

南華大學 102 學年度 碩士班 招生考試試題卷

系所組別：自然醫學研究所

科目編號：E-1

科目：英文

試題紙第 1 頁共 4 頁

Answer all questions based on what is stated or implied in the following passages. Choose the best or most appropriate answer.

I. Read the following passage: (30%) [每題5分]

New research suggests the herbal medicine St John's Wort could be a suitable alternative for treating depression. It is estimated that as many as one in five people suffer from the condition at some point in their life. At the moment, GPs prescribe drugs like Prozac and Seroxat which more than 500,000 people in UK are believed to be using.

5 St John's Wort is an herb taken from a bright yellow star-shaped flower. It comes in capsules, as a liquid or a tea bag. It's been used for decades as an alternative medicine for people with stress or depression. It can be bought over the counter in health food shops on the high street.

10 This study into how effective the herb is as a treatment was carried out in Munich, Germany. It involved nearly 5,500 people who were all suffering from some form of depression, ranging from mild to severe. The researchers compared the effects of St John's Wort with a placebo, and a wide range of old and new anti-depressants.

15 Dr Klaus Linde, who led the study, said: "Overall, the St John's Wort extracts tested in the trials were superior to placebo, similarly effective as standard anti-depressants, and had fewer side effects." Doctors think it works because the herb keeps serotonin, a chemical which makes you happy, in the brain for longer. Dr Linde added: "Using St John's Wort extract might be justified, but products on the market vary considerably." There has been a push for herbal alternatives for depression because the number of prescriptions for drugs like Prozac is continuing to go up. Last year, GPs wrote out 16 million prescriptions, a 10% increase on the year before.

20 The Department of Health says one in 10 under-18s suffers from depression or anxiety and there are worries about giving pills to that age group. However, Prozac is recommended for teenagers with severe depression because it's thought the benefits outweigh any potential side effects. NHS drug advisors say therapy should be the first course of treatment, especially among young people. GPs argue the waiting list to see a therapist is too long and many patients need drugs while having this counseling.

25 The Department of Health says they will be training up more therapists to meet increasing demand. So could this research lead to GPs prescribing herbal alternatives instead of drugs? The National Institute of Clinical Excellence (Nice) is the organization that advises the NHS on what drugs they should consider for treatment.

30 They say the only people suffering from mild depression should consider taking St John's Wort. They advise GPs not to prescribe it. The concern is over how it reacts with other drugs such as the contraceptive pill. There are reported effects such as dizziness, tiredness and hair loss, although these have not been proven.

35 The advice to under-18s is to avoid it completely as there's not enough evidence on its effectiveness and side effects. However, a spokesperson told Newsbeat: "We are reviewing our advice on how to treat depression amongst young people next year. "We welcome all research into medication and would consider this research as long as it is robust." (Excerpted from "Taking herbs 'helps depression'" October 8, 2008.)

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試題紙第 2 頁共 4 頁

1. This passage is mainly about _____.
(A) treatment for severe depression
(B) side effects of drugs
(C) herbal medicine for treating depression
(D) the side effects of St John's Wort
2. The word "placebo" in line 10 means _____.
(A) an inactive substance (B) a drug (C) an herb (D) an illness
3. According to the above passage, _____.
(A) John's Wort is more effective than anti-depressant drugs in treating depression
(B) St John's Wort is similar to placebo in treating depression
(C) Teenagers should take St John's Wort for depression
(D) St John's Wort is recommended for patients with mild depression
4. The word "robust" in line 35 means _____.
(A) ability to withstand chemical challenges
(B) ability to withstand natural challenges
(C) ability to withstand physical challenges
(D) ability to withstand intellectual challenges
5. It can be inferred from the above passage that _____.
(A) There is no research indicating that St John's Wort is effective against depression.
(B) An increasing number of patients are using anti-depressant drugs every year.
(C) St John's Wort is not suitable for elderly patients suffering from depression.
(D) The side effects of St John's Wort are well documented.
6. According to the passage, which one of the following is wrong? _____.
(A) Doctors should prescribe St John's Wort as an alternative to anti-depressants.
(B) St John's Wort has fewer side effects than commonly used anti-depressant drugs.
(C) Doctors should prescribe anti-depressant drugs to teenagers with severe depression.
(D) Ten percent of under-18s suffer from depression.

