

中英數輸入實力養成暨評量(2020 年版) 勘誤表

最後更新日期：2021/3/2

勘誤表閱讀前準備事項：

- 1.請先確認本產品是否有提供系統更新檔下載並且已下載完畢進行手動更新。
- 2.或是直接開啟練習系統或模擬測驗系統執行「查詢系統最新版本」以完成線上自動更新。
- 3.本勘誤內容必須搭配下載系統更新檔手動更新或進行系統更新後，才會使系統內容與勘誤一致。

壹、書面勘誤

題號	勘誤前	勘誤後	更新日期
ENG-0001-2-29	archaeological site. But mudflows and	archaeological site. But mudflows	20201211
ENG-0002-1-39	keep arriving. There is nowhere	keep arriving. There is nowhere	20201211
ENG-0005-1-23	launched the world's first	launched the world's first	20201211
ENG-0005-2-21	across the South. Some storms	across the South. Some storms	20201211
ENG-0005-2-34	luxury fiber. Buy products	luxury fiber. Buy products	20201211
ENG-0009-2-22	and \$10,000. And the	and \$10,000. And the	20201211
ENG-0010-1-40	animals to humans. In the	animals to humans. In the	20201211
ENG-0014-1-4	feature might cost. This is	feature might cost. This is	20201211
ENG-0014-1-7	itself disrupted: cinematic puppetry.	itself disrupted: cinematic puppetry.	20201211
ENG-0017-1-15	increase a person's risk of	increase a person's risk of	20201211
ENG-0017-1-33	the street. People even	the street. People even	20201211
ENG-0017-1-38	your heels. Keep your	your heels. Keep your	20201211
ENG-0017-2-2	muscles contracted! Pause for a	muscles contracted! Pause for a	20201211
ENG-0017-2-8	upper body. Keep your	upper body. Keep your	20201211
ENG-0017-2-39	just an image. You buy	just an image. You buy	20201211
ENG-0017-2-44	is debatable. Just remember	is debatable. Just remember	20201211

題號	勘誤前	勘誤後	更新日期
ENG-0019-2-14	sourdough bread. Sources of	sourdough bread. Sources of	20201211
ENG-0020-2-26	human contact: it is	human contact: it is	20201211

★備註：最新更新檔為 20210302CENKeyin2020.exe

貳、程式勘誤

編號	更正說明	更新日期

◆其他疑問解答◆

Q：請問如何安裝勘誤的系統更新檔？

A：勘誤的各系統更新檔均為 EXE 格式的自解檔，請先安裝 WinZip 或 WinRAR 等解壓縮軟體後直接安裝更新檔即可。

Q：如果發現書本上的答案與光碟練習題的答案不同，應以何者為準？

A：類似情形，均應以書本上的答案（勘誤後）為準。

Q：如果發現未列在勘誤表中的問題該如何反應？

A：若對題目或答案有疑義，可將作好的原始檔案以 E-mail 附檔方式寄至本會客服信箱 master@mail.csf.org.tw。並請在內容註明電腦所使用的作業系統及應用軟體版本，以方便本會人員處理您的問題。

※若有其他產品或認證之問題，可至以下網頁取得相關資訊：

[產品 FAQ 資料庫](#)

[TQC 認證出版品網頁](#)

[TQC+認證出版品網頁](#)

[認證線上報名系統](#)

Teaming up with DFO and Rainforest Connection, we used deep neural networks to track, monitor and observe the orcas' behavior in the Salish Sea, and send alerts to Canadian authorities. With this information, marine mammal managers can monitor and treat whales that are injured, sick or distressed. In case of an oil spill, the detection system can allow experts to locate the animals and use specialized equipment to alter the direction of travel of the orcas to prevent exposure.

London can come across as a bit of an aggressive city, especially when it comes to grumpy commuters on the Tube. The hostility is even felt by the capital's mice, two of whom can be seen scrapping in this perfectly timed photo on a London Underground platform. Some 28,000 nature photography fans voted on a shortlist of 25 images and crowned the Bristol based snapper as this year's favorite.

Fire officials and politicians have expressed relief at the change of weather, which brings much-needed water to regions of the country that have spent the last three years in drought. However, they expect hot, dry conditions to return before the fire season is out. This has been an absolute welcome disruption to the weather pattern and a massive reprieve and relief to so many people.

