

☐ National News

Matsu Residents Live Longest Lives

Matsu is now being called The Island of **Longevity** after a recent **survey** on **life expectancy** in Taiwan. According to recent **statistics**, people in Matsu have the highest **average** life expectancy at 82 years, five years more than in the rest of Taiwan. Women on this island live to an average age of 86. This is **comparable** with Okinawa, Japan, which is famous (1) the longevity of its residents.

There are a number of reasons that explain (2) people in Matsu live longer. Experts claim that **medical care** on this tiny island has come a long way since a government project (3) about nine years ago. An official at the local health department pointed out that people in Matsu **were prone to** suffer from stomach and liver cancer. After an **investigation**, it was found that local people liked to eat **preserved foods** and other foods that might **contain** aflatoxins, which (4) cancer. Therefore, people there were (5) a higher risk of **contracting** cancers that affect the **digestive system**. (6) the health of residents, health surveys were **conducted** and people were advised to change their life styles. Since then, the rate of death caused by these kinds of cancers (7) **significantly**.

(8) factors **contributing to** the longevity of residents on Matsu include the slower pace of life and the clean, (9) environment. Moreover, people in Matsu enjoy fish and are fond of adding red yeast to their cooking. Red yeast is said to **reduce** the (10) of fat in the blood.

The life expectancy of Matsu's residents now **exceeds** Taipei's by 2 years and Kaohsiung by 6. It is no wonder the island has been given its new nickname.

◆ Multiple Choices

- | | | | |
|---------------------------------------|---------------------|-------------------------|-------------------------|
| _____ 1. (A) of | (B) for | (C) as | (D) to |
| _____ 2. (A) where | (B) how | (C) when | (D) why |
| _____ 3. (A) has been launched | (B) launched | (C) had launched | (D) was launched |
| _____ 4. (A) are linked to | (B) associated to | (C) are related with | (D) connected with |
| _____ 5. (A) at | (B) in | (C) on | (D) to |
| _____ 6. (A) Improving | (B) Improved | (C) To improve | (D) Having improved |
| _____ 7. (A) dropped | (B) is dropped | (C) is dropping | (D) has dropped |
| _____ 8. (A) Another | (B) The other | (C) Other | (D) Others |
| _____ 9. (A) polluted | (B) polluting | (C) unpolluted | (D) unpolluting |
| _____ 10. (A) amount | (B) number | (C) group | (D) unit |



Before You Read

1. 人體的血脂肪或膽固醇 (cholesterol) 若太高，容易造成高血壓 (hypertension)、中風 (stroke) 等疾病。而紅麴 (red yeast) 是屬於一種食品類的營養補給品 (supplement)，可以使膽固醇稍微偏高的人維持較正常的膽固醇值。
2. 若攝取過量的黃麴毒素 (aflatoxins)，容易導致急性肝中毒，甚至死亡。而黃麴毒素最常在花生 (peanut) 中找到，另外，小麥 (wheat)、燕麥 (oat)、玉米 (corn) 中也可發現。

◆ Vocabulary and Idioms

1. resident ['rezɪdənt] *n.* 居民
2. longevity [lən'dʒɛvəti] *n.* 長壽
3. survey [sə'vei] *n.* 調查
4. life expectancy [laɪf ɪk'spektənsi] *n.* 平均壽命
5. statistics [stə'tɪstɪks] *n.* 統計數字
6. average ['ævərɪdʒ] *adj.* 平均的
7. comparable ['kæmpərəbəl] *adj.* 可比較的
8. medical care ['mɛdɪkəl kɛr] *n.* 醫療照顧
9. launch [lɒntʃ] *v.* 使開始
10. be prone to + VR *adj. phr.* 易於……
11. investigation [ɪn'vestə'geɪʃən] *n.* 調查
12. preserved food [prɪ'zɜ:vəd fud] *n.* 醃漬食品
13. contain [kən'ten] *v.* 包含
14. contract ['kɒntrækt] *v.* 罹患；感染
15. digestive system [də'dʒɛstɪv 'sɪstəm] *n.* 消化系統
16. conduct ['kɒndʌkt] *v.* 主持；指揮；控制
17. significantly [sɪɡ'nɪfəkəntli] *adv.* 可觀地
18. contribute to + N/V-ing *v. phr.* 促成
19. reduce [rɪ'dus] *v.* 減少；降低
20. exceed [ɪk'sid] *v.* 超過

◆ Patterns

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以 “To + VR” 為句首的句子，其不定詞的用法有以下幾種：

1. 當作主詞，後加單數動詞：
⇒ To get good grades is important. = It is important to get good grades. (獲得好成績是重要的。)
2. 當作表目的的副詞用法：
⇒ To get good grades, John studies hard. = In order to get good grades, John studies hard.
(為了得到好成績，約翰非常努力用功。)
3. 獨立不定詞，為副詞用法，用以修飾全句：
⇒ To be frank with you, I don't like baseball at all. (坦白告訴你，我一點也不喜歡棒球。)

◆ Translation

馬祖人最長壽

在最近一項臺灣地區平均壽命的調查之後，馬祖被稱為長壽島。根據統計數字，馬祖人擁有最高的平均壽命達82歲，高出臺灣其他地區5年之多。島上的女性平均壽命更高達86歲，已經可以和在日本，以居民長壽而著名的琉球相媲美。

有幾個原因可以解釋為何馬祖人較長壽。專家說這個小島，自從政府在9年前推行一項計畫之後，當地的醫療照顧大有進步。一位衛生局的官員指出，馬祖人以前較容易罹患胃癌及肝癌。經調查發現，當地人愛吃醃漬食品及其他可能含有致癌因子——黃麴毒素的食物。因此，當地人有較高的風險罹患消化系統方面的癌症。為了改善當地人的健康，進行了許多健康調查，並建議居民改變他們的生活型態。自那時起，因這兩種癌症所導致的死亡率已經大幅下降。

其他促成馬祖居民長壽的因素包括：生活步調較緩慢和乾淨無汙染的環境。此外，馬祖人愛吃魚並喜歡在烹調時加入紅麴。紅麴據說可以降低血脂肪。

馬祖人的平均壽命超過臺北 2 年及高雄 6 年，也難怪這個島會被賦予新的稱號。

◆ **Answer**

- (1) B (2) D (3) B (4) A (5) A (6) C (7) D (8) C (9) C (10) A

