

DIAL 911

Joan E. Lloyd
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EIHŌSHA

DIAL 911

by

Joan E. Lloyd and Edwin B. Herman

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c/o Jane Rotrosen Agency LLC, New York
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PRINTED IN JAPAN

はしがき

本書はアメリカの Joan E. Lloyd と Edwin B. Herman の共著、*DIAL 911* (1995) から興味深い話を抜粋し、NOTES と EXERCISES をつけたものです。911 (nine-one-one または nine-eleven) はアメリカの警察、消防署、救急車の緊急呼び出し番号で、日本の 110 番、119 番に相当するものです。タイトルの *DIAL 911* は「911 をダイヤルせよ」という意味です。

DIAL 911 は救急車の救急隊員 (Emergency Medical Technician, EMT) の必死の救助活動と救助される患者の様子を描いたもので、実話に基づいたものです。話の内容もいろいろですが、尊厳死とか、リビングウィルなどの難しい問題を扱った話も出てきます。著者の Joan E. Lloyd は 9 年ほど救急隊員の経験があり、Edwin B. Herman も 20 年の救急隊員としての経験があって、主として彼らの救急隊員としての経験から印象深かった出来事が原著には数多くまとめられています。本書はこれらの出来事から各章 3~4 ページ程度で、14 の話を収録していますが、それぞれの話は独立したものになっています。また、それぞれの話は実話にはなっていますが、救急隊の名前や地名、患者の名前などは変えられています。このうち、中心となる救急車隊の名前は Fairfax Volunteer Ambulance Corps (FVAC) になっています。Fairfax は架空の地名ですが、この救急隊の名前の中に Volunteer とあるように、本書の話に出てくる救急隊員は volunteer として救急の仕事を行なっている人々です。つまり本業は他にあつて、その本業も学校の教師、ガソリンスタンドの店員、スーパーの店員などいろいろです。この volunteer で働く救急隊員の制度はアメリカの東部だけにあるシステムで、アメリカのそれ以外の地域にはありません。アメリカの東部ではこの volunteer による救急隊員の他に、給料をもらっている正規の救急隊員がいます。ついでに言うと、アメリカではたいていの所では、救急車の世話になった患者は自分が受けた救急サービスの種類に応じて料金を支払わなければなりません。請求書は患者が加入している医療保険会社に送られることとなります。患者が 65 歳以上の場合にはアメリカの医療保険制度の 1 つである Medicare を利用することとなります。

本書ではアメリカの救急活動についてくわしく書いてありますが、別にアメリカの救急活動について知ることが本書の目的ではありません。本書の目的の1つは、アメリカ人が日常的に使っている常識程度の医療関係の表現を学ぶことです。例えば、「おなかをこわしている」を英語で何と言うか、など、この程度の簡単な医療関係の英語です。本書に出てくる医療関係の用語は専門的なものではなく、普段アメリカ人が使っている程度のもので、本書のあと1つの目的は、現代英語の表現を学ぶことです。本書の英語は現在アメリカの日常生活で使われている現代アメリカ英語です。著者の1人のJoan E. Lloydは現在作家をしているだけあって、英語の文体もなかなか洗練されていて、読みごたえのある英語になっています。

本書のEXERCISESはAが本文の内容に関するTrue/False問題、Bが日本語を英語に直す問題で、これらの英語は本文に出ている簡単な語(句)で、しかも比較的よく使われる語(句)です。Cも日常、比較的よく使われる表現で、本文に出てくる簡単で、しかも応用度のある重要な構文の空欄を補う問題です。このB,Cは簡単な問題ですが、復習と再確認の意味であえて出しています。

最後に著者について触れておきます。著者の1人のJoan E. Lloydは50歳で、現在はfull-timeの作家をしています。以前は学校の教師やcomputer systemsの専門家をしていて、volunteerの救急隊員として、9年ほどEMTとして救急車に乗った経験があります。Lloydは現在応急処置(first aid)と心肺蘇生法(cardiopulmonary resuscitation, CPR)をアメリカ赤十字とアメリカ心臓協会のために教え、EMT coursesの州認定のinstructorとcoordinatorをしています。Lloydは現在ニューヨーク州に在住です。もう1人の著者のEdwin B. Hermanは55歳で、以前は学校の教師やresearch scientistをしていて、現在はbiotechnology research newsletterを編集し、発行しています。Hermanは20年間volunteerとして救急隊員の仕事に携わって来ています。Hermanもまた州認定のEMT coursesのinstructorとcoordinatorをしていて、現在も自宅の近くの救急車隊や消防署のrescue squadでvolunteerとして働いています。

2000年秋

編注者

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1. A Baseball Injury

In a town like Fairfax, with five elementary schools, all named for presidents, a large middle school, and an equally large high school, we can count on at least one sports-related injury a week during baseball, football, basketball, and soccer seasons.

