



# 雙語週報

202 期



官方網站



線上訂購

定價 40 元

發行人：吳菀庭 出刊日 2022 年 4 月 22 日 訂報專線 (02) 2649-7111

## Go With Your Gut



## 隨心而至



英聽教學

Listening to that strange feeling in your gut is a pretty smart idea.

傾聽心裡無可言狀的直覺，可助你聰明決斷。

紙本刊物合作：漢玲文化

PChome 線上購物!  
<http://shopping.pchome.com.tw>

電子書合作：讀書吧

PubW 電子書城

讀冊生活

Hami 書城



## 直覺並非空穴來風

## Gut Feeling 與腸道大有關係！

英文 / Leila Luo 圖 / 123RF

Most of the time, people rely on evidence for assessing risk, ignoring gut feelings because they're harder to prove. However, our gut feelings can give us a sense of a situation before we've had the chance to gather much information about it. What exactly are gut feelings and why should we listen to them?

直覺難以辨證是非，因此多數情況，人們仰賴實質證據評估風險，而忽視直覺。然而在我們能搜集到更多關於現況的資訊前，直覺便可助我們掌握事件的大致輪廓。究竟直覺是什麼？我們又為何要傾聽內心的直覺？



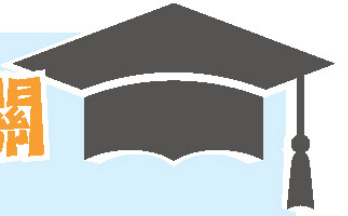
Gut feelings are related to the bacteria in our gut. Our gut bacteria communicate directly with our brain using chemicals in our blood and our gut neurons that are connected to the emotional part of our brains. Gut feelings will result in a real, physical feeling, for example butterflies in your stomach or goose bumps on your skin. The resulting feelings suspicion or anxiousness are your body's way of warning you may be in danger.

其實直覺（gut feeling）與腸道中的細菌大有關聯。腸道菌通過血液中的化學物質與大腦交流訊息，腸道神經元也會與大腦主掌情緒的部位相通有無。因此便會產生如忐忑不安胃部不適，或起雞皮疙瘩等真實的生理現象。所以種種的焦慮、疑惑，都是身體在警告「你可能身處險境」的訊號。



## 喜鵲智戲學者

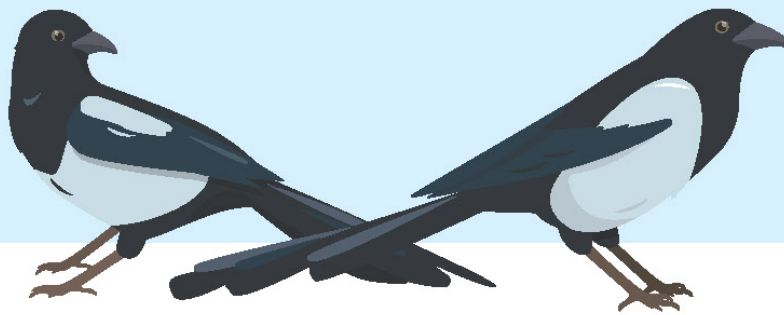
## 集結群力卸除機關



英文 / Andrew Edmunds 圖 / 123RF

Australian ornithologists recently set out to study a group of magpies, but ended up learning something completely different. They put backpack tracking devices on the magpies to follow their movements. By day three of the study, however, the magpies had worked together to remove all of the trackers.

近日澳洲鳥類學家對一群喜鵲進行研究，卻發現研究成果完全偏離預設目標。研究團隊在喜鵲身上安裝追蹤器，藉此定位牠們的行動路徑。才來到研究計畫的第3天，追蹤設備就在喜鵲們互相幫助、群策群力下，被移除得乾乾淨淨。



## 負碳加油 藻來幫忙

## 歐洲首座大型生物精煉廠落地土耳其

英文 / Andrew Edmunds 圖 / 123RF

Europe now has its first large-scale biorefinery on the Black Sea shore of Istanbul. Powered entirely by wind, this carbon-negative biorefinery turns algae into jet fuel. Algae absorbs more CO<sub>2</sub> than trees do, so when it is used as a material in goods, it actually removes more carbon from the atmosphere than is released during its production.

