked, nurse, the, wash, to, and, neck

II. Напишите графический диктант:

Rest is of great importance in the nursing of heart diseases. Such a patient is not kept in bed. The patient may wash himself from the first days of his illness. He can eat at the table. The patient must not do morning exercises during the first days of his heart disease.

III. Переведите текст:

From the History of Medicine

The search¹ for health is as old as man's history. In Babylon it was a custom² to show the sick in the streets, so that passers-by³ could say how to treat the sick from their own experience⁴. It was not allowed to pass the sick man in silence.

A papyrus⁵ was found dated from 1600 B C (B.C. Before Christ до нашей эры) about surgery and the treatment of wounds. Then another papyrus was found with about 900 prescriptions, some of these prescriptions doctors use today. People learnt much from Egyptian manuscripts⁶ and from embalmed⁷ bodies. Examinations of some of these bodies showed many interesting facts. For example people of those times knew such diseases as rheumatoid, arthritis, tuberculosis and appendicitis.

1. **search** [sə:tʃ] *n* поиск

2. **custom** [ˈkʌstəm] *n* обычай

3. **passer-by** [ˈpɑ:səbaɪ] прохожий

4. **experience** [ɪksˈpɪəriəns] *n* опыт
(жизненный)

5. **papyrus** [pəˈpaɪərəs] *n* папирус

6. **manuscript** [ˈmænɪjuskript] *n* рукопись

7. **embalmed** [ɪmˈbɑ:md] *a* бальзамированный

IV. Ответьте на вопросы:

1. What was the custom in Babylon? 2. What did passers-by have to do when they passed a sick man? 3. What papyrus was found dated from 1600 B.C.? 4. What did people learn from Egyptian manuscripts and embalmed bodies?

ЗАНЯТИЕ 33

Выучите слова к тексту:

1. **infectious** [ɪnˈfektʃəs] *a* инфекционный, заразный

2. **to look after** ухаживать (за больным)

3. **task** [tɑ:sk] *n* задача, задание

4. **spread** [spred] *n* распространение

5. **to wear** [wɛə] *v* (**wore** [wɔ:], **worn** [wɔ:n]) носить (одежду)

6. **gown** [gaʊn] *n* халат

INFECTIOUS¹ DISEASES

As you know I am a nurse at the therapeutic hospital. My children, Ann and Pete, had many infectious diseases in the childhood. I know that infectious diseases can pass from an infectious person to a healthy person by different ways.

When a nurse *looks after*² a patient who has an infectious disease she has two important *tasks*³ to take care of the patient and to prevent the *spread*⁴ of infection.

Here are some rules how to prevent the spread of infection and I think a nurse must remember them:

1. The nurse must *wear*⁵ a mask and a special *gown*⁶ when she goes to look after an infected patient.

2. The nurse must wash her hands carefully with soap and running water each time she goes from an infectious patient.

3. Disinfect bed-clothes after use,

УПРАЖНЕНИЯ

I. Скажите по-английски:

заботиться о больном; предотвратить распространение инфекции; носить маску; носить халат; тщательно мыть руки

II. Закончите предложения, используя словосочетания, данные ниже:

It is important...

It is dangerous...

It is wrong...

It is necessary...

not to disinfect bed-clothes after use; to prevent the spread of infection; to wear a mask and a special gown; to put an infectious patient and a therapeutic patient into the same ward; to wash hands carefully after going from an infectious patient.

III. Выпишите из текста правила поведения медработника в инфекционном отделении и расскажите о них по-английски.

ЗАНЯТИЕ 34

Выучите слова к тексту:

1. **scarlet fever** ['skɑ:lɪt 'fi:və] *v* скарлатина

2. **to pass** [pɑ:s] *v* переходить

3. **through** [θru:] *prep* через, сквозь

4. **to vomit** ['vɒmɪt] *v* страдать рвотой

5. **to remain** [ri'mein] *v* оставаться.

6. **rash** [ræʃ] *n* сыпь

7. **to peel** [pi:l] *v* шелушиться

8. **to isolate** ['aɪsəleɪt] *v* изолировать

9. **nourishing** ['nʌrɪʃɪŋ] *a* питательный

SCARLET FEVER¹

Scarlet fever is an infectious disease. We can often meet this disease in children and only sometimes in grown-ups.

The disease *passes*² from one person to another *through*³ the nose and mouth. The beginning of the disease is quick. The patient has a sore throat, fever, headache and he often *vomits*⁴. The face is flushed and the skin feels hot and dry. The temperature rises quickly on the first day and *remains*⁵ high for a few days.

The *rash*⁶ appears on the second day. After the temperature falls the skin begins *to peel*⁷. We must *isolate*⁸ the child with scarlet fever and put him in bed. When the temperature is high the nurse gives him fluid diet and when the temperature falls she gives him *nourishing*⁹ food.

УПРАЖНЕНИЯ

I. Вставьте вместо точек следующие слова и словосочетания из текста, повторите каждое предложение целиком:

a skin rash; mouth; nose; infectious diseases; be isolated; flushed

1. The disease passes through the ... and... . 2. The face is.... 3. The child with scarlet fever must... .. 4. The first symptom in many ... is... ..

II. Ответьте на вопросы:

1. What must we do to prevent the spread of infection? 2. What is the first symptom of many infectious diseases? 3. What are the first symptoms of scarlet fever?
4. How can the disease pass from one person to another?
5. What diet must a child with scarlet fever have?



“Come in. He is in good health now.”

III. Назовите по-английски все симптомы при заболевании скарлатиной.

ЗАНЯТИЕ 35

Выучите слова к тексту.

1. **measles** [ˈmi:zls] *n* корь
2. **sign** [sain] *n* знак, признак
3. **dislike** [disˈlaik] *n* неприязнь, отвращение
4. **hygiene** [ˈhaidʒin] *n* гигиена
5. **moist** [moist] *a* влажный

MEASLES¹

Measles is a very infectious disease. The disease passes from one child to another. The first symptoms are: sneezing and coughing. The disease begins with *signs*² of a heavy cold, a running nose and a dry cough. The temperature is high and the child has a *dislike*³ of the light.

The rash appears on the third or fourth day behind the ears and around the mouth and then covers the body.

The nurse must be very careful to prevent the spread of infection. The nurse must take care of the *hygiene*⁴ of the mouth. The patient's mouth and lips must be clean *and moist*⁵.

УПРАЖНЕНИЯ

I. Скажите по-английски:

признак сильной простуды; чистый и влажный; за ушами; инфекционное заболевание; первые симптомы; быть внимательным; гигиена рта; предотвратить распространение инфекции

II. Ответьте на вопросы:

1. Is measles an infectious disease? 2. How does the disease pass? 3. What are the symptoms of measles? 4. How must the nurse look after a patient with measles?

III. Прочтите ответ матери, у которой заболел ребенок, и придумайте вопрос, который медсестра задала бы ей:

Nurse:..... ?

Mother: My son has a very high temperature.

N.:..... ?

M.: Yes, he has a running nose and a dry cough too.

N.:..... ?

M.: Yes, the light bothers him very much.

N.:.....?

M.: The rash appeared yesterday.

Laughter is the Best Medicine

Mother: Bobby, why are you standing in front of the mirror with your eyes closed?

Bobby: I want to see what I look like (как я выгляжу), when I'm sleeping.

One day an absent-minded (рассеянный) doctor went to the hospital. He put a note "The doctor is out" on his door. When he came home from his work, he saw the note on the door, read it and said: Oh, he is not at home, I shall come later (позднее). "

ЗАНЯТИЕ 36

Выучите слова к тексту:

- 1. influenza** [ˌɪnfluˈɛnzə] *n* грипп вирус-
ный, инфлюэнца
- 2. mild** [maɪld] *a* *зд.* легкий
- 3. depressed** [dɪˈprest] *part II* подавлен-
ный

INFLUENZA¹

Influenza is a very infectious disease. The disease can be *mild*² or severe.

The symptoms of influenza are: high temperature, headache, general pains.

In most cases the patient must stay in bed, be warm, drink much water. The patient must stay in bed until the temperature is normal and for the next two or three days he may be up for only short periods. After influenza patients feel weak and often *depressed*³.

As influenza is very infectious you must remember:

Never shake hands when you have a cold. Colds pass through (через) the hands. But don't say: "I cannot shake hands. I have a cold." Let it be as if you forgot (забыли) to shake hands. But you must be very polite (вежливый) in speech.

УПРАЖНЕНИЯ

I. Скажите по-английски:

тяжелое заболевание; высокая температура; боли во всем теле; легкий случай; оставаться в постели; чувствовать себя слабым

II. Ответьте на вопросы:

1. Do you know the symptoms of influenza? 2. How long must the patient stay in bed? 3. How does the patient feel after influenza?

III. Выпишите из текста и перескажите по-английски рекомендации больному гриппом.

IV. *Поставьте вопросы к следующим ответам:*

1. Influenza is a very infectious disease.
2. The symptoms of influenza are: high temperature, headache, general pains.
3. The patient must stay in bed.
4. After influenza the patients feel weak.

V. *Переведите текст:*

A 40-year old man came home from work. In the evening he felt a bad headache and cold. Next morning his wife called a doctor. The doctor examined the man and found all the symptoms of influenza¹. The man complained of pains in the head, back, eyes, limbs and joints². His temperature was 38.5 °C (thirty-eight point five). He was hoarse³ and had a bad cough. He often sneezed⁴. The doctor prescribed some medicine to the man and told him to keep in bed for some days. The man took the medicine regularly and stayed⁵ in bed. In a few days the temperature became normal, there was no pain in the limbs and joints but he remained hoarse for several days. In two weeks he was well again and went to work.

1. **influenza** [ˈɪnfluːˈɛnzə] *n* грипп
2. **joint** [dʒɔɪnt] *n* сустав
3. **to be hoarse** [ho:s] *v* охрипнуть

4. **to sneeze** [sni:z] *v* чихать
5. **to stay** [steɪ] *v* оставаться

Laughter is the Best Medicine

"Are you feeling very ill?" asked the doctor. "Show me your tongue."
"It's no use. Doctor," said the patient. "No tongue can tell you how ill I feel."

ЗАНЯТИЕ 37

Выучите слова к тексту:

1. **rickets** ['rɪkɪts] *n* рахит
2. **side** [saɪd] *n* сторона, бок
3. **protruding** [prəˈtru:diŋ] *a* эд. рахитичный
4. **belly** ['belɪ] *n* живот
5. **lack (of)** *n* недостаток, отсутствие

RICKETS¹

The first symptoms of rickets may appear very early when the child is only 2 or 3 months old.

The back of the head sweats and a wet place appears on the pillow. The baby tosses (вертит) his head from *side*² to side and the back of the baby's head becomes bald (лысый).

The child often cries, sleeps badly. The child holds up his head later than other children do; sits later, walks later. Grown up children with rickets have *protruding*³ *bellies*⁴ big heads and crooked (искривленный) legs.

The cause of rickets is *lack of*⁵ sunlight, vitamin "D" in the food and wrong care of the children.

If a mother feeds her baby correctly, keeps the baby in the open air for many hours, her baby will not have rickets.

УПРАЖНЕНИЯ

I. Вставьте вместо точек слова 'rickets', 'appear', 'side' или 'sweat', а затем прочтите каждое предложение целиком:

1. The patient felt pain in his right. 2. Red rash... on his body. 3. Lack of vitamin "D" in the food may cause.... 4. He worked hard in the garden and his face was covered with...

II. Переведите объявление, которое можно видеть в детской поликлинике (используйте слова из текста):

Родители! Дети должны много находиться на свежем воздухе. Правильно кормите своих детей, давайте им витамин «Д» – все это поможет вам вырастить (grow up) здоровых ребят!

Interesting Facts

Festival

For many centuries¹ people of some villages in England dress² their wells³ each year on a certain day.

During the dreadful⁴ days of the Black Death (1348-49), so the plague⁵ was called – many people died in England. But the people of some villages survived⁶ thanks to the cleanness⁷ of their wells. When in 1350 the plague ended the first festival was held⁸ in those villages.

People decorated⁹ their wells with flowers, with beautiful garlands (гирлянды). These festivals are held each year.

1. century [ˈsentʃəri] *n* век

2. to dress [dres] *v* наряжать

3. well [wel] *n* колодец

4. dreadful [ˈdredfʊl] *a* страшный

5. plague [pleɪɡ] *n* чума

6. survive [səˈvaɪv] *v* остаться в живых

7. cleanness [ˈkliːnɪs] *n* чистота

8. was held *зд.* был устроен

9. to decorate [ˈdekəreɪt] *v* украшать

ЗАНЯТИЕ 38

Выучите слова к тексту:

1. **surgical** ['sə:dʒɪkəl] *a* хирургический
2. **department** [di'pɑ:tmənt] *n* отделение
3. **surgeon** ['sə:dʒən] *n* хирург
4. **post-operative** ['poust'ɔpərativ] *a* послеоперационный
5. **reaction** [ri'ækʃən] *n* *зд.* осложнение
6. **swelling** *n* *зд.* воспаление
7. **operating-room** ['ɔpəreitɪŋ] *n* операционная
8. **dressing** ['dresɪŋ] *n* перевязка, повязка
9. **wound** [wu:nd] *n* рана
10. **duty** ['dju:ti] *n* обязанность

IN THE SURGICAL¹ DEPARTMENT²

You already know much about our family. Now I want to tell you about



my father. My father is a doctor. He is *a surgeon*³. He works at a large hospital in the surgical department. He works very hard. His work begins at nine. When he comes to the hospital he goes to his wards to examine his patients. He asks the ward nurse about the *post-operative*⁴ condition of his patients. She often tells him that there are no *post-operative reactions*⁵. And sometimes she tells the doctor that the temperature of some of the *post-operative patients* is rather high and some of them have a *swelling*⁶. The surgeon gives necessary instructions to the nurse and goes to the *operating-room*⁷. He operates three days a week. I had my practice at the hospital where my father works and I learnt very much there.

The work at the surgical department is rather difficult but very interesting. I learnt much about surgical nursing, about the *dressings*⁸ of *wounds*⁹ and about the *duties*¹⁰ of a surgical nurse.

УПРАЖНЕНИЯ

I. Скажите по-английски:

состояние больного после операции; хирургическое отделение; осматривать больных; давать необходимые инструкции; оперировать три

раза в неделю; хирургическая сестра; палатная сестра; опухоль

II. Ответьте на вопросы:

1. Where does Ann's father work? 2. When does his work begin? 3. Whom does he ask about the patients' condition? 4. Has he many operations during a week? 5 Have you been at a surgical department?

III. Найдите в тексте слова, которые можно сочетать со словами 'post-operative' (6), 'surgical' (6),

Laughter is the Best Medicine

First woman: My son is in bed, a victim (жертва) football.

Second woman: But I didn't know that he played football.

First woman: He doesn't. But he is a football fan (болельщик футбола) and he sprained his larynx (зд. потерял голос) at the match last Sunday.

ЗАНЯТИЕ 39

Выучите слова к тексту:

- | | |
|---|--|
| 1. ambulance ['æmbjuləns] <i>n</i> машина скорой помощи, | 5. glove [glʌv] <i>n</i> перчатка |
| 2. abdominal [əb'dɒmɪnəl] <i>a</i> брюшной | 6. anaesthesia [ˌænis'ti:zjə] <i>n</i> анестезия, обезболивание |
| 3. appendicitis [ə.pendi'saitis] <i>n</i> аппендицит | 7. scalpel ['skælpəl] <i>n</i> скальпель |
| 4. gown [gaʊn] <i>n</i> халат | 8. to last [lɑ:st] <i>v</i> продолжаться |
| | 9. successful [sək'sesfʊl] <i>a</i> удачный |

IN THE OPERATING-ROOM

I saw some operations during my practice in the operating-room. Yesterday an *ambulance*¹ brought a man to our hospital. The patient felt a severe *abdominal*² pain. The doctor diagnosed *appendicitis*³.



The patient was prepared for the operation and put on the operating-table. The doctor washed his arms and hands, dried them on a sterile towel, put on the gown⁴, and the gloves⁵. The assistant gave the patient anaesthesia⁶. The nurse gave the surgeon a scalpel⁷ and he began the operation. It lasted⁸ for about an hour and was successful⁹.

УПРАЖНЕНИЯ

I. *Переведите на русский язык следующие слова и словосочетания:*

during my practice; an ambulance; felt a severe abdominal pain; diagnosed appendicitis; a sterile towel; put on the gown; the gloves; gave him anaesthesia; a scalpel; lasted; was successful

II. *По заданной модели поставьте вопросы к каждому предложению; ответьте на эти вопросы:*

(Who felt...? What... feel?. Was.. severe?)

1. The patient felt a severe abdominal pain.

(What ... do?, What... put on?, Why... a sterile towel?)

2. The doctor washed his hands, dried them on a sterile towel, put on the gown and the gloves

III. *Глядя на рисунок на с. 73, расскажите, что делает доктор перед тем, как приступить к операции.*

IV. *Составьте и напишите предложения из следующих слов; затем прочтите каждое предложение целиком и повторите его, не глядя в тетрадь:*

1. in, saw, room, operating, I, operations, some, the

2. before, doctor, arms, the, washed, operation, the, his, hands, and

3. the, gave, to, scalpel, nurse, a, surgeon, the

4. successful, operation, the, was

ЗАНЯТИЕ 40

Interesting Facts

Переведите текст:

The Man Who Discovered Chloroform

Many years ago nobody knew about chloroform. And when the doctor operated on a patient, the patient suffered¹ great pain. A young doctor in Edinburgh [^ˈedinbərə] could not see how patients suffered during operations

and he tried to find some medicine to help the patient to overcome² the pain. The doctor's name was James Simpson.

Once he came home from the hospital with two other doctors. When he was looking for³ some papers on his desk he saw a little bottle. He remembered that one of his friends had sent him the bottle with chloroform. At that time people knew very little about chloroform.

James Simpson opened the bottle. Chloroform had a strong but not an unpleasant⁴ smell⁵. He decided to breathe chloroform in⁶ and see the results. The two doctors who were in the room decided to do the same. And so they did. As they breathed in the chloroform they became sleepy and soon fell into a deep sleep.

After the experiment Dr. Simpson began to use chloroform during his operations. It was a very important discovery⁷. Doctors could operate on people without hurting⁸ them and it was easier for the surgeon to operate because the patient was calm and didn't move during the operation.

- | | |
|--|---|
| 1. to suffer [ˈsʌfə] <i>v</i> страдать | 5. smell [smel] <i>n</i> запах |
| 2. to overcome [ˌoʊvəˈkʌm] (overcame, overcome) победить, превозмочь; зд. снять | 6. to breathe in [ˈbriːðɪn] <i>v</i> вдохнуть |
| 3. to look for <i>v</i> искать | 7. discovery [dɪsˈkʌvəri] <i>n</i> открытие |
| 4. unpleasant [ʌnˈpleznt] <i>a</i> неприятный | 8. to hurt [hɜːt] <i>v</i> (hurt, hurt) причинить боль |

УПРАЖНЕНИЕ

Ответьте на вопросы:

1. What was the name of the doctor who discovered chloroform? 2. Where did he live? 3. How did he discover the possibilities (возможности) of chloroform? 4. Do you think it was a brave action? Why? 5. Why was the discovery of chloroform very important? 6. How did Dr. Simpson help the patients?

Выучите слова к тексту:

- | | |
|---|---|
| 1. to touch [tʌtʃ] <i>v</i> касаться, трогать | пинцет, хирургические щипцы |
| 2. swab [swɒb] <i>n</i> тампон | 5. to protect [prəˈtekt] <i>v</i> защищать |
| 3. stitch [stɪtʃ] <i>n</i> стежок, шов | 6. dust [dʌst] <i>n</i> пыль |
| 4. forceps (<i>sing.</i> и <i>pl.</i>) [ˈfɔːseps] <i>n</i> | 7. secure [siˈkjʊə] <i>a</i> прочный, надежный |

Nurse's Work at the Surgical Department

From my practice at the surgical department I learnt some very important things that I think every nurse must remember:

1. When the nurse puts the dressing or changes it she must wear a mask.
 2. The nurse's fingers must not *touch*¹ any sterile material. The nurse must take the *swabs*² dressings or take out the *stitches*³ only with *forceps*⁴.
 3. The nurse must keep the wound dry.
- Most surgical wounds need careful attention. The nurse who takes care of the wounds must *protect*⁵ them from *dust*⁶ and make the dressing *secure*.⁷

УПРАЖНЕНИЯ

I. Закончите предложения, используя словосочетания, данные ниже:

It is important.... It is necessary..., It is dangerous... to touch sterile material with fingers; to wear a mask; to take out the stitches with forceps

II. Переведите русские словосочетания на английский язык и закончите предложения:

1. The nurse must... (носить маску, когда меняет повязку). 2. The nurse must not... (трогать стерильный материал пальцами). 3. The nurse must... (брать тампоны, повязки только пинцетом). 4. The nurse must... (защитить рану от пыли).



III. Посмотрите на рисунок и ответьте на вопросы:

1. Where are the nurse and the patient? 2. What is the nurse going to do? 3. What is she holding in her hands? 4. Is the patient afraid or not?

IV. Расскажите о работе палатной сестры в хирургическом отделении.

Laughter is the Best Medicine

A.: When I was in hospital (лежал в больнице) all my friends came to see me every visiting day

B.: Oh, you have very nice friends.

A.: Yes, and I had a very nice nurse.

ЗАНЯТИЕ 41

Переведите тексты:

1. FROM THE HISTORY OF MEDICINE

The clinical medicine and safeguard¹ of people's health greatly developed² in Roman times. The name of Galen ['geilin] is widely known. Galen worked first as a surgeon at a school for gladiators³. He went to Rome when he was thirty-two years old and there he had much practice, but he continued to experiment on living animals, especially apes⁴ and pigs. The Roman army always had a well organized⁵ service⁶ of surgeons. The school for gladiators was an ideal school for training⁷ in surgery.

1. safeguard ['seifgɑ:d] *n* охрана

2. to develop [di'veləp] *v* развивать

3. gladiator ['glædiəitə] *n* гладиатор

4. ape [eip] *n* (человекообразная) обезьяна

5. to organize ['ɔ:gənaiz] *v* организовать, устраивать

6. service ['sɜ:vis] *n* служба

7. training ['treiniŋ] *n* тренировка

2. A CASE HISTORY¹

- What diseases had you in the past?
- I had the mumps,² scarlet fever and pneumonia. – And measles, whooping cough, chicken-pox?
- Yes, I had all the childhood diseases.
- What about adult diseases? Had you TB³ heart or kidney trouble?
- No.
- Had you any operations?
- Yes, I had my appendix out and my tonsils are out too.
- Did you ever break any bones?
- I broke my arm when I was a child and that's all.

1. case history история болезни

2. mumps [mʌmps] *n* свинка

3. TB ['ti:'bi:] (сокр.) туберкулез

3. HOW A PILOT BROUGHT MEDICINE

Little Nina lived in the far north of the Russia in a little village. Nina had never seen a train or an airplane. She saw only boats. Boats came to her village only in summer. No boats came in winter at all. But Nina liked her village very much. She liked to slide on the snow and to make snowballs and snowmen.

But now Nina could not play. She couldn't even eat. Nina was very ill.

"There is only one medicine that will make Nina well," said the doctor, "And I haven't got this medicine. We can get it only in a big city. I'll send a telegram at once." In a faraway city this medicine was given to a pilot. The pilot wanted to bring medicine in time. All the people were waiting for the airplane. Soon the plane landed on the snow and the pilot gave the medicine to the doctor. So little Nina was saved.

Прочтите и переведите стихотворение:

My Mother

Who fed me when I was a child,
And held me in her arms so kind?
– My mother.

Who sat and watched my childish head,
When I was sleeping in my bed?
– My mother.

When pain and illness made me cry,
Who looked upon my heavy eye?
– My mother.

Who ran to help me when I fell,
And would some funny¹ story tell?²
– My mother.

And can I ever stop to be
So loving and so kind to thee³
Who was so very kind to me,
My mother?

And when you are sick and old and grey,
 My healthy arm shall be your stay,
 And I shall calm your pains away⁴,
 My mother.

(From *Poems, Songs, Plays*. "Prosveichenie". M., 1967)

- | | |
|--|---|
| <p>1. funny [ˈfʌni] <i>a</i> смешной</p> <p>2. would [wʊd] tell обычно рассказывала; would передает здесь повторяемость действия</p> | <p>3. to thee [ði:] (<i>поэт.</i>) к тебе</p> <p>4. calm away смягчать, успокаивать</p> |
|--|---|

ЗАНЯТИЕ 42

Выучите слова к тексту:

- | | | | |
|--|------------------------------------|-------------------------|---|
| <p>1. wealth [welθ] <i>n</i> богатство</p> <p>2. match
 [mætʃ] <i>n</i>
 contest
 [ˈkɒntest] <i>n</i></p> | <p>}
 }
 }</p> | <p>состязание, матч</p> | <p>7. to tire [ˈtaɪə] <i>v</i> уставать, утомляться</p> <p>8. to develop [diˈveləp] <i>v</i> развивать</p> <p>9. pleasure [ˈpleɪzə] <i>n</i> удовольствие</p> <p>10. participant [pɑːˈtɪsɪpənt] <i>n</i> участник</p> <p>11. spectator [spekˈteɪtə] <i>n</i> зритель</p> |
| <p>3. to be over кончать</p> <p>4. round [raʊnd] <i>a</i> круглый, сутулый</p> <p>5. to go in for заниматься</p> <p>6. sick [sɪk] <i>a</i> больной</p> | | | |

HEALTH IS ABOVE WEALTH¹

Yesterday I went to see my friend Mike. He was watching a football *match*² over the TV. After It he watched some sporting *contests*². He sat before the TV for three hours. When everything *was over*³ Mike said: "I like sport very much." I looked at his *round*⁴ back and said: "I think that you like only to watch sportsmen. My father always tells me: *Go in for*⁵ sports. You will be healthy and strong. A healthy man feels and looks well. He can work hard. A *sick*⁶ and weak man *tires*⁷ quickly and often falls ill. Such a man is often nervous and cannot work well. Have some exercises every day. Good exercises *develop*⁸ your muscles and give you *pleasured*⁹. Exercises increase heart action and blood circulation. They strengthen the nerves.