Most of our younger patients are wonderful in a crisis. They try 5 their best to be strong and cooperative, especially when the other members of their team are watching. I remember an eleven-year-old boy I picked up at a middle school baseball game.

We arrived in back of Fairfax Middle School and approached a group of uniformed players standing around a boy in full catcher's 10 "body armor" lying in the dirt at home plate. Another group of players stood nearby, all dressed in the Fairfax navy and white. "What happened?" I asked no one in particular. I assumed that anyone who had some information would answer.

"He got hit," one boy said. 15

"Don't tell," another muttered. "He'll get in trouble."

"We gotta tell. She's a paramedic."

"I'm an EMT and I don't know what trouble he'd get into but I've got to know what happened."

"Nothing," the injured boy answered, trying to stand up. I knelt 20

and put my hands on the boy's shoulders to keep him from standing up before I knew what was going on.

"I'm fine," the boy continued. He looked at one of the other boys. "Did we win?" His voice was steady, but his hands shook.

5 "We will," said a redheaded boy with his cap and a baseball mitt in his hands. "We're in the fifth inning and we're leading seven to two. But don't worry about the score. You just get well." He snuffled, trying not to let any of his teammates see how upset he was.

I turned to one of the men standing around the supine boy. "Can
10 any of you tell me what happened?"

"He was warming up our relief pitcher without his mask."

Another man chimed in. "Robby's got one hell of a fastball." He motioned toward the redhead, then turned back to my patient. "I'm afraid that Chuck got it right in the face."

15 I looked over the boy's face carefully. There was a round, bright-red mark in the exact center of his forehead and the area was starting to swell. I gently palpated the area of the injury and found no sign of depressed skull fracture. But that didn't mean that there was no serious head injury.

20 "You'd better take head stabilization," I said to Tom Franks. Any head trauma violent enough to cause an injury that obvious might have done serious head and neck damage. "You're lucky," I said to the boy on the ground. "The ball didn't hit you in the nose or mouth, and there seems to be no cosmetic damage. You'll be just as gorgeous
25 as before you got hit." While Tom took the boy's head between his palms, I asked Fred Stevens to get the collar bag and a longboard. "Your name's Chuck?" I asked.

"Yes, ma'am," he answered.

“Do you remember getting hit?”

“Hit with what?” he asked.

“I gather you got hit in the face with a baseball.”

“I did?” He looked at one of the other players.

“It wasn’t my fault,” Robby said. “I didn’t mean to hit you.” 5

“I’m sure Chuck knows that,” I said.

“Did we win?” Chuck asked again.

“It’s the fifth inning, Chuck,” Robby said. “But we’re winning seven-two.”

Although his speech was clear and not slurred, I wasn’t happy about 10 his level of consciousness. He wasn’t “all there.”

“Okay, Chuck,” I said, “we’re going to take you over to the hospital and let them examine you.” I looked around. “Does someone have parental consent so we can get him taken care of at the hospital?”

“I have,” one of the men said. “I’ll go with him. I’m the coach.” 15

“Can someone notify his parents?”

“We’re from Miller’s Pond,” the coach said. “It took us almost two hours to get here by bus. I hate to worry his folks when they’re so far away.”

“His parents will need to talk to the emergency room doctor so 20 they can discuss whatever treatment is necessary. Maybe you can call them from the hospital.” Fred returned with the collar bag and board. “Chuck,” I said, getting the boy’s attention, “we’re going to put a collar on you to remind you not to move your head.”

“Okay.” He looked at Robby. “Did we win?” 25

“We’re winning,” one of the boys answered impatiently.

“Why does he keep doing that?” Robby asked.

“He got his bell rung,” Fred answered. “I used to play football and

this kind of thing happened to me several times.”

“Is he okay?” Robby asked.

“I think he’s going to be fine,” Fred answered. “And we’ll get him checked out at the hospital just to be sure.”

