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# Unit 2 | I am a Nurse



**Text A:**

Roles of the Nurse

**Text B:**

Excerpt of *Notes on Nursing*

**Extended Reading:**

Registered Nurse

## Text A



### Warm-up

Deal with unfamiliar words and expressions. Match the words in column A with the meanings in column B.

#### Column A

1. therapeutic effect
2. caregiver
3. professional education
4. communication skill
5. nursing diagnosis
6. well-being of individual
7. vital sign
8. Advanced Practice Nurse
9. critical illness
10. Registered Nurse
11. therapeutic interventions
12. nursing care
13. rehabilitation nursing
14. health education
15. nurse assesses

#### Column B

- a. 专业教育
- b. 个体的安康
- c. 治疗效果
- d. 康复护理
- e. 提供照护者
- f. 护理服务
- g. 高级护士
- h. 治疗性干预
- i. 生命体征
- j. 健康教育
- k. 注册 / 执照护士
- l. 沟通技巧
- m. 护理评估
- n. 护理诊断
- o. 危重症疾病



### Roles of the Nurse

Nurses devote their time and energy to the improvement of human health. It is their commitment, integrity and art of healing that make the world different. In the past, the principal role and function of nurses was to provide care and comfort. However, changes in nursing have expanded to increased emphasis on health promotion and illness prevention.

The role of caregivers is basic to the nursing profession. Each member of the nursing team is given specific function or tasks to complete or provide care for all patients. As a caregiver, the nurse *assesses* patient resources, strengths and weaknesses, coping behaviors, and the environment to optimize the problem-solving and self-care abilities of the patient and family. The nurse plans therapeutic interventions in

collaboration with the patient, physician, and other healthcare providers. The required nursing actions may involve full care for the completely dependent patient, partial care for the partially dependent patient, and supportive educative care to assist patients in attaining their highest possible level of health.

The important responsibility of a nurse is to make accurate and appropriate clinical decisions. As clinical decision maker, the nurse uses critical thinking skills throughout the nursing process to provide effective care. Before undertaking any nursing action, whether it is assessing the patient's condition, giving care, or evaluating the results of care, nurses must make sense of what can be learned about a patient, by reflecting on previous knowledge and experience, listening to other caregivers' views, identifying the nature of patient's problems and selecting the best approach for improving the patient's health.

Communication facilitates all nursing actions. Effective communication is a basic factor of all helping professions, including nursing. Communication plays a role in every action the nurse undertakes. The quality of a nurse's communication is an important factor in nursing care. The nurse must be able to communicate clearly and accurately in order for a patient's health care needs to be met. Clear communication is vital to give care effectively, make decisions with patients and families, protect patients from threats to health, coordinate and manage patient care, assist the patient in rehabilitation, offer comfort, or teach. The quality of communication is a critical factor in meeting the needs of individuals, families and communities. Nurses identify patient problems, plan and then communicate these verbally and/or in writing to other members of the health team. These nursing interventions are implemented, and the nurse document them on the patient's record. Nurse communicates to other health care personnel about the nursing interventions planned and implemented for each patient.

Patient education is a major aspect of nursing practice and an important independent nursing function. As an educator, the nurse helps patients learning about the health and health care procedures they need to restore or maintain health, such as self-activities. The teaching process has four phases: assessing, planning, implementing, and evaluating, which can be viewed as same to the parts of nursing process. Multiple factors have increased the need nurses to serve as educators. There is a new emphasis on health promotion and health maintenance rather than on treatment of disease; as a result, people desire and require more knowledge. Shortened hospital stays mean that the patient must be prepared to manage convalescence at home.

Nurses have always been advocating for patient's right. This role is increasingly emphasized, because of patients' changing expectations and demands. Actions to play

this role include informing, supporting, and mediating. Advocacy requires that nurse inform patients and then support them in their decisions. Nurses must recognize that patients have the right to make their own decisions. Through teaching and counseling, the nurse is able to give the patient the information needed in making decisions about health care. For example, the nurse may provide additional information for a patient and families who are trying to decide whether or not to accept a treatment.

Nursing research is a way to identify new knowledge, improve professional education and practice. Nursing research focuses on the ways individuals and families maintain, promote or restore their health, and examine the process of adaptation to life situations, and the caring for the well-being of individuals.



