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Science can be amusing and on roller coaster rides and the pas-

圖/ Shutterstock

搞笑諾貝爾獎創辦於 1991年,可說是另類的諾貝 爾獎(Nobel Prize)。Ig Nobel Prize 之名,除了指涉諾貝爾獎,也 用ignoble一字自我揶揄。該字本意雖 有卑鄙的、可恥的意思・但其實入園搞 笑諾貝爾獎者的研究,幾乎都是正式的 嚴謹的,甚至有嚴肅的主題。

科學也可以好玩又實用。今年的搞笑諾貝爾醫學獎, 頒給米契爾和瓦廷格醫師,表揚他們做出搭乘雲霄飛車 與疏通腎結石關聯的實驗。實驗的點子出自瓦廷格醫師 的一位病人。該病人每次到美國佛羅里達州的迪士尼樂 園、玩完雲霄飛車後回診、都會報告自己的腎結石好像 鬆脫了些,不再那麼「卡卡」。

would come loose.

# 國內唯 雙語週報/兒童週報



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## 失竊 13 年

《綠野仙蹤》紅寶石魔法鞋找到了

英文撰稿/ Dale Albanese 圖/達志影像

The film The Wizard of Oz from 1939 is one of the most popular movies ever. Judy Garland played Dorothy, who traveled to the land of Oz and wore ruby slippers. The ruby slippers that she wore in the film were in a museum in the US, but someone stole them in 2005. Now, the Federal Bureau of Investigation (FBI) says that after 13 years, the slippers have been found. The shoes are worth more than US \$1 million.

1939年的電影《綠野仙蹤》是影史上最受歡 迎的影片之一。女演員珠蒂·嘉蘭在片中飾 演桃樂絲,她在前往歐茲王國的路上穿著紅寶石鞋。 這雙紅寶石鞋後來收藏在美國一家博物館裡,但 在 2005 年失竊。美國聯邦調查局日前宣布破 案,鞋子在遭竊13年後重新被找回。這雙 紅寶石鞋價值超過100萬美元。

《緑野仙蹤》的原 小說裡·桃樂絲 音銀色的魔法鞋 (Silver Shoes),改編上大銀幕之後, 才換成顏色鮮豔的紅實石鞋。

## 反對聲浪大

奧斯卡擱置增設 「最佳人氣電影」獎

英文撰稿/ Sloan Sabbith 圖/ Shutterstock

The Academy Awards, also known as the Oscars, have several categories ranging from Best Actor to Best Film. When the Academy said they would add a new category for "outstanding achievement in popular film", the idea received a lot of criticism from those inside and outside the film industry. Because of this backlash, the Academy of Motion Picture Arts and Sciences has suspended its plans for further study.

別稱「奧斯卡」的美國影藝學院獎,包含最佳男主角、 最佳影片等獎項。影藝學院之前宣布將增設「最佳人氣 電影獎」,遭到來自電影業界、業外極大的批評。反對 聲浪如此強大,使得美國影藝學院日前緊急喊停,暫時 不增設該獎, 先研議再說。



國影藝學院被批評是為了拉抬頒獎典禮轉播收視率, 才刻意增設上述獎項。也有反對聲音認為,新設人氣 (popular) 獎項·難不成意味入園其他獎項的電影較

英文撰稿/Jason Yang

The Great Buddha+, a dark comedy film debuted by director Huang Hsin-yao, was selected to represent Taiwan as its contender in the foreign-language category of the Oscars. Taiwan has regularly submitted films for Oscar consideration in this category. Director Ang Lee's Crouching Tiger, Hidden Dragon won the award in 2001.