If you want to have a strong and beautiful body you must exercise yourself. It is more important to your health to be a *participant*¹⁰ than a *spectator*¹¹.

ЗАНЯТИЕ 43

Выучите слова к тексту:

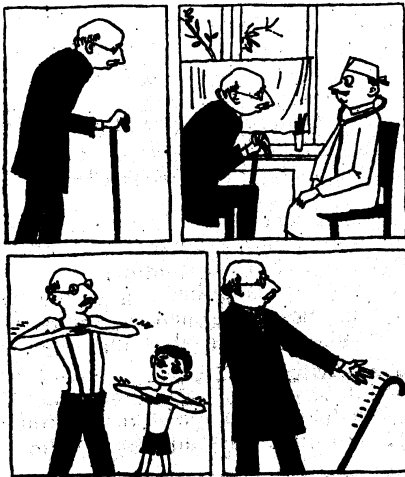
- | | |
|--|---|
| 1. stick [stik] <i>n</i> палка | 5. to carry out [ˈkæri ˈaʊt] <i>v</i> выполнять |
| 2. heat treatment [ˈhi:t ˈtri:tmənt] лечение теплом | 6. instruction [in ˈstʌkʃən] <i>n</i> указание, инструкция |
| 3. massage [ˈmæsɑ:ʒ] <i>n</i> массаж | 7. to grow less [ˈgrou ˈles] становиться меньше |
| 4. to keep up [ˈki:p ʌp] <i>v</i> продолжать | |

ABOUT MY UNCLE

When my uncle was 65 (sixty-five) years old he could not walk without a *stick*². His right leg hurt him very much. He consulted a doctor. The doctor examined him carefully. He sent the patient to X-ray and when my uncle brought the X-ray picture the doctor gave him *heat treatment*², *massage*³ and exercises twice or three times a week for three months. At the end of that time the doctor advised him to *keep up*⁴ the exercises every day. My uncle *carried out*⁵ all his *instructions*⁶ and the pain *grew less*⁷ and the old man could even walk without a stick.

УПРАЖНЕНИЯ

I. Опишите рисунок.



II. Запомните:

Simple Rules for Health

Stand erect [i'rekt].	Стой прямо.
Sit erect.	Сиди прямо.
Breathe in as much fresh air as you can.	Дыши как можно глубже.
Sleep with your windows open every night.	Спи всегда с открытой форточкой.
Keep your feet dry and warm.	Держи ноги сухими и в тепле.
Keep your body clean.	Следи за чистотой тела.
Wear clean clothes.	Носи чистую одежду.
Keep your teeth clean.	Следи за чистотой зубов.
When you are reading or-writing, let the light come from behind your left shoulder.	Когда ты читаешь или пишешь, свет должен быть слева.
Take long walks in the open air as much as you can.	Гуляй как можно больше на свежем воздухе.
Get plenty of sleep.	Спи не менее 8 часов в сутки.

III. Прочтите и переведите стихотворение:

The Doctor

When I am ill I go to bed
And on the pillow lay my head.
The doctor comes and says, "Dear me¹
Whatever can the matter be?²"
He feels my pulse and sees my tongue,
He tests my heart and then each lung;
He asks how old I am and then
He takes his paper and his pen,
And makes a note of things³ that taste
So horrid⁴, that I'm sure it's waste⁵
To take them. But he says: "Each noon
Take this, and you'll be better soon."

(From *Around You*, "Prosveschenie". L., 1968)

1. Dear me! Боже мой! (*выражение удивления*)

2. Whatever can the matter be? Что бы это могло случиться?

3. makes a note of things эд. выписывает лекарство

4. horrid ужасный

5. I'm sure it's waste я уверен, что бесполезно

Laughter is the Best Medicine

A doctor told his patient that there was nothing really the matter with him. "All you need is more outdoor life, walk two or three miles regularly every day and you'll feel much better. What's your business? "

"I am a postman (почтальон), doctor"

ЗАНЯТИЕ 44

Выучите слова к тексту

1. **easily** ['i:zili] *adv* легко
2. **nervous tension** ['tenʃən] нервное напряжение
3. **twice as more** в два раза больше
4. **to move** [mu:v] *v* двигаться
5. **physically inactive people** ['fizikəli in'æktiv] люди, которые не занимаются физическими упражнениями
6. **to feel refreshed** чувствовать себя бодрым, обновленным
7. **posture** ['pɒstʃə] *n* осанка; поза
8. **to lift spirits** поднимать настроение
9. **make up your mind** примите решение
10. **daily exercises** ежедневная зарядка
11. **without fail** [feil] обязательно

ABOUT EXERCISES

Exercises are necessary and very important to every person. If a grown-up person doesn't exercise he can *easily*¹ get heart disease, *nervous tension*² and other illnesses.

Bus drivers (шоферы автобусов) who sit all day have heart diseases *twice as more*³ than conductors (кондукторы) who *move*⁴ all day.

*Physically inactive people*⁵ get old earlier than those who exercise.

If you do daily exercises you *feel refreshed*⁶ you have good *posture*⁷. Good posture *lifts spirits*⁸. Poor posture often causes fatigue.

Pay attention to the way you stand, walk and sit. *Make up your mind*⁹ that you will do your *daily exercises*¹⁰ 10 minutes *without fail*¹¹.

УПРАЖНЕНИЕ

Вставьте вместо точек слова или словосочетания:

to feel refreshed; to get old; without fail; a heart disease

1. Physically inactive people ... earlier than those who exercise.
2. You must do your daily exercises
3. If a person doesn't exercise, he can easily get....
4. If you do daily exercises you....

КОНТРОЛЬНЫЕ УПРАЖНЕНИЯ

1. В правой колонке найдите перевод каждого английского слова (работу выполняйте на перфокарте):

- | | |
|-------------------|-----------------------|
| 1. to prescribe | I. боль |
| 2. bed-patient | II. сыпь |
| 3. scarlet fever | III. головная боль |
| 4. blood pressure | IV. выписывать рецепт |
| 5. heartache | V. кровотечение |
| 6. to bother | VI. боль в сердце |
| 7. chicken-pox | VII. ветряная оспа |
| 8. cough | VIII. скарлатина |
| 9. to sneeze | IX. насморк |
| 10. pain | X. кашель |
| | XI. хирург |
| | XII. беспокоить |
| | XIII. лежащий больной |
| | XIV. чихать |
| | XV. кровяное давление |

II. Выпишите и запомните первые признаки следующих инфекционных заболеваний:

scarlet fever; measles; influenza; rickets

III. Скажите по-английски:

что с вами случилось? вы плохо выглядите; у меня сильная головная боль; вчера у нее появилась сыпь на коже; какая у вас температура?; у него насморк и сильный кашель; дайте вашу руку, я измерю ваше давление; откройте рот и скажите «а»; вы должны оставаться в постели в течение недели; доктор посоветовал ему делать утреннюю зарядку

IV. Проведите графический диктант по теме: "Health is above wealth" и "A bout exercises":

Daily exercises are very important. Physically inactive people feel refreshed and look well. A weak man tires quickly. Do your daily exercises and you will have poor posture. Poor posture lifts spirits. Exercises increase heart action and blood circulation Exercises do not strengthen nervous system. Go in for sports and you will be healthy.

РАЗДЕЛ IV MEDICINE

ЗАНЯТИЕ 45



Используя слова на с. 139, выпишите названия изображенных здесь предметов.

Запомните выражения с названиями лекарственных форм:

- | | |
|--|---|
| <p>1. powder ['paʊdə] to take a powder for...
a sweet (bitter) powder</p> <p>2. tablet ['tæblɪt]
to take a tablet three times a day
a half tablet
these tablets have no side effects</p> | <p>3. pill
to take the pill after (during before) meal
to take some milk after the pill</p> <p>4. ointment ['ɔɪntmənt] to put the ointment on...</p> <p>5. suppository [sə'pɔzɪtəri]</p> |
|--|---|

- to keep the suppositories in cool place
6. **globule** ['glɒbjʊ:l] to wash the hands before the use of the globules
7. **ampule** ['æmpju:l] to keep the ampules in a dark place to give injections
8. **solution** [sə'lu:ʃən] to read the Doctor's instruction before giving the solution
9. **mixture** ['mɪkstʃə] to shake the bottle with the mixture before use
10. **infusion** [ɪn'fju:ʒn] to take an infusion
11. **decoction** [di'kɒkʃn] to give a decoction four times a day before meal
12. **drops** to keep the drops in a dark place to wash the pipette before (after) use to drop five drops
13. **tincture** ['tɪŋktʃə] to take twenty drops of the tincture
14. **tablespoonful** ['teɪblspu:nfʊl] to take a tablespoonful of...
15. **teaspoonful** [ti:spu:nfʊl] to take a teaspoonful on an empty stomach
16. **prescription** [prɪs'krɪpʃn] to give a prescription to prescribe medicine (treatment)

УПРАЖНЕНИЕ

Скажите по-английски:

1. Возьмите ампулы с витамином В. 2. Примите 2 столовые ложки теплого отвара. 3. Взболтайте микстуру перед употреблением. 4. Примите эти капли с молоком. 5. Дайте рецепт, пожалуйста. 6. Выпишите лекарство от головной боли. 7. Храните свечи и растворы в темном и прохладном месте. 8. Не принимайте эти порошки на голодный желудок.

ЗАНЯТИЕ 46

Выучите слова к тексту:

1. **at the chemist's** ['kɛmɪsts] в аптеке
2. **patent** ['peɪtənt] а патентованный
3. **ampule** ['æmpju:l] n ампула
4. **glucose** ['glu:kəʊs] n глюкоза
5. **camphor** ['kæmfə] n камфара
6. **pill** [pɪl] n пилюля
7. **cough mixture** ['kɒf 'mɪkstʃə] микстура от кашля
8. **nasal drops** ['neɪəl] капли в нос
9. **cod liver oil** ['kɒd 'lɪv 'ɔɪl] рыбий жир
10. **ointment** ['ɔɪntmənt] n мазь
11. **sleeping draught** ['slɪpɪŋ 'dra:ft] снотворное
12. **laxative** ['læksətɪv] n слабительное средство
13. **sedative** ['sedətɪv] n успокоительное средство
14. **adhesive plaster** [əd'hi:sɪv plɑ:sstə] липкий пластырь (лейкопластырь)
15. **hot-water bottle** n грелка
16. **medicine dropper** ['drɒpə] пипетка

AT THE CHEMIST'S¹

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*² medicines of all kinds: *ampules*³ of *glucose*⁴ and *camphor*⁵ for injections, different *pills*⁶ tablets and powders, *cough mixtures*⁷, heart drops, *nasal drops*⁸, vitamins, *cod liver oil*⁹, *ointments*¹⁰, *sleeping draughts*¹¹, *laxatives*¹², *sedatives*¹³, bandages, *adhesive plasters*¹⁴, mustard plasters, bottles of iodine.

You can also buy *hot-water bottles*¹⁵, *medicine droppers*¹⁶, ice-bags, sponges, tooth-brushes and tooth-pastes, soap and many other useful things.

УПРАЖНЕНИЯ

I. Вставьте вместо точек слова, подходящие по смыслу:

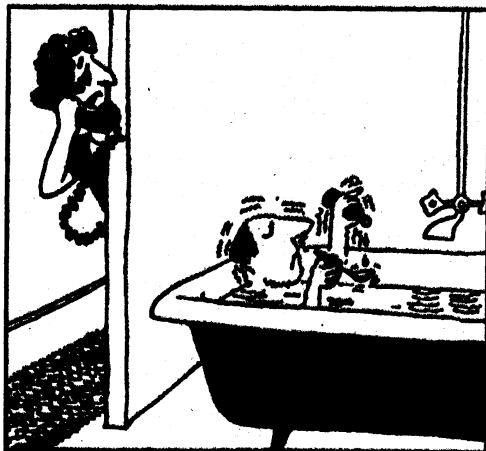
mustard plaster; vitamins; cod liver oil; heart drops

1. He often uses..... 2. She gave her daughter..... 3. I take these ... two times a day. 4 She puts ... every evening.

II. Выберите из текста названия тех медикаментов, которые, используют при простудных заболеваниях и легких ранениях. Назовите также предметы туалета.

III. Скажите по-английски:

принимайте эти порошки после еды; поставьте горчичники на спину; вы должны иметь дома бинт, йод, лейкопластырь, сердечные капли; дайте мне грелку



"Doctor, is it absolutely necessary for my husband to take this medicine in cold water?"

IV. Прочтите и переведите:

Father: Doctor, when I came home I found my little boy asleep. At first that seemed¹ normal, but when I entered the bathroom I found the bottle of my wife's sedative² on the floor. I'm afraid the child took some of it.

Doctor: Do you know what kind of³ sedative it was?

F.: No, doctor. I only know it was one of the sedatives. Here it is.

D.: Well, it is better to do a stomach washing⁴. Nurse, have everything ready for the stomach washing.

- | | |
|---|--|
| 1. to seem [si:m] <i>v</i> казаться | 3. what kind of что за... |
| 2. sedative ['sedətiv] <i>n</i> снотворное, успокаивающее средство | 4. washing ['wɒʃɪŋ] <i>n</i> промывание |

Laughter is the Best Medicine

"Mummy, I have a stomach-ache," said Nelly, a little girl of six. "That's because you had no lunch. Your stomach is empty (пустой). You would feel better if you had something in it."

That afternoon a friend came to see Nelly's mother. While they talked the friend said that he had a bad headache the whole day.

"That's because it is empty," said Nelly. "You would feel better if you had (вы бы чувствовали себя лучше, если бы у вас было) something in it."

ЗАНЯТИЕ 47

Выучите слова к тексту:

- | | |
|--|---|
| 1. sulfonamides ['sʌlfənə'maɪdz] сульфаниламидные препараты | 5. meningitis [ˌmenɪn'ɟzaitɪs] <i>n</i> менингит |
| 2. to discover [dɪs'kʌvə] <i>v</i> делать открытие | 6. mumps [mʌmps] <i>n</i> свинка |
| 3. sulfa drugs лекарственные сульфамидные препараты | 7. in place of вместо |
| drug [drʌg] <i>n</i> лекарство | 8. antibiotic [ˌæntɪbaɪ'ɔtɪk] <i>n</i> антибиотик |
| 4. widely ['waɪdli] <i>adv</i> широко | 9. to produce [prə'dju:s] <i>v</i> производить |
| | 10. side-effect ['saɪdɪfekt] <i>n</i> побочный эффект effect <i>n</i> воздействие |
| | 11. nausea ['nɔ:sjə] <i>n</i> тошнота |

THE SULFONAMIDES¹

Sulfonamides were *discovered*² in 1935. *Sulfa drugs*³ were *widely*⁴ used in medicine during World War II. Sulfa drugs treat many infectious diseases. They are also preventing *meningitis*⁵, scarlet fever, *mumps*⁶, chicken-pox.

Sulfonamides are often used *in place of*⁷ *antibiotics*⁸. Sometimes sulfonamides *produce*⁹ toxic ['tɒksɪk] *side-effects*:¹⁰ *nausea*¹¹, vomit, headache, rash.

УПРАЖНЕНИЯ

I. Скажите по-английски:

был открыт; широко применялись; лечат инфекционные болезни; предотвращать; вместе; давать побочные явления

II. Ответьте на вопросы:

1. When were sulfonamides discovered? 2. When were sulfa drugs widely used? 3. What diseases do sulfa drugs treat? 4. Do sulfa drugs produce side-effects?

III. Составьте и напишите предложения из следующих слов; затем прочтите каждое предложение целиком и повторите его, не глядя в тетрадь:

1. treat, diseases, drugs, many, sulfa, infectious.
2. prevent, mumps, sulfa, scarlet, drugs, fever, chicken-pox, and
3. sulfa, side-effects, sometimes, drugs, produce
4. sulfonamides, were, 1935, in, discovered

Laughter is the Best Medicine

The doctor smiled as he entered the room: "You look much better today."

"Yes, I follow the instructions on your medicine bottle."

"What were they?"

"Keep the bottle tightly corked."

1. **tightly corked** крепко закрытый

Выучите слова к тексту:

1. **penicillin** [ˌpenɪˈsɪlɪn] *n* пенициллин

2. **orally** [ˈɔːrəli] *adv* *зд.* прием внутрь

3. **intramuscularly** [ˌɪntrə ˈmʌskjʊləli] *n*
внутримышечно

4. **topically** [ˈtɒpɪkəli] *adv* местно

5. **streptomycin** [ˌstreptouˈmaɪsɪn] *n*
стрептомицин

6. **soluble** [ˈsɒljubl] *a* растворимый

7. **solution** [səˈluːʃən] *n* раствор

8. **variety** [vəˈraɪəti] *n* разнообразие

9. **microbe** [ˈmaɪkrəʊb] *n* микроб

10. **allergic** [əˈlɜːdʒɪk] *a* аллергический

11. **instead of** [ɪnˈstedəv] *adv* вместо

ABOUT ANTIBIOTICS

The term "antibiotic" means (anti – against, bios –life) "against life". It shows that antibiotics kill some of the simple organisms.

This effect of antibiotics was discovered by Fleming in 1929. *Penicillin*¹ was the first of the antibiotics.

It is effective against many infections. Penicillin is given *orally*², *intramuscularly*³ and *topically*⁴.

*Streptomycin*⁵ is effective in many cases when penicillin can't help.

It is *soluble*⁶ in water. It is given intramuscularly and orally.

Erythromycin* is used by patients who are hypertensive to penicillin.

Erythromycin is used in water *solutions*⁷ for ear and nose infections. It is also made in tablets. Neomycin** is effective against a wide *variety*⁸ of *microbes*⁹. It gives little or no *allergic*¹⁰ reactions. It is given orally and topically. In some cases neomycin is used as a wet dressing *instead of*¹¹ ointment.

УПРАЖНЕНИЯ

I. Ответьте на вопросы:

1. What does the term "antibiotic" mean? 2. Who discovered the first antibiotics? 3. How is penicillin given to the patients? 4. Is streptomycin soluble in water? 5. Does neomycin give allergic reactions?

II. Найдите в тексте и запомните английские эквиваленты русских слов «внутри», «внутримышечно», «местно».

III. Назовите по-английски антибиотики, которые вы знаете.

Laughter is the Best Medicine

"I am ill," said Pete to his mother. "I am very ill. Yesterday I had a bad headache; today I have a fever. Please, call in a doctor."

Soon the doctor came. He felt Pete's pulse and looked at his tongue. Then, taking a piece of paper, he wrote a prescription. He gave it to Peters mother and said:

* [ə'riθrə'maisin]

** [ni:ɔ'maisin]

"Let him take it this evening (пусть он это примет сегодня вечером)."
 Before going to bed that night, Pete swallowed (проглотил) the paper.
 When he got up next morning he said to his mother: "Now I feel quite well
 again. Wasn't it a very nice prescription?"

Придумайте рассказ к рисунку.



ЗАНЯТИЕ 48

Выучите слова к тексту:

- | | |
|---|--|
| 1. collection [kə'leɪʃən] <i>n</i> сбор | 5. leaf [li:fl] <i>n</i> лист (<i>мн. ч.</i> leaves) |
| 2. medicinal [me'disɪn] <i>a</i> лекарственный | 6. root [ru:t] корень |
| 3. plant [plɑ:nt] <i>n</i> растение | 7. seed [si:d] <i>n</i> семя |
| 4. to cultivate ['kʌltɪveɪt] <i>v</i> зд. выращивать | 8. fully ['fʊli] <i>adv</i> полностью |
| | 9. to spoil [spɔɪl] <i>v</i> портить |

MEDICINAL PLANTS

The *collection*¹ and use of *medicinal*² *plants*³ began many thousands years ago.

Hippocrates [hi'pɒkrəti:z] is the father of medicine who lived in Greece wrote in his books about such drugs as hemlock [hemlɒk] (болиголов), gentian ['dʒenʃiən] (горечавка) and many others.

Today many drug plants are *cultivated*⁴ and many drug plants are collected from fields and woods.

Some drugs are made from fruits, *leaves*⁵, flowers, *roots*⁶, *seeds*⁷ of the plants.

It is very important to collect plants in proper time (своевременно). Leaves are collected when they are *fully*⁸ developed. The time of the day is also important in the collection of drug plants.

Flowers are collected before the time of pollination [ˌpɒli'neɪʃən] (опыление). Fruits are collected when they are fully grown but unripe (незрелый).

To dry plants correctly is also very important. If it is made carelessly the drug may be *spoiled*.

Drug plants which have glycosides must be dried at a low temperature. Digitalis leaves must be dried in the same way.

УПРАЖНЕНИЯ

I. Скажите по-английски:

собирать своевременно; пора опыления; незрелые фрукты; правильно сушить; это сделано небрежно; можно испортить; при низкой температуре; тем же образом

II. Ответьте на вопросы:

1. When did the collection of medicinal plants begin? 2. What are some drugs made of? 3. When is it important to collect medicinal plants? 4. When are flowers and fruits collected? 5. How must drug plants with glycosides be dried?

III. Перескажите текст, используя данные слова и словосочетания:

the collection and use; are cultivated; are collected; fruits; leaves; roots; seeds; in good time; fully developed; the time of pollination; unripe; may be spoiled; at a low temperature

Laughter is the Best Medicine

Doctor: You followed* my prescriptions of course.

Patient: Indeed I did not, doctor, for I should have broken my neck.

Doctor: Broken your neck?

Patient: Yes, for I threw your prescription out of a third floor window.

* * *

Once a famous actor was very ill. He had to take medicine of a very dark colour. One day his sister gave him some ink by mistake (по ошибке). When she saw her mistake she cried in horror (в ужасе): "Oh, Tommy, I gave you ink instead of (вместо) your medicine!" "Never mind," said the actor, "I'll swallow (проглочу) a piece of blotting-paper" (кусок промокательной бумаги).

* to follow выполнять; следовать; последовать

Interesting Facts

A Frenchman Nicot by name saw a miraculous plant in Portugal and brought it to France. It was tobacco plant Nicot believed that the plant could cure cancer, headaches and many other diseases. But time showed that he was absolutely wrong. We owe Nicot the word "nicotine".

ЗАНЯТИЕ 49

Выучите слова к тексту:

- | | |
|--|---|
| 1. anatomy [ə'neɪtəmi] <i>n</i> анатомия | хорошо взболтайте бутылку перед употреблением |
| 2. to go to bed лечь спать (лечь в постель) | 7. after meal после еды |
| 3. district doctor районный врач | 8. feel good чувствовать себя хорошо |
| 4. three times a day три раза в день | 9. pharmacology [ˌfɑ:mə'kɒlədʒi] <i>n</i> фармакология |
| 5. before meal до еды | 10. subject ['sʌbdʒɪkt] <i>n</i> предмет |
| 6. shake the bottle well before using | |

MY FRIEND'S ILLNESS

Lena is a student of our medical school. She studies in our group. Yesterday she came to the classes after a week's absence. "What was the matter with you?" I asked her. "I was ill. Do you remember that our *anatomy*¹ teacher sent me home last week? When I came home I *went to bed*² and took my temperature. It was high. I coughed and had muscular pains. My mother called in a doctor and in the morning the *district doctor*³ came. She examined me carefully and prescribed some medicines." "Please, tell me in detail, Lena, what medicines the doctor prescribed you?" The doctor said: "You will take the mixture *three times a day*⁴ *before meal*⁵. You must take a table spoonful of it. *Shake the bottle well before using*⁶. This is the prescription for a gargle. Gargle your throat six times a day. This is the prescription for nasal drops. And these two prescriptions are for tablets. These tablets are good for a headache. Take them twice a day. And these tablets are good for colds. Take them four times a day *after meal*⁷." Lena followed all her instructions and soon *felt better*⁸. She understands that *pharmacology*⁹ is a very important *subject*¹⁰ and we must pay great attention to it at our studies.

ЗАПОМНИТЕ:

1. Some Rules for Nurses

When you give medicine:

1. Wash your hands.
2. Read carefully the doctor's instructions. Be sure¹ of the drug, dose, time, method of giving.
3. Don't substitute² one drug for another.
4. Address³ patients by name not to be mistaken⁴.
5. If you made a mistake tell the doctor at once.

- | | |
|--|--|
| 1. to be sure [ʃuə] быть уверенным | 3. to address [əˈdres] v обращаться |
| 2. to substitute [ˈsʌbstɪtju:t] n ошибаться | 4. to be mistaken [mɪsˈteɪkən] v заменять |

2. Be Careful with Medicine at Home

1. Keep the medicine in a locked¹ box, on a separate² shelf beyond the reach of children³.
2. Read the label⁴ before you open the bottle or box. Read the instructions and dose carefully.
3. Shake the bottle with liquids⁵ or the last dose can be too strong.
4. Keep the medicine in a cold place.

