



雙語週報

151 期



官方網站



線上訂購

定價 40 元

發行人：吳苑庭 出刊日 2021 年 4 月 16 日 訂報專線 (02) 2649-7111

Hard to Bear

疼痛難耐



英聽教學

The pain we feel might not be fun, but there is a reason for it.

疼雖難受，但其來有自。

紙本刊物合作：漢玲文化

PChome 線上購物!

買東西 udn shopping

電子書合作：讀書吧 PubW 電子書城

讀冊生活

Hami 書城

傷病危險亮黃牌

讓痛幫忙踩剎車



英文 / Leila Luo 圖 / 123RF



Have you ever jammed your finger on a basketball or woken up with a sore throat? These two situations are different, but they're both painful. Pain is an important way for us to know that something is wrong. If we didn't have the ability to feel pain, it wouldn't hurt to walk on a broken leg and we could end up injuring our body even more.

你是否曾經打籃球讓手指「吃蘿蔔乾」，或是因喉嚨疼而痛醒嗎？雖然兩者截然不同，但都令人疼痛難耐。痛覺是提醒我們身體有異狀的重要機制。若是無法感受到疼痛，即使以斷腿走路，也不會有提醒我們停止的痛感，最終可能導致身體的傷害加劇。

When something hurts, don't ignore it. It's important to pay attention to that pain and speak up. The small pain in your throat when you swallow could be easily solved with medicine and a little rest. That's better than letting it turn into a much larger problem that requires staying in a hospital.

當身體隱隱作痛時，別忽視它。對疼痛有所警覺、清楚地表達出不適感極為重要。好比吞嚥時喉嚨感到的細微疼痛，只要藥物治療和適當休息便能痊癒；遠好過放任疼痛惡化，變成需要住院的大問題。



火眼金睛挖到千萬稀寶

跳蚤碗華麗轉身明朝珍品

英文 / Andrew Edmunds 圖 / 123RF

Last year, a man in Connecticut, USA bought a small bowl at a yard sale for \$35. After checking with experts at Sotheby's, it turned out to be a rare Ming dynasty porcelain artifact. In March, the bowl sold for \$721,800 as part of Sotheby's Important Chinese Art auction.

去年，美國康乃狄克州一名男子以 35 美元，在某處的庭院舊物販賣上買了一隻小碗。經蘇富比拍賣會的專家鑑定後，發現竟是中國明朝的珍稀瓷器。今年三月，該碗在蘇富比「中國藝術珍品」拍賣會上，最終以 721,800 美元（約新臺幣 2060 萬元）成交售出。



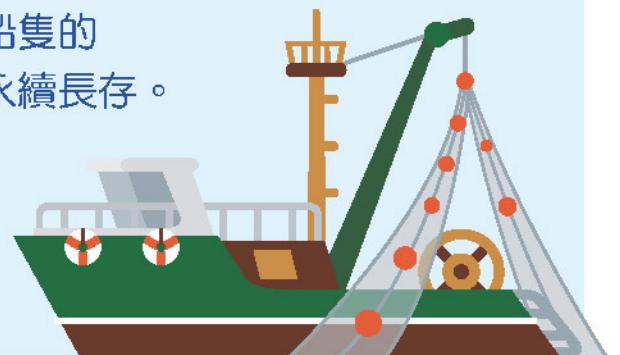
加國高科技揪黑船

出動衛星護漁場

英文 / Andrew Edmunds 圖 / 123RF

Canada has a new satellite system to detect illegal fishing ships that try to hide by turning off their location transmitters. With the "Dark Vessel Detection" system, illegal boats can be found and turned over to authorities. This will help keep fishing in the Pacific Ocean more sustainable.

加拿大啟用新型衛星系統，可揪出關閉定位發射器、試圖隱藏行蹤的非法漁船。借助「黑船探測」系統，偵測出非法船隻的定位並移交當局，幫助太平洋上的漁業活動永續長存。
（編註：系統名稱暫譯）



