

Dictation Contest (PRJr, 初級) No. 276

Hello, everyone! Welcome back to PR Junior!

Today, someone is lost trying to find their way to the station. Take a listen:

Excuse me.

Yes?

How can I get to the train station from here?

You should take the bus.

I see. Where's the bus stop?

The bus stop is in front of the library.

Can you please take me to the library?

Sure! Follow me.

Thank you.

You're welcome.

So, did you hear where the bus stop is? Well, we'll see you next time. Bye-bye!

Dictation Contest (PR1, 中級) No. 276

Hello, everyone! Welcome back to PR1.

So, studying for exams is hard for everyone, but maybe, if you have a friend to study with you, it can be something fun. Let's take a listen to this conversation:

What do you feel like doing today, Sarah?

I have a chemistry test next week, so I'll probably go to the library later and (to) borrow some chemistry textbooks.

Well, if you have time, why don't you take a break over a cup of coffee? I'll be studying at the café inside the library on the fourth floor.

Sure! I'll drop by the café around 3pm, then. See you later!

Well, maybe invite a friend to study with you next time!

See you later! Bye-bye!

Dictation Contest (PR2 上級) No. 276

Hello, everyone! Welcome back to PR2.

Today, I have a little bit more information about the “French paradox”. Let’s take a listen.

In 2010, French researchers examined the drinking habits of just under 150,000 people. Moderate wine consumption was associated with other factors that help in the avoidance of heart disease: moderate wine drinkers were less likely to be overweight and had lower cholesterol and lower blood pressure. They also had a higher social status and were less likely to be unhealthy in general than either compulsive drinkers or those who do not drink at all. But the connection between drinking one or two glasses of red wine a day and these other factors could be mere coincidence, or there may be a [constitutional] tendency in such people both to drink less and to have less heart disease.

In retrospect, it can be said that the original documentary, which gave rise to a widespread belief in the beneficial effects of red wine, simplified our present state of knowledge. In claiming to have finally unveiled the answer to the riddle of the French paradox, they were overstating the case. Yet a link between red wine and good health has not been disproved, either. In fact, a 2008 study showed that resveratrol, a chemical compound found in red wine, can be linked to lower obesity and greater longevity. Still, for the moment, exercise and a good diet seem like surer, if less pleasant, ways to avoid heart disease than relaxing over a couple of glasses of red wine.

Well, thanks for tuning in today, and I’ll see you next time. Bye-bye!