- | | |
|---|---------------------------------------|
| 1. locked [l kt] a запертый | ðəri:tʃ] чтобы ребенок не мог достать |
| 2. separate [ˈseprɪt] a отдельный | 4. label [ˈleɪbl] n этикетка |
| 3. beyond the reach of children [biˈjɔnd | 5. liquid [ˈlɪkwɪd] n жидкость |

УПРАЖНЕНИЯ

I. Скажите по-английски:

что с вами?; я была больна; она легла в постель; я измерила температуру; температура была высокой; у меня были мышечные боли; вызвать врача; врач внимательно осмотрела меня; она выписала мне лекарства; принимайте это лекарство два раза в день до еды; эти таблетки хороши от головной боли; принимайте эту микстуру четыре раза в день после еды; перед употреблением взбалтывайте

II. Посмотрите на рисунок и расскажите, что вы на нем видите, а затем представьте, что вы медсестра. Доктор выписал больному несколько рецептов. Отдавая их ему, скажите, на какую лекарственную форму они выписаны и объясните, как их принимать.

III. По заданным моделям поставьте вопросы к следующим предложениям; ответьте на эти вопросы:

1. *Who...? When..?*

The district doctor came in the morning.

2. *(Did...? What..?)*

She prescribed cough mixture.



Laughter is the Best Medicine

Doctor: "You cough more easily this morning."

Patient: "Yes, doctor. I practised the whole (всю) night."

ЗАНЯТИЕ 80

Прочтите и перескажите текст:

The Prescription on the Doctor

A man fell ill and the doctor was sent for. The doctor came. He examined the patient and then he asked for a pen, ink and paper as he wanted to write a prescription. But there were no such things in the house, so the patient's wife went out to take them from somebody. She was absent for a long time and the doctor took a piece of coal,¹ wrote the prescription on the door with it and went away. Nobody in the house could read or write Latin². So they took the door off its hinges³, carried it to the chemist's⁴ shop and got the medicine.

1. **a piece of coal** кусок угля

2. **Latin** ['lætin] латынь

3. **hinge** [hɪndʒ] *n* петля

4. **chemist** ['kemɪst] *n* аптекарь

Переведите текст:

From the History of Medicine in Egypt

The early Egyptian mythology¹ tells us a very interesting story. Horus, the God of Health, in fight² with Self. The demon of evil³ lost an eye. The eye was restored⁴ to him by a miraculous⁵ means. The eye had a sign "R", which meant⁶ "Recipes"⁷. And the mythology says that the word "Recipe" written at the beginning of every prescription was taken from the sign⁸ of the eye of Horus.

- | | |
|---|---|
| <p>1. mythology [mi'θɔlədʒi] <i>n</i> мифология</p> <p>2. fight [faɪt] <i>n</i> борьба; <i>v</i> (to) бороться</p> <p>3. evil ['i:vəl] <i>n</i> зло</p> <p>4. to restore [rɪs'tɔ:l] <i>v</i> восстанавливать; возвращать (на прежнее место)</p> | <p>5. miraculous [mi'rækjʊləs] <i>n</i> сверхъестественный</p> <p>6. to mean [mi:n] <i>v</i> (meant) значить, означать</p> <p>7. Recipe ['resipi] <i>n</i> рецепт</p> <p>8. sign [sain] <i>n</i> знак</p> |
|---|---|

Laughter is the Best Medicine

Mother: Oh, Tom! I forgot to shake the bottle before I gave you this medicine.

Little boy: Don't worry. I'll jump up (подпрыгну) several times.

ЗАПОМНИТЕ.

Avoid Self-Treatment

A person who thinks he can cure¹ himself without the doctor's consultation makes a mistake. There are hundreds of causes of headache and the person doesn't know what medicine he needs.

He can stop his symptoms but he doesn't cure¹ the cause of them. The illness may become more serious.

A prescription is usually written for a certain person. Never use medicines prescribed not for you.

1. **to cure** [kjʊə] *v* вылечивать

Переведите текст:

At the Chemist's Shop

One day a man came to the chemist's shop. "Have you anything to cure a headache?" he asked the chemist.

The chemist took a bottle from the shelf, held it under the gentleman's nose and took out the cork.¹ The smell² was so strong that tears came into the man's eyes and ran down his cheeks.

"What did you do that for?" he said angrily³ as soon as he could speak again. "You wanted something good for your headache. And I gave it to you." "Oh," said the man. "But my wife has a headache, not me."

- 1. cork** [kɔ:k] *n* пробка
- 2. smell** [smel] *n* запах

- 3. angrily** ['æŋgrɪli] *adv* сердито

КОНТРОЛЬНЫЕ УПРАЖНЕНИЯ

I. В правой колонке найдите перевод каждого английского слова (работу выполняйте на перфокарте):

- | | |
|---------------------|----------------------|
| 2. pills | I. растворимый |
| 3. drugs | II. пилюли |
| 4. mustard plaster | III. пузырь со льдом |
| 5. Powder | IV. лейкопластырь |
| 6. hot-water bottle | V. прием внутрь |
| 7. ice-bag | VI. мыло |
| 8. soap | VII. компресс |
| 9. orally | VIII. горчичники |
| 10. ointment | IX. губка |
| 11. soluble | X. порошок |
| | XI. таблетки |
| | XII. лекарство |
| | XIII. мазь |
| | XIV. микстура |
| | XV. грелка |

II. Вставьте вместо точек подходящие по смыслу слова и словосочетания, данные ниже, и переведите предложения:

1. Sometimes sulfonamides produce... 2. Streptomycin is given... and....
3. It is very important to take medicines. 4. Shake the bottle..... liquids. 5. Read the... before you open a bottle or box with medicines

label; before using; in good time; side-effects; intramuscularly; orally

III. Проведите графический диктант по темам: "Some rules for nurses" и "Avoid self-treatment".

When you give medicines you must wash your hands. You may give any medicine you like. Never tell the doctor about your mistake. You may use some medicine prescribed for another person.

IV. Закончите предложения, используя словосочетания, данные ниже:

It is important...

It is dangerous...

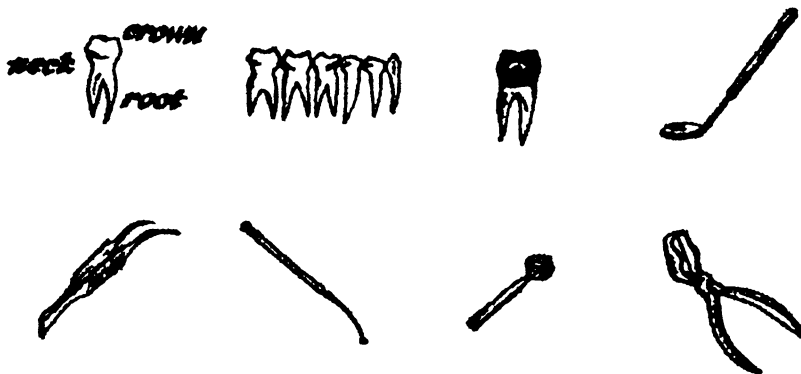
It is necessary...

to use some medicine prescribed for your friend; not to keep the medicine in a cold place; to tell the doctor about your mistake; to read the prescription carefully; to substitute one drug for another; to keep the medicine in a locked box.

РАЗДЕЛ V

DENTAL TERMINOLOGY

Найдите названия изображенных здесь предметов на С. 140.



ЗАНЯТИЕ 51

Выучите слова к тексту:

- | | |
|--|--|
| 1. upper ['ʌpə] <i>a</i> верхний | 5. structure ['strʌktʃə] <i>n</i> структура |
| 2. lower ['ləʊə] <i>a</i> нижний | 6. set [set] <i>n</i> набор |
| 3. jaw [dʒɔ:] <i>n</i> челюсть | 7. permanent ['pɜ:mənə nt] <i>a</i> |
| 4. bony ['bɔʊni] <i>a</i> костный | постоянный |

ТЕETH

The teeth are in *the upper*¹ and *lower*² *jaws*³. The teeth are not *bony*⁴ *structures*⁵.

Man has two *sets*⁶ of teeth only. The first set begins to develop when the human baby is three or six months old. By the time the child is two and a half years old he usually has his first set of teeth – twenty in all. They are known as milk teeth.

The second set of teeth is called the *permanent*⁷ teeth. There are twenty-eight permanent teeth by the time he is thirteen or fourteen.

УПРАЖНЕНИЯ

I. Скажите по-английски:

верхняя челюсть; нижняя челюсть; молочные зубы; известны как

II. Вставьте вместо точек нужный предлог:

1. The teeth are... the upper and lower jaws, (*on; in*)
- 2... the time the child is two he has twenty teeth, (*at; by*)
3. Man has two sets... teeth only, (*of; at*)

Laughter is the Best Medicine

D e n t i s t : Have you seen any small boys ring my bell and run away?

P o l i c e m a n : They were not small boys — they were grown-ups (взрослые).

* * *

A.: This is the second day your wife has a toothache. Why don't you do something about it?

B.: But I do. I put cotton wool (ваты) in my ears.

ЗАНЯТИЕ 52

Выучите слова к тексту:

- | | |
|---|---|
| 1. dentist ['dentist] <i>n</i> зубной врач | 9. temporary ['tempərəri] <i>a</i> временный |
| 2. toothache ['tʊi:θeik] <i>n</i> зубная боль | 10. filling [filiŋ] <i>n</i> пломба; to put a filling запломбировать (<i>зуб</i>) |
| 3. to be afraid (of) [ə'freid] бояться (<i>чел.-го-л.</i>) | 11. your tooth is working loose ваш зуб шатается |
| 4. dental nurse ['dentl 'nɜ:s] медсестра в зубном кабинете | 12. to extract [iks'trækt] <i>v</i> удалять |
| 5. probe [prəʊb] <i>n</i> зонд | 13. to give smb. an injection делать инъекцию |
| 6. dental mirror ['dentl 'mirə] зубное зеркало | 14. to rinse [rins] <i>v</i> полоскать |
| 7. decayed [di'keid] <i>a</i> испорченный | 15. to spit out <i>v</i> сплюнуть |
| 8. to fill [fil] <i>v</i> запломбировать (<i>зуб</i>) | 16. dental forceps ['dentl 'fɔ:sɛps] хирургические щипцы |

AT THE DENTIST'S¹

Yesterday in the evening I had a bad *toothache*². I was at home when my mother came.

M o t h e r : What's the matter with you, dear?

A n n : I have a bad toothache. Mummy.

M.: You must see a dentist.

A.: Oh, Mummy, I *am afraid*³ of going to him.

M.: But you must go to him or you will feel bad.

In the morning I went to the dentist. The *dental nurse*⁴ let me in.

A n n : Good morning. Doctor.

Dentist: Good morning. Sit down, please. What's the matter with you?
 A.: I have a bad toothache.
 D.: Open your mouth, please.
 A.: The doctor took a *probe*⁵ and a *dental mirror*⁶ and examined my teeth.
 D.: Have you any pain in this tooth?
 A.: No, I haven't.
 D.: But it is a *decayed*⁷ tooth and I must *fill*⁸ it. Today I shall put only a *temporary*⁹ *filling*¹⁰. But... Oh... does this tooth hurt you?
 A.: Yes, it does.
 D.: *Your tooth is working loose*¹¹, I must *extract*¹² it. So today I shall extract this tooth and in two or three days I'll put a filling in that one .
 A.: Oh, Doctor, I am afraid. Please, don't extract the tooth.
 D.: Well... well (успокойтесь) my dear. I'll *give you an injection*¹³ and in ten minutes. I'll extract the tooth. You will not feel any pain. *Rinse*¹⁴ your mouth, please, and *spit out*¹⁵. Ten minutes passed.
 D.: Open your mouth. I'll take the *dental forceps*¹⁶ and in a minute everything will be all right. Here is your tooth. Look at it. Are you afraid now?
 A.: Oh, no. Doctor, thank you.
 D.: Come to me in three days and I'll put you a filling. Goodbye.
 A.: Thank you. Doctor, good-bye.

Laughter is the Best Medicine

Dentist: Can you open your mouth as wide as (так широко, как) your eyes?

* * *

Tom: I have a bad toothache.

Nick: I'd have it taken out (Я бы удалил зуб) if it was mine.

Tom: If it was yours, I would too.

* * *

Patient: Do you extract teeth painlessly?

Dentist: Not always - the other day I nearly dislocated (почти вывихнул) my wrist.

ЗАНЯТИЕ 53

УПРАЖНЕНИЯ

I. Ответьте на вопросы:

1. Do you have healthy teeth? 2. How often do you visit a dentist? 3. Do you have many teeth that need curing? 4. Is the polyclinic far or near your house? 5. Are you afraid of going to a dentist?

II. Скажите по-английски:

у меня болит зуб; откройте рот; у вас испорченный зуб; я запломбирую вам зуб (я поставлю вам пломбу); прополощите рот, пожалуйста; теперь сплюньте; я должен удалить вам зуб; не бойтесь; я сделаю вам инъекцию; это временная пломба; этот зуб болит?

III. Глядя на рисунок, а) назовите все, что вы на нем видите; б) опишите рисунок; в) составьте и разыграйте диалог между врачом, больным и сестрой.



IV. Переведите диалоги, а затем прочтите и разыграйте их в лицах:

Dialogues

1. At Home

Mother: We shall go to the dentist with you today.

Olga: Let's go next week. Mummy. There's nothing the matter with my teeth.

Mother: Never put off till tomorrow what you can do today!¹

Olga: I don't like to go to dentists. I'm afraid of them.

Mother: Nobody likes, and almost everybody is afraid. It's more pleasant to go to the cinema of course, but still we have to go to the polyclinic. Let the dentist examine your teeth. Rinse your mouth and be ready in a minute. Mother dressed Olga and they went to the dentist.

1. Never put off till tomorrow what you can do today. Никогда не откладывай на завтра то, что ты можешь сделать сегодня.

2. At the Dentist's

Doctor. What's your name, girl?

Olga: My name is Olga.

Doctor: Don't be afraid of me, Olga.

Olga: I'm not afraid at all.

Doctor: That's a brave girl. Now open your mouth. I see all your teeth are healthy, but you don't reach your last teeth when you brush them, they are a bit dirty. Now, it's all over and you can go home. Eat more carrots (морковь) – your teeth require chewing.

Olga: Thank you, doctor. Good-bye.

Doctor: Good-bye.

Laughter is the Best Medicine

Tom (*meeting a friend*): Why the broad smile?

Nick: I've just come from my dentist.

Tom: Is there anything to laugh about?

Nick: Yes, he was not in and will not be for two days.

* * *

Nick was six. He had a very bad toothache. He could not eat, he could not play, he could not sleep at night. Nick's father took him to the dentist. The dentist pulled out (удалил) three of Nick's teeth.

After that Nick cried and said: "Oh, how shall I eat now?" But the dentist said, "Don't cry, little boy. Your teeth will grow (вырастут) again."

"Will they grow for dinner?" asked Nick in tears (в слезах).

КОНТРОЛЬНЫЕ УПРАЖНЕНИЯ

I. В правой колонке найдите перевод каждого английского слова (работу выполняйте на перфокарте):

- | | |
|--------------------|---------------------|
| 1. toothache | I. пломбировать |
| 2. to fill | II. полоскать |
| 3. to extract | III. щипцы |
| 4. to rinse | IV. постоянные зубы |
| 5. to spit out | V. молочные зубы |
| 6. jaw | VI. удалять |
| 7. permanent teeth | VII. полость |

- 8. Temporary
- 9. Forceps
- 10. decayed

- VIII. зуб мудрости
- IX. временный
- X. зубная боль
- XI. зеркало
- XII. испорченный
- XIII. сплунуть
- XIV. шатается
- XV. челюсть

II. Вставьте данные ниже слова в нужной по смыслу форме:

1. I have a bad.... 2. He.. of going to a dentist 3. She has ... in this tooth.
4. The doctor put.. in my tooth. 5. She extracted my teeth...
painlessly; be afraid; a temporary filling; pain; toothache

III. Переведите на английский язык диалог между зубным врачом и пациентом; разыграйте его в лицах:

Зубной врач: Что с вами?

Пациент: У меня сильно болит зуб.

Зубной врач: Садитесь, пожалуйста. Откройте рот.

Пациент: У меня болит этот зуб.

Зубной врач: Сегодня я поставлю вам временную пломбу. Приходите ко мне через три дня.

IV. Придумайте рассказ, используя следующие слова и словосочетания:

a bad toothache; be afraid of; dental mirror; a decayed tooth; an injection; fill; thank you; go away

РАЗДЕЛ VI

MEDICAL MOSAIC¹

(For Rearing and Translating)

Health Service in the RUSSIA

Citizens of the Russia have the right to health protection.

This right is ensured by free, qualified medical care provided by state health institutions; by extension of the network of thera-

peutic and health-building institutions;.. and by developing research to prevent and reduce the incidents of disease and ensure citizens along and active life.

From the Constitution (Fundamental Law) of the Russian Federation

Our Constitution seals by law all that have been done by our people since the October Revolution. The Constitution records political freedoms and social and economic rights of the Soviet citizens and guarantees the exercising of these rights: the right to work and to learn a profession, the right to rest, free education, free medical aid, maintenance in old age, etc.

The new socialist system of health services² gives every person free³ medical care⁴ In the Soviet Union thousands of medical institutions⁵ – hospitals, clinics, polyclinics give medical aid to all people in the Russia.

After the Great October Socialist Revolution sanitary and antiepidemic stations began to function⁶ in all the Soviet Republics and such diseases as cholera⁷, plague⁸, smallpox⁹, typhus¹⁰ were conquered.¹¹

The main principle of the Russian health service is to care for each person's health through his life. People who go to rest homes, sanatoriums get special treatment there. The number¹² of hospitals, clinics, rest homes and sanatoria grows¹³ every year.

During the years of Soviet power¹⁴ the number of polyclinics increased.¹⁵ Today large factories have their own polyclinics.

The basis¹⁶ of all health services in the Soviet Union is prophylaxis.¹⁷ Periodical medical examinations are practised¹⁸ almost everywhere. Thousands of healthy people regularly undergo¹⁹ careful medical examinations.

There are many medical schools and colleges with free tuition²⁰.

The children in the Russia are under special medical care Millions of children go for their holidays to pioneer and tourist camps.

For children of delicate²¹ health there are many sanatoria schools situated in healthy²² and picturesque²³ places.

The most important task of the Russia public health service is based on prevention²⁴ of disease and prophylaxis.

1. **mosaic** [mə'zeɪɪk] *n* мозаика
2. **service** ['sɜ:vɪs] *n* служба
3. **free** [fri:] *a* зд. бесплатный
4. **medical care** зд. медицинское обслуживание
5. **institution** [ɪnsti'tju:fən] *n* учреждение
6. **to function** ['fʌŋkʃən] *v* действовать, функционировать
7. **cholera** ['kɒlərə] *n* холера
8. **plague** [pleɪg] *n* чума
9. **smallpox** ['smɔ:lpɒks] *n* оспа
10. **typhus** ['taɪfəs] *n* тиф
11. **to conquer** ['kɒŋkə] *v* побеждать
12. **number** ['nʌmbə] *n* количество
13. **to grow** [grou] *v* (grew, grown) расти
14. **power** ['paʊə] *n* власть
15. **to increase** [ɪn'kri:sɪ] *v* увеличивать
16. **basis** ['beɪsɪs] *n* основа
17. **prophylaxis** [prɒfɪ'læksɪs] *n* профилактика
18. **to practise** ['præktɪs] *v* применять, осуществлять
19. **to undergo** [ˌʌndə'gou] *v* подвергаться
20. **tuition** [tju:'ɪʃən] *n* обучение; **free tuition** бесплатное обучение
21. **delicate** ['dellɪkɪt] *a* хрупкий
22. **healthy** ['helθi] *a* целебный
23. **picturesque** [ˌpɪktʃə'resk] *a* живописный
24. **prevention** [pri'venfən] *n* предупреждение

The Work of a Laboratory Assistant

A laboratory assistant must remember that the bacteria with which he is working can produce¹ disease. So he must be very careful when he works with cultures², slides³ and all material that may be in contact with living microorganisms.

When he works at the laboratory he must remember the following rules:

-
1. Microscope slides and cover-slips⁴ must be put into jars⁵ of disinfectant solution.
 2. He must not moisten⁶ labels⁷ with the tongue
 3. He must wear a laboratory coat.
 4. He must not eat, drink or smoke in the laboratory
 5. He must sterilize inoculating needles⁸ before and after use. He must heat⁹ them in the flame¹⁰ until red hot.
 6. He must always keep test-tubes¹¹ with cultures in test-tube racks¹².
 7. He must wash his hands before leaving the laboratory.
-

- | | |
|--|--|
| <ol style="list-style-type: none"> 1. to produce [prə'dju:s] <i>v</i> причинять 2. culture ['kʌltʃə] <i>n</i> культура 3. slide [slaid] <i>n</i> предметное стекло 4. cover-slip ['kʌvəslɪp] <i>n</i> покровное стекло 5. jar [dʒɑ:] <i>n</i> банка 6. to moisten ['mɔɪsn] <i>v</i> увлажнять, смачивать | <ol style="list-style-type: none"> 7. label ['leɪbl] <i>n</i> ярлык, этикетка 8. inoculating needle [ɪ'nɒkjʊ:leɪtɪŋ 'ni:dl] прививочная игла (<i>платиновая игла для посева микроорганизмов</i>) 9. to heat [hi:tl] <i>v</i> нагревать, накаливать 10. flame [fleɪm] <i>n</i> пламя, огонь 11. test-tube ['testtju:b] <i>n</i> пробирка 12. rack [ræk] <i>n</i> зд. штатив |
|--|--|

Some Rules for the Work of a Laboratory Assistant

The laboratory assistant must write down all the work carried out in the laboratory into the laboratory report-book.¹ The notes must be full. All the observations during an experiment must be written down into the report-book.

The report must be written in the following form:

1. Title² of the experiment and the date.
2. The object³ of the experiment.
3. The description⁴ of the methods used and the names and descriptions of the organisms.
4. The description of the results.
5. The conclusion⁵ from the results.

1. **report-book** [ri'pɔ:t] *n* дневник
2. **title** [taɪtl] *n* название
3. **object** ['ɔbdʒɪkt] *n* объект, предмет

4. **description** [dis'krɪpʃən] *n* описание
5. **conclusion** [kən'klu:ʒən] *n* заключение

The Work of a Nurse

Every nurse must remember that there are no two identical¹ people and that every patient will react² to illness in his own³ way.

That's why the doctors and the nurses look for new methods and new medicines every day.

If a nurse gives a patient a new medicine this patient is under special care⁴ of the doctor and the nurse.

The observations⁵ of the nurse are very important. Careful observation of the nurse can give very important information. It will help the doctor to diagnose and treat the patient.

You see that the research⁶ work goes on not only in the laboratories but also in the wards of the hospitals. Every nurse must be a member of the clinical research team.⁷

1. **identical** [ai'dentɪkəl] *a* одинаковый
2. **to react** [ri:ækt] *v* реагировать
3. **own** [aʊn] *a* собственный
4. **to be under special care** быть под специальным наблюдением

5. **observation** [ˌɔbzə'veɪʃən] *n* наблюдение
6. **research** [ri'sə:tʃ] *a* исследовательский
7. **team** [ti:m] *n* бригада

At the Doctor's

Doctor: What's troubling you?

Patient: I have a swollen thumb and I could not sleep all night.

D.: Hm... you have a splinter there. I must use the lancet¹ to get at it. You should never neglect² a splinter. It may cause an infection and an abscess. The doctor removed the splinter, put a pad of cotton-wool³ and bandaged up the thumb.

D.: Don't remove the bandage. If you remove it, dirt will get in it and your thumb will swell up again. And here is some ointment to put on the swelling.

1. **lancet** ['lɑ:nsɪt] *n* ланцет

3. **pad of cotton-wool** тампон

2. **to neglect** [ni'glekt] *v* пренебрегать

I. P. Pavlov – Man and Scientist

Ivan Petrovich Pavlov was born on September 14, 1849 in Ryazan. When he was still a very little boy he helped his father on his farm. His father taught him to read books.

In 1870 Pavlov entered Petersburg University to study natural sciences¹. Soon he decided to become a physiologist² himself.

During his work at the Academy Pavlov discovered³ several new facts about the blood pressure.

In 1881 Pavlov married⁴. His wife was a wonderful help and companion to him. Their marriage was a very happy one.

In 1890 Pavlov began to lecture on physiology* in the Military Academy.**

Many of Pavlov's ideas were new to the students and he was a very popular lecturer. His lectures were very simple and clear. He did not use notes since his memory⁵ was wonderful. He allowed students to interrupt⁶ him and gladly answered their questions.

Pavlov studied the work of the digestive⁷ system. He made many experiments on dogs. He had to make operations on dogs and as he loved animals he treated his dogs with great kindness and they showed no fear of him. Pavlov never operated unless it was really necessary and he always used anesthetics. He was a very skilful surgeon and the dogs generally recovered very quickly.

