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How many different ways can you think of to call for help?

呼救的方式,你能想到幾種?

紙本刊物合作: 漢玲文化 PChome (基本)

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身陷困境不用怕 理智求援 勇敢呼救

英文 / Leila Luo 圖 / 123RF

Complicated situations can take us by surprise. If no one is around to help, what can we do to escape danger? For some situations, being prepared by carrying some simple tools can help. If you find yourself lost, a whistle can make a loud, high-pitch sound that will travel much farther than the voice will. A flashlight or mirror to reflect light can also get attention from far away.

危機總是來得猝不及防。倘若此時身旁無人可出手相助,我們該如何脫離險境? 某些情況下,事先準備的工具就能及時幫上大忙。好比當你迷了路,口哨發出響 亮、尖銳的聲音,能傳播得比呼救聲更遠;藉著手電筒或鏡子反射的光線,也能 讓遠處的人發現你。



Sometimes asking for assistance is better. By remembering important hotlines, we can call the right people to help us. In Taiwan, we can call the 1925 hotline for suicide prevention. The 1995 hotline from Taiwan Lifeline International supports anyone in need of advice and counseling. Women and children who are in danger can call the 113 hotline.

有時尋求社會的支持將對你更有益。記住重要的諮詢專線,透過電話的聯繫,尋求正確的救助。在臺灣,我們擁有防治自殺的 1925、提供需求者諮詢和輔導的 1995 臺灣國際生命線,及專為身陷危險婦女、兒童服務的 113 等專線。





順應四季寒暑

變形木屋暢意自然



英文 / Andrew Edmunds 圖 / 123RF

An architect in the Netherlands has created a cabin that can change its form according to the weather. On a chilly but sunny day, you can slide away the wall revealing a glass greenhouse. At night or when it's very cold, you can push all the pieces together again for a traditional cabin.

荷蘭建築師打造可因應天氣變化改變外型模式的新式小木屋。在陽光明媚、略帶涼意的日子,可以滑動木屋的牆體,將小木屋轉換為玻璃溫室模式,

享受和煦的日照;在寒冷的夜晚,將所有組件推回原處,重新擁有經典小木屋的溫馨。



聖誕島封道護航

助紅蟹安然返

英文 / Andrew Edmunds 圖 / 123RF

In mid-November, highways and roads were shut down as usual on Christmas Island, Australia for the annual migration of millions of red crabs. Every autumn, the red crabs walk to the ocean. Some roads stayed open because they have special bridges for the crabs to avoid traffic.

每逢秋季,數百萬隻的澳洲紅蟹會橫越馬路遷徙入海。為了因應此生態盛事,每到11月中旬,澳洲聖誕島將會封閉各級部分道路;而維持通車的路線,則配備特製的生態橋梁,避免車蟹爭道。







cabin (n.) 小木屋

chilly (a.) 涼颼颼的

reveal (v.) 顯露、揭露

shut down (phr.) 關閉

avoid (v.) 避開



复短部號水林響斯電

505!求救密訊全球皆然

英文 / Leila Luo 圖 / 123RF

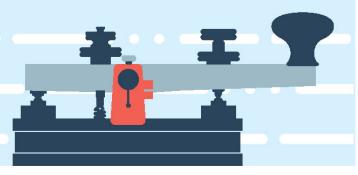


Morse code was created in the 1800s to be an internationally recognized system of communication. The code uses combinations of dashes and dots to represent the 26 letters in the English alphabet. During the Vietnam War, a captured American navy pilot blinked his eyes to spell out the word "torture" in Morse code while on television to quietly ask for help.

發明於 1800 年代的摩斯電碼,是國際公認的通訊系統。藉由排列順序不同的「長 劃(長)」與「點(短)」,表示英文的26字母。越戰時期,一名被俘的美國飛 行員,在被迫接受北越電視臺的宣傳採訪中,以眨眼拍出酷刑(torture)的摩斯電 碼,透過電視畫面發出無聲求救。

Morse code is still used by amateur radio operators and intelligence specialists today. In fact, many people still know the universal distress signal "SOS". The sequence is easy to remember, even when one is in grave danger: dot-dot-dot, dash-dash-dash, dot-dot-dot. Whether you blink it with your eyes, tap it with your fingers, or shine it with a light, remembering SOS could save a life.

時至今日,摩斯電碼仍為業餘無線電操作員與情報專家所用;世界通用的 SOS 求 救信號仍為許多人熟記。代表 SOS 的電碼:三短、三長、三短,容易記憶,在生 死關鍵時刻多能及時上場救援。無論效仿被俘的美國飛行員眨眼、以手指敲出聲 音或用燈光閃出訊號,請記得以任何方式打出信號的 SOS 電碼,都能救人一命。



code (n.) 密碼、代碼

dash (n.) 破折號

torture (v.) 折磨

specialist (n.) 專家

sequence (n.) 順序



眼觀手勢-540

暖心駕駛拯救遭綁少女

英文 / Leila Luo 圖 / 123RF

Last year, the Canadian Women's Foundation created the "Signal for Help" so women and girls could quietly communicate that they were in danger. First, raise your hand, showing your palm with your thumb out. Then, tuck your thumb into your palm and lower your fingers over it, as if to trap the thumb. The organization's hand signal video later went viral.

