

Doris Brougham's Lasting Legacy in Taiwan

Doris Brougham was a woman who made a huge difference to English learning in Taiwan. She was an American missionary who came to Taiwan in the 1950s with a strong desire to help people learn English. At that time, not many people in Taiwan could speak English, and there were very few resources available for learning the language.

Doris quickly realized that English would become more important as Taiwan connected with the world. She believed that if the people of Taiwan could improve their English skills, they would have more opportunities for better education and jobs. To make this happen, she started Studio Classroom in 1962, a radio program that taught English in a fun and engaging way. It became extremely popular, with many people tuning in every day to learn English using her lessons.

However, Doris didn't stop at just a radio program. She also created several magazines, such as *Let's Talk in English* and *Advanced*, to give students more ways to practice and improve their English. These magazines were filled with lessons, stories, and activities that made learning English easier and



more enjoyable. Many students in Taiwan grew up learning English through Doris's programs and materials, and they often credit her with helping them succeed in their studies and careers.

What Doris Brougham contributed to English learning in Taiwan was remarkable. She helped millions of people improve their English skills, which opened up new opportunities for them. Her work didn't just help individuals; it also helped Taiwan become more connected with the rest of the world. Even though Doris has since passed away, her legacy lives on in the programs she created and the many people she inspired. Doris Brougham showed that one person's hard work can make a lasting difference in the lives of others.

Reading Comprehension

- () 1. What's the main focus of this passage? (main idea)
- (A) When Doris Brougham's materials will be discontinued.
 - (B) How Doris Brougham's programs continue to grow in other countries.
 - (C) The impact Doris Brougham has brought on English learning in Taiwan.
 - (D) The Taiwanese community's response to Doris Brougham's death.
- () 2. According to the passage, why did Doris Brougham believe that improving English skills was important for the people of Taiwan? (supporting details)
- (A) It would allow them to travel to other countries more easily.
 - (B) It would help them connect with the rest of the world.
 - (C) It would enable them to read magazines in English.
 - (D) It would make it possible for them to create new radio programs.
- () 3. 請從下列 (A) 到 (E) 中，選出關於此文章敘述正確的選項。(多選題) (supporting details)
- (A) Doris Brougham started Studio Classroom in the 1950s.
 - (B) When Doris Brougham first came to Taiwan, there weren't many resources for learning English.
 - (C) Doris Brougham arrived in Taiwan after starting her television program.
 - (D) Many people in Taiwan could speak English before Doris Brougham arrived.
 - (E) Doris Brougham created magazines to help students practice English.
4. Which word in the fourth paragraph means "to offer help or ideas to achieve a common goal with others"? (填空) (words in context)
- _____

Vocabulary and Phrases

- | | | |
|-------------------------------|------------------------------|-----------------------------------|
| 1. missionary <i>n.</i> 傳教士 | 4. tune in <i>phr.</i> 收看；收聽 | 7. remarkable <i>adj.</i> 非凡的；奇異的 |
| 2. desire <i>n.</i> 渴望；願望 | 5. credit <i>v.</i> 讚揚；讚許 | 8. legacy <i>n.</i> 遺留物，歷史遺產 |
| 3. engaging <i>adj.</i> 有吸引力的 | 6. career <i>n.</i> 職業；事業 | 9. inspire <i>v.</i> 激勵，鼓舞 |
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Waistlines and Wellness: A New Fight Against Diabetes

Nearly half of the adults in Taiwan are at risk for diabetes because of having a large waist size, states a study shared by a health foundation in Taiwan. This foundation works with Taiwan’s Health Promotion Administration (HPA) and the National Health Insurance Administration (NHIA). They explained that keeping a healthy waist size and following good 1 can help prevent a syndrome in which a group of health problems occur together.

A 2 from 2017 to 2020 found that over 50% of women and just under 50% of men aged 20 or older in Taiwan have waist sizes that are bigger than suggested limits—80 centimeters for women and 90 centimeters for men. Researchers studied data from over 45,000 people and found that having a large waist size was closely linked to serious health conditions such as high blood pressure, stroke, and diabetes. In fact, having a large waist size doubled the chance of getting diabetes. This syndrome, which is becoming more common among adults in Taiwan, includes these risk factors as well as high cholesterol.



It is especially widespread among older adults, with nearly 60% of those aged 65 to 74 3.