Pavlov made great contribution⁸ to medical science. After the Great October Revolution Pavlov was given a splendid⁹ new laboratory at the village of Koltushy. Large sums of money were spent on his laboratory. Though he was

* **physiology** [ˌfɪziˈɒlədʒi]

** **Military Academy** Военная академия

an old man of seventy-four he worked as hard as ever. He rose at 7 o'clock each morning, ate a simple breakfast of tea and bread-and-butter usually to the accompaniment* of the gramophone. He worked nine or ten hours a day.

A few years before his death he addressed the youth of our country:

"The first important thing is to be systematic in your work ... Never pass on¹⁰ to the next stage until you have finished the previous one.

Never try to hide¹¹ the defects in your knowledge.¹²

The second important thing is modesty.¹³ Never imagine¹⁴ that you know everything.

The third thing that is necessary is enthusiasm.**

Remember that science demands of a man his whole life..."

Pavlov, the great Russian scientist, died on February 27, 1936 at the age of eighty-six.

1. natural sciences ['nætʃərəl 'saɪənsɪz]
естественные науки

2. physiologist [ˌfɪzi'ɒlədʒɪst] *n* физиолог

3. to discover [dɪs'kʌvə] *v* обнаруживать

4. to marry ['mæəri] *v* жениться,
выходить замуж

5. memory ['meməri] *n* память

6. to interrupt [ˌɪntə'rʌpt] *v* прерывать

7. digestive [daɪ'dʒestɪv] *a* пищевари-

тельный

8. contribution [ˌkɒntri'bju:ʃən] *n*

вклад

9. splendid ['splendɪd] *a* великолепный

10. to pass on переходить

11. to hide [haɪd] *v* прятать

12. knowledge ['nɒlɪdʒ] *n* знание

13. modesty ['mɒdəstɪ] *n* скромность

14. to imagine [ɪ'mæɪdʒɪn] *v* воображать

True¹ Friendship

During World War II an American soldier saw that his friend had fallen near the trench². He asked the officer: "May I go and bring my friend, sir?" But the officer refused³ him.

Disobeying⁴ the order, the soldier went to save his friend. He got him on his shoulder and returned to the trenches, but he himself was mortally⁵ wounded and his friend soon died⁶.

The officer was angry. "I told you not to go! Now I have lost both of you! It was not worth of it!"⁷ "It was worth of it, sir!" said the soldier, "because when I got to him, he said: 'Jim, I knew you'd come.'"⁸

1. true [tru:] *a* истинный

2. trench [trentʃ] *n* окоп

3. to refuse [rɪ'fju:z] *v* отказывать

4. to disobey [ˌdɪsə'beɪ] *v* не повиноваться

* accompaniment [ə'kʌmpənɪmənt]

** enthusiasm [ɪn'θju:æzɪzəm]

5. mortally [ˈmɔ:təli] *adv* смертельно
6. to die [dai] *v* умирать

7. It was not worth of it не из-за чего было
идти

8. you'd (you would) come ты придешь

Keep Your House Well

Keep your house well. Let it be clean. When the things in your house are out of order they may cause accidents. Disorders also depress¹ the spirits.

Dirt attracts insects² and they may carry disease germs³. Dust may also have germs. You must daily dust or wipe or wash most of the things in your house.

Every week you must clean the refrigerator⁴. Each member of a family must have his duties at home.

Don't discuss whether your work is men's work or women's work. Even small children can do their part.

1. to depress [diˈpres] *v* угнетать

2. insect [ˈinsekt] *n* насекомое

3. germ [dʒɜ:m] *n* микроб

4. refrigerator [riˌfrɪdʒəˈreɪtə] *n* холодильник

Medical Schools in the Russia

Citizens of the Russia have the right to education.

This right is ensured by free provision of all forms of education, by the institution of universal, compulsory secondary education, and broad development of vocational, specialized secondary, and higher education.

*From the Constitution (Fundamental Law)
of the Russian Federation*

Our country needs many nurses, laboratory assistants, pharmacists¹ and dental mechanics². There are many medical schools in our country. Students with 10 classes study for 2 years at a medical school and students with 8 classes study for 3 years.

The teaching staff³ of every medical school consists⁴ of experienced⁵ teachers, doctors and pharmacists.

There are special well-equipped⁶ laboratories for practical work in medical schools and the students have practice there before they go to work in hospitals and clinics where they learn how to take care of patients. They study theory in the classrooms of their medical schools.

For practical studies every group is divided⁷ into 3 parts (brigades). The main⁸ form of practical studies is independent⁹ work of the students under the direction¹⁰ of a teacher- doctor. The students have special training practice at different clinics, hospitals and research institutes of the Academy of Medical Sciences of the Russia.

After finishing the theoretical course and practical work the students must take the state¹¹ examinations.

Students of medical schools receive a complete¹² secondary education¹³ and the speciality either¹⁴ of a trained hospital nurse or a laboratory assistant or a pharmacist or a dental mechanic.

Every medical school has a library where the students can get all the text-books. Some students take an active part in scientific circles.

Many students of medical schools go in for sports. They are members of different sport societies and take part in sporting contests.

- | | |
|---|---|
| <p>1. pharmacist [ˌfɑːməˈsjuːtɪst] <i>n</i> фармацевт</p> <p>2. dental mechanic [ˈdentl miˈkænik] <i>n</i> зубной техник</p> <p>3. staff [stɑːf] <i>n</i> персонал; штат</p> <p>4. to consist [kənˈsɪst] <i>v</i> состоять (<i>из</i>)</p> <p>5. experienced [ɪksˈpɪəriənst] <i>a</i> опытный, знающий</p> <p>6. well-equipped [iˈkwɪpt] <i>a</i> хорошо оборудованный</p> <p>7. to divide [diˈvaɪd] <i>v</i> делить</p> | <p>8. main [meɪn] <i>a</i> главный, основной</p> <p>9. independent [ˌɪndɪpɛndənt] <i>a</i> самостоятельный, независимый</p> <p>10. direction [dɪˈrɛkʃən] <i>n</i> руководство</p> <p>11. state [steɪt] <i>n</i> государство; <i>a</i> государственный</p> <p>12. complete [kəmˈpliːt] <i>a</i> полный</p> <p>13. education [ˌedjuːˈkeɪʃən] <i>n</i> образование</p> <p>14. either ... or [ˈaɪθə] или ... или</p> |
|---|---|

Life Giver¹

Blood is called the "life giver". Often people die² without blood transfusion. More and more blood is needed³ these days. It takes 5 litres of blood for heart or kidney⁴ operations.

A special Blood Service operates⁵ in Moscow. Thousands of people give their blood free of charge⁶. Donating⁷ blood is popular with students, especially in the medical schools and medical institutes. Large Moscow factories have Donor Days.

- | | |
|---|--|
| <p>1. life giver дарующая жизнь</p> <p>2. to die [daɪ] <i>v</i> умирать</p> <p>3. to need [niːd] <i>v</i> нуждаться</p> <p>4. kidney [ˈkɪdn] <i>n</i> почка</p> | <p>5. to operate [ˈɒpəreɪt] <i>v</i> действовать</p> <p>6. free of charge [tʃɑːdʒ] бесплатно</p> <p>7. to donate [dəˈneɪt] <i>v</i> сдавать кровь</p> |
|---|--|

Dialogues

- Oh, your nose is bleeding! What have you done to it?
– Nothing! I am subject¹ to it. I think it must be the heat². Sometimes it starts bleeding while³. I am walking along the street, and it is very unpleasant⁴.
– A little cold water on the back of your neck may stop it. Be careful, or the blood may drop on your dress.
– Oh, it's bleeding profusely⁵. My handkerchief⁶ is quite soaked⁷ with blood.
– I think it will wash out. Blood stains⁸ wash out if the blood is not allowed to dry. You must see a doctor. You can stop the symptoms but you don't cure the cause of them. The illness may become serious.

- | | |
|---|--|
| 1. to be subject [sʌb'dʒekt] быть подвер- | 5. profusely [prə'fju:slɪ] <i>adv</i> обильно |
| женным | 6. handkerchief ['hæŋkətʃɪf] <i>n</i> носовой |
| 2. heat [hi:t] <i>n</i> жара | платок |
| 3. while [waɪl] <i>conj</i> в то время как | 7. to soak [souk] <i>v</i> пропитывать |
| 4. unpleasant [ʌn'plezənt] <i>a</i> неприятный | 8. stain [steɪn] <i>n</i> пятно |

* * *

- Have you seen the doctor?
– Yes. He says there is nothing serious, just a cold. I must keep in bed for a few days.
– Any medicine to take for it?
– He gave me some powders I must take one at night and another in the morning.
– Dear me, I don't like taking powders. They stick¹ to my tongue. I never put a powder on my tongue. I put it in a glass of water and drink it. If it floats² I mix³ it with some jam⁴ and take it. But it's better when the powders are put up in capsules. Then I have no problems.

- | | |
|---|--|
| 1. to stick (stuck) <i>v</i> зд. прилипать | 3. to mix [mɪks] <i>v</i> смешивать |
| 2. to float [flaʊt] <i>v</i> плавать | 4. jam [dʒæm] <i>n</i> варенье |

First Aid for Burns¹

John's mother stood near the electric fire² and her dress caught fire³. John heard her scream⁴ and ran into the room. "Lie down!" he ordered and covered the flame⁵ with a carpet⁶. The flames went out⁷ without air. "Don't worry, mother," he said. "You'll be all right."

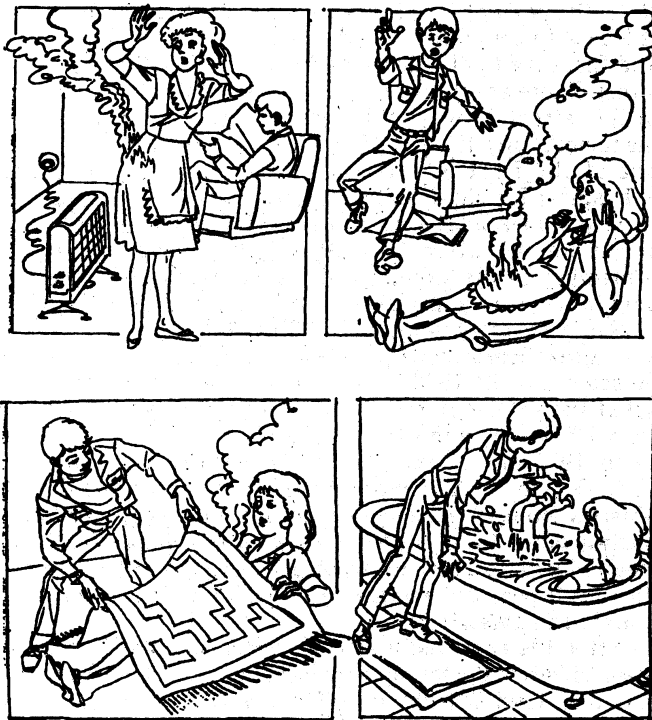
"Do not take the pieces⁸ of burnt⁹ dress off your leg. Get into the bath with your clothes¹⁰ on." John helped her.

"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 wrapped¹²

her leg in a clean cotton tablecloth.¹³ 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 healed¹⁴.

- | | |
|--|---|
| <p>1. burn [bɜ:n] <i>n</i> ожог
 2. electric fire [faɪə] <i>n</i> электрический камин
 3. to catch fire [kætʃ] загораться
 4. scream [skri:m] <i>n</i> крик
 5. flame [fleɪm] <i>n</i> пламя
 6. carpet ['kɑ:pit] <i>n</i> ковер
 7. to go out потушить</p> | <p>8. piece [pi:s] <i>n</i> кусок
 9. burnt [bɜ:nt] <i>a</i> сожженный
 10. clothes [klaʊðz] <i>n</i> платье, одежда
 11. ambulance [ˈæmbjuləns] <i>n</i> машина скорой помощи
 12. to wrap [ræp] <i>v</i> завертывать
 13. tablecloth [ˈteɪblklɒθ] <i>n</i> скатерть
 14. to heal [hi:l] <i>v</i> заживлять, излечивать</p> |
|--|---|

Используя слова и выражения из текста, дайте подписи к рисункам.





By the Names of Our Great Doctors

The first street named after¹ the great Russian doctor N. I. Pirogov appeared in Moscow in 1919. Now this street is like a small medical center. The first Medical Institute and three medical research institutes are situated² in this street. There are three monuments to great Russian doctors in this street, they are the monuments to I. M. Sechenov, the famous³ physiologist, to N.I.Pirogov and to N. F. Filatov, one of the first pediatricists⁴ in Russia. There is also a hospital for children in Moscow named after him.

If you look at the map of Moscow you will see a long street named after I. V. Rusakov, a Russian doctor, a member of the Communist Party from 1905, who took part in⁵ three revolutions and who perished⁶ in 1921. There is also a hospital named after Rusakov.

A great Russian physician A. A. Ostroumov worked in Moscow and in 1922 two streets were named after this great man. One of the Moscow hospitals and a medical school have the name of Ostroumov.

In 1935 one of the Moscow streets was named after V. A. Obuch. V. A. Obuch worked in different hospitals of Moscow from 1901 and after the Great October Revolution during more than 10 years he was the head of Moscow Health Organization. He treated V.I.Lenin and his family. The Institute of Hygiene and Professional Diseases is situated in this street.

After 1940 two more streets, Semashko and Burdenko, were added⁷ to the family of medical streets. N. A. Semashko was the first Minister of Health in our country and everybody knows the large hospital named after him in Moscow.

N. N. Burdenko was the first president of the Academy of Medical Sciences. Burdenko Research Institute is known all over the world.

In the next ten years there appeared several bystreets⁸ that reminded⁹ us of S. P. Botkin, I. M. Sechenov, I.I. Mechnikov and A. I. Abrikosov.

In Moscow there are two research medical institutes and a monument to a well-known doctor-humanist F.P. Gaas.

There appeared the names of V. M. Behterev, N. F. Gamaley, N. N. Pri-
orov and the great Russian physiologist – academician I. P Pavlov on the
plates¹⁰ of many houses in Moscow.

1. to name after назвать по имени

2. to be situated быть расположенным

3. famous ['feiməs] а знаменитый, извест-
ный,

4. pediatricist [ˌpi: di'ætrist] n педиатр

5. to fake part in (took, taken) принимать участие в

6. to perish ['perɪʃ] v погибать

7. to add v добавлять; прибавлять

8. bystreet ['baɪstri:t] n переулок

9. to remind [ri'maɪnd]v напоминать

10. plate [pleɪt] n зд. мемориальная
доска

The Doctor's Help

In our country a man who is ill can call in a doctor and pay¹ nothing. There was a bookseller² who did not like to pay for anything. One day a big box of books fell on his foot.

"Go to the doctor," said his wife "and show your foot to him."

"No," said the man, "I shall wait until the doctor comes into my shop next time. Then I shall ask him about my foot If I go to see him, I shall have to pay him."

Next day the doctor came into the shop to buy some books. Then the bookseller told the doctor about his foot. The doctor looked at it.

"Yes," said the doctor. "You must put your foot in hot water every night." Then he wrote a prescription and said, "Buy this medicine and put it on your foot before you go to bed every night."

"Thank you," said the bookseller. "And now, here are your books" "How much?" said the doctor. "Two pounds."³

"Good," said the doctor. "I won't pay you anything." "Why?" asked the bookseller.

"If people come to my house I ask them to pay one pound, but when I go to their houses I take two pounds."

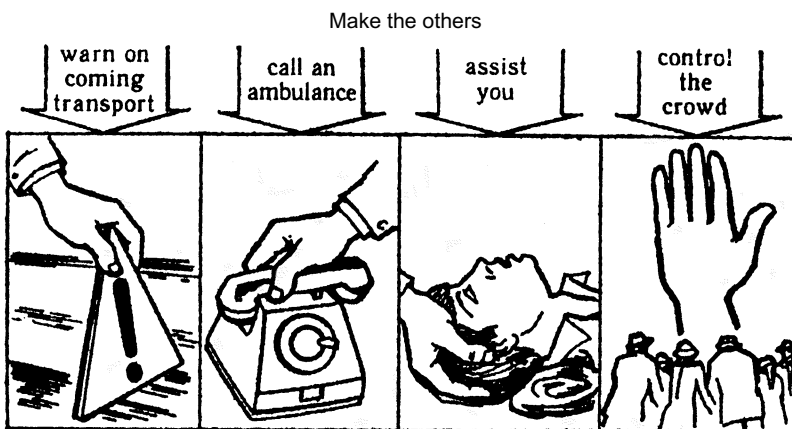
1. to pay [pei] v (paid) платить

3. pound [paund] n фунт (стерлингов)

2. bookseller ['bukselə] n продавец книг

Calm Leadership is Important

You know the life-saving first aid. If you are first on the scene of an accident, you can decide what must be done before the arrival of an ambulance or medical personnel. Calm leadership is very important.



When you telephone for an ambulance you must:

- 1) give clear instructions: road – street – place;
- 2) tell about the type of accident: collision (столкновение); car on fire, number of victims (жертв).

Some Words about Memory¹

Some people have good memories and easily learn long poems by heart². But they often forget³ them very quickly. Other people remember things when they say them over and over. A good memory is a great help.

The best way to remember things is to join⁴ them in our mind⁵ with something which we know already.

The human mind is like a camera, but it takes photographs not only of what we see but of what we feel, hear, smell⁶ and taste⁷.

Memory is the diary⁸ that we all carry about with us.

1. memory [ˈmeməri] *n* память

2. by heart наизусть

3. to forget [fəˈget] *v* забывать

4. to join [dʒɔɪn] *v* соединять

5. mind [maɪnd] *n* зд. память

6. to smell [smel] *v* обонять, нюхать

7. to taste [teɪst] *v* пробовать

8. diary [ˈdaɪəri] *n* дневник

S.P. Botkin

S. P. Botkin was born on September 17, 1832. After finishing one of Moscow schools, he entered the Medical Faculty¹ of Moscow University.

Botkin was interested in medicine very much and soon became one of the best students.

After graduating from the Medical Faculty in 1855 Botkin went to the Crimea² where he worked as a physician at the Simferopol Military Hospital under the direction³ of the well-known Russian surgeon Pirogov.

In 1860 Botkin began to work at the Medico-Surgical Academy in Petersburg. In 1861 he became a professor of the Therapeutic Clinic at the Academy. He worked hard. He wanted to have a model⁴ clinic at the Academy. Botkin organized a well-equipped⁵ physiological laboratory for clinical experiments. Botkin was a brilliant therapist and diagnostician⁶. One of his greatest achievements⁷ was his theory of nervosism, which is the most progressive theory in clinical medicine.

Botkin was not only a brilliant scientist⁸ but an excellent⁹ teacher too. Many of his pupils became famous physicians and worked at Russian universities as professors.

Botkin was also one of the founders of military therapeutics.¹⁰ He worked at the front during the Russo-Turkish war giving much of his time to the organization of medical aid.

During his whole life he never stopped working for the good of the Russian people. His name is one of the most famous names in medicine and it will be always remembered in the history of Russian science.

1. faculty [ˈfækəlti] *n* факультет

2. Crimea [kraɪˈmiə] Крым

3. direction [diˈrekʃən] *n* руководство

4. model [ˈmɒdl] *n* образец

5. to equip [iˈkwɪp] *v* оборудовать

6. diagnostician [ˌdaɪəgnɒsˈtɪʃən] *n* диагност

7. achievement [əˈtʃiːvmənt] *n* достижение

8. scientist [ˈsaɪəntɪst] *n* ученый

9. excellent [ˈeksələnt] *a* превосходный

10. therapeutics [ˈθerəˈpjʊ:tɪks] *n* терапия

Cosmetic

It is said that women in Egypt used cosmetic more than four thousand¹ years ago. These women painted² their eyebrows; added a thick dark line under each eye and had different kinds of paint for different seasons of the year.

Women in ancient³ Rome used cosmetic too. They used powdered⁴ chalk for whitening⁵ the skin and red colour for the cheeks. A rich Roman lady spent many hours over her toilet; and a crowd⁶ of young slaves⁷ helped her. The Roman poet Ovid wrote a book on cosmetic and gave a recipe for what we now call a face-pack⁸ made of flour⁹ eggs and other materials. The use of this, he says, will make the face smoother¹⁰ and brighter¹¹ than a mirror.

In England in the 17th and 18th centuries it was a custom¹² for all ladies of fashion to paint their faces and to blacken their eyebrows. In the 19th century there was a change of taste¹³ and the ladies who used cosmetic were not accepted¹⁴ in high society. Today the use of cosmetic is accepted everywhere.

1. thousand ['θauzənd] *n*м тысяча

2. to paint [peɪnt] *v* краситься, румяниться

3. ancient ['eɪnfənt] *a* древний

4. powdered ['paʊdəd] *a* порошкообразный

5. to whiten ['waɪtən] *v* обелить

6. crowd [kraʊd] *n* толпа

7. slave [sleɪv] *n* раб, рабыня

8. face-pack ['feɪspæk] *n* питательная маска

9. flour [flaʊə] *n* мука

10. smooth [smu:ð] *a* гладкий

11. bright [braɪt] *a* светлый

12. custom ['kʌstəm] *n* обычай

13. taste [teɪst] *n* вкус

14. to accept [ək'sept] *v* принимать

You Must Be Proud — You Will Be a Nurse!

The nurse is present at the time of birth¹ and she is sometimes present when life ends. Her whole life is devoted² to people. She is responsible³ for what she does. She is responsible for what she advises others to do.

Every nurse must have enough knowledge of her work. She must read medical journals. She must help her patients at any hour of the day or night. She must care for the patient even if the patient has a mortal⁴ infectious disease. Remember that patients need your help, care, and patience.

Every nurse follows moral rules that direct⁵ her in her work.

1. birth [bɜ:θ] *n* рождение

2. to devote [dɪ'vəʊt] *v* посвящать

3. responsible [rɪs'pɒnsəbl] *a* ответственный

4. mortal ['mɔ:təl] *a* смертельный

5. to direct [dɪ'rekt] *v* руководить

Nursing of Children During Illness

It is very important for a sick child to have a good nursing. When we speak of nursing in illness we mean first of all cleanness¹ of the child's room, bed and clothing.

When a child is ill he needs more fresh air. You must air the room no less than three times a day: in the morning, after the midday² meal and at bed-time.

When you air the room cover the child warmly not to chill³ him.

It is good to have a small nursing table near the child's bed. You can keep different things on the table which you need in the care of the patient. A soft towel for his hands and face is placed on it.

The patient's hands are washed several times a day. The nails are cut very short.

Dirty clothes are put immediately into a disinfectant⁴. It is especially important in the case of dysentery⁵ or other infectious diseases.

1. cleannes ['kli:nnis] *n* чистота

2. midday ['middei] *a* полдневный, полуденный

3. to chill [tʃil] *v* охлаждать, студить

4. disinfectant [ˌdisin'fektənt] *n* дезинфицирующее средство

5. dysentery [disəntəri] *n* дизентерия

Hippocrates – the Father of Medicine (460—377 B.C.¹)

Hippocrates was born in Greece. He was the son of a doctor. Hippocrates studied medicine and then went from town to town where he practised the art of medicine. It is known that he drove out² the plague from Athens³ by lighting⁴ fires⁵ in the streets of the city. That is all we know of Hippocrates himself. But we have his writings which are called Hippocratic Collection⁶. The Collection consists⁷ of more than one hundred books. Some of Hippocratic thoughts are quite modern⁸. The Collection begins with the famous Oath⁹.

Hippocrates was known as an excellent practitioner¹⁰ and a teacher of medicine.

This great physician taught his pupils to examine the patient very attentively and to give him quick help. He created¹¹ medicine on the basis of experience.¹²

Hippocrates freed¹³ medicine from superstition.¹⁴ He hated the idea that a disease was the punishment¹⁵ of gods.

Hippocrates paid much attention to diet, gymnastics,¹⁶ massage¹⁷ sea-bathing in treatment.

He knew the use of many drugs and was also a good surgeon.

Hippocrates set¹⁸ fractures and even trephined¹⁹ the skull. Aristotle, the famous philosopher, called him "Hippocrates the Great".

1. **B. C.** [ˈbi: ˈsi:] до нашей эры
2. **to drive out** [draɪv] v (**drove**) изгонять
3. **Athens** [ˈæθɪnz] Афины
4. **to light** [laɪt] v (**lit, lighted**) зажигать
5. **fire** [ˈfaɪə] n костер
6. **collection** [kəˈleɪʃən] n собрание
7. **to consist (of)** [kənˈsɪst] v состоять (из)
8. **modern** [ˈmɒdən] a современный
9. **oath** [oʊθ] n клятва
10. **practitioner** [prækˈtɪʃnə] n практикующий врач

11. **to create** [kri:ˈeɪt] v создавать
12. **experience** [ɪksˈpɪəriəns] n опыт
13. **free** [fri:] v освобождать
14. **superstition** [ˌsju:pəˈstɪʃən] n суеверие
15. **punishment** [ˈpʌnɪʃmənt] n наказание
16. **gymnastics** [ɪmˈnæstɪks] n гимнастика
17. **massage** [ˈmæsɑ:ʒ] n массаж; v делать массаж
18. **to set** [set] v (**set**) вправлять
19. **to trephine** [triˈfi:n] v производить трепанацию

From the Hippocratic Oath

...I will use treatment to help the sick people but never to injure [ˈɪndʒə] (повредить) them...

...I will enter to help the sick and whatsoever I shall see or hear in the course of my profession I will never divulge [daɪvˌlɒdʒ] (разглашать). I will hold such things in secret...

Pharmacognosy

The term of pharmacognosy comes from the Greek words *pharmakon* – drug; and *gnosis* – knowledge¹ and means the total knowledge of drugs.

