

# **NEWSCOPE**

新聞瞭望台 第十九期 作者：洪孟萍 Angus James Bain

龍騰文化全球資訊網：<http://www.lungteng.com.tw>（本刊物同步刊載於龍騰文化全球資訊網，歡迎教師、同學下載）

發行人：李枝昌  
責任編輯：江宙玲  
創刊日：2007年4月2日 出刊日：2008年4月1日  
客服專線：0800-081281 電話：(02)2299-9063  
傳真：(02)2299-9069  
發行所：龍騰文化事業股份有限公司  
地址：248 台北縣五股鄉五權七路 1 號



 National News

## New Research Shows Drawbacks of Vitamin Use

Taking vitamins and minerals on a regular basis is common in many Western countries. Lately, more and more people in Taiwan have been getting into the habit of taking vitamins **for the sake of** their health. However, recent studies have shown that **excessive** vitamin use may have some **negative** side effects. It has (1) both experts and vitamin fans to reconsider the wisdom and (2) of taking vitamins.

Most people think that **over-the-counter** vitamins are natural and safe since they can be (3) without a **prescription**. Vitamin C, one of the most commonly taken vitamins, has long been (4) an effective **measure** to prevent the common cold. However, studies have proven it to be effective (5) for high-performance **athletes**, rather than regular people. Another report indicates that taking **antioxidants** may even increase the risk of death by up to 16 percent. Still another study points out that smokers who take **potent** vitamin E **capsules** for more than ten years are at slightly greater risk of lung cancer than those who don't. Furthermore, the overuse of vitamins, especially **in conjunction with** prescription **medication**, is (6) dangerous. Researchers have found that excessive vitamin A **consumption** can increase the risk of certain cancers and may also cause birth **defects** and decreased bone **density**.

Consumers should be (7) that vitamins and other non-prescription health **supplements** are sold by companies that tend to **overstate** the health (8) of their products and **are not subject to** strict government controls. Experts all seem to agree that eating a healthy diet low in salt and fat is the best way to avoid (9) and live a long life. Those who don't have a balanced and healthy diet may benefit from a simple multi-vitamin, but overdoing it may have the (10) effect of what was intended. Therefore, with these recent findings in mind, you may want to think twice before taking health supplements.

- (A) only                  (B) opposite                  (C) necessity                  (D) disease                  (E) potentially  
(F) considered            (G) aware                  (H) led                  (I) benefits                  (J) purchased

(1) \_\_\_\_\_ (2) \_\_\_\_\_ (3) \_\_\_\_\_ (4) \_\_\_\_\_ (5) \_\_\_\_\_  
(6) \_\_\_\_\_ (7) \_\_\_\_\_ (8) \_\_\_\_\_ (9) \_\_\_\_\_ (10)

- ▶ 1. 常見的藥物形式有藥粉（powder）、藥丸（pill）、藥片（tablet）及膠囊（capsule）。
  - 2. 現今，因缺乏某種維他命所引發的疾病（disease）在已開發國家（developed country）中並不常見。然而，在過去，某種維他命的缺乏，會導致人們罹患某種疾病。例如，缺乏維他命 A 會導致夜盲症（night-blindness），缺乏維他命 B1 會導致腳氣病（beriberi），缺乏維他命 C 會導致壞血病（scurvy），而缺乏維他命 D 會導致軟骨病（osteomalacia）。

## ◆ Vocabulary and Idioms

- |  |  |
|--|--|
| 1. for the sake of sb./sth. <i>adv. phr.</i> 為了某人／某事的緣故        | 10. potent ['potnt] <i>adj.</i> 效力大的                       |
| 2. excessive [ɪk'sesɪv] <i>adj.</i> 過度的                        | 11. capsule ['kæpsl] <i>n.</i> 膠囊                          |
| 3. negative ['nəgətɪv] <i>adj.</i> 負面的                         | 12. in conjunction with sb./sth. <i>adj. phr.</i> 與某人／某事一起 |
| 4. over-the-counter ['ovər ðə 'kauntə] <i>adj.</i> 不需醫師處方即可出售的 | 13. medication [,medɪ'kefən] <i>n.</i> 藥物                  |
| 5. purchase ['pɜ:tʃəs] <i>v.</i> 購買                            | 14. potentially [pə'tenʃəlɪ] <i>adv.</i> 潛在地               |
| 6. prescription [prɪ'skrɪpfən] <i>n.</i> 處方箋                   | 15. consumption [kən'sʌmpʃən] <i>n.</i> 消耗                 |
| 7. measure ['mɛʒə] <i>n.</i> 措施；辦法                             | 16. defect [dɪ'fekt; 'dɪfekt] <i>n.</i> 缺陷                 |
| 8. athlete ['æθlɪt] <i>n.</i> 運動員                              | 17. density ['dɛnsətɪ] <i>n.</i> 密度                        |
| 9. antioxidant [,æntr'ɔksədənt] <i>n.</i> 抗氧化劑                 | 18. supplement ['sʌpləmənt] <i>n.</i> 補充                   |
|  | 19. overstate [,ovə'stet] <i>v.</i> 言過其實；誇大                |
|  | 20. be subject to sb./sth. <i>adj. phr.</i> 受某人／某事管制       |