Around 8 a.m. police started receiving calls from people who heard her screaming from the bottom of the cliff, Luna said. It's unclear how she fell or how much time passed before someone heard her calls for help. Videos of the rescue show deputies flying to the shoreline in a helicopter, with one officer rappelling down to the shoreline to reach the woman and later using a hoist to lift her. The woman suffered minor injuries and was taken to a local hospital, Los Angeles County Sheriff Alex Villanueva tweeted.

Pompeii was preserved by the volcanic ash and has become a unique archaeological site. But mudflows and giant, sweeping clouds of hot, toxic gas and volcanic matter destroyed the wealthy coastal town of Herculaneum. The site is near what is now known as Naples in Italy. In a cruel twist of fate, the residents of Herculaneum were able to see the eruption and actually tried to escape its destructive path by evacuating on boats along the waterfront.

Global warming occurs when greenhouse gases such as carbon dioxide and other pollutants in the atmosphere trap the radiation that is reflected from the Earth's surface. Carbon dioxide, in particular, began to increase significantly after the Industrial Revolution, which took place between the late 18th century and 19th century.

Wombats on a New South Wales Hunter Valley farm are being hailed as heroes for burrowing down to an underground soak and supplying water to an array of native fauna hit hard by drought. Beef farmer Ted Finnie's property sits 30 kilometers south-west of Merriwa, an area of the valley that has had almost no rain for the past three years. He said the hole has been there for long time, but has recently grown larger as wombats dig deeper during the drought.

Carnival Corp's Princess Cruises yesterday announced it would not allow passengers who have traveled in China within the past 14 days to board its cruise ships, although the exclusion would not apply to visitors traveling from Taiwan, Hong Kong and Macau, due to the 2019 novel coronavirus outbreak. "Although the risk to our guests and crew is low, we are closely monitoring the evolving situation with respect to the coronavirus originating in mainland China. Our medical experts are coordinating closely with the US Centers for Disease Control and Prevention and the WHO to implement enhanced screening, prevention and control measures for our ships globally," the company said.

The Pentagon announced Monday that the US conducted a flight test of a conventional ground-launched cruise missile off the western coast of the US on Sunday. The missile hit its target after more than 500 kilometers (310 miles) of flight, the Pentagon said. The test would have been previously banned under the now-defunct Intermediate Range Nuclear Forces (INF) Treaty. Officials stressed that the missile is designed to carry a conventional payload, not a nuclear one.

Against a background of fears that computer 'hackers' may seek to take control of self-driving vehicles, elements of the research also focused on cyber security features in autonomous cars. As well as managing motorway traffic, the car even pulled itself over to recharge its batteries so it could complete the route.

Japan is the world's fifth largest emitter of carbon dioxide after China, the U.S., India and Russia. The government has pledged to cut emissions by 26 percent from 2013 levels to 1.042 billion tons by 2030. So far, Japan has succeeded in reducing emissions for five consecutive years to 1.244 billion tons in fiscal 2018, marking the lowest level since fiscal 1990, when the government began collecting data.

Resolving the trade war between the United States and China just got harder. Much harder. Negotiations between Washington and Beijing were already on rocky ground following new rounds of tit-for-tat tariffs. Then, on Wednesday, the United States dramatically escalated its fight against Huawei, the world's largest telecoms equipment maker and one of China's national champions. That could scuttle an agreement entirely.

Koalas also don't drink a lot of water, and if a koala takes water they may be stressed. If you are not aware of their habits you might not even realize that you are not feeding them appropriately. While the temporary koala relief center currently holds 11 koalas. They just keep **arriving**. There is nowhere else that has the facilities to hold these animals or this many at the moment.

Within the Atlantic Ocean is the world's only sea without shores, its borders defined by the currents of the North Atlantic gyre. The Sargasso Sea takes its name from sargassum, a free-floating golden brown seaweed that is a haven for hatchling sea turtles and hundreds of other marine species who use it to feed, grow and hide from predators. But the sargassum is now home to objects wholly unnatural too.