5 We finished putting a rigid cervical collar around his neck, then carefully rolled Chuck onto the longboard. As we lifted him, he asked again, “Did we win?”

“Why does he keep asking the same question over and over?” the coach asked.

10 “He is having trouble with short-term memory,” I answered. “He’s concerned about the game and so he asks about the score. The problem is that he doesn’t remember the answer or even that he already asked the question, so he asks again a few minutes later.”

“Are you sure he’s going to be okay?”

15 “Let’s get him to Fairfax Hospital and they’ll examine him, maybe do an X ray.” We put Chuck, on the backboard, onto the stretcher and lifted him into the rig. On the way to the hospital, he asked about the game several more times.

We were delayed at the hospital so that by the time we left they
20 had finished taking X rays of Chuck’s head and neck. They had discovered that, although he had a concussion and they were going to keep him overnight for observation, there was no indication of serious injury. I found out later that Chuck’s team had, indeed, won.

NOTES

Page Line

- 7 1 **Fairfax** 「フェアファックス」 架空の地名。本書では関係者のプライバシーを守るため、地名、人名、団体名などの固有名詞の名前は変えてある。Fairfax は大都市から約 50 マイルのところにあるベッドタウン (bed-room community) という設定になっている。
- named for** = named after. name for はアメリカ英語起源の語句。
- 7 **I remember ...** “I” はこの本の著者の 1 人で、救急隊員である Joan [dʒóun] E. Lloyd という 50 歳の女性。
- 9 **Fairfax Middle School** 「フェアファックス中等学校」 実名ではない。middle school はアメリカでは 11 歳から 14 歳までの子供が通う学校。小学校 (elementary school) の高学年と中学校 (junior high school) を含む。
- 10- **in full catcher’s “body armor”** 「完全なキャッチャー防具をつけた」
- 15 **got hit** 「ぶつけられた」 get + 過去分詞で受動態。
- 17 **gotta** = got to = have got to = have to.
- a paramedic** 「パラメディック」 paramedic は普通の救急隊員よりもさらに救急の教育と訓練を受けた救急医療士。CPR などは普通の EMT でも行なうが、点滴、救急医薬品の投与 (administration)、患者の呼吸を助けるために気道に管を挿入する (intubate) ことなどは EMT ではなく、paramedic が行なう。paramedic になるには国の認定が必要。従って、EMT が paramedic とは限らない。Fairfax Volunteer Ambulance Corps では 19 人の隊員のうち、paramedic は 1 人しかいない。本文のこの行の救急隊員は paramedic ではない。
- 18 **an EMT** 「救急隊員」「救急救命士」 EMT = Emergency Medical Technician. EMT の複数形は EMTs [ìèmtí:z].
- 8 13 **then** then の前に and が省略されている。then が「それから」というふうには順序を意味する場合、直前の and は省略される場合が多い。本書ではこの箇所を含めて、約 17 箇所での and が省略されている。
- 17 **palpated** 「触診した」「さわってみた」
- 18 **depressed skull fracture** 「くぼんだ頭蓋骨折」
- 20 **“You’d better take head stabilization”** 「首を安定させて下さい」
Tom Franks 救急隊員で、Fairfax の John Adams Elementary School の教師をしている。25 歳。
- 21 **head trauma** 「頭部の外傷」 trauma は一般的には激しい行為による外傷や毒物を体内に取り込んだことによる損傷。
- 24 **cosmetic damage** 「顔の外観を損うような損傷」

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- 8 26 **Fred Stevens** 救急隊員で, Fairfax で電気技師をしている. 42 歳.
the collar bag 「カラーバッグ」首を固定する装具(カラー)を入れたバッグ.
a longboard 「ロングボード」長さ約 180 cm, 幅約 90 cm の木の板製. 患者の体を固定するためや患者の体を持ち上げるために使う. longboard はまた backboard や long spineboard とも呼ばれている.
- 9 11 **He wasn't "all there."** 「彼は頭が少しおかしかった。」 He wasn't all there. は He wasn't very intelligent and slightly crazy. というのを婉曲的に言った口語的表現.
- 20 **the emergency room doctor** 「救急部の医師」
- 24 **put a collar** 「カラーをつける」
- 28 **"He got his bell rung"** 「はっきりとは思いつけないんだ」 ring a bell は漠然と記憶にあるが, 何であるかはっきりとは思いつけない状態を意味する informal expression.
- 10 5 **a rigid cervical collar** 「堅い頸部(のど)カラー」プラスチック製の装具.
then この語の前に and が省略されている.
- 15 **Fairfax Hospital** 「フェアファックス病院」実名ではない.
- 16 **the backboard** 「バックボード」longboard とも言う. p. 8, l. 26 の注を参照.
- 17 **the rig** 「車」救急車をさす.

