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[https://www.100test.com/kao\\_ti2020/220/2021\\_2022\\_\\_E5\\_A4\\_A7\\_E5\\_AD\\_A6\\_E8\\_8B\\_B1\\_E8\\_c82\\_220687.htm](https://www.100test.com/kao_ti2020/220/2021_2022__E5_A4_A7_E5_AD_A6_E8_8B_B1_E8_c82_220687.htm) TextA famous surgeon tells about the importance of self-confidence from his own experience. The Making of a Surgeon How does a doctor recognize the point in time when he is finally a "surgeon"? As my year as chief resident drew to a close I asked myself this question on more than one occasion. The answer, I concluded, was self-confidence. When you can say to yourself, "There is no surgical patient I cannot treat competently, treat just as well as or better than any other surgeon" - then, and not until then, you are indeed a surgeon. I was nearing that point. Take, for example, the emergency situations that we encountered almost every night. The first few months of the year I had dreaded the ringing of the telephone. I knew it meant another critical decision to be made. Often, after I had told Walt or Larry what to do in a particular situation, I'd have trouble getting back to sleep. I'd review all the facts of the case and, not infrequently, wonder if I hadn't made a poor decision. More than once at two or three in the morning, after lying awake for an hour, I'd get out of bed, dress and drive to the hospital to see the patient myself. It was the only way I could find the peace of mind I needed to relax. Now, in the last month of my residency, sleeping was no longer a problem. There were still situations in which I couldn't be certain my decision had been the right one, but I had learned to accept this as a constant problem for a surgeon, one that could never be completely resolved -

and I could live with it. So, once I had made a considered decision, I no longer dwelt on it. Reviewing it wasn't going to help and I knew that with my knowledge and experience, any decision I'd made was bound to be a sound one. It was a nice feeling. In the operating room I was equally confident. I knew I had the knowledge, the skill, the experience to handle any surgical situation I'd ever encounter in practice. There were no more butterflies in my stomach when I opened up an abdomen or a chest. I knew that even if the case was one in which it was impossible to anticipate the problem in advance, I could handle whatever I found. I'd sweated through my share of stab wounds of the belly, of punctured lungs, of compound fractures. I had sweated over them for five years. I didn't need to sweat any more. Nor was I afraid of making mistakes. I knew that when I was out in practice I would inevitably err at one time or another and operate on someone who didn't need surgery or sit on someone who did. Five years earlier - even one year earlier - I wouldn't have been able to live with myself if I had had to take sole responsibility for a mistake in judgment. Now I could. I still dreaded errors - would do my best to avoid them -- but I knew they were part of a surgeon's life. I could accept this fact with calmness because I knew that if I wasn't able to avoid a mistake, chances were that no other surgeon could have, either. This all sounds conceited and I guess it is - but a surgeon needs conceit. He needs it to encourage him in trying moments when he's bothered by the doubts and uncertainties that are part of the practice of medicine. He has to feel that he's as good as and probably better than any other surgeon in the world. Call it conceit -

call it self-confidence. whatever it was, I had it. NEW

WORDSsurgeon n. doctor who performs operations 外科医

生self-confidencen. 自信心making n. means of gaining success 成

功之道residentn. 住院医师concludevt. arrive at a belief or opinion

by reasoning 得出结论surgical a. of, by, or for surgery 外科的；手

术的competentlyad. with the necessary skill 称职地；胜任

地competenta. nearvt. approach. come closer toemergencyn.

sudden and dangerous happening needing immediate action 紧急情况

；急症encountervt. be faced with (difficulties, danger, etc.). meet

unexpectedly 遭到；意外地遇见dread vt. fear greatly 畏

惧criticala. important at a time of danger and difficulty 紧要的；关

键性的particulara. belonging to some one person, thing, or

occasion 特定的casen. instance of disease or injury 病

例infrequentlyad. seldom. not often relaxvi. become less tense 放

松relaxationn. residencyn. the last stage of a doctors training at a

hospital 高级专科住院实习（期）constant. happening all the

time. unchanging 不断的；始终如一的resolvevt. solve 解

决resolutionn. considereda. carefully thought out 经过深思熟虑

的dwellvi. live (in a place) 居住bound a. very likely. certain 一定的

，必然的sound a. correct. based on good judgment 正确的，合理的

的confidenta. sure of oneself and ones abilities 自然的confidencen.

handlevt. manage, deal with 处理butterflyn. 蝴蝶abdomenn. belly

腹（部）anticipatevt. see beforehand 预期anticipationn. sweatn.

汗vi. 流汗stabn. thrust made with a pointed weapon 刺；戳bellyn.

肚，腹部puncturevt. make a small hole in (sth.) with sth. pointed

刺穿compounda. having more than one part 复合的fracturen.

break in a bone 骨折 compound n. 复合性骨折 inevitably ad. 不可避免地  
unavoidably 不可避免地 inevitable a. 不可避免的  
err vi. make mistakes. do wrong  
operate vi. perform a surgical operation 动手术 surgery n. 外科 ; 外科手术  
sole a. unshared. one and only 唯一的  
responsibility n. 责任 ; 责任心  
avoid vt. escape. keep or get away from 避免  
conceit a. having too high an opinion of oneself 自负的  
conceit n. too high an opinion of oneself  
trying a. hard to endure or bear. very difficult 难受的 ; 恼人的  
bother vt. annoy, trouble 烦扰 , 麻烦  
uncertainty n. uncertain condition. doubt  
PHRASES & EXPRESSIONS  
draw to a close come to an end 结束  
live with learn to accept (sth. unpleasant). tolerate 学会 ; 适应 ; 容忍  
dwell on think, write, or speak a lot about 老想着 ; 详述 ; 强调  
(be) bound to (do) (be) certain to (do) 一定..., 必然...  
in practice (医师, 律师等) 在开业中. 在实践中  
butterflies in the stomach feelings of nervousness 忐忑不安  
open up cut open 切开, 给... 开刀  
in advance ahead of time 预先, 事前  
at one time or another sometime or other 早晚  
sit on delay taking action on. do nothing about 拖延. 搁置  
PROPER NAMES  
Nolen 诺兰 (姓氏) Walt 沃尔特 (男子名 Walter 的昵称)  
Larry 拉里 (男子 Lawrence 的昵称) 100Test 下载频道开通 , 各类考试题目直接下载。详细请访问  
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