有痛難言 苦說不清

學好字彙免抱佛腳！

英文 / Leila Luo 圖 / 123RF

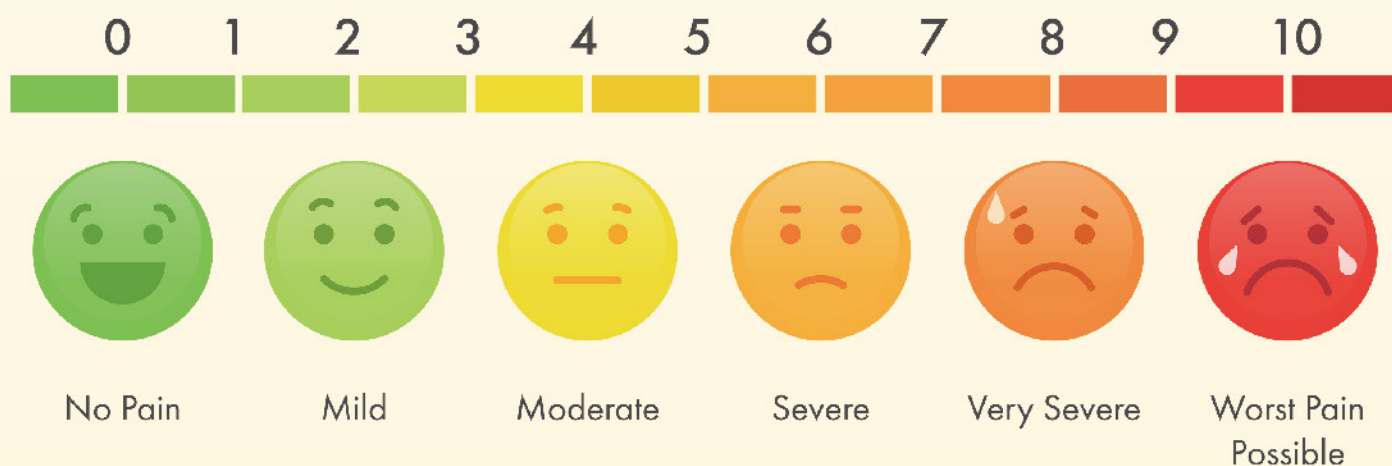


Sometimes finding the right words to describe pain when you're hurt can be difficult. It can help to learn more descriptive words. A doctor might start by asking, "How much does it hurt?" You could give a number on a scale of one to ten, or use words like 'mild', 'moderate', 'severe' or 'extreme'.

有些時候要以精確的詞語形容受傷時的疼痛實非易事。學習更多描述痛覺的單字，就能在必要時刻派上用場。當醫生看診時，可能會先問：「患部有多痛？」你可以按 1 到 10 級給出疼痛級數，或使用 mild（輕度）、moderate（中度）、severe（重度）或 extreme（極度）等形容詞表達疼痛程度。

Doctors also want to know what kind of pain you feel. Does it start in one place and move to another? That's a shooting pain. Does it feel like it's on fire? That's a burning pain. A pain that is in one small place might be sharp. If it's more spread out and general, that's a dull pain or soreness.

瞭解疼痛程度之餘，醫生也想釐清疼痛的類型。疼痛從一處發起並移轉至其他地方，叫「抽痛」；像火燒似的痛，是「灼痛」；疼痛集中於小範圍，稱為「尖銳痛」；若疼痛範圍大且各處程度相同，則為「鈍痛」或「痠痛」。



痛伴一生 不忘江湖相助

英文 / Leila Luo 圖 / 123RF

When Priscilla Ong was 15 years old, she fell down the stairs at school and fractured her ankle. Everyone expected her to recover because she was a healthy teenager, but when her doctor took off her cast two months later, Ong was still in an unusual amount of pain. Her doctor said she had a nerve disorder called Complex Regional Pain Syndrome.



普里西拉・王，15 歲時在學校樓梯間跌倒、摔斷了腳踝。由於她平時健康、正值青少，大家都預期她能康復如初。然而在醫生拆下石膏兩個月後，普里西拉依然感到疼痛異常。醫生診斷出她罹患了名為「複雜性局部疼痛症候群 (CRPS)」的神經失調疾病。

Unfortunately, Ong will probably feel pain for the rest of her life. While Ong was struggling to live normally, she realized many other people with life-long problems need support too. She began a group called Project Healing Pain. Now 21, Ong hopes to one day turn it into a foundation to help people with CRPS.