Most never napped, some said they napped one or two times weekly, and others termed "frequent nappers" took a snooze three or more times per week. Those with the fewest heart attacks? They were the one to two times weekly nappers. Second place went to the group who never took naps. People who napped nearly every day had the most heart attacks and strokes during the study period.

Some had trouble landing good-paying jobs, while others found that housing prices, student loans and other expenses were dragging them down. Take Brianna Garcia, 26, of San Antonio, Texas. The first in her family to graduate college, she earned a bachelor's degree in education two years ago from Our Lady of the Lake University in her hometown. She had hoped to become an elementary school teacher, but districts were downsizing at the time she was applying.

Effects to prolonged exposure range from persistent infections and asthma to slowed lung and brain development. The risks apply in utero, too, because gases and fine particles can enter a mother's bloodstream and placenta, causing miscarriage, birth defects and low birth weights, which can also affect a child for the rest of their lives.

According to the MOU, ETRI and the Finnish university will jointly run research and development projects for 6G, as well as 5G network and its upgraded variants, and promote the technologies. The ministry expressed high expectations for the partnership with the University of Oulu which has launched the world's first R&D project for 6G.

Yoga first appeared in ancient texts such as the sacred Hindu epic the Bhagavad Gita, written between the fifth and second centuries BC. It is born of an "awareness of the unsatisfactory character of the human condition", says India specialist Tara Michael, author of the book Yoga published in France in 1980. The practice emerged as a way of transcending this suffering. However in its present-day use, yoga is often no more than a form of exercise, Michael says.

Diamond Light Source, near Oxford, is the UK's national synchrotron science facility, which produces intense beams of light. Here electrons are accelerated to near light speeds until they emit light 10 billion times brighter than the sun, and then directed into laboratories in "beamlines" which allow scientists to study minute specimens using X-ray beams in extreme detail without damaging them.

Currently the academy is providing care for nine elderly patients, all of whom suffer from degenerative dementia. The average age is 83, with the oldest patient 93 years old and the youngest 63 years old. Each patient has their own record book, which students use everyday to record their charge's mental state, mood, and food and medicine intake.

Instagram has over a billion users across the world, including 7.4 million users in Taiwan. However, bullying is not the only problem the social network is currently facing, as there have been calls for regulations over hate speech, fake news and "deep fake" technology that fabricates content easily mistaken for the real thing.

These banks are now permitted to verify the identity of customers who use other banks' financial services through the National Digital ID platform, enabling people to open deposit accounts through the digital channel without presenting themselves at branches and reduce filling out duplicate information. The Bank of Thailand will assess the service offering results before expanding to a broader scale later.

Only the first three minutes of the tape include visuals, and Trump can be seen briefly when he approaches the rectangular dining table set with red bouquets of flowers. The remaining portion of the recording is only audio. The conversation involving Ukraine begins about 40 minutes into the 1-hour-and-24-minute recording.

Rising issues with respect to environmental pollution has drawn the attention towards surged preference for the battery driven products rather than low power electronic devices. In addition, ambient energy harvesters are comparatively simpler since they don't need installing, procuring, and battery changing. The energy which is harvested suffices to power wireless sensor systems that is likely to fuel the growth in global ambient energy harvester market.

Flood warnings and watches were in effect in many states the long line of storms is hitting Saturday. Strong, damaging winds are expected Saturday across the South. Some storms could produce hail as big as small marbles. Winter weather advisories have been issued in areas from Kansas to Michigan, with severe ice and snow in the forecast.

Long term exposure to air pollution has been linked to a heightened risk of several conditions, including respiratory and cardiovascular diseases. But less is known about its potential effects on eye health. To explore this further, the Taiwanese researchers analyzed national health insurance and air quality data from 1998 to 2010 to see if there might be a link between long term exposure to the pollutants nitrogen dioxide and carbon monoxide and a heightened risk of AMD.

Get smart about fibers. Cheap cotton and synthetics come with huge environmental footprints. Cotton uses unsustainable amounts of water and pesticide. Go for hemp blended with organic cotton and silk. Treat cotton as a luxury fiber. Buy products certified as organic to be free of the pesticide burden and plan to keep them for years. Wash clothes less often. The average laundry cycle releases hundreds of thousands of tiny fragments of plastic from synthetic fibers into waterways. Put jeans in the freezer and remove dirt when frozen. Fleeces have been shown to release the most plastic fibers.

