

Dictation Contest (PRJr, 初級) No. 1037

Hi, everyone! Welcome back to PR junior.

This is the second part of *A New Uniform*. Let's get started.

There were no uniforms at Kim's old school, but the students at her new school must wear uniforms.

Yesterday, Kim and her mother went shopping. First, they bought notebooks and pencils. Then, they had lunch at a curry restaurant. After that, they went to buy a uniform.

Let's stop here and go to the next video for part three. Bye!

Dictation Contest (PR 1, 中級) No. 1037

Hey, everyone! Welcome back to the PR 1 dictation challenge!

Many of us are familiar with the art of procrastinating – putting off tasks until, or past, their deadline. Why do people procrastinate? Does it only bring them disadvantages, or does it also have some benefits? Procrastination typically gets a bad name as a habit that only hurts people and wastes their time. But, can procrastination help someone succeed? When you procrastinate are you actually wasting time? Or, are you taking a much needed brain-break? I think that in order to be the most successful you can be, you need a proper break from your work.

What do you think? Is procrastination just a waste of time or does it help you rest your mind?

Dictation Contest (PR2 上級) No. 1037

Hello, everyone! Hi everyone! Welcome back to PR2!

Today, I am going to talk about how high blood sugar, hypertension and obesity can add up to cancer risk. Let's begin.

Between 10% [and] 20% of the world adult population have metabolic syndrome. It's a cluster of conditions that can include hypertension, high blood sugar and a large waistline, and together increase your risk of heart disease, stroke and Type 2 diabetes. Even worse, a new research underscores another potential consequence: cancer. The link between cancer and having excess body fat is already well-established. But this latest study, published in the journal *Cancer*, takes a broader look at this relationship, focusing on how metabolic syndrome in general raises the risk of developing a variety of cancers. The research team, based in China, studied more than 40,000 people with some or all of five factors of metabolic syndrome: hypertension; low levels of HDL, in other words, "good cholesterol," elevated triglycerides, high blood sugar, and a large waistline. Metabolic syndrome is defined as having at least three of these conditions. After measuring their metabolic health over four years, researchers then tracked who developed cancer over about a decade. The participants, on average, were about 50 years old. Those with metabolic syndrome had a 30% increased risk of developing any cancer in the subsequent years, the study showed. The researchers also tracked C-reactive protein, which is used to measure chronic inflammation. Metabolic syndrome and higher levels of this protein were "significantly associated with subsequent breast, endometrial, colorectal, and liver cancers," the authors conclude.

That's it for today! See you!