



雙語週報

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英聽教學

Your future body will thank you for the exercise you do now.

未來，你的身體會感謝現在的鍛鍊。

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宅宅疫同動起來

健體強身益菌到

英文 / Leila Luo 圖 / 123RF

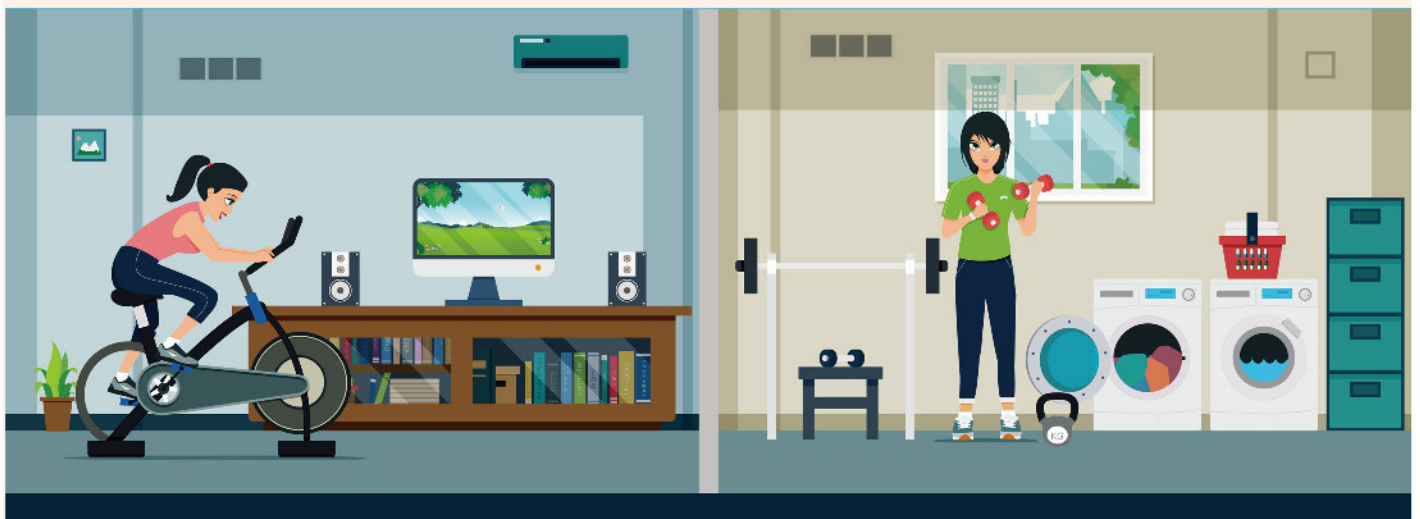


All over the world, people have been getting less exercise because of pandemic closures. Most of the light exercise people get walking from place to place during the day has been replaced with a short trip to the sofa. However, it is still important to exercise even while at home. Exercise is key for every part of the body to work at its best.

現在世界各地仍壟罩於疫情中，許多學校、公共設施紛紛暫時關閉，人們的運動量逐漸減少已成全球普遍的現象。原本輕量運動的族群，每日不再步行往來兩地，取而代之的是往來沙發間這類極短距的活動。即使居家生活，鍛鍊身體仍非常重要，因為運動可以使身體各部位發揮最佳狀態的關鍵！

Exercising is good for your muscle strength, but it's also important for building strong bones. Exercise helps us move more oxygen and blood to the brain, which improves our memory and mood. Even the helpful bacteria that live in our stomach and intestines function better when we exercise.

運動對肌力增長、骨骼強健彌足重要。運動也可以幫助我們將更多氧氣與血液輸送到大腦，可以強化我們的記憶力與改善我們的情緒；甚至於腸胃中的益生菌，也會因為我們鍛鍊身體，而能發揮更好的效能。



closure (n.) 停業、關閉

light (a.) 少量的

replace (v.) 代替

strength (n.) 力量

function (v.) 運作

金鉤倒掛運犀牛

專機救援逃獵殺

英文 / Andrew Edmunds 圖 / 123RF

To save rhinos from illegal poachers, conservationists in Africa first put them to sleep. Then, the rhinos are hung upside down from a helicopter and flown to a safer place. Animal scientists have confirmed that hanging the rhinos upside down lets them breathe more easily than laying them down.