EXERCISES

A. 次の各文が本文の内容と合っていれば **T (True)** を, 合っていないならば **F (False)** を記入しなさい.

1. In Fairfax, all elementary schools, a middle school and a high school are named for presidents. ()
2. A group of naval officers were also participating in the baseball game. ()
3. The catcher was lying flat on his back with his face upwards. ()
4. Robby was a relief pitcher. ()

5. The ambulance was late in arriving at the hospital. ()
6. After the injured boy was transported to the hospital, the baseball game was resumed. ()

B. 本文の英語を参考にして、英語に直しなさい。

1. クスunksンいわせる(鼻を) ()
2. 取り乱した ()
3. 加わる(話に) ()
4. 腫れる ()
5. 骨折 ()
6. 手のひら ()
7. 意識 ()
8. 検査する ()
9. 担架 ()
10. 一晩中 ()

C. 本文の英語を参考にして、()内に英語を1語書き入れなさい。

1. We arrived () back of Fairfax Middle School.
2. We're () the fifth inning and we're leading seven () two.
3. He got hit () the face () a baseball.
4. We can get him () care of at the hospital.
5. We'll () him checked out at the hospital just to be ().
6. He is having trouble () short-term memory.
7. He's concerned () the game.
8. By the time we left they had finished () X rays of his head.
9. He () a concussion.
10. We're going to take you () to the hospital.

2. A Soccer Injury

Some of our young patients are very difficult to deal with.

We had been called to the field behind the middle school for a soccer injury. When we arrived, we found a thirteen-year-old girl, lying on the ground, surrounded by a group of other girls.

5 “What happened?” I asked.

“She fell, twisted her knee, and then I fell over her,” a young girl with long brown braids answered, sniffing. “I must have kicked her because she didn’t move for a long time.” The girl had clean marks made by rivulets of tears down her filthy cheeks.

10 I bent down and spoke to the groggy girl, lying in the dirt. “Hi, my name’s Joan. What’s yours?”

“Shelly,” she said.

“Well, Shelly, how do you feel?”

15 “My knee is killing me. And the side of my head hurts behind my ear where Trish kicked me.” She closed her eyes and seemed to drift off.

“Okay,” I said, treating her as if she could hear everything I said, “let me have a look at you.”

I palpated her entire body and looked for deformities. Her knee
20 was slightly swollen and a bit discolored, but other than that, she

seemed to be fine. For a second time I palpated her entire face and skull and the back of her neck. There was no indication of any head or neck injury.

“Your head seems to be okay,” I said, but her eyes remained closed.

“Will she be all right?” the girl with the braids asked. “She’s my 5
best friend and I’m really sorry I hurt her.”

“I’m sure you didn’t mean to fall over her,” I answered.

“But she kicked me in the head,” Shelly said, suddenly part of the conversation.

“Shelly, I’m sure she didn’t mean it. And you seem to be okay.” 10

“But I’m not. I have this sharp pain on the top of my head and my neck hurts.” When I first asked her about her injuries, she had referred to the pain as behind her ear; now it was on the top of her head.

Trish walked away and leaned on another girl’s shoulder, sobbing.

“Shelly,” I said, “are you sure about where she kicked you?” 15

“I don’t want to talk now.” She closed her eyes again.

“But, Shelly, Trish seems to be very worried about you.” I looked over at the sobbing girl. “Maybe before you go to the hospital, you should tell her you’ll be okay.”

Slowly Shelly’s eyes opened. “Maybe I won’t be. She kicked me 20
real hard.” I was becoming very angry. This young snip was milking the situation for all it was worth. I vowed that it wasn’t going to affect my treatment, although all I wanted to do at that moment was give Shelly a good spanking.

Nick Abrams walked up with the collar bag, Stephanie DiMartino 25
close behind. “Why don’t you put her in a collar,” I suggested, “and then we can board her.” I paused, then looked at Trish. “I want to talk to her friend for a moment.” I walked up to the girl, her braids bob-

bing up and down as she sobbed. “Trish,” I said, placing my hand on her shoulder. I couldn’t say too much but I wanted to reassure her. “Don’t worry, Trish. I’m sure that Shelly will be fine. And she knows that you didn’t kick her on purpose.”