黃信堯導演的電影處女作《大佛普拉斯》 獲徵選出線,將代表臺灣角逐奧斯卡金像獎 最佳外語片。臺灣多次在此項目提報影片參 賽,2001年該獎項由李安導演的電影《臥虎 藏龍》拿下。

根據美國影藝學院的規定,1個國家每年 只能提報 1 部電影競逐奧斯卡最佳外語 じ (非英語)片。所有提報影片經影藝學院 2輪投票, 選出5部最後的入圖影片。得獎影片在頒獎典禮現場



## 以色列研究: 益生菌效果 Zero

英文撰稿/ Sloan Sabbith

Antibiotics kill bad bacteria in your body, but some believe that consuming probiotics, good bacteria, can actually improve your health. However, a new study from a group of scientists at the Weizmann Institute of Science in Israel claims that is not true. According to these researchers, probiotics had little or no effect on 25 healthy volunteers after a month, leading the team to label probiotics as "quite useless".

菌種有好、有壞,體內不好的細菌(壞菌)可用抗生素 對付,至於好菌,有些人認為食用這些益生菌有益健康。 不過,以色列魏茲曼科學研究院的科學家最近宣稱,益生 菌未必真的「有益」。其研究結果顯示,25位健康人士 自願受試1個月後,檢測發現益生菌的效果非常小,甚至 看不出效果。研究團隊因此認定益生菌「不中用」。

> 益生菌常見於優格、酸奶等微生物發酵製作的食品中。過 去已有許多實驗結論推翻益生菌的效果,

9 例如加州大學舊金山分

校的學者去年在《兒科醫 學》期刊發表研究指出, 食用益生菌・對小兒濕 疹(eczema)或哮喘 (asthma) 並無預防 效果。



Not exercising can cause health problems like heart dis-

ease, type-2 diabetes and cancer. A World Health Organization (WHO) report says that more than 25% of the people in the world do not exercise enough. People in high-income countries exercise the least. Women also exercise less than men, except in Southeast Asia. The WHO hopes to reduce global inactivity by 10% by 2025, but this report shows they might not reach that goal.

如果不運動,會導致心臟疾病、第二型糖尿病、癌症等 疾病。世界衛生組織近日發布報告指出,全球超過4分 之1人口運動量不足;高收入國家人民運動量最少; 以及除東亞、東南亞國家之外,女性的運動量低於 男性。世界衛生組織先前設定在2025年,將全球 人口運動不足率減少10%,不過這份報告指出, 該目標可能不會準時達成。

> 世衛組織這份報告也指出,全球 11 至 17 歲學齡人口,其中有8成未達建議運動量, 每日從事中度至強度運動的時間少於60分鐘

## 每日攝取 3份乳製品, 護心、防中風

英文撰稿/ Dale Albanese 圖/ Shutterstock

Many people believe that dairy is not good for you because it has saturated fat. Saturated fat can raise cholesterol. However, a recent study shows that eating or drinking the right amount of dairy products like cheese or milk, may actually help prevent heart disease and stroke.

因爲奶製品含飽和脂肪,因此許多人認爲奶製 品對身體不好,會提高膽固醇。但近期研究指出, 「適量」攝取起司或牛奶等奶製品,確實可預防 心臟病和中風。

這個發表在《刺胳針》(Lancet)的研究所建議的「適量」是指每日3份・1份約為244公克的牛奶或優格・或15公克的 起司,但也不建議過量攝取。研究人員表示,乳製品雖含「不好的」低密度脂蛋白(low-density lipoprotein, LDL)膽 固醇,但也含「好的」特殊氨基酸、不飽和脂肪、維生素 K1、K2、鈣等,若完全不攝取,就像「倒洗澡水時,把澡盆裡的 嬰兒連同洗澡水一併倒掉」(throwing the baby out with the bathwater),得不償失。

體

温唯

頂

# 楊闡爾性溫差

hormonal birth control have

higher core body tempera-

tures thereby making them

even more sensitive to cooler

有些研究也指出,女性之

間也存在核心體溫的差異。

temperatures.