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試題紙第 3 頁共 4 頁

II. Read the following passage: (30%) [每題5分]

Jean Harris likes to show people her left hand. "I can move all my fingers pretty well now, except my thumb," the 69-year-old patient said proudly. "It's like a miracle." After an automobile accident last October in which her left arm was severely injured, she feared she would lose much of her independence.

5 A similar change has taken place for Vivian Delgani, 40, who has a rare muscle disorder, eosinophilia myalgia syndrome. "I had lost the ability to do anything with my hands," she said, holding them up and wiggling her fingers. "But look at me now."

10 The miracle Ms. Harris and Ms. Delgani were speaking of is horticulture therapy, a type of physical therapy for patients suffering from strokes, paralysis, muscle disorders and other serious ailments. Both women regained a significant amount of their lost skills by growing and caring for plants in a greenhouse in the Rusk Institute of Rehabilitation Therapy at the New York University Medical Center in Manhattan.

15 The hospital, which has one of the first and most extensive horticulture therapy programs in the country, recently added new outdoor gardens with paved walks and wheelchair-accessible flower beds. The \$250,000 gardens and the 32-year-old greenhouse were built with money donated by Enid A. Haupt, the philanthropist. The new gardens at the hospital are filled with more than a hundred varieties of flowers, trees, shrubs, vines and ground cover.

20 "Horticulture therapy gives patients the incentive to work motor skills without really realizing they are doing it," said Nancy Chambers, the program's director. "In addition, they meet people with similar injuries and disorders, receive peer support and feel a sense of community."

Pat Williams, the horticultural therapist, says gardening as part of a larger therapy program has a positive effect. "Gardening really helps these people who are sick or have accidents get back their maximum degree of independence," he said. "The nonhospital environment wins them over."

25 The greenhouse is a lush jungle of banana trees, orchids, cactuses, bonsai trees, and rows of wheelchair-level trays of new seedlings and transplants. "The garden is like paradise for patients here," said William Lowry, whose left side was paralyzed by a stroke in 1988. "Horticulture therapy was a lifesaver for me. I have seen patients come in down to the garden very depressed, and by the time they leave, they have a smile." And like Mr. Lowry, now a volunteer, some patients have trouble leaving when their therapy is completed. (*Excerpted from The New York Times "Garden is the therapist at rehabilitation center" 23 May, 1991*)

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7. This passage is mainly about _____.
(A) gardening (B) growing plants (C) horticultural therapy (D) accident injuries
8. According the passage, which one of the following is wrong? _____.
(A) Horticultural therapy can be carried out in indoor and outdoor environments.
(B) Improving motor skills is an important part of horticultural therapy.
(C) Horticultural therapy is not suitable for patients in wheelchairs.
(D) Horticultural therapy is suitable for patients with physical disorders.

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試題紙第 4 頁共 4 頁

9. The word "wiggling" in line 7 means _____.
(A) to jiggle (B) to move slowly (C) to wave (D) to hold still
10. It can be inferred from the passage that _____.
(A) Patients usually work by themselves during the horticultural therapy session.
(B) Regaining one's independence is an important part of recovery.
(C) It is difficult to convince patients to join the horticultural therapy program.
(D) Growing flowers is the main activity in horticultural therapy.
11. According to the passage, which one of the following is correct? _____.
(A) Both women mentioned in the passage did not recover well from their ailments.
(B) An important part of horticultural therapy is the sense of companionship that patients feel.
(C) Caring for plants is not an important part of horticultural therapy.
(D) Only certain types of plants are suitable for horticultural therapy.
12. The word "lush" in line 24 means _____.
(A) large (B) colorful (C) sparse (D) flourishing

III. Link each word in the left column with its correct meaning provided in the right column: (40%) [每題5分]

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| 13. prognosis | _____ | A. a form of cell death |
| 14. chiropractic | _____ | B. persistent or long-lasting |
| 15. clinical | _____ | C. related to the heart |
| 16. diagnosis | _____ | D. a forecasting of the probable course and outcome of a disease |
| 17. syndrome | _____ | E. identification of a disorder |
| 18. apoptosis | _____ | F. disorders of the musculoskeletal system |
| 19. coronary | _____ | G. a group of signs distinctive of a condition |
| 20. chronic | _____ | H. based on observations and treatment |