Photos and videos from the scene on Monday in the Iranian city of Mahshahr show the Caspian Airlines plane grounded in the middle of the road, with traffic banked up and pedestrians on either side. The plane, lying flat on its belly, appears largely undamaged. Passengers appeared to help each other out of the twin-engine, single-aisle commercial jet, carrying children and suitcases. Some left through the main doors, while others climbed out emergency exits onto the plane wings.

Understanding the solar wind and the blazing heat of the corona are key. They both play a role in space weather and solar storms, and understanding the solar wind could enable better prediction of space weather. Solar wind and the corona's temperature also impact ejections of mass from the corona, which could impact the global power grid and telecommunications on Earth, as well as our astronauts on the International Space Station. The energized and accelerated particles streaming away from the sun in the solar wind are also responsible for the northern and southern lights we see on Earth.

People can be contagious without knowing it, and without having any symptoms. An asymptomatic person could infect a member of their family or a co-worker without realizing it. That means a single person can cause the infection of many others, beginning of course with family, friends and co-workers. Then there's a 2 percent chance of mortality if one is infected. So, while the Coronavirus might not be that risky for any single person, it is very risky for their social network.

Funeral costs continue to climb, as do prices for funeral plots and incidentals many people don't know about. For example, some cemeteries may require grave liners, or charge extraordinary amounts just to open the ground for burial. In 2016, the median cost of a funeral was around \$8,000, according to NFDA statistics; caskets alone cost between \$2,000 and \$10,000. And the prices just keep rising.

Changes in overall religious attitudes have also fueled the trend. Fewer people consider themselves religious today than in the past, lessening the need for a traditional funeral in a church. Today many funeral homes serve as "event planners" for memorial services as well as funerals, Nicodemus said, offering a variety of options and doing most of the organizing. Bring in some pictures. Bring in your dad's favorite music. Tell me who you might think would be a good friend of your dad's that might like to get up and say a few words. You bring us your ideas where we'll share ours with you.

Video from Turkey's IHA Broadcasting Services shows emergency crews rescuing injured people from a collapsed building. The earthquake caused five buildings to collapse in Elazig and heavy damage to a number of buildings in the area. Preliminary reports say the earthquake lasted 40 seconds, adding that 3,699 search and rescue personnel have been deployed. Fifteen aftershocks have been felt in the wake, with the strongest registering at 5.4 magnitude.

Extreme weather will cause wildfires, droughts and flooding which, as well as posing immediate dangers, will contribute to homelessness and asthma as smoke from fires irritates people's lungs. The researchers' warning comes as 16-year-old Greta Thunberg continues to be headline news after sparking worldwide protests this year with her no-nonsense criticism of world leader's inaction on climate change. "This year, the accelerating impacts of climate change have become clearer than ever", said Professor Hugh Montgomery, from University College London.

Poor conditions and harsh geography have led many residents to seek employment in bigger towns, but the annual festival and the tradition surrounding it helps keep the village of 2,000 going. Dozens of couples from places too small to have government offices gather to have their marriages legalized, while other young people hope to find partners.

There is a science to using eye drops properly, and the Ministry of Health and Welfare Food and Drug Administration invited a pharmacist to explain just how to do it. According to pharmacist, if you are using more than two different types of eye treatment at the same time the medication will not be absorbed as well as it could, and the order of application will also affect how efficiently it is absorbed.

Doing something memorable and lasting with the cremated ashes of a loved one is a top priority for many people, including baby boomers and their families. An increasing number of companies are offering plenty of imaginative options from which to choose. Memorial tattoos are a growing trend in which tattoo artists mix some ashes with ink and create lasting memorials on a loved one's skin. If skin isn't your thing, you can also have your ashes mixed with paint and made into a portrait.

Understand your critical vulnerabilities and take action to spread the risk. Many supply chains have dependencies that put firms at risk. An example is when an enterprise is dependent on a supplier that has a single facility with a large share of the global market. The Sendai disaster highlighted this type of exposure. For example, Hitachi manufactured approximately 60% of the global supply of airflow sensors, a critical component for auto manufacturers.