5 “Are you sure she’ll be okay?”

I smiled. “I can almost guarantee it.”

Trish walked over to her “friend.” “Oh, Shelly, she says you’ll be okay. Isn’t that great?”

10 “I don’t know how she can say that,” Shelly snapped. “She doesn’t know.” Nick had finished fastening the cervical collar around her neck and was positioning the longboard so we could logroll her onto it. “I’m cold,” she whined.

“We’ll get you a blanket when we get you onto the stretcher,” Nick answered.

15 “But I’m cold now.”

Trish unzipped her Fairfax sweatshirt-jacket and held it out. “You can borrow my jacket,” she said. We rolled Shelly onto the board. “Here,” Trish continued, “I’ll put it over you.” She draped the jacket over her friend. I could see the soccer ball logo and the words FAIRFAX
20 GIRLS’ SOCCER embroidered on the back.

When Shelly said nothing, I said, “Thank you, Trish. I’m sure that will help a lot.” Together Nick, Stephanie, and I strapped Shelly to the longboard and then to the stretcher.

25 I try to treat all of my patients alike, but Shelly made charm difficult. I positioned myself in the crew seat behind her head and let Stephanie do most of the talking on the way to the hospital. I never found out whether her knee was more than just twisted, but I never doubted that her head injury was nonexistent.

NOTES

Page Line

- 14 2 **the middle school** 「中等学校」の意味であるが, the がついているのは既にこの章の前の章の p. 7, l. 9 に出ている Fairfax Middle School をさしているため.
- 15- **drift off** 「眠ってしまう」
- 19 **deformities** 「異常なところ」「形が変形しているところ」
- 15 21 **snip** 「生意気な女の子」
- was milking** 「出来るだけ利用していた」
- 22 **for all it was worth** 「懸命に」 for all it/one was worth = with all one's energy and effort.
- 25 **Nick Abrams** 救急隊員で, 地元のガソリンスタンドで働いている. 34 歳.
- the collar bag** 「カラーバッグ」首を固定する装具の入ったバッグ.
- Stephanie DiMartino** 地元のスーパーの “K mart” で働いている救急隊員. 21 歳.
- 26 “**Why don't you . . .**” これは疑問文であるが, 疑問符 (?) はついていない. この構文は他に, p. 44, l. 19, p. 74, l. 15, p. 80, l. 18 にあるが, p. 44 と p. 74 では疑問符なし, p. 80 では疑問符がついている. 疑問符がついていないのはこの構文が疑問の意味を失っているので, 故意に, 又は無意識に作者が疑問符を省いたのか, 単なる作者のミスなのか, 他の原因なのかは不明. 作者については p. 15, p. 44 は Joan Lloyd が p. 74, p. 80 は Ed Herman の執筆である.
- 27 **board** 「ロングボードに乗せる」 p. 16, l. 11 を参照. longboard (backboard) については p. 8, l. 26 の注を参照.
- then looked . . .** then の前に and が省略されている.
- 16 10 **the cervical collar** 「頸部 (けいぶ) カラー」
- 11 **the longboard** 「ロングボード」 backboard と同じ.
- logroll her** 「彼女の体を回転させて乗せる」
- 25 **the crew seat** 「乗務員席」

EXERCISES

A. 次の各文が本文の内容と合っていれば **T (True)** を、合っていないければ **F (False)** を記入しなさい。

1. The girl lying on the ground had clean marks made by rivulets of tears down her filthy cheeks. ()
2. Touching Shelly's entire body, Joan, one of the emergency medical technicians, looked for deformities. ()
3. Joan said to Trish, "Maybe before you go to the hospital, you should tell her you'll be okay." ()
4. One of the emergency medical technicians draped a jacket over the patient. ()
5. Joan didn't know whether the patient's knee was more than just twisted. ()
6. Joan was sure that the patient's head injury did not exist. ()

B. 本文の英語を参考にして、英語に直しなさい。

1. 取り扱う ()
2. 眠ってしまう(次第に) ()
3. ひざ ()
4. 変色した ()
5. すすり泣く ()
6. 誓う ()
7. 影響を与える ()
8. 安心させる ()
9. 保証する ()
10. 言う(かみつくように) ()

C. 本文の英語を参考にして、() 内に英語を 1 語書き入れなさい。

1. Well, Shelly, () do you feel?
2. Let me () a look at you.
3. () a second time I palpated her entire face.
4. I () this sharp pain on the top of my head.
5. Are you sure () where she kicked you?
6. This young snip was milking the situation () all it was worth.
7. All I wanted to do at that moment was () Shelly a good spanking.
8. She knows that you didn't kick her () purpose.
9. We'll () you a blanket.
10. Thank you, Trish. I'm sure that'll help a ().