位於伊斯坦堡黑海沿岸，歐洲首座大型負碳排生物精煉廠正式落成。該精煉廠全以風力發電，將藻類煉製成航空煤油。將吸收二氧化碳能力遠高於樹木的藻類製成產品，製程中釋放的二氧化碳，少於藻類從大氣中清除的量，因此可達到負碳排放。



end up (phr.) 以…告終

backpack (n.) 背包

shore (n.) 岸邊

fuel (n.) 燃油

absorb (v.) 吸收



# 直覺理性缺一不可 思維互補優化決策

英文 / Leila Luo 圖 / 123RF

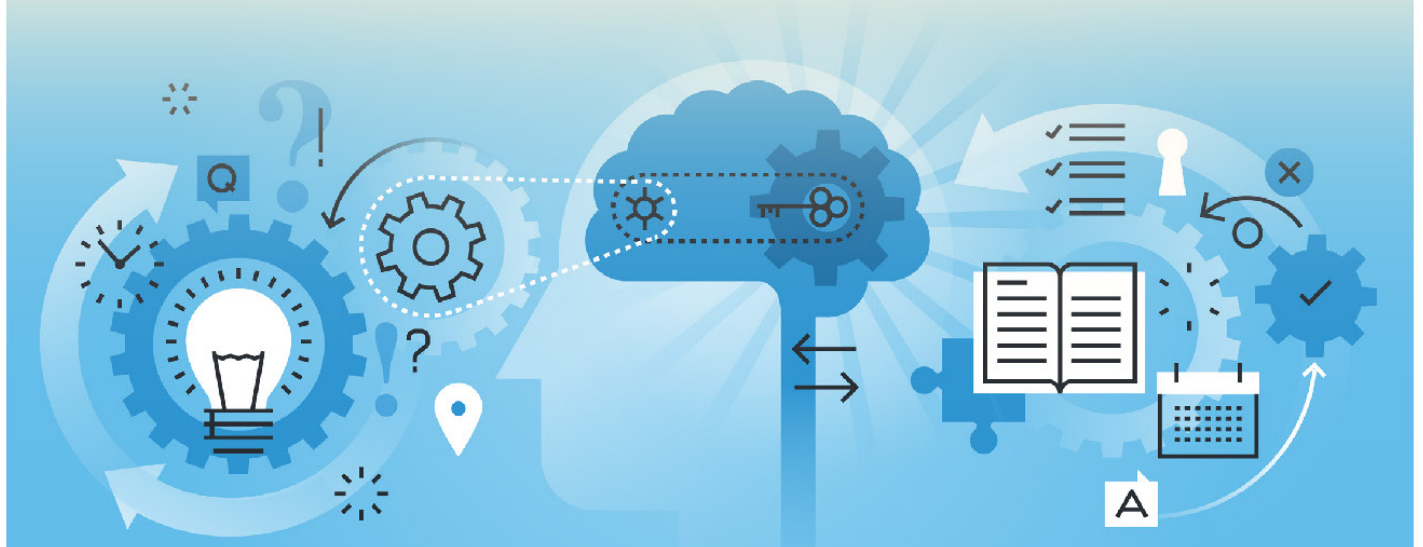


In psychology, intuition, or gut feelings, is often explained as one of two modes of thinking. The other is analytic reasoning. This is the kind of thinking that is slow, logical and deliberate. Intuitive thinking, on the other hand, is automatic and much faster. It's like the difference between thinking about a math problem versus what little thought is required to move a hand. So, which one is better?