Last week, the Chinese government announced a new policy which will introduce strict controls on minors playing video games, through a real-name user identification system. Chinese citizens aged under 18 years old will be banned from playing online games between 10pm and 8am and will be restricted to 90 minutes per day outside these hours during weekdays, and three hours on weekends and during holidays. Spending limits will also be introduced to restrict the amount of money minors are able to spend on online games.

Australia is the largest foreign coal supplier to Vietnam, which is increasingly reliant on the fossil fuel for power generation to meet its fast-growing economy. Coal shipments from Australia to Vietnam more than tripled from January to last month from the period from a year earlier to 8.51 million tonnes, customs data showed.

Scientists call these viruses zoonotic because they are transmitted from animals to humans. In the case of Nipah virus, which can cause a range of symptoms including fatal encephalitis (inflammation of the brain), infections were traced back to juice made from the sap of a date palm tree that had been contaminated by bat urine or saliva. Bats had been roosting in the trees where locals set up spigots to collect the tasty sap. The fact this new coronavirus has been linked to bats comes as no surprise to virologists working on bat-borne viruses.

You wouldn't know from looking at it, but Away was created, not by a huge studio or even a small studio, but by a single individual at a cost of about one ten thousandth of what even the most basic animated feature might cost. This is disruptive innovation with a vengeance. There is also highly creative, potentially disruptive, work being done in the US, too, but it's from an entertainment culture and skill set that computer animation itself disrupted: cinematic puppetry.

Diary is an important source of calcium and fat for children, and provides important nutrients such as protein, iodine, riboflavin and Vitamin B12. If the child is growing well, existing guidelines suggest parents switch to low-fat dairy products starting at age two to protect children from the risk of obesity and cardiovascular disease. The UK does not recommend skim milk for children under five.

Middlebury College will move classes online due to growing concerns about novel coronavirus. Spring break will begin a week early, on Friday. That two-week break will be used to prepare for remote classes, once they resume March 30, according to the release. The announcement came Tuesday, in a news release on the school's website.

Nearly 90 percent of people spend more time than usual catching up with epidemic-related news on TV or through a portal's news section, it said. Only 5 percent took YouTube as a main source of up-to-date coronavirus information. The Korean Broadcast Advertising Corporation conducted the survey of 1,000 adults aged between 20 and 59 to discover how the epidemic has changed people's behavior patterns.

People were multitasking, or multi-domaining, at a much faster rate than what we previously thought. The number of screens people source has consolidated to the point where most people are using just a few screens, mostly smartphones or laptops, to engage with many different life domains. Engagement with family, work and entertainment now happens almost simultaneously as people send texts, read emails and watch cat videos in rapid succession. The chance that different domains of life influence one another increases.

These new exciting results add to growing evidence that cells and some of their biomolecules can persist in deep-time. They suggest DNA can preserve for tens of millions of years, and we hope that this Study will encourage scientists working on ancient DNA to push current limits and to use new methodology in order to reveal all the unknown molecular secrets that ancient tissues have. This idea is still very much in its infancy, but it's true that recent studies have pointed towards a longer life for organic material than we thought possible.

Since everyone can work remotely, there will be little or no reason to have any offices in "meat-space". A virtual workplace will free architects to design and swiftly build virtual workspaces that inspire workers, facilitate collaboration, and reinforce brand identity. It's impossible to predict what these virtual workplaces will look like, but they probably won't replicate our current work environments.

Some countries, including Italy, Britain and the United States, are drafting automakers and aerospace manufacturers to ramp up ventilator production. Authorities hope big manufacturers can repurpose some factories and use digital design expertise, including 3D printing, to make up the expected shortfall in vital medical hardware.

Environmental issues are not just technical challenges that can be solved with a new invention. To tackle climate change we will need insight from psychology and sociology. Scientific and technological innovations are necessary, but enabling them to make an impact requires an understanding of how people adapt and change their behavior.

Food addiction can cause physical harm and lead to chronic health conditions like obesity and type 2 diabetes. In addition, it may negatively impact a person's self-esteem and self-image, making them unhappy with their body. As with other addictions, food addiction may take an emotional toll and increase a **person's** risk of premature death.

