

Dictation Contest (PRJr, 初級) No. 866

Hi, everyone! Welcome to PR Junior.

Today I'll read a story called The Ant and the Grasshopper. Let's begin

One summer's day, in a field, a Grasshopper was hopping about, chirping and singing. An Ant passed by, bearing along with great effort an ear of corn he was taking to his nest.

"Why don't you come and chat with me," asked the Grasshopper.

"I am helping to store up food for the winter," said the Ant. "And I recommend you to do the same."

Let's continue the rest of the story next time. See you!

Dictation Contest (PR 1, 中級) No. 866

Hi, everyone! Welcome back to PR1.

Today we'll be discussing how important sleep is. Take a listen.

Have you been getting enough sleep? If you ignore the importance of sleeping well, you may suffer both mentally and physically. Perhaps you experience waking up in the middle of the night and having to make an effort to get back to sleep. This may even happen over and over. You may be disappointed with your body after a tough night and think that getting a good night's sleep is an impossible goal. The number of hours you sleep is not the biggest issue. Better sleep often comes with small changes to your daily lifestyle.

Therefore, you need to have more control over the quality of your sleep.

Okay, that's all for now. Bye!

Dictation Contest (PR2 上級) No. 866

Hello, and welcome back to another PR2 session!

Recently, I received my first mosquito bite of the year, and I was raged at how agonizingly itchy it was, so let's learn about the mechanism of them!

In very simple terms, mosquitoes, precisely female mosquitoes, perform mini surgery on us. They search for blood to form eggs, and accurately locate its source using a receptor that detects the carbon dioxide we breathe out, as well as skin odorants from perspiration and lactic acid. They are also easily attracted to heat and infrared light. Once the mosquito finds a juicy-looking human being, then land on the skin and the proboscis pierces through the skin. Then, the labrum searches for a blood vessel, and once found, the mosquito begins sucking out the blood into the abdomen. Inside the mosquito's body, they have a filter to separate the water from the blood cells to acquire maximum nutrition.

Not only do mosquito bites itch, but sometimes they can leave behind deadly parasites or viruses. They are widely known for transmitting malaria, which can reach our livers within 20 minutes of injection.

How horrifying! Let's wrap up this session by learning about methods to repel mosquitos – of course, insect repellent is effective, but some are harmful even to human beings. Oil of lemon eucalyptus is one of the repellents safe for even pregnant and breastfeeding women. You can also wear loose-fitting, long sleeved shirts and pants.

Okay, that is all for today! See you again!