



雙語週報

159 期



官方網站



線上訂購

發行人：吳苑庭 出刊日 2021 年 6 月 11 日 訂報專線 (02) 2649-7111

定價 40 元



The Only Constant

永恆唯變



英聽教學

The old saying that “change is the only constant in life” is truer than you may know.

「改變是生命中唯一的不變。」比你所想更真切。

紙本刊物合作：漢玲文化

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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

出奇制勝 萬變依歸 適者生存

英文 / Leila Luo 圖 / 123RF

What do plants and animals all do so that it is easier for them to live? Adapt! When the environment changes, some plants and animals die, but others adapt so they can survive. They also adapt to protect themselves from predators and get food. These changes could be in the way they look, behave or both.

為了生存動植物怎麼做？唯有適應！當自然環境變遷，有的動植物因此死亡，有些生物則適應了環境的改變，因而生存下來。有時為了不遭掠食及易於取得食物，動植物為求生路可能會改變外型、行為方式或雙管齊下。



Take giraffes for example. Their long tongues and necks are adaptations that allow them to reach leaves on tall trees in the plains of Africa that other animals can't reach. What about plants? Cacti can quickly collect the little rain that falls in the desert. To protect their water, they even adapted to grow spikes to prevent animals from eating them.

以長頸鹿為例。長舌頭、長脖子即是適應非洲大草原的具體展現，讓牠們能吃到其他動物望而興嘆的高處樹葉；植物則如仙人掌，它們可以迅速汲取沙漠中的少量雨水，甚至長出尖刺，防止動物為了攝取水份而吃掉它們。



adapt (v.) 適應

predator (n.) 掠食動物

behave (n.) 行為

adaptation (n.) 適應

spike (n.) 尖刺

舊瓶新裝鋰電池

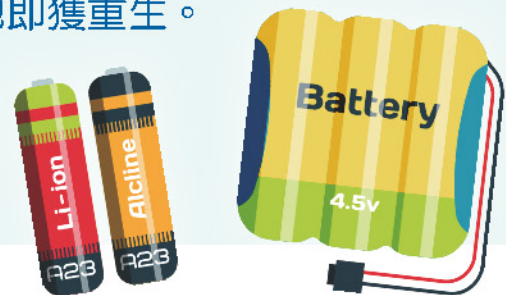
回收重填再出發



英文 / Andrew Edmunds 圖 / 123RF

Researchers in Finland have discovered a better way to recycle the lithium-ion batteries that we use every day in our smartphones and other devices. Traditional battery recycling takes a long time and requires lots of chemicals. The researchers' new method will let us simply refill the batteries with fresh lithium.

於日常使用之智慧型手機及諸多裝置中的鋰電池，芬蘭的研究員發現了更好的回收方式。傳統電池的回收方式曠日廢時，又需使用大量化學物質，而新方法僅需將新的鋰離子重新填入，廢電池即獲重生。



捕碳護地球至死不渝

水泥封存 CO2 堅固更強韌

英文 / Andrew Edmunds 圖 / 123RF

Trees and whales capture carbon dioxide from the air and turn it into a solid that can go back into the ground. CarbonCure, a startup company, does the same by injecting CO2 into concrete. Because the resulting concrete is stronger, companies are using it to build their buildings.



樹木和鯨魚能捕捉大氣中的二氧化碳，將之固化，並於死後仍可封存體內，沉於深海或埋入大地之中。依其原理，新創公司 CarbonCure 將二氧化碳注入水泥封存。不只如此，注入的二氧化碳還能讓水泥更堅固，因此許多公司正採用為建造大樓的新建材。

require (v.) 需要

method (n.) 方法

carbon (n.) 碳

solid (n.) 固體

concrete (n.) 混凝土

荒漠中自創甘泉

DNA 變異幫忙超前部鼠

英文 / Leila Luo 圖 / 123RF



As Earth's climate changes, deserts around the world are growing bigger. Animals that live in those areas must adapt to survive. Lucky for them, it turns out that animals have more than one way to adapt. After studying three species of mice that all live in the North American desert, researchers from the University of New Hampshire found that each one evolved differently.

隨著地球氣候變遷，世界各地的沙漠區域也逐漸擴大。為了生存，這些地區的動物必須有所改變，才能適應環境的變化。幸好事實證明，動物適應環境的方式可不只一種。新罕布夏大學研究員在研究三種棲息於北美沙漠的老鼠後，發現每種老鼠都有獨特的進化方式。

For example, one mouse changed slowly over time through small DNA mutations in order to better control its body temperature. Another mouse's DNA changed more quickly because it had to adapt to new food sources. It just goes to show that, as one of the researchers said, “there is more than one way to bake a cake”.