## ◆ Patterns

However, recent studies have shown that excessive vitamin use may have some negative side effects. Furthermore, the overuse of vitamins, especially in conjunction with prescription medication, is potentially dangerous. Therefore, with these recent findings in mind, you may want to think twice before taking health supplements.

⇒ however, furthermore, therefore 均為具連接詞功能的副詞，用來連接兩個獨立的子句。但特別要注意的是，它們雖有連接詞的功能，但本身仍是副詞，所以在兩個子句中間應加分號 (;) 或 and，或是將這些副詞置於句首。

## ◆ Translation

**新的研究發現服用維他命的缺點**

慣性地服用維他命和礦物質，在許多西方國家非常普遍。近來，在臺灣有越來越多的人為了健康的緣故，養成服用維他命的習慣。然而，最近的研究顯示，過度服用維他命可能會有負面性的副作用。這已經使得專家們以及維他命的愛用者重新考慮服用維他命的常識及需要。

大部分的人認為不需處方箋的維他命是天然且安全的，因為不需醫生開處方就可以購買。維他命C，人們最常服用的維他命之一，一直被認為是預防一般感冒的有效方法。然而，研究已經證實它只對高活動力的運動員，而非一般大眾，有此效用。另一項報告指出，服用抗氧化劑可能提高死亡風險高達16%。還有另一項研究指出服用高單位維他命E超過十年的吸菸者，罹患肺癌的機率略高過於未服用的人。此外，過度服用維他命，尤其是和處方藥一起服用，更具危險性。研究者已經發現攝取過量的維他命A，可能增加罹患某些癌症的風險，並可能導致產下缺陷兒及降低骨質密度。

消費者應該了解維他命及其他非處方箋的健康補給品，是由那些誇大其產品對健康的益處的公司所販賣的，它們並不受政府嚴格管控。專家們似乎都認為低鹽低脂的健康飲食是避免疾病及延長壽命的最佳方法。那些沒有均衡健康飲食習慣的人可以從簡單的一顆綜合維他命受益，但過度服用反而會導致與其初衷相反的效果。因此，了解了這些近期的研究結果之後，在服用健康補給品之前你可能要三思而後行。

## ◆ Answer

- (1) H (2) C (3) J (4) F (5) A (6) E (7) G (8) I (9) D (10) B

# International News

# **British Prince Returns Home from Combat**

Prince Harry, third in line to **the throne** of the United Kingdom, safely returned home late last month from combat in **war-torn** Afghanistan. The Prince, a **second lieutenant** in the British Army, served as a forward air controller on the front lines of Afghanistan for a total of 77 days before being **withdrawn**. A media **blackout** was put into effect **prior to his deployment** in which all major news services agreed not to report on Harry's **whereabouts** or even the fact that he had been sent to Afghanistan. While the blackout was honored by media outlets such as CNN and the BBC, an American Internet news organization discovered that Harry had been sent to Afghanistan and promptly reported the news on its website. Once the news of Harry's presence in Afghanistan got out, British military officials decided to send Harry back to the UK **in the interest of** safety.

After training at Britain's top military **academy**, Prince Harry had hoped to serve in Iraq with his **fellow** soldiers. In early 2007 it was reported that Harry would get his wish, but this decision was changed soon after due to fears for his safety. British military officials felt that the **publicity** surrounding the Prince would encourage enemy forces in Iraq to **single** him and his unit **out** for attack. The army **announced** publicly that Harry would not be serving in Iraq. What was not announced, however, was that he would be secretly deployed to Afghanistan.

There was some **controversy** when it was **revealed** that Harry had been fighting overseas for over two months and the media had not reported anything. Some people felt **betrayed** by the news services for keeping such a newsworthy story a secret, while others **applauded** the media for its **discretion**. Now that the prince is back in the UK, however, the media are once again free to report on his every move.

1. According to the article, which of the following is FALSE?

  - (A) Prince Harry wanted to serve in Iraq but British Army officials decided not to send him there.
  - (B) Prince Harry did not go to Iraq, but he did spend over two months fighting in Afghanistan.
  - (C) British Army officials reported Harry's deployment to Afghanistan over concerns for his safety.
  - (D) The news of Harry's presence in Afghanistan was first reported on the Internet.