不幸的是，普里希拉的餘生都將與疼痛相伴。在她為了恢復正常的生活艱辛奮鬥時，同時意識到還有許多終身受慢性病所苦的人也需要援手，因此成立了「疼痛治癒計畫」小組。現年已 21 歲的普里希拉，希望有天小組能壯大成基金會，幫助更多 CRPS 纏身的人們。（編註：小組名稱暫譯）



fracture (v.) 折斷 recover (v.) 康復 cast (n.) 石膏 disorder (n.) 失調、混亂 struggle (v.) 奮鬥、掙扎

1. How is pain helpful?
 - a. It is a warning system.
 - b. It tells you how to fix things.
 - c. It breaks your bones.
 - d. It helps you feel better.
2. Why was the bowl on page three so special?
 - a. The American man loves Chinese art.
 - b. There are only a few like it.
 - c. It was worth a lot of money.
 - d. It was from Connecticut
3. From the story on page three, what does 'vessel' mean?
 - a. a vein that carries blood through the body
 - b. a container for holding liquid
 - c. a vehicle that moves on the water
 - d. a detective who solves a mystery
4. Which is the best description?
 - a. It feels a little funny.
 - b. My stomach feels bad.
 - c. There's a sharp pain in my knee.
 - d. It kind of hurts, but I guess it's okay.
5. What unexpected problem did Priscilla Ong face?
 - a. The doctor couldn't remove the cast.
 - b. Too many teenagers were in the group.
 - c. Her foundation failed.
 - d. She still felt pain.
6. Which word means to painfully crush or squeeze?
 - a. sore
 - b. jam
 - c. broken
 - d. medicine

Cloze Test A

Yesterday in P.E. I got hit in ___ head with a volleyball. That didn't hurt too bad, but ___ made me fall down and I sprained ___ wrist.

Cloze Test B

The doctor told ___ to take my medicine twice a day. If I hurt anywhere ___ have any strange feelings, I should stop taking the medicine and go back ___ the clinic.

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

1. 閱讀理解題。第 2 版文章提到，痛覺是在提醒我們身體有異狀，因此正確答案為 (a) 痛覺是一種警告機制。

2. 第 3 版的報導指出，這個碗很稀有，因此可推斷 (b) 相同的碗為數不多。選項 (c) 是倒果為因的陷阱，碗是因為特別而值錢，特別則源自其珍稀，不是因為值錢而特別。

3. 新型衛星系統名為 “Dark Vessel Detection”，能夠偵測非法捕撈的船隻。由此可推斷 vessel 指的是 (c) 在水上移動的交通工具。

4. 最好的敘述為 (c) 我的膝蓋感到尖銳痛。其他選項敘述太籠統，無助他人理解你的症狀。

5. 從第 5 版的文章得知，普里西拉・王年輕且身體健康，大家都認為她會康復。因此沒預料到兩個月後 (d) 她依然感到疼痛。

6. jam (v. 壓傷、撞傷)。參照第 2 版文章舉例的 “jam your finger on a basketball” 手指「吃蘿蔔乾」，即是手指與籃球猛力撞擊而受傷。

Cloze Test A

1.the 2.it 3.my

昨天的體育課，我被排球砸到頭。雖然不太痛，卻害我跌了一跤扭傷手腕。

Cloze Test B

1.me 2.or 3.to

醫生囑咐我一天吃兩次藥，若有任何地方感到疼痛或異常，就要立即停止服藥並回診就醫。

什麼碗糕

腳本 / Leila Luo 漫畫 / 瀚昇



嘿，我在壁櫥裡找到這個舊碗。
你覺得值錢嗎？



喔老天！我真不敢相信！



我以為再也找不到它了！
怎麼了？該不會這碗超級珍貴吧？



蛤？你說那個碗？不，那不值錢。
我找了老半天終於找到這東西了！

The Rest is History

阿波羅 13 太空缺氧 SOS

臨危不亂成功返航



英文 / Andrew Edmunds 圖 / 123RF

On 17th April 1970, Apollo 13 successfully returned to Earth. The third manned mission to the Moon went wrong after an oxygen tank exploded. Even though they never landed on the Moon, the astronauts survived the lack of oxygen, heat, electricity and water and turned the tragedy into a triumph.

1970 年 4 月 17 日，阿波羅 13 號成功返回地球。在執行第三次載人登月任務時，阿波羅 13 號發生氧氣槽爆炸，情勢急轉直下。儘管未能降落月球完成任務，但全體太空人在氧氣、熱能、電力和飲水缺乏下仍倖免於難，順利返航，將悲劇扭轉為勝利。