英文撰稿/ Sloan Sabbith M / Shutterstock

### 女性「適溫」 난男性高 2.5 度●

100 Males and females are different in lots of ways. While some of these differences are based on stereotypes, like the idea that males are better at sports or females are better at taking care of children, some differences are based on scientific evidence. One difference comes from a 2015 Dutch study that found that women are more comfortable at a slightly higher temperature than men-2.5°C to be exact.

男女大不同!男女之間的差異,有些是刻板 印象,例如男性較擅長運動,女生較會照顧孩子; 有些則是基於科學證據。荷蘭科學家在2015年做過 一項研究,舉出男女在「溫度」上的差異:女性 覺得的「適溫」,比男性的「適溫」略高。精 確來說,女比男高攝氏2.5度。

In November, Democrat Andrew Cuomo hopes to be elected for his third term as Governor of New York State. Along the way, he has had to battle other candidates, like Sex and the City actress Cynthia Nixon. While many political debates are policy based, these two battled over room temperature. Governor Cuomo is known for preferring cooler temperatures, but Ms. Nixon had requested that any room she appeared in be heated to 24°C.

It turns out there really is a scientific reason for why women like warmer temperatures than men. Even though it is generally thought that both men and women have about the same core body temperature, approximately 37°C, this isn't actually true. A study done by the University of Maryland School of Medicine found that women's core body temperatures were nearly always higher than the men's throughout the study.

體語

「女性比男性偏好較高室溫」的 背後,證明眞有其科學依據。一般 認爲男女核心體溫相同,都在攝氏 37 度左右,事實上這說法並不正 確。美國馬里蘭大學醫學院對此做 過研究,發現研究

期間女性的核心 體溫幾乎都高 於男性。

人體荷爾蒙是體內天然的化 學物質,負責調控情緒、身 體發展,以及,是的,包括 體溫在內,身體大大小小的 事。美國食品藥物管理局曾 發布報告指出,正在接受 荷爾蒙法避孕的女性體 溫較高,溫度即使稍微 低一些,她們的身體也 會很敏感。

真相

: 🖂

美國民主黨紐約州州長安 得魯·古莫,期待今年11月可以

第3度選上州長。尋求連任路上,他遭遇《慾 望城市》影集女演員辛西亞 · 尼克森等對手挑戰。政 治辯論通常聚焦政策議題,上述兩人狹路相逢,爭的卻是 「室溫」。古莫州長屬意辯論會在「較涼」的會場舉辦、 尼克森女士則要求不管在哪舉辦辯論,室溫皆須調至攝氏 24度。

4大真相

真相 It may seem counterintuitive that a Other studies have higher core body temperature would make shown that some women have higher core body temsomeone feel colder. However, sensitivity to cold is more closely related to your metaboperatures than other women. lism. Those with high core temperatures have Hormones are natural chemia slower metabolism, making them feel colder. cals in the body responsible for all kinds of things, like Most workplace temperatures are based on a model from the 1960s that only used male emotions, physical development and, yes, even body temperature. The US FDA has reported that women on metabolic rates. As more and more women have entered the workplace, this model has become outdated.

「核心體溫較高的人較怕冷」一這說法 似乎有悖常理。事實上,人體之所以感到冷, 跟我們的代謝較相關。核心體溫較高的人代 謝較慢,這使他(她)們較易感到冷。現今 大部分工作場所的空調溫度設定,還是依據 1960年代的標準,以男性代謝率爲參考。 隨著越來越多女性進入職場,該標準已經過



### cold shoulder 待人冷淡

例句: Janice is still mad about not getting invited to your party. That's probably why she's giving you the cold shoulder.

Janice 沒被邀請參加你的派對,現在還在生氣。或許因爲 如此,她對你很冷淡。



▲現在我知道這間辦公室為什麼只有我一位女性。

Gender isn't the only thing that affects metabolic rates and body temperature. Your temperature can vary based on your age, the time of day, how you feel, or how active you are during the day. Even a bad night's sleep can affect your body temperature. The way temperature is measured also makes a difference. A measurement from your forehead, inside your ear, or under your tongue could all be different!