在心理學被定義為人類的兩種思維模式之一的「直覺思維」，有著迅速、無意識的特徵；與之相對的「分析思維」，則是緩慢、合乎邏輯且有意識的思考。兩者的差別，就好比揮使手臂與運算數學題目。那麼，究竟哪種思維模式比較好呢？

**The answer is neither. Both modes of thinking are equally important. The balance of the two ensures the brain is always prepared to deal with whatever situation arises. As a person gains more experience, the brain collects more information. This makes one's intuition sharper and more reliable.**

事實是思維模式沒有優劣之分，兩者同等重要。在兩種模式間取得平衡，方能確保大腦隨時可以應對各種突發狀況。當經驗累積得越多、面向越廣，大腦也會收集到更多訊息，讓直覺變得更加敏銳而可靠。



intuition (n.) 直覺    deliberate (a.) 審慎的    logical (a.) 合邏輯的    automatic (a.) 不假思索的    reliable (a.) 可靠的

# 機警郵差直覺有據 及時救援受困老嫗

英文 / Leila Luo 圖 / 123RF

New Hampshire mail carrier Kayla Berridge went to work as usual on the 27th of January but realized during her shift that mail at one resident's home had been piling up for four days. The resident is a woman in her 80s, so Berridge had a gut feeling that she should call local authorities to check on her. Berridge's gut feeling was right.



今年 1 月 27 日，新罕布夏州的郵差凱拉・芭莉姬一如往常地執行送信勤務。就在她的執勤途中，留意到一位住戶郵筒已連續 4 天無人清理，堆滿了信件。由於該名住戶是一位高齡 80 歲的老婦人，芭莉姬的直覺告訴她：必須通報相關單位。事實證明，她的直覺是正確的。

When officers knocked on the door, they heard a faint voice calling for help. Inside, they found the woman on the floor of her bedroom, under items such as artwork and frames. The woman was taken to hospital and has since recovered. Police said that Berridge saved the woman's life by following her gut feeling.

在警方到達敲了老婦的家門後，屋內傳來微弱的求救聲。警方破門，發現臥室裡被藝術品、框架等雜物壓倒在地的老婦人。緊急送醫治療後，所幸已無大礙。警方表示，多虧芭莉姬相信自己的直覺，老婦人才得以獲救。



shift (n.) 輪班

pile (v.) 堆疊

authority (n.) 官方

faint (a.) 微弱的

frame (n.) (圖畫等) 框架



1. What is a good title for the story on page two?
  - a. Geese and Magpies Have Human-Like Feelings
  - b. Evidence Proves Chemicals Kill Bacteria
  - c. Gut Feelings Have Genuine Source in Body
  - d. Butterflies Warn of Suspicious Activity
2. What was the problem in Story 1 of page three?
  - a. Australian magpies have complicated movements.
  - b. The magpies took off the equipment.
  - c. The scientists ran out of time to study birds.
  - d. Trackers disagreed on how to work together.
3. What is algae NOT useful for according to page three?
  - a. electrical power for large refineries
  - b. consumer goods production
  - c. creating aircraft fuel
  - d. taking in great amounts of carbon dioxide
4. Which word means sensible or reasonable?
  - a. automatic
  - b. important
  - c. logical
  - d. sharp
5. Who was in trouble according to page five?
  - a. a person who delivers mail
  - b. a New Hampshire artist
  - c. an elderly person in their house
  - d. the organization in charge of public services
6. Reliable is to undependable as \_\_\_\_.
  - a. calm is to anxious
  - b. carbon is to CO2
  - c. device is to tracker
  - d. risk is to situation

### Cloze Test A

The Formosan Blue Magpie is a species \_\_\_\_ magpie native to Taiwan. It is mostly rich dark blue to purple in color, with white markings on \_\_\_\_ wings and long tail. The head, neck, and breast are black. Its eyes are bright yellow. The bill and legs \_\_\_\_ red.

### Cloze Test B

Algae is the common name \_\_\_\_ a large group of plants that live in water. There are many different species of algae, from single-celled microalgae \_\_\_\_ enormous giant kelp that can grow to 45 meters or more. Algae can grow in both freshwater and saltwater. They don't have roots, stems, \_\_\_\_ leaves.