為拯救頻遭盜獵的犀牛，非洲保育者會對犀牛先施以麻醉，再以直升機倒掛的運送方式，將牠們載往安全的地點。動物科學家證實，倒掛運送犀牛，能讓牠們呼吸比平躺狀態更為順暢。



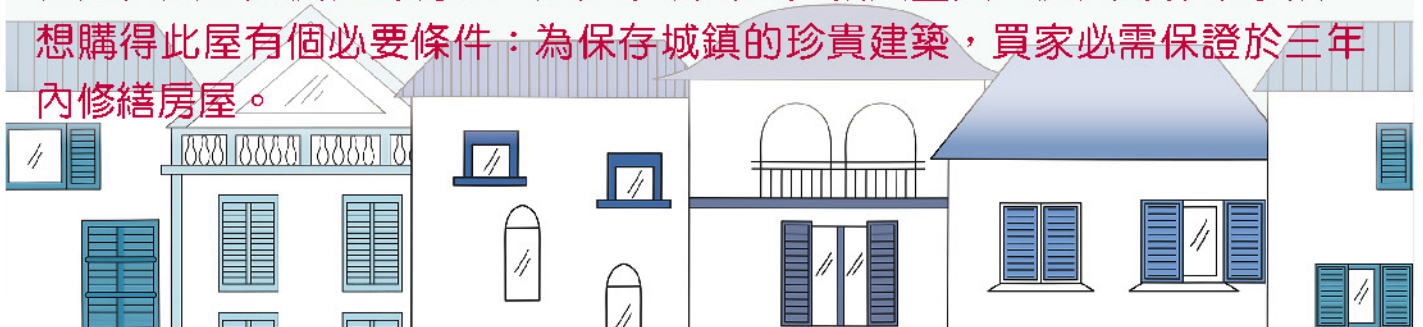
為注活血背水一戰

極美古屋低價求售

英文 / Andrew Edmunds 圖 / 123RF

Beautiful, historic houses in the small town of Castiglione di Sicilia in southern Italy are being sold for as low as US\$1. This is an attempt to save the town because too many people have moved away. To protect the town, buyers need to commit to repairing the house within three years.

位於義大利南部的西西里堡小鎮，正以最低 1 美元的價格，出售鎮內既美麗又極具歷史價值的房屋。這是小鎮試圖拯救大量人口流失的非常手段。想購得此屋有個必要條件：為保存城鎮的珍貴建築，買家必需保證於三年內修繕房屋。



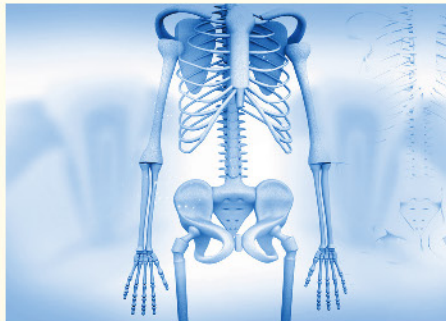
upside down (a/adv.) 上下顛倒 helicopter (n.) 直升機 commit (v.) 保證 repair (v.) 修理 within (prep.) 在...範圍內

睡好少坐多運動

養骨防老趁青春



英文 / Leila Luo 圖 / 123RF



It's never fun to break a bone, but as you get older, breaking a bone can become life threatening. Building strong, dense bones in adolescence can make all the difference. In fact, your body builds most of its bone strength by the time you reach the age of 20. So, what can you do to build a strong skeleton?