### New Words



<b>commitment</b>	[kə'mitm(ə)nt]	<i>n.</i>	承诺, 保证; 委托
<b>integrity</b>	[in'tegriti]	<i>n.</i>	完整; 正直; 诚实; 廉正
<b>caregiver</b>	['keəgɪvə(r)]	<i>n.</i>	照料者, 护理者
<b>assess</b>	[ə'ses]	<i>vt.</i>	评定; 估价
<b>optimize</b>	['ɒptimaɪz]	<i>vt.</i>	使最优化, 使完善
<b>therapeutic</b>	[,θerə'pjʊ:tɪk]	<i>adj.</i>	治疗的; 治疗学的
<b>intervention</b>	[ɪntə'venʃ(ə)n]	<i>n.</i>	干涉, 干预, 介入
<b>collaboration</b>	[kələ'bɒ'reɪʃn]	<i>n.</i>	合作
<b>physician</b>	[fɪ'zɪʃ(ə)n]	<i>n.</i>	医师; 内科医师
<b>healing</b>	['hi:lɪŋ]	<i>adj.</i>	能治愈的
		<i>n.</i>	康复
<b>accurate</b>	['ækjərət]	<i>adj.</i>	精确的
<b>appropriate</b>	[ə'prəʊpɪeɪt]	<i>adj.</i>	适当的; 恰当的; 合适的
<b>identify</b>	[aɪ'dentɪfaɪ]	<i>vt.</i>	确定; 鉴定; 识别
<b>facilitate</b>	[fə'sɪlɪteɪt]	<i>vt.</i>	促进; 帮助; 使容易
<b>undertake</b>	[ʌndə'teɪk]	<i>vt.</i>	承担, 保证; 从事
<b>coordinate</b>	[kəʊ'ɔ: dɪneɪt]	<i>vt.</i>	调整; 整合
<b>rehabilitation</b>	['ri:hə'bɪlɪ'teɪʃən]	<i>n.</i>	复原, 康复

<b>individual</b>	[,indi'vidʒuəl]	<i>n.</i>	个人, 个体
<b>implement</b>	['implim(ə)nt]	<i>vt.</i>	实施, 执行
<b>maintenance</b>	['meintənəns]	<i>n.</i>	维护, 保持
<b>desire</b>	[di'zaiə]	<i>vt.</i>	想要; 要求; 希望得到……
<b>convalescence</b>	[,kɒnvə'lesns]	<i>n.</i>	恢复期, 康复期; 逐渐康复
<b>advocate</b>	['ædvəkeɪt]	<i>vt.</i>	提倡, 主张, 拥护
<b>mediate</b>	['mi:dieɪt]	<i>vt.</i>	调停; 传达



### Phrases and Expressions

<b>devote...to</b>	将……奉献给
<b>emphasis on</b>	着重于; 对……的强调
<b>critical thinking</b>	评判性思维
<b>responsibility of</b>	……的责任
<b>whether...or</b>	无论……还是……
<b>make a sense of</b>	搞清楚……意思, 理解, 明白
<b>play a role</b>	起作用, 扮演角色
<b>rather than</b>	而不是, 除了



### Notes

1. The required nursing actions may involve full care for the completely dependent client, partial care for the partially dependent patient, and supportive educative care to assist patients in attaining their highest possible level of health. 护理工作包括对完全依赖型的患者提供全面护理, 为部分依赖型的患者提供部分护理, 通过支持性教育护理帮助患者尽可能达到最高水平的健康状态。

**注释:** involve 牵涉、包含, 在本句中它带三个宾语, 分别是 full care for……, partial care for……, 和 supportive educative care to... ; their highest possible level 有可能的最高水平。

2. Before undertaking any nursing action, whether it is assessing the patient's condition, giving care, or evaluating the results of care, nurses must make sense of... 在采取任何护理行动之前, 无论是评估病人的状态, 提供护理, 或评价护理的结果, 护士必须搞清楚……

**注释:** 在此句中, whether it is assessing the patient's condition, giving care, or evaluating the results of care 作插入语, 对 any nursing action 作解释说明, 其中 whether...or..... 表示“无论是……还是……”, 相当于例举说明, 其中的 it 指代前面的 any nursing action, assessing、giving、evaluating 作并列表语, assess 表示“评定, 估算”, 其名词形式为 assessment; evaluate 表示“评价”, 其名词形式为 evaluation。

3. Multiple factors have increased the need nurses to serve as educators. 多种因素增加了护士作为教育者的需要必要性。

**注释:** 此句中, multiple 表示“多个的, 多重的”, “multi”是一个常见的前缀, 表示“多的, 多个的”, 如 multicultural 多元文化, multinational 多国的, 跨过的。



## Exercises

Task 1 Choose the best answer to each question.