由加拿大婦女基金會於去年推出的「540 求救訊號手勢」,希望能讓遭受威脅的女性藉此手勢不動聲色地求救。首先,請向對方示出掌心與五指;接著,大拇指扣入掌心,再將其餘四指如困住大拇指般握緊拳頭,手勢完成。加拿大婦女基金會上傳示範影片,並被瘋狂轉傳分享。

In November this year, a 16-year-old girl was kidnapped. With her kidnapper driving the car, she couldn't call for help without putting herself in further danger. So, she made eye contact with other drivers on the road and signaled for help with her hand. Thanks to the viral video, another driver recognized the signal and called the police. The girl was rescued.



今年 11 月,一名 16 歲遭綁架的少女,被困於綁匪行進中的車輛內。她擔憂冒險呼救會使處境更加危險,於是,她與路上的車輛駕駛目光接觸,並打出求救訊號手勢。所幸有名駕駛人看過求救手勢短片,警覺地報了警,讓少女平安獲救。



palm (n.) 手掌

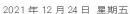
thumb (n.) 拇指

tuck (v.) 把…塞入

go viral (phr.) 被瘋狂轉傳

kidnap (v.) 綁架





- 1. Which is NOT a way to 4. What is true about Morse prepare for complicated situations?
- a. Carry a whistle.
- b. Remember useful phone numbers.
- c. Bring a flash light.
- d. Escape a physical response.
- 2. What did the architect from page three create?
- a. a very tall modern building
- b. a very large, expensive house
- c. a small, simple house made of wood
- d. a building with roof and sides made of glass
- 3. How often do Australia's red crabs migrate?
- a. every Christmas
- b. last November
- c. next autumn
- d. once a year

- code?
- a. It is made of dashes and dots.
- b. It is 1800 years old.
- c. It is often on television.
- d. It is only used in England.
- 5. Which is the correct definition for 'palm' as used on page five?
- a. a kind of tropical tree
- b. the inner surface of the hand
- c. to take or pick up secretly
- d. to hide with the hand
- Capture is to rescue as ____
- a. amateur is to operator
- b. annual is to signal
- c. chilly is to greenhouse
- d. mental is to physical

Cloze Test A

This cabin looks traditional ___ is actually packed with modern features. It has a fully-equipped kitchen, shower, bathroom, and room _ three adults. There ___ a bathtub under the floor.

Cloze Test B

Christmas Island red crabs are famous for ____ bright red color. Every year, they follow the same paths ___ the rainforests to the ocean to breed. They climb over and around obstacles in their way.





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

- 1. 本題答案為 (d), 其他選項皆是確切的求救方法。
- 2. 第 3 版第 1 則報導中,荷蘭建築師打造新式木屋 (n. cabin)。而 (d) 為陷阱,雖然新式木屋可以變換為玻璃溫室模式,但小木屋的本質仍 是以木材製造的小屋。
- 3. 第 3 版第 2 則報導使用 annual (a. 一年一度的), 形容澳洲聖誕島的紅蟹遷徙, 該詞即是指 (d) 一年一次。
- 4. 查閱第 4 版文章,摩斯電碼是由不同順序排列的「劃」和「點」,表達英文的 26 字母。
- 5. palm (n. 手心),英文沒有專指「手背」的字彙,通常會說 back of the hand。其他選項皆為 palm 可表達的意思,不過並非第 5 版使用的詞義。
- 6. 題目 capture (v. 俘虜) 和 rescue (v. 解救) 互為相反詞,恰如 (d) mental (a. 心理的) 和 physical (a. 身體的)。

Cloze Test A

1.but 2.for 3.is

新式小木屋外觀並不特殊,卻配備許多現代設施。它擁有功能齊全的 廚房、淋浴浴室,及可容納3名成人的房間。掀開樓板,地板下還藏 著一座浴缸。

Cloze Test B

1.their 2.from 3.any

聖誕島紅蟹因其通體鮮紅聞名。每年,牠們遵循相同的路徑,穿越雨林、前往海洋繁衍。遷徙過程中,牠們會繞行、翻越路上一切障礙。

求救訊號



腳本 / Leila Luo 漫畫 / 瀚昇



先生,通訊恢復了但還是沒有音訊!



他好像是在用手電筒打摩斯密碼。



快解讀!他在說什麽?



送 更 多 珍 奶 來

The Rest is History 環境哲學家倡導現代環保

優勝美地因他誕生

英文 / Andrew Edmunds 圖 / 123RF

American author and environmental philosopher John Muir died on the 24th of December 1914. After founding the Sierra Club, Muir helped to establish Yosemite National Park in 1890. Even after his death, Muir's field notes, essays and books continued to influence the formation of the modern environmental protection movement.

美國作家、環境哲學家約翰·穆爾於 1914年 12月 24日過世。生前創建美國重要環保組織「塞拉俱樂部」,在他多方奔走下,優勝美地國家公園得以於 1980年設立。即便過世後,他的田野筆記、散文和著作仍持續發酵,並影響了現代環保運動的形成。