

Dictation Contest (PRJr, 初級) No. 782

Hello, everyone! Welcome back to PR Junior.

This is the sixth part of a story called *The Magic Key*. Let's begin!

Suddenly, Bill saw something shiny. He picked it up.

"What a beautiful ring!" he said. "Somebody must have dropped it."

The children saw some soldiers. The soldiers saw the ring. They grabbed the children.

"That ring is stolen," they said.

That was all for today. I hope you liked it and I'll see you next time! Bye-bye!

Dictation Contest (PR 1, 中級) No. 782

Hi, everyone, and welcome back to PR1.

Today I prepared an interesting story about skin for you. Let's begin!

Most of us are aware that skin protects us from liquid, heat, cold, dirt, and bacteria. But that is not its only job. For instance, the skin is where our bodies make the vitamin D that we need. Another function has to do with the sense of touch. Without that sense, we could not feel any difference between rough and smooth surfaces. Skin can even help us determine if someone is sick. The wrong color such as slightly gray or very pale may be a sign of disease. Skin may reflect a person's mental state, too. Unusual sweating, for example, may be a sign that a person is nervous or under stress.

That's all for today. Goodbye!

Dictation Contest (PR2 上級) No. 782

Hi, everyone! Welcome back to PR2.

This will be the final part of our talk about the writer's block. Let's start!

The recommendation is to imbibe the coffee swiftly and then stretch out immediately and snooze for no more than a quarter of an hour. By the end of this period, the caffeine has had time to take effect and the subject wakes up feeling refreshed and is usually able to resume work without delay. The micro-sleep or power nap, combined with the stimulatory effect of the caffeine, although it sounds paradoxical, is apparently an effective antidote to fatigue.

The effects of a caffeine nap are much more powerful if the coffee is good. A semi-automatic pump espresso machine makes an excellent brew and it is easy to operate. Turn the machine on, then allow it to heat for at least 20 minutes. When the machine is ready, measure pre-ground beans into the porta filter, level it off, then pressure is applied with a tamper to create an even seal. Start the pump and water will flow through the coffee grinds into your cup. It is recommended to use good coffee made from a coffee machine rather than instant powder coffee, to maximize the effects of the caffeine nap.

Well, that's all of today. See you next time, bye!