性別並不是影響代謝率和體溫的唯一因素。其 他因素還包括年齡、每天早晚時間、心情、活動 量等。即使夜晚睡眠不好,也會影響體溫。不同 測量方法測出的體溫也有差,你的額溫、耳溫、 舌下溫等,可能全都不一樣。

- 1. When reading temperatures, °C should be read as
- (A) degrees Celsius.
- (B) degrees.
- (C) Celsius.
- (D) temperature.
- 2. Which of the following is false?
- (A) Men and women have different metabolisms.
- (B) Men and women have different body temperatures.
- (C) Men and women feel temperature differently.
- (D)Gender is the only factor that affects our temperatures.
- 3. Which has no effect on body temperature?
- (A) gender
- (B) metabolism
- (C) activity
- (D) none of the above

(d) 2 (D) 3 (D) 3 (D)





# NFL城星 凱佩尼克

英文撰稿/Sloan Sabbth 圖/達志影像、Shutterstock



# 何以犯眾怒?

因為他,許多人剪掉 Nike 襪子上的勾勾(swoosh)標誌、 燒掉家裡的 Nike 運動鞋。美國人為何對他如此生氣?

When the former NFL quarterback Colin Kaepernick was chosen to be the face of Nike's 30th anniversary "Just Do It" advertising campaign, Americans all over the country showed their anger by setting Nike products on fire or cutting off Nike logos. Videos and images have been circulating social media, but not everyone is upset with Nike. Some have posted pictures of their new Nike products.

體育用品公司耐吉(Nike)的經典廣告口號「Just Do it」,今年慶祝邁入30週年,找來前美式足球聯盟 NFL 四分衛球員科林‧凱佩尼克代言。此舉讓全美許多民眾不悅,紛紛以焚燒 Nike 產品,或剪掉產品上的勾勾標誌表達憤怒。相關影片、照片近來在社群媒體上流傳,但並不是每個人都對 Nike 不滿,還是有不少人張貼Nike 新產品的照片表達支持。

生日 1987. 11. 3 (31 歳)
出生地 美國威斯康辛州密爾瓦基市
美式足球 舊金山四九人隊四分衛
NFL 資歴 (2011-2016)・現為自由球員。

At the beginning of the 2016 NFL season, Colin Kaepernick was the quarterback for the San Francisco 49ers. During the national anthem, he decided to sit instead of stand to raise awareness of the unequal treatment of African Americans and people of color in the US. This action angered many, including President Trump who pressured the NFL to force its players to stand for the anthem.

時間回到 2016 年 NFL 球季開端, 凱佩尼克當時是舊金山四九人隊的四分衛。賽前演唱國歌時,他不是肅立站著,而是選擇坐在球場上,藉此喚起人們重視非裔美國人及有色人種在國內受到不平等對待。凱佩尼克的舉動激怒很多美國人,其中包括川普總統。總統為此向 NFL 施壓,要求演唱國歌時,所有球員必須肅立。

Nike's decision to use Kaepernick in their latest ad campaign further aggravates a problem that was not fully solved. Even though Kaepernick's decision has led to the end of his NFL career, the athlete's efforts in exposing racial injustice in America has earned him Amnesty International's Ambassador of Conscience Award this year. Other recipients of this award include former South African President Nelson Mandela and education activist Malala Yousafzai.

Nike 請凱佩尼克幫最新的廣告代言,此舉讓之前懸而未決的問題變得更複雜。凱佩尼克的「坐下」之舉讓他丢失 NFL 的飯碗,卻也讓他今年獲頒國際特赦組織的「良心大使獎」。包括南非前總統曼德拉,及爲女性爭取受教權的馬拉拉,先前也獲頒此獎。



您對教育的付出,我們都知道。 老師 您辛苦了!