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

1. 第 2 版文章說明了直覺並非毫無緣由根據的情緒，而是體內的生理運作，因此答案為 (c)。
2. 第 3 版第 1 則報導中，鳥類學家安裝的 (b) 追蹤設備被喜鵲們合力拆除，導致研究無法如預期進行。
3. 查閱第 3 版第 2 則報導。藻類的功用包括製成產品、航空燃料，及吸收大量二氧化碳，唯獨為大型精煉廠供電未被提及，因此答案為 (a)。
4. logical (a. 合乎邏輯的)，意指思考或事情具備邏輯或合乎情理。其他選項，(a)a. 自動的、(b)a. 重要的、(d)a. 敏銳的。
5. 第 5 版報導中雖有許多人物，不過受困者是一名高齡 80 歲的老婦人。答案為 (c)。
6. 觀察題目詞彙關係，reliable (a. 可靠的) 和 undependable (a. 不可靠的) 互為相反詞，恰如 (a)calm (a. 冷靜的) 之於 anxious (a. 焦慮的)。

### Cloze Test A

1.of 2.its 3.are

臺灣藍鵲是臺灣特有種。其羽色多以深藍至紫色組成，翅膀及長尾羽上有白色的斑紋，頭、頸和胸則為黑色，眼睛呈亮黃，鳥喙和雙爪則是紅色。

### Cloze Test B

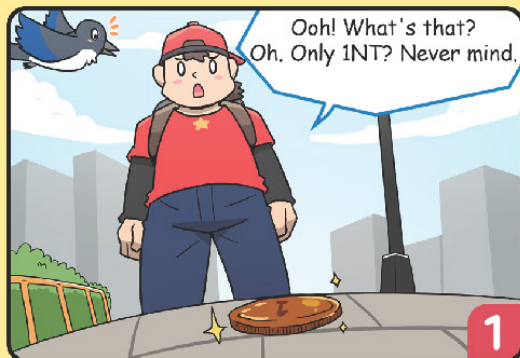
1.for 2.to 3.or

藻類，是水生植物中一大家族的通稱。微小如單細胞微藻，高大到可達 45 公尺以上的梨形囊巨藻，皆是物種繁多的藻類家族成員。但它們相同的特徵是：缺乏根莖葉的部位分化。不論淡水或鹹水，都能找到它們的身影。



# 人類行為學

腳本 / Leila Luo 漫畫 / 瀚昇



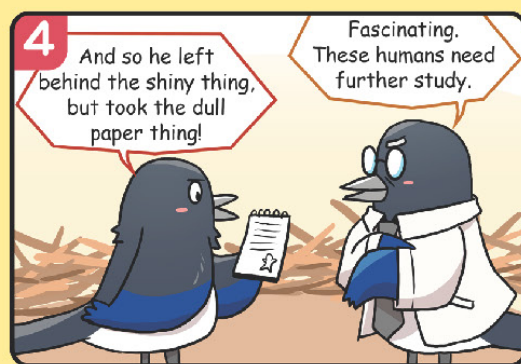
喔！這是什麼  
只是 1 塊錢啊？算了。



不會吧！這是……



天啊！是千元大鈔  
今天真是我的幸運日！



他竟拋下閃亮亮，拿走無聊的紙東西！  
有趣。人類值得進一步研究。

## The Rest is History

### 開啟基因新視野

### 雙股螺旋載錄物種遺傳密碼

英文 / Andrew Edmunds 圖 / 123RF

On the 25th of April 1953, an article was published in the scientific journal *Nature* describing the discovery of the double helix structure of DNA. Francis Crick and James D. Watson's discovery has had a major impact on biology, especially in the field of genetics.

1953 年 4 月 25 日，《自然》科學期刊刊登了一篇關於發現 DNA 雙股螺旋結構的論文。此論文為佛朗西斯·克里克與詹姆斯·杜威·華生共同發表，他們的發現為遺傳學等生物學領域帶來重大影響。