- ( ) 1. Which of the following statement is not true according to the text?
- A. Nurses make contribution to improving human health.
  - B. At present, the main role and function of nurses is to provide care and comfort.
  - C. It is nurses' commitment, integrity and art of healing that make the world different.
  - D. There is a new emphasis on health promotion and health maintenance rather than on treatment of disease.
- ( ) 2. Which of the following words is the closest in meaning to “assess” (Paragraph 2)?
- A. evaluate
  - B. explain
  - C. elaborate
  - D. exchange
- ( ) 3. What may the required nursing actions involve?
- A. Providing full care for the completely dependent patient.
  - B. Providing partial care for the partially dependent patient.
  - C. Providing supportive educative care
  - D. All of the above.
- ( ) 4. \_\_\_\_\_ helps patients learning about the health and health care procedures they need to restore or maintain health.
- A. Making accurate and appropriate clinical decisions.



- B. Effective communication.
- C. Patient education.
- D. Considerate nursing.

( ) 5. What can we learn from this article?

- A. Though nurses devote their time and energy in their work, patients still think doctors are more important than nurses in hospital.
- B. Nurses have always been advocating for patient's right, so they can make all the decisions for their patients.
- C. Health promotion and illness prevention are important for everyone.
- D. The dying patients do not have the right to make their own decisions in hospital.

Task 2 Fill in the blanks with the proper words or phrases given below, changing the forms if necessary.

<b>devote</b>	<b>make a difference</b>	<b>identify</b>	<b>whether or not</b>	<b>facilitate</b>
<b>play a role</b>	<b>put emphasis on</b>	<b>rather than</b>	<b>desire</b>	<b>involve</b>

1. I tried to \_\_\_\_\_ her perfume.
2. China \_\_\_\_\_ important \_\_\_\_\_ in the world economy.
3. Shall we go for a walk \_\_\_\_\_ watch television?
4. Having a balanced diet can really \_\_\_\_\_.
5. They'll find out the truth, \_\_\_\_\_ you tell it to them.
6. We \_\_\_\_\_ the friendly relation between the people of all countries.
7. Mary decided to \_\_\_\_\_ the rest of her life to scientific research.
8. The new airport will \_\_\_\_\_ the development of local tourism.
9. Don't \_\_\_\_\_ yourself in unnecessary dispute.
10. It is no longer \_\_\_\_\_ for adult children to live with their parents.

Task 3 Translate the following sentences into English.

1. 护士把自己的时间和精力都奉献给了促进人类健康。(devote)

\_\_\_\_\_

2. 作为一名照护提供者，护士需评估病人的健康状况和自我照顾的能力。(assess)

\_\_\_\_\_

3. 护理人员必须掌握全面的专业知识和文化知识，才能满足工作需要。(nursing)

\_\_\_\_\_

4. 我会让杰克恢复健康，但可能需要一点时间。(restore)

\_\_\_\_\_

5. 她将辅助你完成手术。(assist)

---

6. 护士的重要职责是做出正确和适当的临床决策。(responsibility)

---

7. 健康促进和健康维持已经取代疾病治疗成为护理工作的新重点。(treatment)

---

8. 每一个病人都有知晓自己病情的权利。(have the right to)

---

9. 护士在评估他的病情后支持他放弃治疗的决定。(support)

---

10. 我们如何能理解这样的事? (make sense of)

---



### Language in Use

1. whether...or 表示“是……还是……；不管……还是……”。

**用法:** 1. whether...or 作为连词，后面加动词不定式，表示“是……还是……”。

2. whether...or 还可引导让步状语从句，表示“不管……”，可以放在句首，也可以放在句末。

**例句:** I don't know whether to go or come.

我不知道是去还是来。

Whether he drives or takes the train, he'll be here on time.