2. Which word is closest in meaning to *applauded*?

  - (A) Criticized.
  - (B) Cheered.
  - (C) Condemned.
  - (D) Thanked.

3. Which of the following could NOT be INFERRRED from the article?

  - (A) Enemy soldiers would have liked to have killed Prince Harry.
  - (B) The media was generally concerned for Prince Harry's safety.
  - (C) Prince Harry will be sent back to Afghanistan with his unit.
  - (D) Prince Harry's life was never in danger while he was in Afghanistan.



## Before You Read

► 一個國家的國防武力有陸軍 (the army)、海軍 (the navy) 及空軍 (the air force)。陸軍軍官的官階從小而大有少尉 (second lieutenant)、中尉 (lieutenant)、上尉 (captain)、少校 (major)、中校 (lieutenant colonel)、上校 (colonel)、將軍 (general) 等。

## ◆ Vocabulary and Idioms

- |  |   |
|--|---|
| 1. combat ['kambæt; 'kʌmbæt] <i>n.</i> 戰鬥            | 11. academy [ə'kædəmɪ] <i>n.</i> 專科院校           |
| 2. the throne <i>n. phr.</i> 王位                      | 12. fellow ['felo] <i>n.</i> 同伴；同志              |
| 3. war-torn [wɔ:tɔ:n] <i>adj.</i> 飽受戰爭摧殘的            | 13. publicity [pʌb'lɪsəti] <i>n.</i> 宣傳；（公眾的）注意 |
| 4. second lieutenant <i>n. phr.</i> 陸軍少尉             | 14. single sb./sth. out <i>v. phr.</i> 挑出某人／某事  |
| 5. withdraw [wɪð'draʊ; wɪθ'draʊ] <i>v.</i> 撤回        | 15. announce [ə'nauns] <i>v.</i> 宣布             |
| 6. blackout ['blæk,aut] <i>n.</i> 封鎖消息               | 16. controversy ['kantrə,vɜ:sɪ] <i>n.</i> 爭論；論戰 |
| 7. prior to <i>prep. phr.</i> 在……之前                  | 17. reveal [rɪ'veil] <i>v.</i> 揭露               |
| 8. deployment [dr'pləʊmənt] <i>n.</i> 調度；部署          | 18. betray [bɪ'treɪ] <i>v.</i> 背叛；辜負（信賴）        |
| 9. whereabouts ['hwərə,bəuts] <i>n.</i> 下落           | 19. applaud [ə'pləud] <i>v.</i> 讚賞              |
| 10. in the interest of sth. <i>adj. phr.</i> 為了某事的考量 | 20. discretion [dr'skrɛʃən] <i>n.</i> 謹慎；判斷（力）  |

## ◆ Patterns

1. What was not announced, however, was that he would be secretly deployed to Afghanistan.  
⇒ what = the thing(s) which, 本身為先行詞加關係代名詞，因此前面不要再有先行詞。

2. Now that the prince is back in the UK, however, the media are once again free to report on his every move.  
= Since the prince is back in the UK, however, the media are once again free to report on his every move.

## ◆ Translation

**英國王子從戰場返國**

英國王位第三順位繼承人，哈利王子，上個月底從飽受戰爭摧殘的阿富汗安全返國。身為英國陸軍少尉軍官的哈利王子，在被撤離之前，一共在阿富汗前線擔任戰場空中管制員達 77 天之久。在他被正式部署之前，所有主要媒體達成協議，開始將消息封鎖，不報導哈利的行蹤，或甚至他被派遣至阿富汗的事實。雖然 CNN 及 BBC 等媒體遵守此約定，然而美國的一個網路新聞組織發現哈利已被派遣至阿富汗，便迅速地在它的網站上報導這項消息。哈利在阿富汗的消息一被披露，英國軍方官員因安全上的考量，決定將哈利送返英國。

在英國頂尖的軍事學院接受訓練之後，哈利一直希望能和他的軍中同袍到伊拉克服役。2007年初，有報導指出哈利可能如願以償，但這項決定因安全之虞而有所改變。英國軍方官員認為圍繞著哈利的報導，會鼓勵在伊拉克的敵軍將攻擊的火力鎖定哈利及其所屬的單位。軍方公開宣布哈利王子將不會在伊拉克服役，然而並沒有宣布他將被祕密派遣至阿富汗。

媒體對哈利在國外參戰逾兩個月隻字未提這件事被揭發時，引發了一些爭議。有些人覺得被媒體背叛，因為它們竟將如此有價值的新聞保密；然而有些人對媒體的謹慎給予讚賞。不過既然王子又回到了英國，媒體現在又可以自由地報導他的一舉一動。

## ◆ Answer

- (1) C (2) B (3) C