3. High Blood Pressure

Al Stark had been a golfer even before his doctor advised him to do some gentle exercise to help his borderline high blood pressure. After this advice, Al played eighteen holes whenever possible, keeping his clubs in his partner's cart and walking the entire course. He had to admit that he hadn't ever felt better.

One Saturday morning, Al had a mildly upset stomach as a result of ongoing constipation, but he decided to play anyway. He and his friend Frank McDonald had reached the fourteenth fairway when Al realized that he finally had to move his bowels. Immediately. Embarrassed, but with no time to make it back to the clubhouse, he deliberately sliced his next shot into the woods and disappeared after his ball. When he was sure he was out of sight, he dropped his pants to let nature take its course. As he strained to finish, he felt dizzy and weak. Suddenly his vision began to tunnel, he started to sweat, and, struggling to pull up his pants before he fainted, he collapsed.

"Al," Frank called a few minutes later. "Where did you disappear to? Al? Answer me!" Walking into the woods after his friend, Frank almost stumbled over Al's body. "Al," he called, leaning down and banging his friend's shoulder. "Are you okay?"

Al groaned, slowly swimming up from the blackness.

Frightened for his friend's safety and knowing about his high blood pressure, Frank yelled for help.

A woman in red slacks, a white polo shirt, and golf shoes came crashing through the underbrush. She saw Al's body and cried, "What happened?"

"My friend collapsed. I'm afraid he's having a heart attack."

"I've got a phone in my cart," the woman said, running back toward the fairway.

"Don't move," Frank told Al. "We'll have some help here very soon."

Groggy, Al tried to gather his thoughts as Frank talked incessantly, attempting to ease his own fears.

The ambulance and duty crew had been called to a home where a woman was having chest pains. Fifteen minutes later, a second rig call had come in for a 10-3, unknown medical emergency, at the golf course. I drove to headquarters and met Sam Middleton and Jill Tremonte. It was agreed that I'd be crew chief.

We responded quickly and were able to drive the ambulance down a fire path quite near where Al still lay in the undergrowth. He was pale, sweaty, and shaking. As we approached, he tried to stand. "I'm feeling better now," he said.

"What happened?" I asked.

"I felt faint and just blacked out. It's nothing."

"It's not nothing," I said. "You fainted and we should find out why."

"Just give me a minute to rest and I'll be fine."

To remember to ask all the necessary questions at the scene of a medical emergency, we use the acronym SAMPLE. Symptoms and

general condition of the patient, allergies, medications, past medical history, last meal, events leading up to the incident. I started at the beginning.

“What’s your name?”

5 “My name’s Al. Al Stark.”

“Okay, Al. My name’s Joan. Does anything hurt?”

He hesitated. “No, not really. I’m just a bit shaky.”

Maybe this is a bee sting or spider bite, I thought.

“Are you allergic to anything?”

10 “Not that I know of.”

“Do you take any medications on a regular basis?”

“No.”

If he was so healthy, why had he passed out? I wondered. I continued my information gathering. “Any medical history I should know
15 about?”

“I have high blood pressure, but I don’t take any medicine.”

“Has anything like this ever happened before?”

“No,” Al answered.

“What were you doing when this happened? Or right before?”

20 “Well,” the man hesitated, “that’s a little hard to answer.” He gazed at his friend.

“I didn’t see it,” Frank said, trying to help. “He just sliced his ball into the rough and disappeared. I found him just like this.”

25 “Okay, Al. Do you have any idea why this happened? Did this happen suddenly?”

“Well . . .” His voice dropped to almost a whisper. “Can I tell *him*?” He pointed to Sam Middleton.

A guy thing, I guessed, but I’d settle for anything. “Sure.”