To address this health problem, the HPA started a program to help prevent it. Over 220,000 people joined the program, and about 20% were able to improve their health. The HPA and NHIA are 4 people to keep track of their waist size and other health signs using the NHIA’s “My Health Bank” mobile app, which offers tools to help manage their health issues. They also started an online event where people can win prizes by 5 their waist size in the app. This helps spread awareness and encourages healthier ways of living.

Fill in the Blanks

(A) encouraging

(B) affected

(C) recording

(D) habits

(E) survey

1. _____

2. _____

3. _____

4. _____

5. _____

Vocabulary and Phrases

- | | | |
|------------------------------|-----------------------------------|-----------------------------------|
| 1. diabetes <i>n.</i> 糖尿病 | 4. administration <i>n.</i> 管理；經營 | 7. cholesterol <i>n.</i> 膽固醇 |
| 2. foundation <i>n.</i> 基金會 | 5. researcher <i>n.</i> 研究人員 | 8. widespread <i>adj.</i> 廣泛的；普遍的 |
| 3. promotion <i>n.</i> 促進；推廣 | 6. syndrome <i>n.</i> 症候群，綜合症狀 | 9. issue <i>n.</i> 問題；議題 |

譯

彭蒙惠在臺灣不朽的遺產

彭蒙惠是一位對臺灣的英語學習產生巨大影響的女性。她是一名於 1950 年代來到臺灣、且懷著強烈願望幫助人們學習英語的美國傳教士。當時，臺灣能說英語的人不多，學習英語的資源也非常有限。

彭蒙惠很快發現，隨著臺灣與世界的接軌，英語將變得越來越重要。她相信，如果臺灣人民能提高他們的英語能力，他們將有更多機會去獲得更好的教育和工作。為了實現此目標，她於 1962 年創辦空中英語教室，這是一個以有趣和吸引人的方式教授英語的廣播節目。該節目變得非常受歡迎，每天都有許多人收聽她的課程來學習英語。

然而，彭蒙惠並未止步於廣播節目上。她還創辦《大家說英語》和《彭蒙惠英語》等雜誌，為學生們提供更多練習和提升英語的方法。這些雜誌充滿了課程、故事和活動，使學習英語變得更加簡單且令人愉快。臺灣的許多學生在成長過程中使用彭蒙惠的節目和教材學習英語，而且也經常感謝她幫助他們在學業與事業上成功。

彭蒙惠為臺灣英語學習作出非凡的貢獻。她幫助數百萬人提升英語能力，並為他們開啟許多新機會。她的工作不僅幫助個人，還幫助臺灣與世界更緊密地聯繫在一起。儘管彭蒙惠已經去世，她所留下的遺澤仍然透過她創辦的節目和她啟發過的無數人而得以延續。彭蒙惠讓我們看見，個人的努力對他人的生活能夠產生持久的影響。

譯

腰圍與健康：對抗糖尿病的新戰役

一項由在臺灣的健康基金會所發布的研究指出，臺灣近半數成年人因腰圍過大而面臨糖尿病風險。該基金會與臺灣的國民健康署 (HPA) 及中央健康保險署 (NHIA) 合作。他們解釋說，保持健康的腰圍並遵循良好的習慣可以幫助預防一種多項健康問題同時發生的綜合症狀。

2017 至 2020 年的一項調查發現，臺灣 20 歲以上的女性中有超過 50%，而男性中則有將近 50% 的人腰圍超過建議的限度——女性為 80 公分，男性為 90 公分。研究人員研究超過 45,000 人的數據，發現腰圍大與高血壓、中風和糖尿病等嚴重健康疾病密切相關。事實上，腰圍大會使患糖尿病的機率增加一倍。這種症候群在臺灣成年人中越來越常見；除了上述的風險因素，還包括高膽固醇。這種健康問題在老年人之中特別普遍，在年齡介於 65 至 74 歲的人當中有將近 60% 受到影響。

為了對付此健康問題，國民健康署啟動一個計畫進行預防。超過 22 萬人參與該計畫，且其中約 20% 的人有辦法改善健康狀況。國民健康署和中央健康保險署鼓勵人民使用中央健康保險署的「健康存摺」手機應用程式來追蹤自己的腰圍和其他健康指標。該應用程式提供管理健康問題的許多工具。他們也發起一項參與者能透過在應用程式記錄腰圍數據以贏得獎品的線上活動。這有助於散播對於健康的意識，並鼓勵人們以更健康的方式生活。

閱讀測驗解答：1. C 2. B 3. BE 4. contributed

文意選填解答：1. D 2. E 3. B 4. A 5. C

Acknowledgments

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