The solubility² of plant elements depends³ on their chemical structure. Among the carbo-hydrates the true⁴ sugars such as glucose, sucrose and lactose are soluble in water audio a limited extent⁵ in alcohol, but are insoluble in chloroform and in ether.

The mucilages are insoluble in water, alcohol, chloroform and ether.

The glycosides are soluble in water. The volatile oils are slightly⁶ soluble in water. Alcohol is an ideal solvent⁷ for volatile oils.

1. **knowledge** [ˈnɒlɪdʒ] n знание
2. **solubility** [ˌsɒljʊˈbɪlɪti] n растворимость
3. **to depend** [diˈpend] v зависеть
4. **true** [tru:] a эд. чистый

5. **to a limited extent** до некоторой степени
6. **slightly** [ˈslaɪtli] adv слегка
7. **solvent** [ˈsɒlvənt] n растворитель

SOME MEDICINES AND HOW TO USE THEM

Intal

Intal is prescribed for the treatment of bronchial asthma. Intal does not help during an acute attack of asthma, especially status asthmaticus.

Intal capsules must be used only in the spinhaler (ингальятор) and not swallowed (глотать). The doctor will instruct you how to use Intal capsules in the spinhaler.

The capsules are used at regular intervals as prescribed by the doctor. Regular dosage is important — do not stop the treatment suddenly and do not exceed (превышать) the prescribed dosage without the doctor's permission (разрешение). Intal capsules must be kept in a cold dry place.

Atromid-S

Atromid-S is prescribed for the treatment of atherosclerosis, particularly coronary heart disease.

D o s a g e : The daily dosage must be divided into two or more doses and taken after food.

C a u t i o n : Take not more than 6-8 capsules. Treatment of patients with renal (почечной) disfunction requires (требуется) caution. Do not give Atromid-S to pregnant patients.

Complamin

I n d i c a t i o n s : Thrombosis, thrombophlebitis, myocardial infarction, lung embolism.

C o n t r a - i n d i c a t i o n s : Complamin injections are not indicated in mitral stenosis with right-heart failure (право-желудочковая недостаточность).

D o s a g e : Complamin is used for intravenous and intramuscular injections. Both methods are equally effective. Intravenous injection should be carried out slowly. The dosage of Complamin should (должна) be as high as possible, as high as can be tolerated (переносима) by every person. The starting dose should be 1 ampule 1-2 daily.

Plaquenil (Tablets)

I n d i c a t i o n s : Rheumatoid arthritis.

Contra-indications: Psoriasis.

Dosage: An initial adult dose (2-3 tablets) is daily taken at meal times. If the patient feels well, the dose can be reduced to 1-2 tablets.

IMPORTANT NOTE: in chronic rheumatic disorders ocular examination should be made before therapy with Plaquenil is started and regular examinations of the eye must be at three monthly intervals.

Side effects: Side effects include nausea, diarrhoea, dermatitis. These symptoms disappear immediately when the dosage is reduced or the drug stopped.

Patients with severe gastro-intestinal, neurological, haematological disorders should take this drug with **precautions**.

Strophantin

Strophantin is a white or yellowish powder. It is taken for acute cardiovascular insufficiency.

It is sensitive¹ to light and it must be kept in amber² containers. It is soluble⁴ in water and only slightly⁴ soluble in chloroform and ether.

Strophantin is very poisonous⁵. Strophantin is used intravenously⁶ for its effects on the heart.

- | | |
|---|--|
| 1. sensitive ['sensətiv] <i>a</i> чувствительный | 4. slightly ['slaitli] <i>adv</i> слабо |
| 2. amber ['æmbə] <i>a</i> желтый | 5. poisonous ['pɔɪznəs] <i>a</i> ядовитый |
| 3. soluble ['sɒljubl] <i>a</i> растворимый | 6. intravenously [,intrə'vi:nəslɪ] <i>внутри-
венно</i> |

Rhubarb¹ (Rheum)

The rhizomes² of rhubarb are collected from plants eight to ten years old. Then the rhizomes are dried either in the sun or in ovens³. After the drying operation the rhizomes are peeled.⁴ Rhubarb was used in China more than 4000 years ago. It was used by the Greek and Roman physicians and was used in Europe in the middle ages. Rhubarb is used for its purgative⁵ action.

- | | |
|--|---|
| 1. rhubarb ['ru:bɑ:b] <i>n</i> ревень | 4. to peel [pi:l] <i>v</i> зд. снимать кожуру |
| 2. rhizome ['raizəm] <i>n</i> корневище | 5. purgative ['pə:gətiv] <i>a</i> слабительный |
| 3. oven ['əʊvn] <i>n</i> печь | |

Althaea¹

The second-year roots² of this plant are collected, dried and peeled.

After peeling it is cut into small pieces³. Althaea is used as a sedative in the form of the mucilage⁴ or in the form of althaea syrup.

1. **althaea** [æɪ'θi:ə] *n* алтей

2. **root** [ru:t] *n* корень

3. **piece** [pi:s] *n* кусок

4. **mucilage** ['mju:silidʒ] растительная слизь

Gendon

Gendon is prepared¹ from the root of Rauwolfia serpentina, an Indian plant.

Gendon causes a lowering² of the blood pressure. Side effects are practically absent.

D o s a g e : The initial³ dosage is 2 tablets (2 mg) daily. In 10 days the blood pressure tends⁴ to drop⁵. Patients with hypertension may take less during the first days. In some cases it may be necessary to increase the dose to 6 tablets.

A maintenance⁶ dose consists of 1-2 tablets (1 mg) daily.

Take the tablets after meals without chewing.

As Gendon has a sedative effect take it at first in the evening.

1. **to prepare** [pri'peə] *v* готовить

2. **lowering** ['ləʊərɪŋ] *n* понижение

3. **initial** [i'niʃəl] *a* начальный

4. **to tend** [tend] *v* иметь тенденцию, вести (к чему-л.)

5. **to drop** [drɒp] *v* падать

6. **maintenance** ['meɪntɪnəns] *n* поддержание

Glimid

(Tablets)

I n d i c a t i o n s : Glimid is valuable¹ in treating insomnia² and nervous tension³. It is also used as a premedication⁴ in surgical procedures.

S i d e e f f e c t s of Glimid are of little significance⁵. In some cases vomiting and skin rash may appear.

D o s a g e : In case of insomnia a single oral dose of 0.5 g for adults should be given thirty minutes before rest. Next dose can be repeated during the night but not later than four hours before awakening⁷.

As a sedative drug 0.125 g of Glimid is given 3-4 times daily.

1. **valuable** ['væljʊəbəl] *a* ценный

2. **insomnia** [ɪn'sɒmniə] *n* бессонница

3. **tension** ['tɛnʃn] *n* напряжение

4. **premedication** [pri:,medi'keɪʃn] *n* предварительное лечение

5. **significance** [sig'nɪfɪkəns] *n* значение

6. **single** ['sɪŋɡl] *n* один

7. **awakening** [ə'weɪkənɪŋ] *n* пробуждение

Faustan

(Suppositories)

Faustan suppositories are given instead of injection.

Indication: Faustan relieves states of emotional tension, inner¹ spasms.

Faustan is a valuable help in physiotherapy.

Contra-indication: Ist trimester² of pregnancy³.

Dosage: Faustan requires an individual dosage.

For out-door treatment of organic neuroses, headaches on emotional base⁴, depressive neuroses 1/2 tablets times daily. The patient must swallow the tablets unchewed⁵ with some liquid after the meals.

For stationary patients a higher dosage is possible.

In case of myocardial infarction⁶ patients receive 1 ampule by intramuscular way. The intravenous⁷ injection must be given very slowly: 1 ml. within 1-2 minutes. Blood pressure and pulse-rate are not irritated⁸ by Faustan.

1. inner ['inə] *a* внутренний

2. trimester [traɪ'mestə] *n* трехмесячный срок

3. pregnancy ['pregnənsi] *n* беременность

4. base [beɪs] *n* основа

5. unchewea [ʌn'tʃu:d] *part 11* непережеванный

6. myocardial infarction

[,maɪo'kɑ:diəl] инфаркт миокарда

7. intravenous [ɪntrə'vi:nəs] *a* внутривенный

8. to irritate ['ɪrɪteɪt] *v* раздражать, вызывать раздражение

Elixophyllin

(Theophylline Elixir)

Indication: For symptomatic relief¹ of bronchial asthma, pulmonary emphysema and other pulmonary diseases with bronchospasm.

Elixophyllin helps patients with emphysema and chronic bronchial asthma to breathe comfortably.

Elixophyllin is especially useful in long-term therapy with older patients.

Precaution: Do not use Elixophyllin together with other theophylline preparations.

1. relief [rɪ'li:f] *n* облегчение

Mellaril

(Thioridazine Hydrochloride)

Indication: For nervous aged patients with (старческий) psychosis.

For patients with disorderly behaviour, sudden changes in mood (настроение).

Mellaril helps to calm nervous patients. It reduces (снижает) nervousness, anxiety, excitement.

D o s a g e : The doctor will prescribe the daily number of tablets for the patient.

Hept-a-myl

Powerful and a toxic cardio-circulatory analeptic.

Tolerance: excellent.

Toxicity: nil-toxic dose: 1,000 times the therapeutic dose.

I n d i c a t i o n s :

1. Asthenia and fatigue of all origins.
2. Hypotension and cardio-circulatory deficiency.
3. Corrections of side-effects of neuroleptic treatment tranquilizers,

barbiturates and digitalics.

C o n t r a - I n d i c a t i o n s : High blood pressure, hyperthyroidism (for all pharmaceutical forms.) Cerebral oedema, epilepsy (for injectable solution only).

D o s a g e : In asthenia and hypotension:

Adults: 2 tablets 3 times daily, or 30 drops 3 times daily.

Children: 10 to 40 drops daily, depending on age.

In psychiatry:

Adults: 2 tablets 3 times daily or 30 drops 3 times daily.

Children: 10 to 40 drops daily, depending on age.

Stability: Tablets, at room temperature, protected from light, 5 years.

FROM THE HISTORY OF THE GREAT PATRIOTIC WAR

Maria Kutuzova

It was in 1942. German tanks broke into¹ Novocherkassk. Many seriously wounded men remained in a hospital. There was no time to evacuate them and the hospital surgeon Kutuzov and his wife doctor Maria Kutuzova remained with the wounded. When the hospital had been destroyed by a bomb Dr. Maria organized a first-aid station in a basement² of one of the houses. The nurses together with the doctors brought all the wounded into the basement. After that the nurses ran home and brought clothes of their husbands and brothers instead of the military³ uniforms of the wounded. Surgeon Kutuzov promised to take care of all Party documents and decorations⁴.

"Don't forget that you are not Red Army men now, but civilians⁵ who have been wounded by a bombardment,"⁶ Dr. Kutuzova told the patients.

The Germans came to the hospital the next day. "This isn't a military hospital," Dr. Kutuzova told the officer calmly. "This is a hospital for the workers who had been wounded at work during bombardments." The officer looked everywhere but found nothing. He ordered to show him the registry book. Dr. Kutuzova gave him the registry book calmly. The old registry book with all the military ranks of the wounded she had hidden⁷ in a safe⁸ place. In the new registry book all the military men were registered as civilian workers. So the Nazis who looked for military men everywhere did not find any and left the hospital. This was the first victory in the fight for the lives of the wounded Red Army men.

The Kutuzovs and the nurses were always in danger but nothing stopped them and though the Nazis often came to the hospital and looked for military men they never found any.

- | | |
|--|--|
| 1. to break into [breik] <i>v</i> (broke, broken)
зд. ворваться | 5. civilian [si'viljən] <i>n</i> штатский |
| 2. basement ['beismənt] <i>n</i> подвал | 6. bombardment [bɒmbɑ:dmənt] <i>n</i> бомбардировка |
| 3. military [militəri] <i>a</i> военный | 7. to hide [haid] (hid, hidden) <i>v</i> прятать |
| 4. decoration [,dekə'reiʃən] <i>n</i> орден | 8. safe [seif] <i>a</i> безопасный |

Lena Petrova

At the beginning of the war Lena volunteered¹ for army service.² She was nineteen years old. She was small but strong and looked like a boy with her hair cut short

At first she was a nurse. She took part in many hot battles³ and was wounded and twice contused. Lena lost her best girl-friend and it was then that she decided⁴ to take up the rifle⁵ instead of her nurses's bag.

She swore⁶ to tight the enemy⁷ until her heart could beat, her eyes could see and her hand could move.

Lena was a brave girl. She was awarded the order of the Red Star. After the war she became a nurse again.

- | | |
|---|---|
| 1. to volunteer [,vɒlən'tiə] <i>v</i> поступать добровольцем | 4. to decide [di'said] <i>v</i> решать |
| 2. army service ['sə:vis] военная служба | 5. rifle ['raɪfl] <i>n</i> винтовка |
| 3. battle ['bætl] <i>n</i> сражение | 6. to swear [swɛə] <i>v</i> клясться |
| | 7. enemy ['enɪmi] <i>n</i> неприятель |

Near Dubosekovo

They were difficult¹ days. The fascist army was near Moscow. Twenty-nine guards² from the general Panfilov division fought heroically. With their anti-tank guns³ they destroyed one after another the tanks advancing⁴ on them.

Their battle lasted for four hours. The enemy could not shake the guards. But at last there were no more anti-tank gun shells⁵, no more grenades...

The only guardsman who was found alive⁶ told this story on his death⁷-bed. He passed on the last words of his comrades: "Do not shed⁸ tears for our dead bodies. We did our soldiers' duty. We closed the way to the enemy. We know what we were dying for. Fight the fascists and remember: victory⁹ or death. We died... but we won!"

1. **difficult** [ˈdɪfɪkəlt] *a* трудный

2. **guard** [gɑ:d] *n* гвардеец

3. **gun** [gʌn] *n* орудие

4. **advancing** [ədˈvɑ:nsɪŋ] наступавшие

5. **shell** [ʃel] *n* снаряд

6. **alive** [əˈlaɪv] *a* живой

7. **death** [deθ] *n* смерть

8. **to shed** [ʃed] (**shed**) *v* проливать

9. **victory** [ˈvɪktəri] *n* победа

FROM THE HISTORY OF MEDICINE

The Conquest¹ of Smallpox²

In the 18th century smallpox was one of the main³ causes of death⁴. Young and old caught this disease. Children of poor parents died before they were five years old.

Edward Jenner [edwɑ:dˈdʒenə] was an English physician⁵. He was born in England in 1749. Jenner studied medicine in London and in 1773 he returned to his native⁶ town.

In those days the whole world was afraid of smallpox. Every fifth person in London had the marks⁷ of the disease on his face.

Once a milkmaid⁸ said to Jenner: I shan't catch smallpox as I have already had cow-pox."⁹

Jenner asked the country people about cow-pox and found that many men and women thought about it like that milk maid.

For more than 20 years Jenner studied cow-pox and experimented on animals.

In 1796 a young woman came to Jenner. "What's the matter with you?" Jenner asked her.

"Please, have a look at my hand, doctor," answered the woman. "I have got a sore¹⁰ on it. I think I have caught it from a sick cow."

The doctor examined her hand. He pressed out some of the matter¹¹ from one of the pock-marks, then he cut the skin on the arm of an 8-year old boy and rubbed some cow-pox matter into his arm.

The name of the boy was James Phipps. That night Jenner slept little. Every day he visited the boy and several days later Jenner inoculated¹² the boy with smallpox matter. Time passed but the boy's health did not suffer.¹³

He never caught smallpox. It was a great conquest. The experiment was successful. The terrible¹⁴ disease was beaten.

Jenner called his new method "vaccination"¹⁵ from the Latin word "vacca" which means 'a cow'.

Jenner received many awards from all over the world. He built a house for James Phipps and planted roses there.

To his last days the "country doctor" lived simply, vaccinating free of charge (бесплатно) anyone who came to him. He died at Berkeley In 1823. There is a monument in London which shows Jenner vaccinating a child. Nowadays most babies are vaccinated. The lymph is prepared in laboratories. The vaccine is effective for about seven years.

1. **conquest** ['kɒŋkwɛst] *n* победа
2. **smallpox** ['smɔ:lpɒks] *n* оспа
3. **main** [meɪn] *a* основной
4. **death** [deθ] *n* смерть
5. **physician** [fɪ'zɪʃən] *n* врач
6. **native** ['neɪtɪv] *a* родной
7. **mark** [mɑ:k] *n* след
8. **milkmaid** ['mɪlkmɛɪd] *n* доярка
9. **cow-pox** ['kaʊpɒks] *n* коровья оспа

10. **sore** [sɔ:] *n* болячка, рана
11. **matter** ['mætə] *n* вещество
12. **to inoculate** [ɪ'nɒkjuleɪt] *v* делать прививку
13. **to suffer** ['sʌfə] *v* страдать
14. **terrible** ['terɪbl] *a* ужасный
15. **vaccination** [,væksɪ'neɪʃən] *n* вакцинация

Interesting Facts

A Dog for Pavlov

The Pavlov Biological Station Is near Leningrad and there is a very interesting monument² there. It is a monument to the dog. Dogs played a very important part in all Pavlov's experiments² and by this monument Pavlov wanted to thank³ the dog in the name of⁴ science⁵ and humanity⁶.

And in Pavlov's study, where he worked for many years there is another dog, a toy dog. This dog has a very interesting history. It was brought by Pavlov from Cambridge, one of the oldest universities in England. This university gave great scientists of all countries the honorary degree⁷ of Doctor. In 1912 a group of students of Cambridge University came to a toyshop, and bought a big dog there. The students knew that next day a group of scientists was coming to Cambridge and among them was I. P Pavlov, the great Russian physiologist. He came to Cambridge to receive the honorary degree of Doctor of Cambridge. So the students wanted to present⁸ Pavlov with a toy dog. This idea came from the grandson⁹ of Charles Darwin.

He told his comrades that when Darwin got his Doctor's degree at Cambridge the students of that time gave him a toy monkey," so they showed him that they agreed with his theory of the origin of man

The day when Pavlov and other scientists came to the University to get their degrees was a great holiday. When Pavlov's turn¹¹ came to get the degree and he was slowly¹² coming to the table, the students from the gallery dropped¹³ the dog right into his arms. Pavlov looked up, saw all the young smiling faces and understood what they meant¹⁴. It was one of the happiest moments in his life. Such is the history of the dog that is standing in Pavlov's study.

1. monument ['mɒnjumənt] *n* памятник

2. experiment [iks'perimənt] *n* опыт

3. to thank [θæŋk] *v* благодарить

4. in the name of от имени

5. science ['saɪəns] *n* наука

6. humanity [hju:'mænɪti] *n* человечество

7. honorary degree ['ɔnrəri di'grɪ]

почетная степень

8. to present [pri'zent] *v* под рить

9. grandson ['grænsʌn] *n* внук

10. monkey ['mʌŋki] *n* обезьяна

11. turn [tɜ:n] *n* очередь

12. slowly ['sləuli] *adv* медленно;

13. to drop *v* бросать

14. to mean [mi:n] *v* (**meant** [ment]) *зд.*
иметь в виду

Martin's Window

It happened near Michigan. There was an accidental¹ explosion² and a 19-year old boy Alexis Martin fell to the floor with a terrible hole³ in his stomach. When Dr. Beaumont came to the place, he found the youth in a hopeless condition. A part of the lung and a part of the stomach were extruding⁴ from the wound and the stomach itself was lacerated.⁵

No one in those days could cure such injuries⁶. He cleaned the wound and applied a superficial⁷ dressing. When twenty minutes passed and the youth didn't die the doctor redressed⁸ the wound and took out pieces of broken bones. Time went on and Martin continued to live.

A year passed. Martin was on his feet, but still with a naked opening⁹ in his stomach. The hole in the stomach wall was unclosed¹⁰ but it had a valve¹¹ like a tongue of a shoe which kept the food in the stomach during the process of digestion.¹² Dr. Beaumont through this hole could examine and study the process of digestion.

So Martin lived at Dr. Beaumont's house and worked there.

Dr. Beaumont made many scientific experiments with the help of Martin's stomach. He went to many hospitals all over the country together with Martin.

But one day when they were near Martin's native town, Martin ran away. He returned to Canada, married and had children. But he was very poor and finally had to return to Dr. Beaumont again to become an "experimental animal". Thanks to this hole Dr. Beaumont solved¹³ many questions of digestive system. Martin and his master became famous all over the USA.

When Dr. Beaumont died, Martin continued the "business" alone, but when he died his family refused¹⁴ to take a very large sum of money which was offered¹⁵ to them if they gave the famous stomach to the museum. They buried¹⁶ him in secret.

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| <p>1. accidental [ˌæksɪ'dentl] <i>a</i> случайный</p> <p>2. explosion [ɪks'pləʊʒən] <i>n</i> взрыв</p> <p>3. hole [həʊl] <i>n</i> дыра, отверстие</p> <p>4. to extrude [eks'tru:d] <i>v</i> выступать, выпирать</p> <p>5. to lacerate [ˈlæsəreɪt] <i>v</i> разрывать, раздирать</p> <p>6. injury [ˈɪndʒəri] <i>n</i> повреждение, рана</p> <p>7. superficial [ˌsju:hə'fɪʃəl] <i>a</i> поверхностный</p> <p>8. to redress [rɪ'dres] <i>v</i> повторно перевязать рану</p> | <p>9. naked opening [ˈneɪkɪd 'oʊpnɪŋ] открытое отверстие, дыра</p> <p>10. unclosed [ʌn'kləʊzd] <i>a</i> открытый</p> <p>11. valve [vælv] <i>n</i> клапан</p> <p>12. digestion [dɪ'dʒestʃən] <i>n</i> пищеварение</p> <p>13. to solve [sɒlv] <i>v</i> решать, разрешать</p> <p>14. to refuse [rɪ'fju:z] <i>v</i> отказывать</p> <p>15. to offer [ˈɔ:fə] <i>v</i> предлагать</p> <p>16. to bury [ˈberi] <i>v</i> хоронить</p> |
|--|---|

"Typhoid¹ Mary"

"Typhoid Mary" was an American woman who was the typhoid carrier². She was a cook (повар) to many families in and around New York and produced one typhoid epidemic³ after another until in 1907 the cause⁴ was discovered.

She fought⁵ against four policemen who wanted to bring her to the hospital.

For 3 years she was kept under supervision⁶. She promised⁷ to give up her profession. But she broke her promise, changed her name and worked again as a cook in hotels and restaurants [ˈrestərɔ:ŋs]. At last she was found and isolated. She was given work in the laboratory of a hospital and there she lived until her death in 1938. She had been the direct cause of fifty-three cases of typhoid.

- | | |
|---|--|
| <p>1. typhoid [ˈtaɪfɔɪd] <i>n</i> брюшной тиф; <i>a</i> тифозный</p> <p>2. carrier [ˈkæriə] <i>n</i> бациллоноситель</p> <p>3. epidemic [ˌepɪ'demɪk] <i>n</i> эпидемия</p> | <p>4. cause [kɔ:z] <i>n</i> причина</p> <p>5. to fight [faɪt] <i>v</i> (fought [fɔ:t]) бороться</p> <p>6. supervision [ˌsju:pə'vɪʒən] <i>n</i> надзор</p> <p>7. to promise [ˈprɒmɪs] <i>v</i> обещать</p> |
|---|--|

АНГЛО-РУССКИЕ ТЕМАТИЧЕСКИЕ ВЫРАЖЕНИЯ И РАЗГОВОРНИК

I. ЧАСТИ ТЕЛА ЧЕЛОВЕКА

Выражения

the forehead is hot лоб горячий
the lips are hot and dry губы горячие и сухие
the joints are painful суставы болят

II. ОСНОВНАЯ МЕДИЦИНСКАЯ ТЕРМИНОЛОГИЯ

А. Выражения

to be examined by a doctor пройти осмотр у врача
to be sick испытывать тошноту (англ.), быть больным (амер.)
to be treated by a doctor быть под наблюдением (лечиться у врача)
to be well чувствовать себя хорошо
to be X-rayed сделать рентгеноскопию
to call (in) a doctor вызвать врача
to come to прийти в себя
to fall ill (to be taken ill) заболеть
to feel bad (well) чувствовать себя плохо (хорошо)
to feel better чувствовать себя лучше
to follow the doctor's orders выполнять указания врача
to go for a physician пойти за врачом
to keep (stay) in bed лежать (оставаться) в постели
to look tired выглядеть усталым
to run a splinter (into the hand, etc.) занозить (руку и т.д.)
to see (consult) a doctor обратиться к врачу
to send for a physician послать за врачом

Б. Разговорник

Can I do anything for you? Могу я сделать что-нибудь для вас?
It is not good for your health. Это вредно для вашего здоровья.
No reading in bed. В постели не читайте.
Pull yourself together. Возьмите себя в руки.
The patient is feverish. У больного жар.
The patient is thirsty. Больной хочет пить.
You are overtired. Вы переутомлены.
You don't look well. Вы плохо выглядите.
You look pale. Вы бледны.
You look well. Вы хорошо выглядите
You will have your chest X-rayed and your blood examined. Вам сделают рентгеноскопию грудной клетки и анализ крови.
What is the matter with you? }
What is the trouble? } Что с вами?
What is troubling you? }
What troubles you? } Что вас беспокоит?
What do you complain of? На что вы жалуетесь?
Well, well.
Now, now. }
There, there. } Ну, ну, успокойтесь.