I backed away as Sam leaned over and the two men conversed in whispers. Then Sam sat back on his heels and valiantly tried to stifle his laughter. He quickly took a set of vitals. “As I suspected, his pressure is a bit high, about 160 over 100. I think Al will be fine, but let’s transport him anyway so that the hospital can look him over thoroughly.” 5

With Sam taking over as crew chief, we transported Al to Fairfax General. When we were finally back in the rig, I asked Sam what the story was. “Did he ask you not to tell?”

“Nah, it was just real personal.” 10

“So?” I asked.

“He was taking a dump in the woods,” Sam said, a big smile on his face. “The straining probably spiked his blood pressure and he fainted.”

“Can that happen?” Jill asked. 15

“Sure,” Sam said. “Taking a shit, especially if you’re pushing real hard, often raises the BP. A vasovagal reaction, I think it’s called. It’s usually minor, but in this case, very embarrassing.” He paused. “He was scared shitless, so to speak.”

“Oh, Sam.” I groaned. 20

“No shit,” Sam continued. “I guess you could say he had a shitty day.” He roared at this own humor.

For weeks, Sam’s usual foul language was spiced with many more “shits” than ever. His favorite question to anyone who would listen was “Do bears shit in the woods? No, but golfers do.” 25

NOTES

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20 タイトル **High Blood Pressure** 「高血圧」

2 **do some gentle exercise** 通例、「運動をする」は do exercise よりは get (take) exercise を使う場合が多い。但し、*Longman Dict. of Contemp. Eng.* は do (take) exercise = exercise regularly; get exercise = do exercise as part of your daily life の区別をしている。

his borderline high blood pressure 「危険な状態すれすれにある彼の高血圧」

3 **eighteen holes** 「18 ホール」 正規のゴルフコースの全ホール。

4 **his clubs** 「彼のクラブ」 golf club をさす。
cart 「カート」 ゴルフ道具などを運ぶもの。

8 **the fourteenth fairway** 「14 番フェアウェイ」 フェアウェイは約 80 メートルの幅で帯のように芝が刈り込まれている区域。

9 **move his bowels** 「排便をする」 bowels は「腸」。

10- **to make it back to the clubhouse** 「間に合うようにクラブハウスに引き返す」 clubhouse は 1 番ホールの方にある。

11 **sliced his next shot into the woods** 「次のショットはスライスを打って林の中にボールを入れた」 スライスは右利き打者の場合、ボールが飛球線よりも右へ曲線を描くこと。クラブフェイスが中心部ではなく、外側から斜めに内側に向かってボールに当たるためこのように飛ぶ。

14 **his vision began to tunnel** 「すぐ前にあるものだけしか見えなくなった」すぐ前にあるものだけしか見えず、それ以外のものは見えなくなる視野狭窄の状態。cf. tunnel vision 「トンネル視」(視野狭窄症)

21 **swimming up from the blackness** 「暗いところから浮かび上がって来ながら」

21 3 **polo shirt** 「ポロシャツ」 袖の短かい、襟のついたシャツ。

11 **gather his thoughts** 「考えをまとめる」

13 **duty crew** 「当直の乗務員」

14- **a second rig call had come in for a 10-3, unknown medical emergency**
「どういう緊急事態か分からない不明の医療の緊急事態である 10-3 への 2 番目の救急車の呼び出しが入っていた」 Fairfax や他の町の各 ambulance corps では盗聴などを防ぎ、通信を迅速化するため、それぞれ救急車との通信が暗号化されている。暗号は各地区の ambulance corps によって異なる。同じ medical emergency でもその程度に応じて暗号も異なっていて、10-3 は単に気分が悪いとか、呼吸困難であるとか、またここにあるように緊急事態であるがどういう医療の緊急事態か分からないよう