不管他是开车还是乘火车，他都可以按时到达。

**练习:**

1) 不管下雨还是刮风，我们都将走路去上班。

---

2) 她是同意还是拒绝，我都不会感到高兴。

---

2. rather than 表示“宁愿……；是……而不是……；与其……不如……”。

**用法:** 1. 与 would 连用时，构成“would rather...than...”句式，表示“宁愿……而不愿……”，表示主观愿望，即在两者之中选择其一。

2. rather than 不与 would 连用时，表示客观事实，表示“是……而不是……；与其……不如……”。它连接的并列成分可以是名词、代词、形容词、介词(短语)、动名词、分句、不定式、动词等。当 rather than 连接两个名词或代词做主语时，谓语动词应与 rather than 前面的名词或代词在人称和数上保持一致。rather than 后接不定式时，不定式可以带 to，也可以不带 to，但 rather than 位于句首时，则

只能接不带 to 的不定式。

例句: The sweater she bought was beautiful rather than cheap.

与其说她买的这件羊毛衫便宜不如说它漂亮。

He would rather watch TV at home than go to the cinema.

他宁可在家看电视也不愿去看电影。

练习:

1) 她宁愿一枪打死自己也不愿违背自己的原则。

---

2) 我决定写信而不是打电话。

---

## Text B



### Warm-up

Deal with unfamiliar words and expressions. Match the words in column A with the meanings in column B.

#### Column A

1. negative attitude
2. bed-sore
3. Infectious disease
4. suffer pain
5. deficient in fresh air
6. venture to take medicine
7. reparative process
8. pretend to understand
9. administration of diet
10. symptoms

#### Column B

- a. 修复过程
- b. 膳食管理
- c. 假装理解
- d. 压疮、褥疮
- e. 消极态度
- f. 症状
- g. 新鲜空气摄入不足
- h. 忍受疼痛
- i. 传染性疾病
- j. 冒险吃药



### Excerpt of *Notes on Nursing*

If, then, every woman must at some time or other of her life, become a nurse, i. e., have charge of somebody's health, how immense and how valuable would be the produce of her united experience if every woman would think how to nurse. I do not pretend to teach her how, I ask her to teach herself and for this purpose I venture to give her some hints.

—FLORENCE NIGHTINGALE

#### Disease a Reparative Process

Shall we begin by taking it as a general principle—that all disease, at some period or other of its course, is more or less a reparative process, not necessarily accompanied with suffering: an effort of nature to remedy a process of poisoning or of decay, which has taken place weeks, months, sometimes years beforehand, unnoticed, the termination of the disease being then, while the antecedent process was going on, determined?

#### Of the Sufferings of Disease, Disease Not Always the Cause

In watching diseases, both in private houses and in public hospitals, the thing which

strikes the experienced observer most forcibly is this, that the symptoms or the sufferings generally considered to be inevitable and incident to the disease are very often not symptoms of the disease at all, but of something quite different—of the want of fresh air, or of light, or of warmth, or of quiet, or of cleanliness, or of punctuality and care in the administration of diet, of each or of all of these. And this quite as much in private as in hospital nursing.

The reparative process which nature has instituted and which we call disease, has been hindered by some want of knowledge or attention, in one or in all of these things, and pain, suffering, or interruption of the whole process sets in.

If a patient is cold, if a patient is feverish, if a patient is faint, if he is sick after taking food, if he has a bed-sore, it is generally the fault not of the disease, but of the nursing.

#### **What Nursing Ought to Do**

I use the word nursing for want of a better. It has been limited to signify little more than the administration of medicines and the application of poultices. It ought to signify the proper use of fresh air, light, warmth, cleanliness, quiet, and the proper selection and administration of diet—all at the least expense of vital power to the patient.

#### **Open Windows**

I know an intelligent humane house surgeon who makes a practice of keeping the ward windows open. The physicians and surgeons invariably close them while going their rounds; and the house surgeon very properly as invariably opens them whenever the doctors have turned their backs. To attempt to keep a ward warm at the expense of making the sick repeatedly breathe their own hot, humid, putrescing atmosphere is a certain way to delay recovery or to destroy life.

#### **Without Chill**

With a proper supply of windows, and a proper supply of fuel in open fire-places, fresh air is comparatively easy to secure when the patient or patients are in bed. Never be afraid of open windows then. People don't catch cold in bed. This is a popular fallacy. With proper bed-clothes and hot bottles, if necessary, you can always keep a patient warm in bed, and well ventilate him at the same time.

