

**Dictation Contest (PRJr, 初級) No. 934**

Hey guys! How are you doing?

Are you ready for the Autumn colors?

The leaves are changing a little later than usual this year, mostly because of climate change. But, once again, even though we are halfway through November, the scenery and the temperature don't match. The Autumn scenery hasn't even started yet, but, according to the temperature, we are already in Winter. It already feels too cold for Autumn.

What do you think? Does it still feel like Autumn for you? Or, does it feel like Winter?

See you next time.

**Dictation Contest (PR 1, 中級) No. 934**

Greetings everyone! This is PR 1.

Today, I went to university to play with some tomato plants. I didn't play with them like a toy, but I did some experiments with them. Did you know that tomatoes have an internal clock, just like us? We wake up in the morning and sleep at night, but so do tomatoes. We know this because tomato leaves open and close throughout the day. I think this is to save energy since they use so much energy converting sunlight into food. This process is called photosynthesis. Since plants rarely move quickly enough for human beings to see with the naked eye, we sometimes use a camera to take time lapses, which is really cool!

Well it looks like we're out of time. See you again!

## Dictation Contest (PR2 上級) No. 934

Hi everyone! Welcome back to PR2. This is the part two of the story of how human bodies are affected during space travel. Let's begin.

The second concern - the effects of weightlessness - was not obvious at first. Few serious physiological problems were noted during the early years of space flight. The body functions that were monitored included heart rate, pulse, body temperature, blood pressure, respiration, speech and mental alertness, and brain waves. Few changes occurred. Changes in the levels of hormones and in the concentration of salt in the blood did take place, but these were not detrimental. The problem of eating in weightlessness was overcome by packaging food in containers that could be squeezed directly into the mouth.

However, as the length of space missions increased, scientists at NASA were surprised by the magnitude of physiological changes induced by extended periods in a gravity-free environment. Astronauts returning from prolonged stays aboard space stations have clearly shown that the human body severely deconditions when exposed to microgravity conditions. Serious medical problems, especially the weakening of bone matter and muscle strength, were observed. When gravitation is taken away, bone calcium and phosphorus are excessively excreted in urine and feces. The loss of calcium in urine may produce urinary stones, and the decrease of bone density will lead to bone fracture. It is reported that after a 3.4 month trip into space, it takes about 2-3 years to regain lost bone density.

Let's stop here for today and we will go through the rest of the story in the next video.  
Good-bye!