Page Line

- な部類の medical emergency をさす (原著の解説による).
- 21 16 **I drove to ...** “I”はこの本の著者の1人である Joan E. Lloyd.
Sam Middleton 救急隊員で、市の消防士 (firefighter) をしている。27歳。
 16- **Jill Tremonte** 救急隊員で、Fairfax Dental Group の歯科助手をしている。
 20歳。
- 17 **crew chief** 「クルーチーフ」救急車乗務員の責任者。
 19 **a fire path** 「山火事延焼防止通路」
 27 **the acronym SAMPLE** 「サンプルという、かしら文字語」
- 22 1 **medications** 「薬」
 1- **past medical history** 「既往歴」
 10 “Not that I know of.” 「私の知る限りではそういうことはありません。」
 14 **medical history** 「病歴」
 22- **sliced his ball into the rough** 「スライスを打ってラフに入れた」ラフは
 フェアウェイなどの両側の深い雑草におおわれた地域。
- 23 2 **sat back on his heels** 「正座した」
 3 **took a set of vitals** 「一連のバイタルサインをはかった」vitals = vital
 signs. バイタルサインは人間が生きているという状況を示す徴候。バイ
 タルサインは通例、血圧、脈拍、呼吸、体温の4つであるが、本書の
 EMT の場合には (1) 血圧、(2) 脈拍 (脈拍数や脈拍の具合)、(3) 呼吸 (呼
 吸数や呼吸の具合)、(4) 皮膚の外観や皮膚の表面の温かみや湿り具合、
 (5) 瞳孔の光に対する反応、であり、この5つが“set”になっている。
- 4 **160 over 100** 「最大血圧 160, 最小血圧 100」160/100 のようにも書く。
 血圧は心臓がどの程度強く鼓動しているかを示すものである。大きい方
 の数字は systolic pressure (収縮期圧) で、心筋が収縮している時の圧力
 であり、小さい方の数字は diastolic pressure (拡張期圧) で、心筋が弛
 緩している (relaxing) 時の圧力である。このように、160 over 100 (160/
 100) は、160 systolic, 100 diastolic の意味でもある。
- 7- **Fairfax General** 「フェアファックス総合病院」
- 12 **taking a dump** = moving his bowels.
 17 **BP** = Blood Pressure.
vasovagal reaction 「血管迷走神経性反応」迷走神経は延髄から出て内臓
 に分布し、声帯、心臓、胃、腸、消化腺の運動、分泌を支配する。交感
 神経に拮抗する作用を有し、副交感神経の代表的神経。
- 19 **shitless** 「くそも出ない程」

EXERCISES

A. 次の各文が本文の内容と合っていれば **T (True)** を、合っていないならば **F (False)** を記入しなさい。

1. Normally Al Stark did not feel so well when he played golf walking the entire course. ()
2. Using her phone, a woman in red slacks called an ambulance for Al. ()
3. Al was having a heart attack. ()
4. Groggy, Al tried to gather his thoughts as Frank talked incessantly, attempting to ease Al's fears. ()
5. Sam Middleton, one of the emergency medical technicians (EMTs), doubted whether Al's blood pressure was a bit high. ()
6. While Al was being transported to the hospital, Sam explained to Joan, another EMT, what Al was doing in reality in the undergrowth when he passed out. ()

B. 本文の英語を参考にして、英語に直しなさい。

1. 便秘 ()
2. めまいがして ()
3. 倒れる (崩れるように) ()
4. 意識がもうろうとして ()
5. 気が遠くなりそうな ()
6. アレルギー ()
7. 気を失う(目の前が暗くなって、一時的に) ()
8. 汗びっしょりの ()
9. ~を甘んじて受け入れる ()
10. かみころす(笑い、あくびを) ()

C. 本文の英語を参考にして、() 内に英語を 1 語書き入れなさい。

1. One Saturday morning, Al () a mildly upset stomach.
2. He had no time to make () back to the clubhouse.
3. When he was sure he was () of sight, he dropped his pants.
4. We'll () some help here very soon.
5. I'm () better now.
6. I () faint and just blacked ().
7. Are you allergic () anything?
8. I () high blood pressure, but I don't () any medicine.
9. He quickly () a set of vitals.
10. The hospital can look him () thoroughly.

4. A Ruptured Appendix

He had been born Norman Ginsburg, but he had changed his name during his stay at an Indian ashram thirty years earlier. Now he was fifty-one years old with long, stringy, brown hair and a more than full black-and-gray beard. His house smelled of incense and the unfamiliar sweet-pungent aroma was not at all unpleasant.

We found him sitting in a living room chair, leaning forward.

“Hi, I’m Ed. What’s your name?”

“Rajij.” He groaned, obviously in a lot of pain.

“What happened?” I asked.

10 “My stomach. It hurts so bad.” He gasped.

“How long has this been going on?”

“About three days. But it’s much worse today.”

“Where does it hurt?”

“All over my belly.”

15 “Where did it hurt when it started?”

He straightened out a little and put his hand on the lower right part of his abdomen.

“Down here,” he indicated.

“Rajij, I’m going to examine you. Is that okay?”

20 “No, no,” he protested. “I just called because I need help to brew the herbs I need to cure me. I don’t believe in traditional medicine.