Within just minutes of coming into contact with water, Tessa breaks out in a rash, suffers migraines and develops a fever. Because of this, she can't even walk around her university campus in case she sweats and so has to be transported via a shuttle. Tessa was diagnosed with the condition at the age of 10 by her mother, who is a doctor. Her mum having been her primary care doctor ever since.

Australians and North Americans have largely searched "beer virus" in their online inquiries. In Mexico, where Corona beer is brewed, "Corona beer virus" is the far more popular search terms. Only 1/3 of beer-minded Spaniards dabbling in medical research in recent days have searched for the so-called "beer virus" by a brand name.

These days, all of us handle dozens of devices every day. We bring our smart phones with us everywhere. They sit in our pockets, rest on tables, and even get used in the bathroom! Your fingers touch your smartphone constantly. And other people's fingers touch them. Simply speaking into your phone or texting can coat your phone with bacteria and saliva! You pull out your phone to take photos all over, like restaurants, bars, and in the **street**. People even use their phones in public toilets! This means your phone is constantly being subject to germs and particulate matter like dust that sticks to your phone.

Lower down so your thighs are as parallel to the floor as possible (if not, that's okay), with your knees over your ankles. Press your weight back into your **heels**. Keep your body tight, and push through your heels to bring yourself back to the starting position. Stand with feet shoulder-width apart, hands at your sides or on your hips.

New cases of the virus were confirmed in Spain, France and the UAE overnight, as outbreaks in South Korea, Italy and Iran continued to worsen. In the US, opposition lawmakers criticized President Donald Trump's handling of the crisis and raised concerns over his placing of Vice President Mike Pence in charge of the response, pointing to Pence's track record as Indiana governor during an HIV epidemic.

Inhale as you slowly lower your elbows to bring your stomach to the ground. Be sure to keep your core muscles **contracted!** Pause for a second and then exhale as you push up from the ground to your starting position. As you get stronger, perform the pushup from your toes. If you don't have a set of dumbbells, try using a laundry detergent bottle, canned goods, a water bottle or even a milk carton. Leaning over the arm of a couch or chair, you want about a 45-degree bend of your upper **body.** Keep your back neutral and keep your core engaged.

But a crackdown on the opposition then followed, with the detention of leading opposition figures and sweeping arrests of more than 2,000 demonstrators. The Russian government, it seemed, was determined not to let street protests get anywhere near the scale seen in Hong Kong. Russia also showed willingness to exert more control over its citizens online. In May, Putin signed into law new measures directing the creation of a so-called "sovereign internet" capable of operating independently from the rest of the world.

People with body weight ranges that span from underweight to obese have a longer life expectancy if they walk more briskly compared to those in the same weight category who don't, according to research published this month in Mayo Clinic Proceedings. Our findings could help clarify the relative importance of physical fitness compared to body weight on life expectancy of individuals.

Ginger is a miracle spice that has been used in traditional Chinese medicine forever. Due to its active ingredient, gingerol, it helps with joint and knee pain by increasing blood circulation and reducing pain. Research on the benefits of ginger for patients with rheumatoid arthritis is quite exciting. But that's just the beginning. Scientific studies have found that ginger can also lower bad cholesterol, improve blood sugar levels, protect the heart from disease, reduce your risk of cancer, and boost brain function. And, it's super easy to take because it tastes great. You can use it dried, powdered, fresh, or in oil form for cooking, or simply swallow a capsule if you prefer.

Under the new rules, all stores or businesses outside of a list of 27 "essential" industries, must close. The order is effective for seven days and is expected to be renewed. According to the news, fitness centers, auditoriums, casinos, yoga studios, movie theaters, museums, private clubs, dance clubs, music venues, recreation centers or other businesses not categorized as essential are to close.

Organic food is just an **image.** You buy organic food; therefore, you are more in touch with health, quality, and other intangible concepts. Shopping farmer's markets is a trendy, dare we say Yuppie (to use a dated term), occupation. Whether or not organic food tastes better, is better for you, or puts you more into contact with the natural world is **debatable.** Just remember that sugar-soaked organic cereal is no better for you than, sugar-soaked GMO cereal. Is organic food a rip off? Good question. It is definitely more expensive.

