

Dictation Contest (PRJr, 初級) No. 269

Hello, everyone! How are you doing?

Today, I have the last part of the story of Jen meeting her grandparents. Let's begin.

Jen's mother was waiting. She served spaghetti with meatballs.

'I know this taste!' Jen said.

Jen and Tim smiled. They were happy to be home again.

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

Dictation Contest (PR1, 中級) No. 269

Hello, everyone! How are you doing?

Today, I have a text about Roald Dahl. Let's see if you recognize him.

Roald Dahl is famous because of the stories he wrote for children. His most popular book is *Charlie and the Chocolate Factory*. He also had a very interesting life.

Dahl was born in Wales in 1916. As a boy, he went to different boarding schools in England. He had fun, but some of the teachers were not very kind. Many of Dahl's stories came from his school experiences. One of his schools was next to a chocolate factory. The factory often asked the students to try new kinds of candy. Dahl remembered this when he wrote *Charlie and the Chocolate Factory*.

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

Dictation Contest (PR2 上級) No. 269

Hello, everyone! How are you doing?

Let's begin today's PR2:

A series of psychological experiments carried out in the 1990s supported the idea that such a pattern is natural. Thomas Wehr found that when people were subjected to natural patterns of light and dark comparable to those in the past, they began to sleep in two periods of four hours. He concluded that, far from such a pattern being an intolerable hindrance to gaining enough sleep, it was actually more beneficial for the health. How, then, have we wound up with the conviction that anything less than a substantial eight hours in a row is insufficient? According to Ekirch, the shift was brought about by the industrial revolution and the introduction of electric lighting. This lengthened our days, making us more productive, and shortened our nights, making it necessary to sleep until the morning.

Ekirch argues that acknowledgement of this historical and psychological research by doctors is long overdue. Waking up in the night is evidently natural, and diagnosing it as insomnia only heightens people's sense of anxiety. It seems that many of us must either learn to get by on less sleep or, alternatively, go to bed earlier, in order to enjoy this natural break in the middle of the night.

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