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一編按

為了提升臺灣國際競爭力,行政院長賴清德表示,將確立「雙語國家」 政策。雙語國家的落實方案,就是從小開始學英文。各縣市如何推動雙語教學,是各界高度關心的議題,因此本刊規劃了「打造雙語國家」專版,陸續邀請縣市教育局處長說明該縣市的雙語教學施政,供各界了解及相互觀摩,激發出更多更有創意和效益的雙語教學。

臺中市教育局長彭富源

# 擴展視野與世界接軌

全球化浪潮不僅使全球各國的關係更緊密,也 提高競爭性,爲提升國際參與與跨國競爭的實力,臺中市積極推動英語教育,鼓勵學校結合在 地文化,培育具國際視野、國際意識及全球化移動力之21世紀國際化人才。

臺中市辦理各項英語研習,以提升教師專業知能且服膺十二年國民教育基本綱要之精神,更鼓勵學校教師揪團共學,與志同道合之教師針對有興趣之主題進行學習,提升教師專業成長及教學品質,進而活化課堂教學與增進學生學習成效。臺中市每年招聘 11 位外師及 12 位美籍協同英語教學人員,藉由中、外籍教師協同教學,培養學生類談論寫的語言港通能力,臺中市政

生聽說讀寫的語言溝通能力,臺中市政府教育局更規劃英語環遊世界領袖營及 寒暑假英語國際生活營等活動,開放本 市各國小申請,並編列經費購置英語圖 書豐富學習資源,提升英語學習成效。

臺中市政府教育局於 106—109 年編列 8.8 億建置國中小智慧教室,此外,進一步推動 英語多元數位學習,與臺灣大學電機工程學系教 授葉丙成所帶領的線上遊戲學習團隊「幫你優」 公司,簽訂「臺中市學校遊戲式學習合作備忘 錄」,引進「PaGamO 遊戲學習平台」,以數位 共學的方式鼓勵學生課餘自主學習,並結合 e 化 教室設備,建立不受時空限制的個人化學習環 境,且臺中市政府亦與均一教育平臺簽約,藉由

均一教育平臺讓學生能依據個人程度於平臺上加強 練習,同時可換取點數和徽章,強化學習意願,學 生除了能以多元之方式學習英語,更能與數位科技 的未來接軌。

臺中市政府教育局致力於推廣高中生與大專院校外籍生交流計畫、國際視訊課程、國際教育旅行活動等計畫,讓學生能跨出校園,邁向國際化的社會,亦於106年與韓國光陽市共同簽署「友好城市協定書」,計有南屯區惠文國小等4校與韓國光陽市學校進行教育交流,讓國際教育向下扎根,更深化城市間友好關係。

結合差異化教學、個別化教學及翻轉教育等概

念,臺中市政府教育局特規劃辦理英語 精緻課程,107學年度計有22間國小及 3間國中辦理,且申辦學校逐年增加, 亦獲得學校教師、家長及學生之肯定, 低成就學生不僅因爲小班教學獲得較多 實作演練及發表的機會,提升其學習成

就,也因爲親師高頻率的互動,連帶提升學生之學 習態度與自信,且爲避免學習M型化,針對學習較 爲弱勢之學生,教育局規劃本市國民中小學補救教 學整體行政推動計畫,弭平學習落差,激發學生學 習英語之熱情與動力。

臺中市政府盼透過扎實的英語教育及多元豐富的 國際教育課程,學生成爲具有國家認同、國際素養、全球競合力與全球責任感的世界公民。



▲蘇珊,不可餵食野生動物。



▲要懂得尊重大自然, Blah, blah, blah, ---



食物不離營地, Blah, blah, blah,



▲離開時,要把剩菜倒進垃圾裡, Blah, blah, blah, --

英文撰稿/Dale Albanese 圖/Shutterstock

A four-month-old Formosan black bear was found walking alone near the Nan'an Waterfall in Hualien. A veterinarian looked at the young bear's feces and found that it had only eaten berries from the giant taro plant. Unfortunately, the vet also found four cigarette butts in the bear's poop. The bear's mother taught it to eat berries, but when hungry the bear also looks for food from human litter. This is dangerous for its health.

