

Dictation Contest (PRJr, 初級) No. 268

Hello, everyone! How are you doing?

So last time, Jen, Tim the cat, and the giant bid goodbye to Jen's grandparents. Let's see what happens after they go home.

They went back through the magic door. Jen and Tim left the giant's house and went home. They saw a tall apple tree behind the house.

Hmm, I wonder who planted that tree. We'll have to find out next time. Bye-bye!

Dictation Contest (PR1, 中級) No. 268

Hello, everyone! How are you doing?

I hope you're all staying safe and sound during this pandemic.

Today, I have a text about the very famous singer, Madonna. Keep an ear out for what she came [to] New York for back in the day, and what she is doing now. Let's begin:

Madonna is a famous entertainer. Her full name is Madonna Louise Veronica Ciccone. She was born in Michigan in the United States in 1958. When she was 19 years old, she moved to New York because of her dream to become a dancer. These days, people know Madonna as a famous singer, writer, dancer, actor, and director. Madonna can also play the guitar a little. She has performed for more than 30 years and she is still very active and performing concerts. She also has four children.

Well, that's all for today, and I'll see you next time. Bye-bye!

Dictation Contest (PR2 上級) No. 268

Hello, everyone! How are you doing?

Let's begin PR2:

These days, many people seem to suffer from insomnia. Feeling drowsy, they turn in early, hoping for a night of tranquil sleep, only to find that they wake up in the middle of the night. In a state of agitation, they desperately try to go back to sleep, often with little success. If they visit a doctor they usually receive a diagnosis of insomnia. More than a third of U.S. adults wake up in the night in this way, and because they, and many doctors, are confirmed believers in the prevailing notion that we need lengthy periods of continual sleep they often obsess about the adequacy of the sleep they are getting. But is this kind of interruption to our nightly sleep really a problem? Not so, say many experts in the subject.

According to Roger Ekirch, a sleep historian, an overview of history indicates that our belief that only an extended period of sleep every night will suffice* is a relatively modern development. Historical testimony indicates that in earlier times, a pattern of two periods of sleep, each lasting around four hours, was common. When people woke up in the night, they often used the interim period to talk, work, or even visit neighbors. Then, when they began to feel sleepy again, they would go back to bed. Nobody thought that such a routine was a problem. Evidence from anthropology also indicates that many people in technologically simpler societies follow this pattern today.

Well, that's all for today, and I'll see you next time. Bye-bye!

* suffice: pronounce "suh-fice" (like 'nice')