舉例而言，研究中，一種老鼠透過緩慢、少量的基因突變，優化體溫的控制；為了適應新的覓食環境，另一種老鼠的基因突變過程更快。這些現象正是適應環境的多元展現，恰如其中一位研究員所言：「烤蛋糕的方法不只一種。」



無手無礙雙足萬能

楊恩典用心感受上帝恩典

英文 / Leila Luo 圖 / 123RF、瀚昇

When faced with challenges, people adapt to survive just like plants and animals do. Grace Yang was born without arms. On top of that, she was abandoned by her parents. While growing up in an orphanage in Taiwan, she learned to adapt. She practiced using her feet until she could successfully eat, brush her teeth, write and even drive.

當面對挑戰、為求生存人們也必須如動植物學習適應。楊恩典出生時就沒有雙臂，又遭親生父母棄養，在臺灣的孤兒院裡長大。在她成長過程中，楊恩典不斷練習以腳代手，直到能用餐、刷牙、寫字，甚至開車。

In junior high school, Yang learned to draw with her left foot. Her talent earned her international recognition as a Mouth and Foot Painter. From selling her art, she was able to donate money back to the orphanage that raised her. "God didn't give me arms," says Yang, "but I can hug the world with my heart."



就讀國中時，楊恩典學會了用左腳畫畫。之後憑藉著她的才華，楊恩典贏得國際知名口足畫家的美譽。她更透過義賣畫作捐款，回饋養育她的孤兒院。楊恩典說：「上帝沒有賜給我雙臂，但賜我能用心去擁抱世界。」



on top of sth (phr.) 除此之外 (尤指不開心之事) successfully (adv.) 成功地 talent (n.) 天分 recognition (n.) 認可、讚賞

1. What is the word for an area of very hot, dry land?

- a. desert
- b. dessert
- c. deserve
- d. despair

2. Leaf is to leaves as ____.

- a. battery is to batteries
- b. cactus is to cacti
- c. life is to lives
- d. species is to species

3. Which word means to force something into something else?

- a. include
- b. inject
- c. injure
- d. insect

4. What challenge did Grace Yang overcome?

- a. Her parents didn't recognize her.
- b. The orphanage abandoned her.
- c. She was missing body parts.
- d. She had no talent.

5. What is the temperature and other outside conditions at a specific time?

- a. climate
- b. environment
- c. nature
- d. weather

6. Where is one company putting carbon dioxide?

- a. in batteries
- b. in building material
- c. in the ocean
- d. in plants

Cloze Test A

Today, the weather is very windy ____ cold in the north of the country. There is a chance ____ some rain, too. The temperature ____ around 10°C.

Cloze Test B

I live ____ a humid subtropical climate. We have hot, humid summers ____ mild winters. There ____ strong storms called typhoons.

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

1. 沙漠 (n. desert) 和甜點 (n. dessert) 常易混淆。提供一個小口訣分辨：甜點比沙漠甜！desert 中間加了一個 sugar 的 s，就變成 dessert 了。

2. 本題要找出複數型的變化規則與題目相同的詞彙，選項 (c)life 和題目 leaf 的複數型都是去 f 加 ves。因此正確答案為 (c)。

3.(b)inject (v. 注射)，意指將某物質強行注入某人或物。其他選項，(a)v. 包含、(c)v. 損害、(d)n. 昆蟲。

4. 從第五版報導可知，楊恩典出生便沒有雙臂，意謂著她缺少某些身體部位，因此正確答案為 (c)。

5. weather (n. 天氣) 和 climate (n. 氣候) 常容易混淆。「天氣」指在特定短時間內，大氣中所發生的一切現象，如一天之中氣溫的高低、空氣中的濕度等；「氣候」則是指某一地區長期的天氣狀況。

6. 第 3 版第 2 則報導可知，該公司將二氧化碳注入水泥封存，而水泥是為一種建材。

Cloze Test A

1.and 2.of 3.is

今日該國北部天氣多風且寒冷，還有降雨的可能，氣溫約在攝氏 10 度左右。

Cloze Test B

1.in 2.and 3.are

我生活在副熱帶濕潤氣候地區，夏天炎熱潮濕、冬天暖和，偶爾還有稱為「颱風」的強烈暴風雨侵襲。

鰭異鯊機

腳本 / Leila Luo 漫畫 / 瀚昇



你最近看起來比較快樂喔。



對啊，最近伙食比較好。

仔細一看，
你好像長得也有點不一樣喔。起初我也被這奇怪的鰭嚇到了，
現在已經習慣。

The Rest is History

納粹戰火下少女的心聲

《安妮日記》實錄近毀滅的世界

英文 / Andrew Edmunds 圖 / 瀚昇

On the 12th of June 1942, Anne Frank received a blank book for her 13th birthday. While hiding with her family from the Nazis during World War II, she wrote in her diary. The descriptions of daily life in her diary show how terrifying war is and how important peace is.

1942 年 6 月 12 日，安妮・法蘭克將自己與家人於二次大戰躲避納粹追捕的經歷，紀錄在她 13 歲生日時收到空白日記簿中，成就了名著《安妮日記》。日記中對逃難生活的敘述，清楚指出戰爭的殘酷與和平的重要。

fin (n.) 鰭

receive (v.) 收到

blank (a.) 空白的

diary (n.) 日記

description (n.) 敘述、描寫