

Dictation Contest (PRJr, 初級) No. 855

Hi, everyone! Welcome to PR Junior.

Today we'll be reading about a Roman adventure. Take a listen:

Biff and Chip were doing a project on the Romans. The project was for Mrs May. Biff made a chariot and Chip drew a picture. Mum and Dad looked at the project.

"The Romans were interesting," said Biff.

Chip showed Mum his picture of a Roman chariot. It was pulled by four horses.

That's all for now. Bye!

Dictation Contest (PR 1, 中級) No. 855

Hi, everyone! Today I will continue talking about children's sleep. Let's begin!

Are we too lax with children's sleep? When should they go to bed and how much sleep do they need? At all ages there are natural differences in sleep need – there's no fixed amount. Healthy five year olds need 10-12 hours, eight year olds, 9-11 hours, and for early teens it's 8-10 hours. The earlier to bed, the sooner they'll wake up, and there's no point in packing them off too early unless others want peace and quiet. Otherwise it's an early morning wake-up probably for all concerned. Daytime napping is not usually necessary beyond four years, especially as it delays bedtime and shortens night-time sleep.

That's all for today! See you!

Dictation Contest (PR2 上級) No. 855

Hello, this is PR2!

I hope you are all enjoying the blazing summer heat.

Recently, I fell off my bicycle, which is truly embarrassing, but since I still have bruises and scars, let's learn about the healing process of wounds!

So minutes after having an injury, your blood will begin to clot thanks to platelets, which are small fragments responsible for preventing bleeding. It is highly recommended to wash the wound with soap or alcohol to remove germs. Our bodies prevent infection too, from the help of white blood cells. This stage takes two to five days.

Over the course of three weeks, our bodies repair broken blood vessels and grow new tissue. You may have heard of collagen, which are tough white fibers that build a foundation for new tissue. Collagen is created by red blood cells, and gradually, we form new skin over this tissue.

Slowly, as the wound heals, it will shrink by pulling the edges inward, and the scab that is formed may begin to feel itchy. By nature, scars will be less strong and less flexible compared to the surrounding skin. Over time, which could take two years, the scar will slowly fade, and although it may not completely disappear, it would leave minimal marks.

Phew, I'm glad to know my arm will heal well! Next time, I'll be more cautious when riding my bike. Anyways, that's all, see you!