Cheer up. Не унывайте.
Keep your spirits. Не падайте духом.
Things will come right. Все обойдется.
There is no harm done. Ничего плохого не случилось.
Don't take it so much to heart. Не принимайте это близко к сердцу.
Hard (bad) luck. Вам не повезло.
Let's hope for the best. Будем надеяться на лучшее.
Never mind. Ничего.
It'll be all right. Все будет в порядке.
One can never be too careful. Осторожность никогда не помешает.

III. БОЛЕЗНИ

А. Выражения

a bundle of nerves комок нервов
to be operated upon сделать операцию
to be running a temperature иметь повышенную температуру
the danger is over опасность миновала
the fever is over лихорадка пропала (жар спал)
to catch (have) (a) cold простудиться
to have a running nose иметь сильный насморк
to suffer (from) страдать (от)
to suffer from sleeplessness страдать от бессонницы

Б. Разговорник

I am feverish. Меня лихорадит.
I am running a temperature. У меня повышенная температура
I am unwell. Я себя плохо чувствую.
I have a bad cold. Я сильно простужен(а).
I have a slight cold. Я слегка простужен(а).
I have a sore throat. У меня болит горло
I have a (splitting) headache. У меня (сильная) головная боль.
I have pain (in).. У меня болит...
I feel faint. Мне дурно.
My foot is out of joint. У меня вывихнута нога.
My head swims. У меня кружится голова.
You have fully recovered. Вы полностью выздоровели.
You have a slight attack of gripe. У вас небольшой грипп
You've dislocated your ankle. У вас вывихнута лодыжка.
You've strained a muscle. Вы растянули мышцу.
There is nothing serious with you. У вас нет ничего серьезного.
Take care of your health. Вы должны заботиться о своем здоровье.

IV. У ПОСТЕЛИ БОЛЬНОГО

А. Выражения

bedside у постели больного
bedside manner умение обращаться с больным, подход к больному
to feel smb's pulse щупать пульс
to gargle (with) полоскать (горло)
to give smb. an injection сделать (кому-либо) инъекцию

to have a high (low, normal) temperature иметь высокую (низкую, нормальную) температуру
the temperature rises температура повышается
the temperature falls температура понижается
to listen to smb's heart, lungs, etc. прослушивать сердце, легкие и т. д.
to look after присматривать (за)
to put a dressing наложить повязку, сделать перевязку
to take care of присматривать (за)
to take one's temperature измерять температуру

Б. Разговорник

Breathe deeply, please. Дышите глубже, пожалуйста.
I must check your blood pressure. Я должна измерить ваше кровяное давление.
Open your mouth and say "Ah". Откройте рот и скажите «А».
Show me your tongue. Покажите язык.
Stop breathing for a moment, please. Не дышите минутку, пожалуйста
Please, strip to the waist. Пожалуйста, разденьтесь до пояса.
You must keep (stay) in bed. Вам следует лежать в постели. (У вас постельный режим.)

V. ПРИЕМ ЛЕКАРСТВ

А. Выражения

after meal после еды
before meal перед едой
for external (internal) use only только для наружного (внутреннего) употребления.
once a day (a week), etc. один раз в день (в неделю) и т. д.
twice a day два раза в день
three times a day три раза в день
to take a medicine принимать лекарство

Б. Разговорник

Shake the bottle well before using. Перед употреблением взбалтывать.
Take this dose every three hours. Принимайте эту дозу через каждые три часа.
Take this medicine, please. Пожалуйста, примите это лекарство
That must be taken on an empty stomach. Это следует принимать на голодный желудок (натощак, до еды).
What do you take for a headache (cold, cough, etc.)? Что вы принимаете от головной боли (простуды, кашля и т. д.)?
This is a food medicine for colds. Это хорошее лекарство от простуды.

VI. У ЗУБНОГО ВРАЧА

Разговорник

I have a toothache. У меня болит зуб.
Your tooth is working loose. Ваш зуб шатается.
You have a decayed tooth. У вас испорченный зуб
Rinse your mouth, please. Прополощите рот, пожалуйста.
Spit out. Сплюньте.

РУССКО-АНГЛИЙСКИЙ ТЕМАТИЧЕСКИЙ СЛОВАРЬ

I. ЧАСТИ ТЕЛА ЧЕЛОВЕКА

А	З
артерия artery	задний проход anus
Б	запястье wrist
бедро hip (thigh)	затылок back of the head
бок side	зрачок pupil (pupil of the eye)
бровь eyebrow	зуб(ы) tooth (teeth)
брюшная полость abdomen	И
В	икра (ноги) calf
веко eyelid	К
вена vein	кишечник (кишки) intestine(s)
висок temple	кожа skin
волосы hair	коленная чашка knee cap (knee pan)
Г	колено knee
глаз eye	конечности limbs
глазное яблоко eyeball	верхние конечности upper limbs
голень shin	нижние конечности lower limbs
голова head	кость bone
горло, глотка throat	Л
грудная клетка chest	ладонь palm
грудь breast	легкие lungs
губа lip	лицо face
верхняя губа upper lip	лоб forehead
нижняя губа lower lip	лодыжка ankle
Д	локоть elbow
десна gum	лопатка blade
Ж	М
желудок stomach	миндалины tonsils
живот abdomen	мозг brain
	мышца, мускул muscle

Н

нерв nerve
нога leg
подъем (ноги) instep
ноготь nail
нос nose

П

палец (ноги) toe
палец (руки) finger
большой палец (руки) thumb
печень liver
плечо shoulder
подбородок chin
подмышка arm-pit
подошва sole
почка kidney
прямая кишка rectum
пятка heel

Р

ребро rib
ресница eye-lash
рот mouth
рука arm

рука (кисть) hand

С

сердце heart
скула cheekbone
спина back
стопа(ы) foot (feet)
сустав joint
сустав пальца knuckle

Т

талия waist
тело the body
темя top of the head
туловище trunk

У

угол рта corner of the mouth
ухо ear

Ш

шея neck

Щ

щека cheek

Я

язык tongue

II. ОСНОВНАЯ МЕДИЦИНСКАЯ ТЕРМИНОЛОГИЯ

А

активный отдых active rest
аппетит appetite
асептика и антисептика asepsis and antisepsis

Б

беременная pregnant
беременность pregnancy
болезненный painful
болезнь, заболевание illness, complaint
боль ache, pain
больной patient
больные the sick
лежачий больной bed patient
больной, которому можно сидеть sitting patient
ходячий больной up-patient
стационарный больной inpatient
амбулаторный больной outpatient
бюллетень sick leave, sick list

В

верхушка apex
вес weight
возраст age
воспаленное горло sore throat
врачебный medical
врачебный прием doctor's office hours
вывих luxation
выздоровление recovery
выздоровливать to recover
вылечивать to cure
выписка (из больницы) discharge
выслушивать to sound

Г

гигиена hygiene
гигиенический, здоровый hygienic
гимнастика exercises (physical exercises)
гипсовая повязка plaster cast
глухой deaf
глухонемой deaf and dumb

Д

диагноз diagnosis
ставить диагноз to diagnose
диета diet
доза, количество лекарства на прием dose
душ shower

Ж

жаловаться (на боль, болезнь)
to complain
жизненные вопросы vital problems

З

заноза splinter
заражение, инфекция infection
заразиться to catch
заразный catching
здоровье health
здравоохранение public health
зрение eyesight

И

изолятор isolated ward
ингаляция inhalation
исследование мочи urinoscopy
история болезни case history, case record

К

кал excrement
кардиограмма cardiogram (of one's heart)
кашлять to cough
кислотность acidity
кончик (языка) tip (of the tongue)
кровь blood
анализ крови blood test (count)
заражение крови blood poisoning
измерение кровяного давления
blood pressure test
переливание крови blood transfusion
кровеносный сосуд blood vessel
кровообращение blood circulation
кровоточить to bleed
курс лечения course of medical treatment
кушетка для осмотра больного
examination couch

Л

лабораторные исследования
laboratory tests
легкое заболевание slight illness
лекарство medicine
лечение treatment, cure
лечение в больнице (стационаре)
hospital treatment
лечение дома home treatment
лечение отдыхом rest cure
лечение светом light treatment
лечение солнцем sun-cure

М

машина скорой помощи ambulance
медицинская карта (история болезни) medical card (patient's file)
медицинская помощь medical aid
медицинский medical
медицинский осмотр medical examination
медицинское оборудование
medical equipment
медицинское обследование check up
полное медицинское обследование
complete check up
медицинская помощь населению
medical aid (service)
местный наркоз local anaesthetic

Н

немой dumb
неотложная медицинская помощь
emergency service
нервная система nervous system
нервный центр nervous centre
несчастный случай, авария, катастрофа accident
ножная ванна foot bath
нормальный normal

О

обход врача round
обход палат ward round
общее состояние general condition
оказание первой помощи first aid procedures
операция operation
предоперационный preoperative

послеоперационный post-operative
опухоль swelling
опухший swollen
опухшие железы swollen glands
организм organism, body
осматривать to examine
оспопрививание vaccination
острая боль acute pain

П

палата ward
первая помощь first aid
перевязка кровеносных сосудов
ligation of blood vessels
персонал personnel
подкожный hypodermic
полость, каверна cavity
порез cut
послеоперационные осложнения
post-operative complications
предохранительные меры
preventive measures
предупреждение, профилактика
prevention
прививка inoculation
приемная врача consulting room
(surgery)
приемный покой reception ward
признак, симптом symptom
профилактическая прививка
immunization
профилактический prophylactic
процедура procedure

Р

рана wound
раненый wounded
растяжение связок sprain
регистратура registry (reception)
office
рентгеновский снимок X-ray
plate (photograph, picture)
рентгеноскопия X-ray (=X-ray
examination)
рецепт prescription
выписывать рецепт to prescribe
родильная палата maternity ward
рост height

С

санитарный sanitary
санитарные условия sanitary

conditions
серьезный serious
сильная форма severe form
сильный организм strong constitution
скольжение, сдвиг slip
скорая помощь ambulance
service
слабый организм weak (poor) consti-
tution
слепой blind
случай (заболевание) case
солнечная ванна sun bath
сон sleep
сосуд vessel

Т

телосложение physique
терапия therapy, medicine
терапевтический medical

У

указания врача doctor's orders
(instructions)
укол, инъекция injection с
делать кому-л. укол (чего-л.) to give
smb. an injection (of)
ум, разум mind
умственная работа mental work
упасть в обморок to faint
условие, состояние condition
утренняя зарядка morning exercises

Х

хирургия surgery
халат (медицинский) gown, surgeon's
coat
хирургический случай operation
case
холодное обтирание cold rub-down
хронический chronic

Ц

цвет лица complexion

Ш

шелушиться to peel
шрам scar

Э

эпидемия epidemic

III. БОЛЕЗНИ

А

ангина quinsy
аппендицит appendicitis
астма asthma

Б

болезнь disease, illness
боль в животе stomach-ache
боль в сердце heartache

В

воспаление inflammation
воспаление легких pneumonia
воспаленное горло sore throat

Г

головная боль headache
грипп fluf(e) (influenza) (=grippe)

Ж

жар, лихорадка fever

З

заболевание легких lung trouble
заболевание печени liver trouble
заболевание сердца heart disease

(trouble)

запор constipation

зубная боль toothache

И

изжога heartburn
излечимая болезнь curable disease
неизлечимая болезнь incurable disease

инфаркт infarction

инфекционная болезнь infectious disease

К

кашель cough

корь measles

кровоизлияние haemorrhage

кровоизлияние в мозг apoplexy

кровотечение bleeding

кровеное давление blood pressure

высокое кровяное давление (гипертония) high blood pressure (hypertension)

Л

легкая простуда chill

Н

нарушение пищеварения digestion trouble

нарыв abscess

насморк cold in the head

недомогание indisposition

О

обморожение frost-bite

опухоль tumor (growth)

осложнения complications, aftereffects (of a disease)

П

перелом, трещина кости, травма fracture

побочные явления side effects

понос diarrhoea

простуда cold

Р

рак cancer

ревматизм rheumatism

С

сердечно-сосудистые заболевания cardio-vascular diseases

скарлатина scarlet fever

солнечный удар sunstroke

сотрясение мозга concussion of the brain

судорога, спазм cramp

сыпь rash

Т

тепловой удар heat stroke

травма injury

туберкулез tuberculosis (TB)

туберкулез легких consumption (TBC)

У

ушная боль ear-ache

фурункул, нарыв boil

Х

хрипы в легких crepitation in the lungs

Ч

чесотка, зуд itch

Ш

шум в сердце murmur of the heart

Я

язва ulcer

IV. ПРЕДМЕТЫ УХОДА ЗА БОЛЬНЫМИ: МЕДИЦИНСКИЕ ИНСТРУМЕНТЫ И ПРЕДМЕТЫ САНИТАРИИ И ГИГИЕНЫ

Б

банки cups
ставить банки to put cups
бинт bandage

В

вата cotton wool

Г

горчичник mustard plaster
градусник thermometer
грелка hot-water bottle (bag)
губка sponge

Д

деревянный стетоскоп wooden stethoscope

З

зубная паста tooth paste
зубная щетка tooth brush

И

игла для подкожного введения hypodermic needle
ингалятор steam kettle (inhaler)
индивидуальный пакет pocket bandage

К

капельница dropping bottle
карта больного (*на кровати*) patient's chart and progressive chart
каталка wheeled bed (hospital bed), wheeled chair, wheeled stretcher
клизма enema
компресс compress

Л

ланцет lancet
лейкопластырь sticking-plaster

М

марля gauze
мерный стакан measuring glass
молоточек для простукивания percussion-hammer
мыло soap

Н

надувной круг air-ring
ножницы scissors
носилки stretcher

П

перевязочный материал dressing
пипетка medicine dropper (pipette)
повязка bandage
поильник feeding-cup
пузырь для льда ice-bag

С

скальпель scalpel
судно bed-pan

Т

таз basin
тампон pad

У

ухаживать за больным to nurse

Ф

фонендоскоп phonendoscope (stethoscope)

Х

холодный компресс cold plaster

Ш

шприц syringe
шприц для подкожного введения hypodermic syringe

V. ЛЕКАРСТВЕННЫЕ ФОРМЫ

А
ампула ampoule, ampule
анестезирующее (обезболивающее) средство anaesthetic
антибиотики antibiotics
антисептическое (дезинфицирующее) средство antiseptic
аспирин aspirin

Б
болеутоляющие таблетки soothing pills
борная кислота boric acid
бром bromine

Г
гипс plaster of Paris

Й
йод iodine

К
капли drops
капли в нос nasal drops

Л
лейкопластырь sticking plaster (adhesive plaster)
лекарство medicine, medicament, remedy, drug
лекарство слабое (безвредное) inoffensive drug

М
мазь ointment
микстура mixture
микстура от кашля cough mixture
медикамент, лекарство, средство drug

Н
настой infusion

настойка (валерианы и т. д.) tincture
нитроглицерин nitroglycerine

О
отвар decoction

П
паста paste
пенициллин penicillin
пилюли pills
порошок powder
порошок от головной боли headache powder
препарат, лекарство preparation

Р
раствор solution
рецепт prescription

С
свеча suppository
сердечные капли heart drops
слабительное laxative
снотворное sleeping draught
сода (bicarbonate) soda
стимулирующее tonic
столовая ложка (чего-л.) table spoonful (of)

Т
таблетка (от) tablet (for)

У
успокаивающее sedative

Х
хлороформ chloroform

Ч
чайная ложка (чего-л.) tea spoonful (of)

Ш
шарик globule

VI. ЗУБОВРАЧЕБНЫЕ ТЕРМИНЫ

Б
бор drill
В
временная пломба temporary filling
вставной зуб false tooth
Д
десна gum
З
запломбировать зуб to fill (to stop):
to put in a filling; to stop a tooth; to
have a tooth filled
зонд probe
зубной dental
зубное зеркало dental mirror
зубной протез a set of false (artifi-
cial) teeth
К
корень (зуба) root (of the tooth)
коронка (зуба) crown (of the tooth)
**коронка золотая (металлическая,
пластмассовая)** gold (metal, plastic)
crown

М
медсестра в зубном кабинете den-
tal nurse
П
пинцет pincette
пломба filling
подголовник у кресла head-rest
полость, дупло cavity
У
удалить to extract
удалить зуб to have a tooth extracted
(pulled out)
Х
хирургические щипцы dental for-
ceps
Ч
челюсть jaw
Ш
шейка (зуба) neck (of the tooth)
шприц для воды water syringe

VII. МЕДИЦИНСКИЕ УЧРЕЖДЕНИЯ

А
амбулатория out-patient clinic
аптека chemist's shop, pharmacy
(Am. drug store)
аптека при больнице dispensary
Б
больница hospital
Г
глазная больница eye (ophthal-
matic) hospital
Д
детская больница children's hospital
детская консультация infant wel-
fare clinic (*Br.*); child health center
(*Am.*); nursing centre
диспансер dispensary
Ж
женская консультация women's
department; women's consultation
centre; antenatal and postnatal clinic

И
инфекционная больница isolation
hospital
К
курорт health resort
М
медицинский центр medical centre
П
поликлиника polyclinic
профилактические учреждения
prophylactic institutions;
психиатрическая больница men-
tal hospital
Р
родильный дом maternity home
(hospital)
С
санаторий (*в Англии вид гостини-
цы*) sanatorium

VII. МЕДИЦИНСКИЕ СПЕЦИАЛЬНОСТИ

А

акушер; врач (гинеколог) obstetrician
акушерка midwife
аптекарь chemist (*Br.*) druggist (*Am.*)

В

военный врач medical officer
врач doctor, physician

Г

гинеколог gynecologist

Д

дерматолог dermatologist

З

зубной врач dentist

Л

лечащий врач, работающий как терапевт и хирург general practitioner

М

медицинская сестра nurse
медсестра, работающая в зубном кабинете dental nurse
медсестра, работающая днем day nurse

медсестра, работающая ночью night nurse

опытная сестра trained nurse
палатная сестра ward nurse
квалифицированная сестра qualified nurse

Н

невролог neurologist
невропатолог neuropathist

О

окулист oculist, ophthalmologist
онколог oncologist

П

психиатр psychiatrist

Р

районный врач district doctor

С

санитар man-nurse
санитарный врач health officer (inspector)

Ф

фармацевт pharmacist

Х

хирург surgeon

АНГЛО-РУССКИЙ СЛОВАРЬ

Английский алфавит

Aa, Bb, Cc, Dd, Ee, Ff, Gg, Hh, Ii, Jj, Kk, Ll, Mm,
Nn, Oo, Pp, Qq, Rr, Ss, Tt, Uu, Vv, Ww, Xx, Yy, Zz

Сокращения

a adjective — прилагательное
adv adverb — наречие
n noun — существительное
part II — причастие прошедшего времени
predic. — предикативное употребление
pron pronoun — местоимение
prep preposition — предлог
v verb — глагол

A

abdomen [ˈæbdəmə] *n* брюшная полость, живот
above [ˈæbʌv] *prep* над; выше
absence [ˈæbsəns] *n* отсутствие
accept [ˌæksəpt] *v* принимать
accidental [ˌæksɪˈdentl] *a* случайный
according [əˈkɔːdɪŋ] *prep* согласно, в соответствии
ache [eɪk] *n* боль (*тупая, продолжительная*)
achievement [əˈtʃiːvmənt] *n* достижение
act [ækt] *v* действовать, поступать; *n* поступок, действие
add [æd] *v* добавит, прибавит
adhesive plaster [ədˈhiːsɪvˈplɑːstə] лейкопластырь
admit [ədˈmɪt] *v* принимать
adult [ˈædlt] *a* взрослый

advice [ədˈvaɪs] *n* совет; to ask smb.'s advice спрашивать совет
advise [ədˈvaɪz] *v* советовать
afraid [əˈfreɪd] *a predic.* испуганный; to be afraid (of) бояться
again [əˈgeɪn] *adv* снова, опять
age [eɪdʒ] *n* возраст
aged [eɪdʒɪd] *a* зд. пожилой
agree [əˈɡriː] *v* соглашаться
aid [eɪd] *v* помогать; *n* помощь
air [eə] *v* проветривать
air-ring [eərɪŋ] *n* надувной круг
allergic [əˈlɜːdʒɪk] *a* аллергический
allow [əˈlaʊ] *v* позволять
always [ˈɔːlweɪz] *adv* всегда
ambulance [ˈæmbjuləns] *n* машина скорой помощи; **to call an ambulance** вызвать скорую помощь
ampule [ˈæmpjuːl] *n* ампула
anaemia [əˈniːmiə] *n* анемия, малокровие
anaesthesia [ˌænisˈθiːzjə] *n* анестезия; **to give anaesthesia** давать наркоз; **local anaesthesia** местный наркоз
anatomy [əˈnætəmi] *n* анатомия
ancient [ˈeɪnfənt] *a* древний
angry [ˈæŋɡri] *a* сердитый, раздраженный; **to be angry** рассердиться
antibiotic [ˌæntɪbaɪˈɒtɪk] *n* антибиотик

appear [ə'piə] *v* появляться, показываться
appendicitis [ə.pendi'saitis] *n* аппендицит
appetite [ˈæpitait] *n* аппетит
arm [ɑ:m] *n* рука
arsenic [ˈɑ:snik] *n* мышьяк
artery [ˈɑ:təri] *n* артерия
as (often) as так (часто), как
asphyxia [æs'fiksɪə] *n* удушье, асфиксия
attention [ə'tenʃən] *n* внимание: **to pay attention (to)** обратить внимание; **attentive** [ə'tentiv] *a* внимательный, заботливый
avoid [ə'vɔɪd] *v* избегать
award [ə'wɔ:d] *v* награждать

B

back [bæk] *n* спина; *adv* назад
bandage [ˈbændɪdʒ] *n* бинт, повязка; *v* перевязывать
basement [ˈbeɪsmənt] *n* подвал
basin [ˈbeɪsɪn] *n* таз
basis [ˈbeɪsɪ] *n* основа
bath [bɑ:θ] *n* ванна, купание; *v* мыть, купать
bean [bi:n] *n* боб
beat [bi:t] *v* (**beat, beaten**) ударять; *n* удар
beating [ˈbi:tiŋ] *n* биение (сердца), пульсация
become [bi'kʌm] *v* (**became, become**) становиться, случаться
bed-pan [ˈbedpæn] *n* подкладное судно
beforehand [bi'fɔ:hænd] *adv* заранее
belief [bi'li:f] *n* вера
belly [ˈbeli] *n* живот
bind [baɪnd] *v* (**bound [baund]**) перевязывать, связывать
biology [baɪ'ɒlədʒɪ] *a* биология
birth [bɜ:θ] *n* рождение
biscuit [ˈbɪskɪt] *n* сухое печенье
bite [baɪt] *v* (**bit, bitten [ˈbɪtn]**) кусать; *n* укус
blanket [ˈblæŋkɪt] *n* одеяло
bleed [bli:d] *v* (**bled [bled]**) кровоточить
bleeding [ˈbli:diŋ] *n* кровотечение
blister [ˈblɪstə] *n* водяной пузырь; волдырь
blood [blʌd] *v* пускать кровь; *n* кровь; **blood circulation**

[ˈsə:kju'leɪʃən] кровообращение;
blood pressure [ˈpreʃə] артериальное давление; **blood test** анализ крови; **blood transfusion** [træns'fju:ʒən] переливание крови
blow [blou] *v* (**blew, blown [blu:, bloun]**) дуть; *n* удар
body [ˈbɒdi] *n* тело; организм
bone [bəʊn] *n* кость
bonny [ˈbəʊni] *a* костный
bookseller [ˈbukselə] *n* продавец книг
both [bəʊθ] *pron* оба; **both ... and ... как ... так и ...**
bottle [ˈbɒtl] *n* бутылка
brain [breɪn] *n* мозг
break [breɪk] *v* (**broke, broken [brʌk, ˈbrʌkən]**) ломать, разбивать; *n* отверстие, трещина; **break into** ворваться; **break-down** [ˈbrekdaʊn] полный упадок сил; **nervous break-down** нервное расстройство
breath [breθ] *n* дыхание; вдох
breathe [bri:ð] *v* дышать; **breathe in** *v* вдохнуть
bright [braɪt] *a* светлый
broad [brɔ:d] *a* широкий
broken [ˈbrʌkən] *part II* от **break** сломанный
bronchus [ˈbrɒŋkəs] *n* бронх (мн. ч.
bronchi [ˈbɪˈbrɒŋkai])
bruise [bru:z] *a* синяк; контузия; кровоподтек
brush [brʌʃ] *v* чистить; *n* щетка
bury [ˈberi] *v* хоронить
butter [ˈbʌtə] *n* масло
buy [baɪ] *v* (**bought [bɔ:t]**) покупать, приобретать
by-street [ˈbaɪstri:t] *n* переулок