骨頭折斷可不是件開玩笑的事，隨著年齡漸長，骨折也可能釀成致命危機。如果在青春期的時候建構高骨質密度、強韌的骨骼，便可翻轉這個問題。事實上，身體在 20 歲時，骨頭的強度幾乎都已建構定型，如今我們還可以做些什麼，以打造強健的骨骼呢？

According to research from the University of South Australia in Adelaide, the answer is a well-balanced mixture of sleep and exercise. After studying kids aged 10 to 13 years old, the researchers found the best daily recipe: 11 hours of sleep, less than eight hours of sitting, three-and-a-half hours of light exercise, and 90 minutes of moderate-to-intense exercise.

根據阿德萊德大學研究顯示，睡眠與運動的均衡搭配，有助於增加骨骼的強度。在針對 10 至 13 歲孩子進行的研究中，科學家發現每日的最佳生活計畫：11 小時的睡眠、坐姿時間少於 8 小時、3 個半小時的輕度活動，及 90 分鐘的中等至高強度運動。



防疫訓練很受限

自製教練 app 運動不落拍



英文 / Leila Luo 圖 / 123RF



When 16-year-old Michelle Hua's school and local gym in Michigan, USA closed for the pandemic, she didn't have a way to continue her gymnastics training. Although she could still exercise at home, she couldn't meet with her coach to perfect her form. She tried using some exercising apps, but they didn't work well enough, so she developed her own.

疫情導致美國密西根州的學校和健身房暫時關閉，16 歲的蜜雪爾因此無法繼續體操專項的訓練。即便能在家中自主練習，但仍無法見到教練，請他指點自己的運動姿勢。蜜雪爾嘗試過許多運動 app，然而這些軟體並不適用，因此她決定自行開發。

Hua's app is different from other apps that watch body movement. Her app makes an outline of the body the same way you would trace your hand on paper with a pencil. After collecting hundreds of outlines, the app can tell Hua if her body position is correct. In May, Hua won the top prize at the 2021 Regeneron International Science and Engineering Fair for her app. Her next step will be to make the app available to the public.

在肢體動作的監控上，蜜雪爾的 app 與他人不同，它像是以鉛筆在紙上描下掌形的方式，生成肢體的輪廓。在蒐集數百張動作輪廓後，app 能協助自己確認姿勢是否正確。今年五月，蜜雪爾贏得 2021 年度雷傑納隆國際科學與工程大獎的首獎，而將 app 開放大眾使用是她的下一個目標。



coach (n.) 教練 perfect (v.) 使完美 develop (v.) 開發、發展 outline (n.) 輪廓 trace (v.) 描下…輪廓

1. Where would you most likely find a sofa?
 - a. in the living room
 - b. in the garage
 - c. in the bathroom
 - d. in the dining room
2. What commitment must buyers in Castiglione di Sicilia make?
 - a. to buy all the houses and buildings
 - b. to repair a house inside of three years
 - c. to replace three houses
 - d. to protect the people from moving away
3. What means about the same as “develop” from page five?
 - a. create
 - b. destroy
 - c. improve
 - d. grow
4. What is an example of light exercise?
 - a. running a marathon
 - b. walking in a park
 - c. climbing a mountain
 - d. lifting weights
5. What is NOT a benefit of exercise?
 - a. It helps you remember things.
 - b. It strengthens your bones.
 - c. It makes you feel happier.
 - d. It prevents hair loss.
6. What describes the good bacteria in our bodies?
 - a. harmful
 - b. illegal
 - c. helpful
 - d. available

Cloze Test A

First, squat down and put your hands ___ front of your feet. Next, kick your legs back behind you and ___ a push up. Then, jump your feet back to your hands. Last, jump in the air and clap your hands ___ your head.

Cloze Test B

I downloaded ___ app to help me exercise yesterday, but it didn't work very well. I looked ___ something better, but couldn't find anything. So, Rachel and ___ are creating a new app together.

