

Dictation Contest (PR Jr, 初級) No. 1101

Hello, everyone! Welcome back to PR Junior.
I hope you are all having a good day.
I have a question for you: How do you stay cool during the summer?
For me, I always wear a hat when I go outside.
My friend likes to drink cold water when he feels hot.
Another friend wears short pants and t-shirts to stay cool.
How about you?
Next time we meet, please tell me your tips!
That's all for today. Bye!

Dictation Contest (PR 1, 中級) No. 1101

Hi, everyone! Welcome back to PR1.
Today, I am going to talk about how stuntmen do their job. Let's begin.

Naturally, the safety of the stunt performer is of the utmost importance. Much depends on the performer getting the [timing] exactly right, so everything is planned down to the tiniest detail. In a scene which involves a complicated series of actions, there is no time for careless mistakes. A stuntman often has only one chance of getting things right, unlike actors who can film a scene repeatedly until it gains the director's approval if necessary. Unfortunately, there are many cases where [a] [stuntman] lost their lives during filming due to an accident on the movie set. It shows how dangerous the job is and how much dedication the stuntmen have for their job.

That's it! See you!

Dictation Contest (PR2 上級) No. 1101

Hi, everyone! Welcome back to PR 2!

Today I will talk about how food affects our mental health. Let's begin!

It's time to start feeding your brain.

For years, research on healthy eating has focused primarily on physical health and the link between diet, weight, and chronic disease. But the emerging field of nutritional psychiatry studies how foods can make us feel.

"Many people think about food in terms of their waistlines, but it also impacts our mental health," said Dr. Uma Naidoo, a Harvard psychiatrist and the director of nutritional and lifestyle psychiatry at Massachusetts General Hospital. "It's a missing part of the conversation."

The connection between the stomach and the brain is strong, and it starts in the womb. The gut and brain originate from the same cells in the embryo, says Dr. Naidoo. One of the main ways the brain and gut remain connected is through the vagus nerve, a two-way chemical messaging system that explains why stress can trigger feelings of anxiety in your mind and butterflies in your stomach.

Food can also influence the state of your microbiome, and some species of gut microbes have been linked to higher rates of depression. Even the brain chemical serotonin, which regulates mood, has a strong gut connection. "Only 5 percent of your body's serotonin is made in the brain; the rest is made, stored, and active in the gut," said Dr. Naidoo.

That's all for today! See you!