To have the air within as pure as the air without, it is not necessary, as often appears to be thought, to make it as cold. In the afternoon again, without care, the patient whose vital powers have then risen often finds the room as close and oppressive as he found it cold in the morning. Yet the nurse will be terrified, if a window is opened.

#### **Health of Houses**

There are five essential points in securing the health of houses: 1. Pure air; 2. Pure

water. 3. Efficient drainage. 4. Cleanliness. 5. Light. Without these, no house can be healthy. And it will be unhealthy just in proportion as they are deficient.

### Infection

We must not forget what, in ordinary language, is called “Infection”—a thing of which people are generally so afraid that they frequently follow the very practice in regard to it which they ought to avoid. True nursing ignores infection, except to prevent it. Cleanliness and fresh air from open windows, with unremitting attention to the patient, are the only defence a true nurse either asks or needs.

### Petty Management

All the results of good nursing, as detailed in these notes, may be spoiled or utterly negated by one defect, viz, in petty management. It is as impossible in a book to teach a person in charge of sick how to manage, as it is to teach her how to nurse. Circumstances must vary with each different case. But it is possible to press upon her to think for herself: Now what does happen during my absence? I am obliged to be away on Tuesday. But fresh air, or punctuality is not less important to my patient on Tuesday than it was on Monday. Or at 10 P. M. I am never with my patient; but quiet is of no less consequence to him at 10 than it was at 5 minutes to 10.

It has been said and written scores of time that every woman makes a good nurse. I believe, on the contrary, that the very elements of nursing are all but unknown. By this I do not mean that the nurse is always to blame. Bad sanitary, bad architectural, and bad administrative arrangements often make it impossible to nurse. But the art of nursing ought to include such arrangements as alone make what I understand by nursing, possible.

The art of nursing, as now practiced, seems to be expressly constituted to unmake what God had made disease to be, that is, a reparative process.



### New Words



<b>reparative</b>	['repərətɪv]	<i>adj.</i>	修缮的, 赔偿的, 弥补的
<b>suffering</b>	['sʌfərɪŋ]	<i>n.</i>	受苦, 苦难, 令人痛苦的事
<b>symptom</b>	['sɪmptəm]	<i>n.</i>	症状, 征兆
<b>hinder</b>	['hɪndə(r)]	<i>v.</i>	阻碍, 妨碍
<b>signify</b>	['sɪgnɪfaɪ]	<i>vt.</i>	表示……的意思; 意味; 预示
		<i>vi.</i>	具有重要性, 要紧; 辱骂
<b>ward</b>	[wɔ: d]	<i>n.</i>	病房, 病室, 保卫

<b>invariably</b>	[ɪn'veəriəbli]	<i>adv.</i>	总是, 不变地
<b>recovery</b>	[rɪ'kʌvəri]	<i>n.</i>	恢复, 复原, 痊愈
<b>secure</b>	[sɪ'kjʊə(r)]	<i>adj.</i>	安全的; 牢固的; 有把握的
		<i>vt.</i>	保护; (使) 获得; 担保
		<i>vi.</i>	获得安全, 承担, 安全
<b>fallacy</b>	[ˈfæləsi]	<i>n.</i>	谬误, 错误
<b>ventilate</b>	[ˈventɪleɪt]	<i>vt.</i>	使通风; 通风; 公开;
<b>oppressive</b>	[ə'presɪv]	<i>adj.</i>	沉重的; 压迫的; 沉闷的
<b>terrify</b>	[ˈterɪfaɪ]	<i>vt.</i>	使恐怖; 使惊吓; 威胁
<b>drainage</b>	[ˈdremɪdʒ]	<i>n.</i>	排水, 防水; 排水系统; 排走物
<b>infection</b>	[ɪn'fekʃn]	<i>n.</i>	[医] 传染, 感染; 传染病; 影响
<b>ignore</b>	[ɪg'nɔ: (r)]	<i>vt.</i>	忽视, 不顾
<b>spoil</b>	[spɔɪl]	<i>vi.</i>	变质; 腐败; 掠夺;
		<i>vt.</i>	损坏, 糟蹋; 溺爱坏, 宠坏(孩子)等
<b>punctuality</b>	[ˌpʌŋktɪ'ʊæləti]	<i>n.</i>	严守时间; 正确; 规矩
<b>sanitary</b>	[ˈsænətəri]	<i>n.</i>	公共厕所
		<i>adj.</i>	清洁的; 卫生的