1.a 2.b 3.a 4.b 5.d 6.c

1. 選出最佳答案。雖然可以將沙發放置在任何地方，但最常看到沙發的地方會是在 (a) 客廳。其他選項，(b) 車庫、(c) 浴室、(d) 廚房。

2. 閱讀理解。查閱第3版報導，小鎮雖然祭出低價售屋，吸引人口移入，但為了保存小鎮美麗又具歷史價值的房屋，購屋人必須 (b) 在3年內修繕房屋。

3. 在第5版報導中，以 develop (v. 開發、發展、成長)，表示蜜雪兒「開發」了自己的 app。create (v. 創造) 與之為同義詞；destroy (v. 破壞) 為反義詞。而 improve (v. 改善)、grow (v. 成長)，在此語境下與 develop 意思不相同。

4. (b) 在公園散步是輕度活動，而 (a) 跑馬拉松、(c) 爬山、(d) 重量訓練則是需要大量體能、耐力的中高強度運動，並非輕度活動。

5. 查閱本期內容，(d) 預防掉髮並非運動帶來的益處。

6. 壞菌會導致疾病，但益菌能幫助人體運作、維持健康。因此答案為 (c) a. 有幫助的、有用的。其他選項，(a)a. 有害的、(b)a. 非法的、(d)a. 可取得的。

Cloze Test A

1.in 2.do 3.over

第一步，先蹲下，雙手觸地置於腿前；再將雙腳向後蹬，做一次伏地挺身；接著，雙腳前跳，回歸第一動作；最後，原地起跳，雙手過頭擊掌。

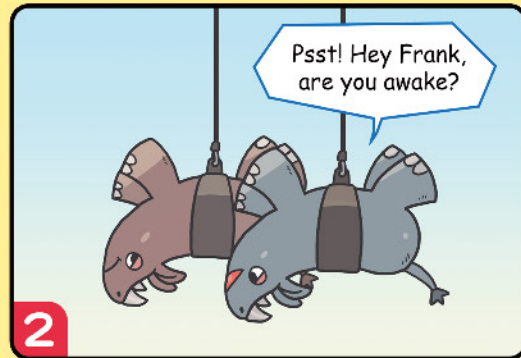
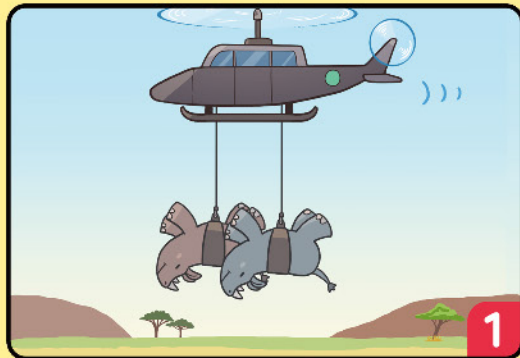
Cloze Test B

1.an 2.for 3.I

昨天，我下載了一個 app，想藉著它來協助我運動，但是不怎麼好用。我試著搜尋其他的 app，但實在找不到更好的。所以我和瑞秋正一起努力創造一個新的 app。

超高水平

腳本 / Leila Luo 漫畫 / 瀚昇



噓！法蘭克，你醒了嗎？



我醒了。只是在裝睡好讓人把我倒掛起來。
這讓我的背很舒服！
我懂！我鼻子也從來沒有這麼暢通過。



我希望每週都能來一趟！

The Rest is History 克隆生物 行不行？

複製羊桃莉 報到！

英文 / Andrew Edmunds 圖 / 123RF



Copying a living cell is called cloning. Scientists had been experimenting with cloning tadpoles and fish since the 1950s. Then on the 5th of July 1996, Dolly the sheep was born. She was the first mammal to have been successfully cloned from an adult cell.

生物細胞複製技術，稱為克隆。自 1950 年代以來，科學家不斷嘗試克隆蝌蚪和魚類。直到 1996 年 7 月 5 日，終於出現首例成體細胞複製成功的哺乳類生物——雌羊桃莉的誕生。