C

cacao [kə'kɑ:ou] *n* какао
call [kɔ:l] *v* звать, называть; **to call (in) a doctor** вызывать врача
calm [kɑ:m] *o* успокаивать; *a* спокойный, тихий
caloric [kə'lɔrɪk] *n* теплота; *a* тепловой, калорийный
cancerous [ˈkænsərəs] *a* раковый
capillary [kə'pɪləri] *n* капилляр
carbo-hydrate [ˈkɑ:bou ˈhaɪdreɪt] *n* углевод
cardiogram [ˈkɑ:diɒgrəm] *n* кардиограмма

care [kɛə] *v* беречь, заботиться; *n* забота; **to take care of** смотреть (за кем-л.)
careful [ˈkeəfʊl] *a* заботливый, старательный
carefully [keəfʊli] *adv* тщательно, внимательно, аккуратно
carrier [ˈkæriə] *n* бациллоноситель
carry [ˈkæri] *v* нести; **carry out** выполнять
case [keɪs] *n* случай, заболевание;
case history история болезни
catch [ˈkætʃ] *v* (**caught** [kɔ:t]) ловить, заразиться; **to catch (a) cold** простудиться
cause [ko:z] *v* причинять, вызывать; *n* причина
cell [sel] *n* клетка
certificate [səˈtɪfɪkət] *n* свидетельство
change [tʃeɪndʒ] *v* менять; *n* перемена, изменение
chart [tʃɑ:t] *n* карта, диаграмма
cheek [tʃi:k] *n* щека
cheese [tʃi:z] *n* сыр
chest [tʃest] *n* грудь
chew [tʃu:] *v* жевать
chicken-pox [ˈtʃɪkɪnpɒks] *n* ветряная оспа
child [tʃaɪld] (*мн. ч.* children) *n* ребенок
childish [ˈtʃaɪldɪʃ] *a* детский
chill [tʃɪl] *v* охлаждать, студить; *n* простуда, озноб; **to have a bad chill** быть сильно простуженным
cholera [ˈkɒlərə] *n* холера
circulation [ˌsɜ:kjuːˈleɪʃən] *n* кровообращение, циркуляция
civilian [sɪˈvɪljən] *n* штатский
cleanness [ˈkli:nɪs] *n* чистота
clip [klɪp] *n* зажим; скоба; скрепка
close [klaʊz] *v* закрываться
cloth [klɒθ] *n* ткань
clothes [klaʊðz] *n* одежда (зд. белье); **bed clothes** постельное белье
coat [kəʊt] *n* пиджак
cod liver oil [ˈkɒd ˈlɪv əˈɔɪl] *n* рыбий жир
cold [kəʊld] *n* простуда; *a* холодный; cold in the head насморк
collect [kəˈlekt] *v* собирать, коллекционировать
collection [kəˈlektʃən] *n* собрание

colouring [ˈkʌlərɪŋ] *n* цвет (*лица, волос и т.д.*)
come [kʌm] *v* (**came, come** [keɪm, kʌm]) придти; **to come up** подходить
comfortable [ˈkʌmfətəbl] *a* удобный, комфортабельный
communicable [kəˈmjʊ:nɪkəbl] *a* заразный
complain [kəmˈpleɪn] *v* жаловаться (*на боль*)
complete [kəmˈpli:t] *a* полный
complication [ˌkɒmplɪˈkeɪʃən] *n* осложнение
compose [kəmˈpəʊz] *v* составлять
compound [ˈkɒmpaʊnd] *a* сложный; составной (зд. закрытый); *v* составлять
compress [ˈkɒmpres] *n* компресс
conceal [kənˈsi:l] *v* скрывать
conclusion [kənˈklu:ʒən] *n* заключение
condition [kənˈdɪʃən] *n* условие, состояние
conquer [ˈkɒŋkə] *v* побеждать
conquest [ˈkɒŋkwɛst] *n* победа
consciousness [ˈkɒŋʃɪsnɪs] *n* сознание; **to lose consciousness** потерять сознание
consist (of) [kənˈsɪst] *v* состоять (из); заключаться
constipation [ˌkɒnstɪˈpeɪʃən] *n* запор
consult [kənˈsʌlt] *v* советоваться; **to consult a doctor** обращаться к врачу
contain [kənˈteɪn] *v* содержать в себе; вмещать
content [ˈkɒntənt] *n* содержание
cook [kʊk] *v* стряпать; готовить; *n* кухарка, повар
cool [ku:l] *v* охлаждать; *a* прохладный
correctly [kəˈrektli] *adv* правильно
cough [kɔ:f] *v* кашлять; *n* кашель
count [ˈkaʊnt] *v* считать; *n* счет
cover [ˈkʌvə] *v* покрывать, закрывать, накрывать; *n* крышка
cover-slip [ˈkʌvəslɪp] *n* покровное стекло
crack [kræk] *v* колоть, расщеплять
cream [kri:m] *n* сливки, крем
create [kriːˈeɪt] *v* создавать
crowd [kraʊd] *n* толпа
crown [kraʊn] *n* корона
cry [krai] *n* плач, крик; *v* плакать
cucumber [ˈkju:kəmbə] *n* огурец

culture [ˈkʌltʃə] *n* бакт, культура
cups [kʌps] *n* банки
cure [kjʊə] *v* вылечивать; *n* лекарство, средство, лечение, выздоровление
custom [ˈkʌstəm] *n* обычай
cut [kʌt] *v* (cut) резать; *n* порез
D
daily [ˈdeɪli] *adv* ежедневно
damage [ˈdæmɪdʒ] *n* вред, повреждение
damp [dæmp] *a* влажный
dangerous [ˈdeɪndʒərəs] *a* опасный
dark [dɑ:k] *a* темный
dead [ded] *a* мертвый
decayed [diˈkeɪd] *a* разрушенный, испорченный
decoction [diˈkɒkʃən] *n* отвар
decoration [ˌdekəˈreɪʃən] *n* орден, знак отличия
deep [di:p] *a* глубокий
degree [diˈɡri:] *n* степень
delicate [ˈdelɪkət] *a* деликатный, хрупкий
delirium [diˈlɪriəm] *n* бред, бредовое состояние
demand [diˈmɑ:nd] *v* требовать
dental [ˈdentl] *a* зубной; **dental forceps** [ˈdentl ˈfɔ:seps] хирургические щипцы; **dental mirror** [ˈdentl ˈmɪrə] зубное зеркало; **dental nurse** [nə:s] медсестра в зубном кабинете
dentist [ˈdentɪst] *n* зубной врач
depend [diˈpend] (**on**, **upon**) *v* зависеть
depressed [diˈprest] *a* подавленный, угнетенный
description [disˈkrɪpʃən] *n* описание
destroy [disˈtrɔɪ] *v* уничтожить, разрушить
develop [diˈveləp] *v* развиваться (*также о болезни*)
devote [diˈvəʊt] *v* посвящать
diagnose [ˈdaɪəgnəʊz] *v* ставить диагноз
diagnosis [ˌdaɪəgˈnəʊsɪs] *n* диагноз, определение болезни
die [daɪ] *v* умирать
diet [ˈdaɪət] *n* пища, диета
differ [ˈdɪfə] *v* различаться, отличаться
different [ˈdɪfərənt] *a* различный

digestion [diˈdʒestʃən] *n* пищеварение
digestive [diˈdʒestɪv] *a* пищеварительный
direct [diˈrekt] *v* направлять, руководить
direction [diˈrekʃən] *n* руководство, направление
directly [diˈrektli] *adv* прямо, непосредственно
discover [disˈkʌvə] *v* открывать
discovery [disˈkʌvəri] *n* открытие
disease [diˈzi:z] *n* болезнь
disinfection [ˌdɪsɪnˈfektənt] *n* дезинфицирующий раствор, средство
dislike [disˈlaɪk] *n* неприязнь, отвращение; *v* не любить, питать отвращение
disobey [ˌdɪsəˈbeɪ] *v* не повиноваться
district [ˈdɪstrɪkt] *a* районный, участковый; **district doctor** районный (участковый) врач
disturb [dɪsˈtə:b] *v* беспокоить, мешать
divide [diˈvaɪd] *v* делить
do [du:] *v* делать; **to do a lot** многоделать; **to do good** приносить пользу
dose [dɔ:s] *n* доза, прием
draught [drɑ:ft] *n* доза жидкого лекарства
dream [dri:m] *n* мечта, сон
dressing [ˈdresɪŋ] *n* повязка
drill [dri:l] *n* сверло; *v* сверлить (зуб); **dental drill** бормашина
drink [drɪŋk] *v* (**drank**, **drunk** [dræŋk]) пить; *n* питье
drive [draɪv] *v* (**drove**, **driven** [drouv, drɪvn]) водить, вести
drop [drɒp] *v* бросать, падать; *n* капля
dropping bottle [ˈdrɒpɪŋ ˈbɒtl] капельница
drug [drʌg] *n* лекарство, медикамент; **silfa drugs** лекарственные сульфамидные препараты
dry [draɪ] *v* сушить, вытирать; *a* сухой; **dry cough** сухой кашель
during [ˈdjʊərɪŋ] *prep* в течение
dust [dʌst] *v* вытирать пыль; *n* пыль
duty [ˈdju:ti] *n* обязанность
dysentery [ˈdɪsəntri] *n* дизентерия

Е

each [i:tʃ] *a* каждый
ear [tə] *n* ухо
earache [iəreɪk] *n* ушная боль
early [ˈɜ:li] *adv* рано
easy [ˈi:zi] *a* легкий
eat [i:t] *v* (**ate**, **eaten** [et, ˈi:tn]) есть
education [ˌedʒuˈkeɪʃən] *n* образование
either [ˈaɪðə] *conj* либо, или;
either... or или... или...
elbow [ˈelbəʊ] *n* локоть
embalm [ɪmˈbɑ:m] *v* бальзамировать
embalmed [ɪmˈbɑ:md] *a* бальзамированный
enema [ˈeni:mə] *n* клизма
emotion [iˈmouʃən] *n* душевное волнение
empty [ˈempti] *v* опорожнять
enough [ɪˈnʌf] *a* достаточный; *adv* достаточно
enter [ˈentə] *v* поступать в учебное заведение; входить
envy [ˈeɪnvi] *v* завидовать; *n* зависть
epidemic [ˌepɪˈdemɪk] *n* эпидемия
equip [iˈkwɪp] *v* снаряжать, оборудовать
especially [ɪsˈpeʃəli] *adv* особенно, главным образом
evacuate [iˈvækju:et] *v* эвакуировать
evacuation [iˈvækjuˈeiʃən] *n* испражнение, очищение желудка
even [ˈi:vən] *adv* даже
evil [ˈi:vl] *n* зло
evolution [ˌi:vəˈlu:ʃən] *n* развитие, эволюция
examine [ɪgˈzæmɪn] *v* осматривать
excellent [ˈeksələnt] *a* превосходный
exercise [ˈeksəsaɪz] *v* упражнять(ся), тренировать(ся); *n* упражнение, тренировка
exhaust [ɪgˈzɔ:st] *v* истощать, изнурять, исчерпывать
exhausted [ɪgˈzɔ:stɪd] *a* истощенный, изнуренный, измученный, исчерпанный
exile [ˈeksɪl] *v* высылать, ссылать
experience [ɪksˈpɪəriəns] *n* опыт
experienced [ɪksˈpɪəriənst] *a* опытный, знающий
experient [ɪksˈperɪmənt] *n* опыт,

эксперимент
explain [ɪksˈpleɪn] *v* объяснять
explosion [ɪksˈpləʊzən] *n* взрыв
extra [ˈekstrə] *adj* сверх, вне; *a* добавочный, дополнительный; *adv* особенно
extract [ɪksˈtrækt] *v* удалять (зуб)
extrude [ɪksˈtru:d] *v* выступать, выпирать
eye [aɪ] *n* глаз
eyeball [ˈaɪbɔ:l] *n* глазное яблоко

F

face [feɪs] *n* лицо
faint [feɪnt] *v* падать в обморок; *n* обморок; *a* слабый, вялый
fainting [ˈfeɪntɪŋ] *n* обморок
fall [fɔ:l] *v* (**fell**, **fallen** [fel, ˈfɔ:lən]) падать; *n* падение; **to fall ill** заболеть
famous [ˈfeɪməs] *a* знаменитый, известный
farmer [ˈfɑ:mə] *n* фермер
fast [fɑ:st] *a* быстрый
fasten [fɑ:sn] *v* прикреплять
fat [fæt] *n* жир; *a* жирный
fatigue [fəˈti:g] *v* утомляться; *n* усталость
fear [fiə] *n* страх
feed [fi:d] *v* (**fed** [fed]) питать(ся)
feedini cup [ˈfi:dɪŋkʌp] *n* поильник
feel [fi:l] *v* (**felt** [felt]) чувствовать;
to feel dizzy [ˈdɪzi] чувствовать головокружение; **to feel good (better, bad)** чувствовать себя хорошо (лучше, плохо); **to feel smb's pulse** щупать пульс
feeling [ˈfi:lɪŋ] *n* чувство
fever [ˈfi:və] *n* жар, лихорадка
feverish [ˈfi:vərɪʃ] *a* лихорадочный
fight [faɪt] *v* (**fought** [fɔ:t]) бороться; *n* борьба
fill [fɪl] *v* пломбировать (зубы)
filling [ˈfɪlɪŋ] *n* пломба; **to put a filling** ставить пломбу, пломбировать (зуб)
finger [ˈfɪŋɡə] *n* палец (руки)
fire [ˈfaɪə] *n* костер
first aid [ˈfɜ:st ˈeɪd] первая помощь
fish [fɪʃ] *n* рыба
flame [fleɪm] *n* пламя, огонь
flat [flæt] *a* плоский, ровный; *adv* плоско
flour [ˈflaʊə] *n* мука, порошок
flow [fləʊ] *v* течь

flu [fli:] *n* грипп
fluid ['flu:ɪd] *n* жидкость, жидкая среда; *a* жидкий
flush [flʌʃ] *v* приливать к лицу (о крови), вызвать краску на лице; *n* прилив крови, румянец
flushed face покрасневшее лицо
follow ['fɒləʊ] *v* следовать
follower ['fɒləʊə] *n* последователь
fork [fɔ:k] *n* вилка
food [fu:d] *n* пища
foodstuff ['fu:dstʌf] *n* пищевой продукт, продукт питания
foot [fʊt] (*pl.* **feet** [fi:t]) *n* стопа;
flat foot плоскостопие;
footprint *n* след
force [fɔ:s] *v* заставлять, принуждать; *n* сила
forceps (*ynotrɛbl*, как *ед. ч.* и *мн. ч.*) ['fɔ:sɛps] *n* пинцет, хирургические щипцы
forehead ['fɔ:ɪd] *n* лоб
fraction ['fæksjən] *n* излом, разрыв
fracture ['fræktʃə] *n* перелом, трещина
free [fri:] *v* освобождать
freedom ['fri:dəm] *n* свобода
frequent ['fri:kwənt] *a* частый, обычный; *v* [fri:'kwənt] часто посещать
fresh [fref] *a* свежий
fright [fraɪt] *n* испуг
fruit [fru:t] *n* плод
funny ['fʌni] *a* смешной

G

game [geɪm] *n* игра
gargle ['gɑ:gl] *v* (**with**) полоскать (горло); *n* полоскание (для горла)
gauze [gɔ:z] *n* марля
general ['dʒenərəl] *a* общий; **in general** вообще
get [get] *v* (**got**) получать, доставать
get tired ['get 'taɪəd] *v* (**got**) устать, становиться усталым
give [gɪv] *v* (**gave**, **given** [geɪv, gɪvŋ]) давать
gland [glɑ:nd] *n* железа
glass [glɑ:s] *n* стекло, стакан
glasses ['glɑ:sɪz] *n* очки
globules ['glɒbjʊ:lz] *n* суппозито-

рии (шарики)
glove [glʌv] *n* перчатка
go [gəʊ] *v* (**went**, **gone** [went, gɒn]) идти, ходить; **to go to bed** ложиться спать
good [gʊd] *a* (**better**, **best**) хороший (лучше, самый лучший); полезный; **milk is good for children** молоко полезно детям
gown [gaʊn] *n* халат
graduate ['grædʒueɪt] *v* окончить учебное заведение; [grædʒuɪt] *n* окончивший учебное заведение
grain [greɪn] *n* зерно
grippe [gri:p] *n* грипп
group [gru:p] *n* группа
grow [grəʊ] *v* (**grew**, **grown** [gru:, gaʊn]) расти, становиться; **grow less** становиться меньше; **grown-up** взрослый
guard [gɑ:d] *v* защищать
gum [gʌm] *n* десна

H

habit ['hæbɪt] *n* привычка
hair [heə] *n* волосы
half [hɑ:f] *n* половина
hand [hænd] *n* кисть руки
happen ['hæpən] *v* случаться
happy ['hæpi] *a* счастливый
hard [hɑ:d] *a* усердный, сильный; *adv* крепко, настойчиво
harden ['hɑ:dn] *v* делаться твердым
harmful ['hɑ:mful] *a* вредный
hate [heɪt] *v* ненавидеть; *n* ненависть
head [hed] *n* голова
headache ['hedeɪk] *n* головная боль
health [helθ] *n* здоровье, здравоохранение
healthful ['helθful] *a* целебный
healthy ['helθi] *a* здоровый
health officer ['helθ 'ɔ:fɪsə] санитарный врач
heart [hɑ:t] *n* сердце
heartache ['hɑ:teɪk] *n* боль в сердце
heat [hi:t] *v* нагревать, накаливать; *n* тепло; **heat treatment** лечение теплом
heavy ['hevi] *a* тяжелый, сильный
help [help] *v* помогать
high [haɪ] *a* высокий
highly ['haɪli] *adv* высоко

hiking ['haiki ŋ] *n* пешеходная экскурсия
hoarse [hɔ:s] *a* хриплый, осипший
hobby ['hɒbi] *n* любимое занятие
hole [həʊl] *n* дыра, отверстие
honorary ['ɒnərəri] *a* почетный
hot [hɒt] *a* горячий, жаркий; **hot-water bottle (bag)** ['hɒt 'wɔ:tə 'bɒtl] *n* грелка
human ['hju:mən] *a* человеческий
humanity ['hju:mæniti] *n* человечество
hungry ['hʌŋɡri] *a* голодный
hurry ['hʌrri] *n* торопливость; *v* торопиться
hurt [hɜ:t] *v* (**hurt**) причинять боль; повредить; ушибить; обижать; *n* повреждение, боль; рана
hygiene ['haɪdʒi:n] *n* гигиена
hypertension [ˌhaɪpə'tenʃən] *n* повышенное кровяное давление; гипертония
hypertensive [ˌhaɪpə'tensɪv] *a* относящийся к повышенному кровяному давлению
hypochondria [ˌhaɪpə'kɒndrɪə] *n* угнетенное состояние духа
hypotension [ˌhaɪpə'tenʃən] *n* пониженное кровяное давлений
hypotensive [ˌhaɪpə'tensɪv] *a* характеризующийся пониженным кровяным давлением

I

ice-bag ['aɪsbæg] *n* пузырь со льдом
identical [aɪ'dentɪkəl] *a* одинаковый, идентичный
illness ['ɪlnɪs] *n* нездоровье; болезнь
imagine [ɪ'mædʒɪn] *v* воображать, представлять
immediately [ɪ'mi:dʒətli] *adv* немедленно
immunity [ɪ'mju:nɪti] *n* невосприимчивость к болезням, иммунитет
importance [ɪm'pɔ:təns] *n* важность, значение
important [ɪm'pɔ:tənt] *a* важный, значительный
impossible [ɪm'pɒsɪbl] *a* невозможный, невыносимый
impression [ɪm'preʃən] *n* впечатление

improve [ɪm'pru:v] *v* улучшать
include [ɪn'klu:d] *v* заключать, содержать в себе
increase [ɪn'kri:s] *v* усиливать, возрастать, увеличивать(ся)
incurable [ɪn'kjʊərəbl] *a* неизлечимый
independent [ˌɪndɪ'pendənt] *a* самостоятельный, независимый
indication [ˌɪndɪ'keɪʃən] *n* показание
indigestion [ˌɪndɪ'dʒestʃən] *n* расстройство желудка
infect [ɪn'fekt] *v* заражать
infection [ɪn'fekʃən] *n* заражение
infectious [ɪn'fekʃəs] *a* инфекционный, заразный
influenza [ˌɪnflu'enzə] *n* инфлюэнца, грипп вирусный; катар верхних дыхательных путей
infusion [ɪn'fju:ʒən] *n* настой
injection [ɪn'dʒekʃən] *n* впрыскивание, инъекция; **to give smb. an injection** делать инъекцию
injury ['ɪndʒəri] *n* рана, повреждение
inoculating needle ['ni:dəl] платиновая игла для посева микроорганизмов
inoculation [ɪnˌɔ:kju:'leɪʃən] *n* прививка
in place of [ɪn 'pleɪs əv] вместо
insect ['ɪnsɛkt] *n* насекомое
instead of [ɪn'sted əv] *adv* вместо
institution [ˌɪnstɪ'tju:ʃən] *n* учреждение
instruction [ɪn'strʌkʃən] *n* указание, предписание
interest ['ɪntrɪst] *v* интересоваться
interrupt [ɪntə'rʌpt] *v* прерывать
intramuscularly [ˌɪntrə'mʌskjuləli] *adv* внутримышечно
iodine ['aɪədi:n] *n* йод
iron ['aɪən] *n* железо
isolate ['aɪsəleɪt] *v* изолировать
itch [ɪtʃ] *n* чесотка; *v* чесаться; зудеть
itching *a* зудящий

J

jar [dʒɑ:] *n* кувшин; кружка
jaw [dʒɔ:] *n* челюсть
joint [dʒɔɪnt] *n* сустав
jou [dʒɔɪ] *n* радость

К

keenly ['ki:nli] *adv* остро, сильно
keep [ki:p] *v* (**kept** [kept]) держать, сохранять; **to keep clean** [ki:p 'kli:n] держать в чистоте (чистым); **to keep free of** ограждать, оберегать; **to keep in bed** находиться в постели; **to keep up** поддерживать, продолжать
kidney ['kidni] *n* почка
kind [kaind] *n* сорт, вид; *a* добрый, ласковый
kind-hearted ['kaind 'hɑ:tɪd] *a* добросердечный
knee [ni:] *n* колено
knife [naɪf] *n* нож
know [nou] *v* (**knew**, **known** [nju:, noun]) знать
knowledge ['nɔ:lɪdʒ] *n* знание

L

label ['leɪbl] *n* ярлык
lacerate ['læsəreɪt] *v* разрывать, раздирать; калечить
lancet ['lɑ:nsɪt] *n* ланцет
large [lɑ:dʒ] *a* большой
lash [læʃ] *n* ресница
last [lɑ:st] *v* продолжаться
later ['leɪtə] *a* сравнит. степен. от **late** более поздний; *adv* позже
laugh [lɑ:f] *v* смеяться
laughter ['lɑ:ftə] *n* смех
laxative [læksətɪv] *n* слабительное (*средство*)
lay [lei] *v* (**laid** [leɪd]) класть: положить
learn [lɜ:n] *v* (**learnt** [lɜ:nt]) узнавать; учить
lecture ['lektʃə] *v* читать лекцию; *n* лекция
left [left] *a* левый
leg [leg] *n* нога
lesion ['li:ʒən] *n* поражение
less [les] сравнит. степен. от **little** меньший
let [let] *v* (**let**) пускать; позволять; to let in впускать
lie [lai] *v* (**lay**, **lain** [lei, leɪn]) лежать
life [laɪf] *n* жизнь; **whole life** [houl] вся жизнь
light [laɪt] *v* (**lit**, **lighted** [lit, 'laɪtɪd]) зажигать, освещать
light [laɪt] *n* свет; *a* светлый, легкий

like [laɪk] *v* нравиться; *adv* подобно, как
limb [lɪm] *n* конечность
linen ['lɪnɪn] *n* бельё
liquid ['lɪkwɪd] *n* жидкость
listen ['lɪsn] *v* слушать, прослушивать; **to listen to lungs, heart** прослушивать легкие, сердце
liver ['lɪvə] *n* печень
living ['lɪvɪŋ] *a* живой
local ['loukəl] *a* местный
look [lʊk] *v* смотреть, глядеть; выгледеть; **to look after** ухаживать, присматривать; **to look for** искать
loose [lu:s] *v* освобождать; развязывать; ослаблять
lose [lu:z] *v* (**lost** [lɒst]) терять
loss [lɒs] *n* потеря
low [lou] *a* низкий
lower [louə] *a* нижний
lunch [lʌntʃ] *n* второй завтрак; *v* завтракать
lung [lʌŋ] *n* легкое

M

main [meɪn] *n* главная часть; *a* главный, основной
mainle ['meɪnli] *adv* главным образом, большей частью
make [meɪk] *v* (**made** [meɪd]) делать
manuscript ['mænʃkjʊskrɪpt] *n* рукопись
massage ['mæsɑ:ʒ] *v* массажировать; *n* массаж
match [mætʃ] *n* матч, состязание
matter ['mætə] *v* иметь значение; *n* вещество; no matter неважно (не имеет значения); it doesn't matter не имеет значения; what is the matter? в чем дело, что с вами?
meal [mi:l] *v* принимать пищу, есть; *n* принятие пищи, еда; **after meal** после еды; **before meal** до еды
mean [mi:n] *v* (**meant** [ment]) значить, иметь в виду, подразумевать
measles ['mi:zlz] *n* корь
measure ['meʒə] *n* мера, мероприятие
meat [mi:t] *n* мясо

medicine ['medsɪn] *n* медицина; терапия; лекарство
medicine dropper (pipette) [**med-sin** 'drɒpə, pɪ'pet] *n* пипетка
memory ['meməri] *n* память
mental ['mentl] *a* умственный
merry ['meri] *a* веселый
method ['meθəd] *n* метод
microbe ['maɪkrəʊb] *n* микроб
midday ['mɪdeɪ] *a* полдень
mild [maɪld] *a* слабый (*о лекарствах*); неострый, мягкий (*о человеке*)
mile [maɪl] *n* миля (=1609 м)
military ['mɪlɪtəri] *a* военный
miraculous [mɪ'rækjʊləs] *a* чудотворный, сверхъестественный
mirror ['mɪrə] *n* зеркало
mistake [mɪs'teɪk] *n* ошибка; **to be mistaken** ошибаться
mix [mɪks] *v* мешать, смешивать
mixture ['mɪkstʃə] *n* микстура
model ['mɒdl] *n* образец, модель
modern ['mɒdn] *a* современный
modesty ['mɒdɪstɪ] *n* скромность
moist [mɔɪst] *a* влажный, сырой
moisten ['mɔɪsɪn] *v* увлажнять; смачивать; становиться мокрым, сырым
monkey ['mʌŋki] *n* обезьяна
mortally ['mɔ:təli] *adv* смертельно
mouth [maʊθ] *n* рот
move [mu:v] *v* двигаться, передвигаться; переезжать
movement ['mu:vmənt] *n* движение
mumps [mʌmps] *n* свинка, паротит эпидемический
muscular ['mʌskjʊlə] *a* мышечный
mustard plaster ['mʌstəd 'plɑ:stə] *n* горчичник