### Phrases and Expressions

accompany with	陪伴, 伴随
at the expense of	以……为代价
in regard to	关于
in charge of	负责, 主管, 照料
be obliged to	不得不, 只得, 必须



### Notes

1. If, then, every woman must at some time or other of her life, become a nurse, i. e., have charge of somebody's health, how immense and how valuable would be the produce of her united experience if every woman would think how to nurse. I do not pretend to teach her how, I ask her to teach herself and for this purpose I venture to give her some hints. 那么, 如

果说每一个女人在她的人生中不时地要扮演护士的角色，也就是照顾他人的健康，那么一位对护理工作比较了解的妇女的经验总结就将是非常重要的，也是非常有价值的。我不会装腔作势地教她们如何做，我将要求她们自己教会自己。为此，我想大胆地给予她们一些建议。

**注释：**at some time or other of her life = at some time or other time of her life, 在她生命的某个时间或其他时间里，她一生中时不时地；have charge of 承担、主管；united experience 联合经验，综合的经验，united 有联合的，一致的意思，如 united effort 联合行动；give sb. hints 给某人提示 / 暗示。

2. The reparative process which nature has instituted and which we call disease, has been hindered by some want of knowledge or attention, in one or in all of these things, and pain, suffering, or interruption of the whole process sets in. 大自然安排好的这个修补过程我们把它称为疾病。由于我们知识上的匮乏，或者因为我们没有注意到其中某个因素或所有因素、缺乏对疼痛和难受的关注，亦或我们打断了修复的完整进程，自然修复的过程因此受到阻碍。

**注释：**句子核心是 the reparative process has been hindered by... ; which nature has instituted 和 which we call disease 两个定语从句对 the reparative process 进行修饰，其中 institute 可以理解为构建、创立、设置；妨碍的因素有三个，都由介词 by 引导：by some want of knowledge, (by some want of) attention 和 (by) interruption of...，因为缺乏知识、因为缺乏关注、或因为打断，其中，关注的对象有：one of these things, all of these things, pain, suffering。

3. I use the word nursing for want of a better. It has been limited to signify little more than the administration of medicines and the application of poultices. 我用“护理”这个词来表示希望更好。它不仅限于安排服药和擦药。

**注释：**use...for... 用……做……，用于……；it has been limited to... 一直以来它被局限在……；little more than 仅仅是，和……无差别 / 一样。



## Exercises

Task 1 Choose the best answer to each question.

( ) 1. Why did Nightingale write this book?

A. To get people's praise.



- B. To make you want to be a nurse.
  - C. To explain how to nurse.
  - D. To entertain you with a story about herself.
- ( ) 2. According to Nightingale, what does nursing mean?
- A. The administration of medicines and the application of poultices.
  - B. The proper use of fresh air, light, warmth, cleanliness, quiet.
  - C. The proper selection and administration of diet.
  - D. All of the above.
- ( ) 3. Which of the following words is the closest in the meaning to “fallacy” (paragraph 7)?
- A. misjudgment
  - B. perception
  - C. tendency
  - D. phenomenon
- ( ) 4. How many factors should be included in securing the health of houses?
- A. Four.
  - B. Five.
  - C. Six.
  - D. Seven.
- ( ) 5. Which of following statement is not true?
- A. The reparative process which nature has instituted and which we call disease has been hindered.
  - B. Once insure that the air in a house is stagnant, and sickness is certain to follow.
  - C. Stop up every cranny and keep a hot-house heat when the patient is in bed.
  - D. True nursing ignores infection, except to prevent it.

**Task 2 Translate the following sentences into Chinese.**

1. If a patient is cold, if a patient is feverish, if he is sick after taking food, it is generally the fault not of the disease, but of the nursing.

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2. To attempt to keep a ward warm at the expense of making the sick repeatedly breathe their own hot, humid, putrescing atmosphere is a certain way to delay recovery or to destroy life.

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3. This is a popular fallacy.

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4. There are five essential points in securing the health of houses.

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5. We must not forget what, in ordinary language, is called "Infection".