Experts think the bear was attracted by human voices and smells. They hope it can find its mother quickly, and

有1頭4個月大的臺灣黑熊日前被發現與媽 媽走散,多日獨自在花蓮南安瀑布附近遊走。 獸醫觀察小黑熊的排遺,發現牠只吃姑婆芋果 實,推論應是母熊教導只吃單一食物。不過排 遺裡也發現4枚菸蒂,顯示牠因肚子餓而翻找 並吃下人類丟棄的物品。這對小熊的健康恐怕 會有不好的影響。

這頭小熊疑似受到人類聲音和氣味吸引而遠 離山林。爲了小熊的安全,並希望牠快點找到 媽媽,花蓮林管處實施交通管制,避免車輛擦 撞小黑熊。



腳本/ Dale Albanese



## 法仓鬆挑,特殊師貨聘任更有彈性

### 偏鄉師資展新貌 可合聘或巡迴上課

英文撰稿/ Dale Albanese 圖/ Shutterstock

It is difficult for primary and secondary schools in remote areas such as in the mountains or on outlying islands to find long-term teachers. A recent plan from the Ministry of Education allows schools to jointly hire teachers and hire touring teachers who travel to up to three different schools. They want the teachers to work for three to six years before transferring out of remote areas. They hope this will help solve the teacher shortage problem in remote schools.

山區、離島等偏遠地區中小學交通不便,導致專任教師徵聘不易,師 資長期不足。教育部日前新訂辦法,開放偏遠學校合聘教師或聘任巡迴 教師。這兩類教師最多服務3校,且服務至少3到6年,才能轉調非偏 遠學校。新辦法可望暫解偏遠學校師資不足的窘境。

關鍵字:remote area 偏遠地區/outlying island 離島



### 東南亞語開課

### 學校得聘新住民授課

英文撰稿/ Dale Albanese 圖/ Shutterstock

Taiwan has many new citizens who speak different languages. Starting in 2019, languages from seven countries will be required to be taught in elementary schools, together with three local languages, including Hoklo (Taiwanese), Hakka and indigenous languages. The countries include Vietnam, Indonesia, Thailand, Myanmar, Cambodia, the Philippines and Malaysia. Schools must start a class if a student wants to learn one of these languages. The Ministry of Education has revised regulations to allow schools to hire new citizens from the seven countries to teach the class.

國內有很多新住民,他們各有自己的母語。從108學年起,越南、印尼、泰國、緬甸、柬埔寨、菲律賓及馬來西亞語,將和閩南語、客語及原民住語本土語文,同列國小必選科目。只要有學生選,學校就得開課。教育部日前修改辦法,允許學校得聘任新住民母語人士擔任東南亞語授課教師。

關鍵字: citizen 公民

## **尼氣或遊樂場**

## 不再無法可管

英文撰稿/ Dale Albanese 圖/ Shutterstock

Inflatable playgrounds have become popular in recent years, but they can also be dangerous. To keep children safe, the Ministry of Interior has

grounds. For example, if an inflatable playground is located at a school, the education bureau for the city or county is responsible for safety. Companies should be checked by the government. If someone is hurt,

they could be fined NT \$1.5 million.

made rules for management of inflatable play-

充氣式遊樂設施近幾年很受歡迎, 但這類設施卻也有危險的疑慮。內政 部已研擬管理辦法,明確規範管理權 責單位,例如,如設在學校,就由縣 市教育局管理。業者須向主管機關申 請備查,如果違反,造成消費者重大 傷害,最高可罰 150 萬元。

關鍵字:inflatable playground 充氣式遊樂場

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