N

nail [neɪl] *n* ноготь; гвоздь
name (after) [neɪm] назвать по имени
nasal ['neɪzəl] *n* носовой; **nasal drops** капли в нос
native ['neɪtɪv] *a* родной
nausea ['nɔ:sjə] *n* тошнота
neatly ['ni:tli] *adv* опрятно, аккуратно
necessary ['nesɪsəri] *a* необходимый
neck [nek] *n* шея, шейка (зуба)
need [ni:d] *v* нуждаться; *n* надоб-

ность, нужда
nerve [nɜ:v] *n* нерв
nervous ['nɜ:vəs] *a* нервный, взволнованный; nervous system ['sɪstɪm] нервная система
new-born ['nju:bɔ:n] *a* новорожденный
noise [noɪz] *n* шум
normal ['nɔ:məl] *a* нормальный, обыкновенный
nose [noʊz] *n* нос; **to have a running nose** иметь сильный насморк
nothing ['nʌθɪŋ] *pron* ничего
nourish ['nʌrɪʃ] *v* питать, кормить
nourishing ['nʌrɪʃɪŋ] *a* питательный
now [naʊ] *adv* теперь, сейчас
number ['nʌmbə] *n* количество
nurse [nɜ:s] *n* медсестра, медбрат; *v* ухаживать (за больным)
nursing ['nɜ:sɪŋ] *n* уход
nut [nʌt] *n* орех

O

oath [ouθ] *n* клятва
object ['ɔbjɛkt] *n* предмет
observation [,ɔbzə'veɪʃən] *n* наблюдение
observe [əb'zɜ:v] *v* наблюдать, замечать
offer ['ɔfə] *v* предлагать
office ['ɔfɪs] *n* служба, контора
ointment ['ɔɪntmɛnt] *n* мазь
omit [ə'mɪt] *v* пускать, не включать, пренебрегать, упускать
operate ['ɔpəreɪt] *v* оперировать, действовать; to operate on smb. for smth. оперировать кого-л. по поводу чего-л.; operating room операционная; operating table операционный стол
operation [,ɔpə'reɪʃən] *n* операция; post-operative *a* послеоперационный; pre-operative *a* дооперационный
orally ['ɔrəli] *adv* *зд*, прием внутрь
order ['ɔ:də] *n* предписание, порядок
organize ['ɔ:gənaɪz] *v* организовывать, устраивать
other ['ʌðə] *a* другой
overcome [ˌoʊvə'kʌm] *v* (**overcame**, **overcome**) побороть, превозмочь

overdosage [ˌouvə'dousidʒ] *n* передозировка
overdose [ˈouvədous] *n* слишком большая, вредная доза
P
pad [pæd] *n* мягкая прокладка
pain [peɪn] *n* боль
painful [ˈpeɪnfʊl] *a* болезненный
pair [peə] *n* пара
pale [peɪl] *a* бледный
panic [ˈpænik] *n* паника; *a* панический; *v* пугать
papyrus [pəˈpaɪərəs] *n* папирус
pass [pɑːs] *v* проходить; переходить
passer-by [ˈpɑːsəbaɪ] *n* прохожий
patent [ˈpeɪtənt] *a* патентованный
patient [ˈpeɪtənt] *n* больной, пациент, **bed patient** лежачий больной; **sitting patient** сидячий больной; **up-patient** ходячий больной; **in-patient** стационарный больной; **out-patient** амбулаторный больной; *a* терпеливый
pay [peɪ] *v* (**paid** [peɪd]) платить; **to pay attention (to)** обратить внимание
pease [piːz] *n* горох
peeling [ˈpiːlɪŋ] *n* шелушение, снятие кожуры; корка, кожа, шелуха
penicillin [ˌpenɪˈsɪlɪn] *n* пенициллин
per cent [pəˈsent] *n* процент
perish [pəˈrɪʃ] *v* погибать
permanent [ˈpɜːmənənt] *a* коренной, постоянный
personal [pəˈsnl] *a* личный
pharmacology [ˌfɑːməˈkɒldʒi] *n* фармакология
physical [ˈfɪzɪkəl] *a* физический
physician [fɪˈzɪʃən] *n* врач
physiological [ˈfɪziəˈlɒdʒɪkəl] *a* физиологический
physiologist [[ˈfɪziəˈlɒdʒɪst] *n* физиолог
picturesque [ˌpɪktʃəˈresk] *a* живописный
pill [pɪl] *n* пилюля
pillow [ˈpɪləʊ] *n* подушка
pincett [pæŋˈset] *n* пинцет
pint [paɪnt] *n* пинта (= 0,5 литра)
place [pleɪs] *n* место; *v* помещать
in place of [ɪn ˈpleɪs əv] вместо

plague [pleɪɡ] *n* чума
pleasant [pleznt] *a* приятный
pleasure [ˈpleʒə] *n* удовольствие
plenty [ˈplenti] *n* изобилие; множество; **plenty (of)** множество
pneumonia [njuːˈmɒnjə] *n* воспаление легких, пневмония
poison [ˈpɔɪzn] *n* яд; *v* отравлять
poisoning [ˈpɔɪznɪŋ] *n* отравление
poor [puə] *a* бедный; плохой
popular [ˈpɒpjələ] *a* популярный; распространенный
position [pəˈzɪʃən] *n* положение; место
posture [ˈpɒstʃə] *n* осанка, поза
pound [paʊnd] *n* фунт стерлингов
powder [ˈpaʊdə] *n* порошок
practice [ˈpræktɪs] *v* заниматься (чем-л.); *n* практика; **practice medicine** заниматься медицинской
practise [ˈpræktɪs] *v* применять, осуществлять
practitioner [præˈktɪʃənə] *n* практикующий врач
praise [preɪz] *v* хвалить
precaution [priˈkeɪʃən] *n* осторожность
prescribe [prɪsˈkraɪb] *v* прописывать (*лекарство*)
prescription [prɪsˈkrɪpʃən] *n* предписание, рецепт
present [priˈzent] *v* дарить
present [ˈprezənt] *a* присутствующий; *to be present* присутствовать
press [pres] *v* жать; нажимать; *n* надавливание
prevent [priˈvent] *v* предотвращать, предохранять; предупреждать; мешать, препятствовать
prevention [priˈventʃən] *n* предотвращение, предохранение; предупреждение
preventive [priˈventɪv] *a* предупредительный', профилактический
prize [praɪz] *n* награда
probe [prəʊb] *n* зонд
produce [prəˈdjuːs] *v* вызывать, быть причиной; производить
product [ˈprɒdʌkt] *n* продукт, результат
profession [prəˈfeʃən] *n* профессия
prolong [prəˈlɒŋ] *v* продлевать; продолжать
promise [ˈprɒmɪs] *v* обещать

prompt [prɒmpt] *a* быстрый
proper [ˈprɒpə] *a* надлежащий
prophylaxis [ˌprɒfɪˈlæksɪs] *n* профилактика
protect [prəˈtekt] *v* защищать; предохранять
protein [ˈprəʊtiːn] *n* белок
proverb [ˈprɒvəb] пословица
pulse [pʌls] *n* пульс; **to take (feel) smb's pulse** шупать пульс
pump [pʌmp] *v* накачивать, выкачивать; *n* насос
push [puʃ] *v* толкать, нажимать
put [put] *v* (**put**) класть, ставить; put away убирать; **put on** надевать

Q

quarantine [ˈkwɔərəntiːn] *n* карантин; **to put in quarantine** подвергать карантину
quick [kwɪk] *a* быстрый; *adv* быстро; quickly быстро
quietly [kwaɪətlɪ] *adv* спокойно, тихо

R

race [reɪs] *n* паса
rack [ræk] *n* штатив
radial [ˈreɪdiəl] *a* лучевой
radish [ˈrædɪʃ] *n* редиска
railway [ˈreɪlweɪ] *n* железнодорожный путь
raise [reɪz] *v* поднимать
rapid [ˈræpɪd] *a* быстрый, учащенный
rash [ræʃ] *n* сыпь, высыпание
rate [reɪt] *n* частота
rather [ˈrɑːðə] *adv* скорее, довольно
raw [rɔː] *a* сырой
react [riːˈækt] *v* реагировать; эд. осложнение
reaction [riːˈæktʃən] *n* реакция
recipe [ˈresɪpi] *n* рецепт
recover [riːˈkʌvə] *v* выздороветь
recovery [riːˈkʌvəri] *n* выздоровление
redress [riˈdres] *v* повторно перевязать рану
reduce [riˈdjuːs] *v* понижать, ослаблять, уменьшать
refuse [riˈfjuːz] *v* отказываться, отвергать; *n* отбросы
register [ˈredʒɪstə] *v* регистрировать

registry [ˈredʒɪstri] *n* регистрационная запись; журнал записей
regularity [ˌregjʊˈlærɪti] *n* правильность, регулярность
regularly [ˈregjʊləli] *adv* правильно, регулярно
relieve [riˈliːv] *v* облегчать, освобождать
remain [riˈmeɪn] *v* оставаться
remember [riˈmembə] *v* помнить, вспомнить
remind [riˈmaɪnd] *v* напоминать
remove [riˈmuːv] *v* снимать; передвигать; убирать
repeat [riˈpi:t] *v* повторять
replace [riˈpleɪs] *v* ставить или класть обратно на место
replacement [riˈpleɪsmənt] *n* замещение, замена
report-book [riˈpɔːtbʊk] *n* дневник
require [riˈkwaɪə] *v* требовать
research [riˈsiːəʃ] *n* исследование, изучение
resistance [riˈzɪstəns] *n* сопротивление, противодействие
respect [rɪsˈpekt] *v* уважать
rest [rest] *n* отдых; *v* отдыхать
restless [ˈrestləs] *a* беспокойный
restore [riˈstɔː] *v* восстанавливать, возвращать (на прежнее место)
result [riˈzʌlt] *n* результат
retell [riˈtel] *v* пересказать
rhythm [rɪðm] *n* ритм
rich [rɪtʃ] *a* богатый
rickets [ˈrɪkɪts] *n* рахит
right [raɪt] *a* верный, правильный; правый (*в противоположность левому*)
rinse [rɪns] *v* полоскать, промывать; *n* полоскание, промывание
rise [raɪz] *v* (**rose**, **risen** [rouz, rɪzn]) подниматься; *n* подъем
root [ruːt] *n* корень
round [raʊnd] *a* круглый; сутулый; **round back** сутулая спина
rub [rʌb] *v* тереть
rude [ruːd] *a* грубый
rule [ruːl] *n* правило
run-down [ˈrʌndaʊn] *a* усталый, истощенный; **be (feel) rundown** быть (чувствовать себя) усталым
running [ˈrʌnɪŋ] *n* течение, выделение; **running nose** обильные выделения из носа; **running water** [ˈrʌnɪŋ ˈwɔːtə] струя воды

S

safeguard [ˈseɪfɡɑ:d] *n* охрана
salt [sɔ:lt] *n* соль
sanatorium [sənəˈtɔ:riəm] *n* санаторий
sausage [ˈsɔ:sɪdʒ] *n* колбаса
save [seɪv] *v* спасать
scalpel [ˈskælpəl] *n* скальпель
scar [skɑ:] *n* шрам
scarlet [ˈskɑ:lɪt] *a* алый; *n* алый цвет
scarlet fever [ˈskɑ:lɪt ˈfɪvə] *n* скарлатина
science [ˈsaɪəns] *n* наука
scientist [ˈsaɪəntɪst] *n* ученый
scissors [ˈsi:zəz] *n* ножницы
scratch [skrætʃ] *v* чесать(ся); *n* царапина
screen [skri:n] *n* экран, щит
search [sə:tʃ] *v* обыскивать; *n* поиск
secure [siˈkjʊə] *a* надежный прочный
sedative [ˈsedətɪv] *n* успокаивающее, снотворное средство
seem [si:m] *v* казаться
semi-solid [ˈsemi ˈslɪd] *a* полутвердый
send [send] *v* (**sent**) посылать, отправлять
separate [ˈsepəreɪt] *a* отдельный
serious [ˈsiəriəs] *v* серьезный
serve [sə:v] *v* служить
service [ˈsɜ:vɪs] *n* служба
set [set] *n* набор
several [ˈsevrəl] *a* несколько
severe [siˈviə] *a* резкий, сильный; жестокий, тяжелый
shake [ʃeɪk] *v* (**shook**, **shaken** [ʃʊk, ˈʃeɪkn]) взбалтывать
shallow [ˈʃæləʊ] *a* поверхностный
sheet [ʃi:t] *n* простыня
shiver [ˈʃɪvə] *v* дрожать, знобить; **he shivered** его знобило
shock [ʃɔ:k] *n* шок
shoulder [ˈʃouldə] *n* плечо
shower [ˈʃaʊə] *n* душ
sick [sɪk] *a* больной, чувствующий тошноту; **I am sick of** мне надоело
side [saɪd] *n* бок, сторона
side-effect [ˈsaɪd ɪˈfekt] *n* побочное явление; побочное действие
sign [saɪn] *n* знак, признак
simple [ˈsɪmpl] *a* простой

situated [ˈsɪtʃueɪtɪd] *a* расположенный; **to be situated** быть расположенным
size [saɪz] *n* размер
skin [skɪn] *n* кожа, покров
slave [sleɪv] *n* раб
slide [slɑɪd] *n* предметное стекло
slight [slɑɪt] *a* слабый; тонкий, хрупкий
slow [sləʊ] *a* медленный; **slowly** [ˈsləʊli] *adv* медленно
smallpox [ˈsmɔ:lpɒks] *n* оспа
smell [smel] *n* запах
smile [smɑɪl] *n* улыбка; *v* улыбаться
smoke [sməʊk] *n* дым; *v* курить
smooth [smu:ð] *a* гладкий
sneeze [sni: z] *v* чихать; *n* чиханье
soap [səʊp] *n* мыло; *v* намыливать, мылить
soft [sɔft] *a* мягкий
soluble [ˈsɔljubl] *a* растворимый
solution [səˈljʊ:ʃən] *n* раствор, решение
solve [sɔlv] *v* решать, разрешать
sore [sɔ:] *a* большой; болезненный; воспаленный; *n* язва (кожи), нарыв, болячка, рана; **sore mouth** стоматит; **sore throat** воспаление миндалин; ангина, тонзиллит
soul [səʊl] *n* душа
source [sɔ:s] *n* исток, источник
special [ˈspeʃəl] *a* специальный, особенный
spit [spɪt] *v* плевать(ся); **to spit out** сплюнуть
splint [splɪnt] *n* шина
sponge [spʌndʒ] *n* губка
spoon [spu:n] *n* ложка
spot [spɒt] *n* пятно, крапинка
spread [spred] *v* (**spread**) распространяться; *n* распространение
sprinkle [ˈsprɪŋkl] *v* брызгать; *n* небольшое количество (**of**)
staff [stɑ:f] *n* персонал, штат
stage [steɪdʒ] *n* этап, период, стадия
stamp [stæmp] *n* марка
stand [stænd] *v* (**stood** [stʊd]) стоять
state [steɪt] *n* состояние; *v* сформулировать
stay [steɪ] *v* оставаться; *n* пребывание; опора
sterile [ˈsteraɪl] *a* стерильный

sticking plaster ['stɪkɪŋ 'plɑ:stə] *n* лейкопластырь (липкий пластырь)
stitch [stɪtʃ] *n* стежок, шов
stomach ['stʌmək] *n* желудок, живот
stout [staut] *a* тучный
strength [streŋθ] *n* сила;
strengthen [streŋθən] *v* усиливать, укреплять
stretcher ['stretʃə] *n* носилки
strip [stri:p] *v* раздевать, снимать;
strip to the waist раздеться до пояса
strong [strɒŋ] *a* сильный; крепкий; здоровый
structure ['strʌktʃə] *n* структура
subject ['sʌbdʒɪkt] *n* предмет
substitute ['sʌbstɪtju:t] *v* заменять
successful [sək'sesfʊl] *a* удачный, успешный
such [sʌtʃ] *a* такой
suffer ['sʌfə] *v* страдать, переживать
sugar ['ʃʊgə] *n* сахар
sulfa drugs ['sʌfə 'drʌgz] сульфамидные препараты
sulfonamide ['sʌlfənə'maɪd] *n* сульфаниламидные лекарства
sunstroke ['sʌnstroʊk] *n* солнечный удар
superficial [ˌsju:prə'fi:ʃəl] *a* поверхностный
supervision [ˌsju:prə'vɪzən] *n* наблюдение, надзор
suppository [sə'pɒzɪtəri] *n* суппозиторий (свеча)
sure [ʃʊə] *a* верный; to be sure (от) быть уверенным в
surface ['sɜ:fɪs] *n* поверхность
surgery ['sɜ:dʒəri] *n* хирургия; приемная врача (кабинет)
surgeon ['sɜ:dʒən] *n* хирург
surgical ['sɜ:dʒɪkəl] *a* хирургический
surround [sə'raʊnd] *v* окружать
swab [swɒb] *n* тампон
swallow ['swɒləʊ] *v* глотать, проглатывать; *n* глоток
sweat [swet] *v* потеть; *n* пот, испарина
n плавание; **swimming-pool** [pu:l] бассейн
swollen ['swʊlənd] *part. II* *om*

swelling ['swɒlɪŋ] *n* опухоль
swell опухший
swim [swɪm] *v* (**swam, swum** [swæm, swʊm]) плавать; **swimming**
symptom ['sɪmptəm] *n* симптом; признак
syringe ['sɪrɪndʒ] *n* шприц
T
table-spoonful ['spu:nfʊl] *n* столовая ложка
tablet ['tæblɪt] *n* таблетка
take [teɪk] *v* (**took, taken** [tuk, 'teɪkn]) брать; **to take off** снимать; **to take care** [кеə] (**of**) заботиться, ухаживать
talk [tɔ:k] *v* разговаривать
tall [tɔ:l] *a* высокий
task [tɑ:sk] *n* задача, задание
taste [teɪst] *n* вкус
TB ['ti: 'bi:] *сокращ.* туберкулез
tea-spoonful *n* чайная ложка; **to take a tea-spoonful of medicine** принимать лекарство по чайной ложке
team [ti:m] *n* спортивная команда; бригада
teeth [ti:θ] *n* зубы
tell [tel] *v* (**told** [tould]) сказать, рассказать
temperature ['temprɪtʃə] *n* температура; **to take one's (the) temperature** измерять температуру
temporary ['tempərəəri] *a* временный
thank [θæŋk] *v* благодарить
therapeutic [ˌθerə'pjʊ:tɪk] *a* терапевтический
thermometer [θə'mɔ:mitə] *n* градусник
thin [θɪn] *a* тонкий, худощавый
think [θɪŋk] *v* (**thought** [θɔ:t]) думать
thousand ['θaʊzənd] *num* тысяча
throat [θrəʊt] *n* горло, гортань, глотка
through [θru:] *adv* через; to be **through** закончить с чем-л.
thumb [θʌm] *n* большой палец (руки)
tight [taɪt] *a* плотный; *adv* крепко;
tightly ['taɪtli] **крепко**
tincture ['tɪŋkʃə] *n* настойка, тинктура
tire ['taɪə] *v* утомлять(ся); устать; **to be tired** быть усталым

title ['taɪtl] *n* заглавие, название
toe [toʊ] *n* палец ноги
toilet ['tɔɪlɪt] *n* (амер.) уборная, туалет; одевание
tomato [tə'mɑ:tou] *n* помидор
tongue [tʌŋ] *n* язык
tonsil ['tɒnsɪl] *n* миндалевидная железа; **to have tonsils out** удалять миндалины
tooth [tu:θ] *n* зуб; **toothache** ['tu:θeɪk] *n* зубная боль
torture ['tɔ:tə] *v* пытать
touch [tʌtʃ] *v* (при)касаться, трогать
towel ['tauəl] *n* полотенце
treat [tri:t] *v* лечить; **treatment** ['tri:tmənt] *n* лечение, уход; **home treatment** лечение дома; **hospital treatment** лечение в больнице
trouble ['trʌbl] *n* повреждение, расстройство; *v* беспокоить; **What troubles you?** Что вас беспокоит?
try [traɪ] *v* пытаться, стараться
tuition [tju:'ɪʃən] *n* обучение
turn [tɜ:n] *v* поворачивать(ся), превращаться; *n* перемена, очередь
twice [twɑɪs] *adv* дважды, вдвое
type [taɪp] *n* тип
typhoid ['taɪfɔɪd] *n* брюшной тиф; *a* тифозный
typhus ['taɪfəs] *n* сыпной тиф

У

unconscious [ʌn'kɒnʃəs] *a* бессознательный
undergo [ˌʌndə'gəʊ] *v* (**underwent** **undergone**) подвергнуться, переносить; **to undergo an operation** подвергнуться операции
understand [ˌʌndə'stænd] *v* (**understood** [ˌʌndə'stʊd]) понимать
uniform ['ju:nɪfɔ:m] *n* форма; форменная одежда
unpleasant [ʌn'plezənt] *a* неприятный
until [ʌn'tɪl] *prep* до
unwell [ʌn'wel] *a* нездоровый
unwise [ʌn'waɪz] *a* глупый, неблагоразумный
upper ['ʌprə] *a* верхний

use [ju:z] *v* употреблять; [ju:s] *n* употребление
useful ['ju:sfʊl] *a* полезный
usually ['ju:ʒuəli] *adv* обычно

V

valve [vælv] *n* клапан
variety [və'raɪəti] *n* разнообразие
various [və'ɪəriəs] *a* различный
vein [veɪn] *n* вен *a*
vegetable ['vedʒɪtəbl] *n* овощ; *a* растительный
virus ['vaɪərəs] *n* фильтрующий вирус
vomit ['vɒmɪt] *v* рвать; *n* рвота;
vomiting ['vɒmɪtɪŋ] *n* рвота
voyage ['vɔɪdʒ] *n* путешествие (по морю)

W

waist [weɪst] *n* талия; *эд.* пояс
wait [weɪt] *v* ждать
want [wɒnt] *u* хотеть; **want of food** голод
ward [wɔ:d] *n* палата; **ward nurse** палатная сестра; **ward round** обход палат
watch [wɒtʃ] *v* наблюдать
water ['wɔ:tə] *n* вода; *v* мочить, смачивать
way [weɪ] *n* путь, дорога; **in such a way** таким образом
weak [wi:k] *a* слабый,
wealth [welθ] *n* богатство
wear [weə] *v* (**wore**, **worn** [wɔ:, wɔ:n]) носить (*одежду*), быть одетым (*во что-л.*)
weight [weɪt] *n* вес
well [wel] *adv* (**better**, **best**) хорошо, лучше, лучше всего; *a* здоровый; **I am well** я здоров;
Well *int.* Ну! (*выражает согласие, ожидание и т. п.*). **Well, now tell me about it** Ну, теперь расскажи...
well-equipped [i'kwɪpt] *a* хорошо оборудованный
wet [wet] *v* мочить, смачивать; *a* мокрый
wheeled bed ['wi:ld'bed] *n* каталка
while [waɪl] *n* время; *adv* пока; **a while** немного
whitten ['waɪtən] *v* белить
whooping cough ['hu:pɪŋ 'kɒf] *n* коклюш

widely ['waɪdli] *adv* широко
win [wɪn] *v* (**won** [wʌn]) побеж-
дать
wise [waɪz] *a* мудрый
without [wɪ'ðaʊt] *prep* без
wonderful ['wʌndəfʊl] *a* замеча-
тельный, удивительный
work over [wɜ:k 'oʊvə] *v* перераба-
тывать
worry ['wʌrɪ] *v* волноваться; *n*
волнение, беспокойство
wound [wu:nd] *n* рана, ранение; *v*
ранить

write [raɪt] *v* (**wrote**, **written** [rɔʊt,
'rɪtɪn]) писать
write down ['raɪt 'daʊn] *v* записы-
вать
wrong [rɒŋ] *a* неправильный,
ошибочный **X-ray** *n* (обычно во
мн. ч.) рентгеновские лучи; *v*
просвечивать рентгеновскими
лучами
X-ray plate, picture (photograph)
рентгеновский снимок
Y
yeast [ji:st] *n* дрожжи
youth [ju:θ] *n* юность, молодость,
молодежь; юноша

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