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6. True nursing ignores infection, except to prevent it.

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7. Circumstances must vary with each different case.

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8. Bad sanitary, bad architectural, and bad administrative arrangements often make it impossible to nurse.

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9. The art of nursing ought to include such arrangements as alone make what I understand by nursing, possible.

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10. The art of nursing seems to be expressly constituted to unmake what God had made disease to be, that is, a reparative process.

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## Extended Reading

### Registered Nurse

#### What is a Registered Nurse?

A Registered Nurse (RN) is a nurse who has graduated from a nursing program and met the requirements outlined by a country, state, province or similar licensing body to obtain a nursing license. An RN's scope of practice is determined by legislation, and is regulated by a professional body or council.

Registered nurses are employed in a wide variety of professional settings, and often specialize in a field of practice. They may be responsible for supervising care delivered by other healthcare workers, including student nurses, licensed practical nurses, unlicensed assistive personnel, and less-experienced RNs.

Registered nurses must usually meet a minimum practice hours requirement and undertake continuing education to maintain their license. Furthermore, there is often a requirement that an RN remain free from serious criminal convictions.

#### What are Registered Nursing Jobs Like?

Every registered nursing job will be unique depending on where you're working, and what type of unit or setting you're in. An ER nurse might have a more fast-paced day assisting with many emergency cases, while a hospice nurse will focus more on quality of life care for just a few patients in their final months. Registered nurses in hospitals sometimes work longer, non-traditional work shifts (evenings, nights, weekends), while school nurses or those in a physician's office may have steadier hours.

Being a registered nurse is physically and emotionally demanding work. There is no national standard when it comes to nurse-to-patient ratio, which is determined largely by the type of nursing. For instance, medical-surgical units typically staff one RN for every 4-6 patients during the day shift, and one for every 6-10 patients during the night shift, according to Academy of Medical Surgical Nurses.

As mentioned, registered nurses don't always work in hospitals. They can also work in nursing homes, medical offices, or clinics, or provide home health care, serve as military nurses, or work as school nurses.



Many registered nurses choose to specialize in one or more areas of patient care, and specialization usually means an increase in compensation. Some paths to career advancement require RNs to earn certifications or complete some type of continuing education; other promotions come with experience. Common registered nurse specialties can be related to work setting or type of treatment (e. g. critical care nurse); disease, ailment, or condition (e. g. oncology nurse); organ or body system type (e. g. cardiac or orthopedic nurse); or population (e. g. pediatric or geriatric nurse).

#### **What is the Career Outlook for a Registered Nurse?**

One of the main reasons becoming a registered nurse appeals to many people—aside from the opportunity to care for others—is that it has excellent job security. There were 2. 7 million registered nurses employed in the U. S. in 2014. That number will grow to 3. 19 million by 2024, according to projections (BLS). That’s an increase of 16 percent, faster than average for most occupations.

In fact, the number of registered nurses may be even greater than projected by 2024—as of January 2016, there were already 3. 13 million registered nurses working in the U. S., according to a report from the Kaiser Foundation. California leads the way as the state with the most employed registered nurses at 296, 659, followed by Texas and Florida.

As for earning potential, the top 5 states with the highest-paid RNs are as follows (via the BLS). These numbers represent annual mean wages.

- California: \$98, 400
- Hawaii: \$88, 230
- Massachusetts: \$85, 770
- Alaska: \$85, 740
- Oregon: \$82, 940

The median annual salary for registered nurses was \$69, 500 per year as of May 2015, according to the Bureau of Labor Statistics (BLS.) The lowest 10 percent earned less than \$46, 360, and the highest 10 percent earned more than \$101, 360 for 2015.

A registered nurse’s salary depends on a number of factors including their level of expertise and areas of specialization and their education. For example, a nurse with a Bachelor of Science in Nursing (BSN) will make more than one with an Associate Degree in Nursing (ADN). Other factors that affect salary include experience as a nurse, location, and the type of facility they work in. Therefore, a registered nurse working at an elite big city research hospital in a special unit will likely earn more than an RN working in a nursing home in a small town. But, in fairness, the cost of living in a large city is likely higher than a small town as well.

Becoming a registered nurse requires a lot of hard work and dedication, but as most working RNs will tell you, the career rewards and personal fulfillment are worth the effort.