According to Harvard Medical School, breathing meditation requires either sitting comfortably, standing or walking in a setting with minimal distractions. Many people prefer to sit. If you're sitting, focus first on your posture: You should sit with your spine erect. As you become aware of the space, you're in and sit comfortably, observe your breath without manipulating it for a few seconds, Chopra suggests. Then, slow your breath down by inhaling deeply to the count of six. Pause for two seconds. Exhale to the count of four. Then repeat this six-two-four breathing method for two minutes.

Probiotics and prebiotics help boost the health of the microbiome, which in turn supports our immune system, explained Majumdar. Sources of probiotics include fermented dairy foods such as yogurt and kefir, and aged cheeses, as well as fermented foods such as kimchi, sauerkraut, miso, tempeh and sourdough bread. Sources of prebiotics include whole grains, bananas, onions, garlic, leeks, asparagus, artichokes and beans.

Instead of sugar-laden store-bought salad dressings, use olive oil, red wine vinegar, Italian spices and garlic to make an easy vinaigrette. Substitute dates, unsweetened applesauce or ripe bananas for sugar in your cakes, cookies, muffins and banana bread. Fresh fruit and purees like apricot can cut the tartness of unsweetened yogurt.

Bats are the only mammal that can fly, allowing them to spread in large numbers from one community over a wide area, scientists say. This means they can harbor a large number of pathogens, or diseases. Flying also requires a tremendous amount of activity for bats, which has caused their immune systems to become very specialized.

On top of everything else, dieting disrupts cognition, especially executive function, which is the process that helps with self-control. So, dieters have less willpower right when they need more willpower. And non-dieters have plenty, even though they don't need any. And of course, even if Nicky were to eat those tempting foods, her metabolism would burn up more of those calories than a dieter's metabolism.

This pandemic has now claimed more than 5,000 lives, infected over 150,000 people and touched every continent, save for Antarctica, as it crosses geographical borders that have politically closed. European leaders have met several times and it was only on Tuesday that they finally announced some coordinated action. It was aimed primarily at economic stimulus, rather than devising a much-needed game plan to slow the virus' spread across the region. There is serious doubt that the usual economic tools will even work.

Not only were researchers in some cases unable to reduce cockroach numbers during a six-month study period, even when combining different insecticides, but they found the insects' resistance increased up to six-fold within one generation. The team says it was able to keep the roach populations stable during the study period, but could not make a significant dent in their numbers. With the two-insecticide mixture, the pests even appeared to thrive.

Areas marked in yellow on the video represent infected and inflamed parts of the lung. When the lungs encounter a viral infection, the organ will start to seal the virus off. From the scan, it is clear that the damage isn't localized to a single area, but instead covers massive swaths of both lungs, showing how rapidly and aggressively the infection can take hold, even in younger patients. A patient with healthy lungs would have no yellow on the scan

Usually the school notifies the students who earn the valedictorian and salutatorian honor in person. The senior class this year has 47 students. With circumstances stopping that tradition, she said calling or video calling these students didn't feel good enough. You always must find the positive in every circumstance.

Now the government has started to introduce electronic visas, which will come into force in October for stays of up to eight days in Saint Petersburg, though Russia has not yet said which countries' citizens can apply. In addition to ski and trek, tour operators are seeking to launch Arctic tours featuring reindeer herders, rides in Soviet-era tanks or a night at a palace that belonged to Peter the Great.

Here, Prada said it has begun production of 80,000 medical overalls and 110,000 masks at the request of authorities in Tuscany. Elsewhere, Fast Retailing, the Japanese parent company of global clothing giant Uniqlo, has enlisted the help of its manufacturing partners in China to procure approximately 10 million protective masks.

Banishment, solitary confinement in prison, even sending a child to stand in a corner or to a timeout, all involve depriving humans of human **contact**: it is fundamentally harmful to our health. And that is what's getting exacerbated in this Covid-19 crisis. Many seniors feel even lonelier now than they did before the outbreak.

Retail sales plunged 20.5% during January and February compared to 2019, industrial output was down 13.5%, and fixed asset investment fell by nearly 25%, according to the National Bureau of Statistics. The decline in industrial production was the sharpest contraction on record. With China still struggling to get back on its feet, the situation in Europe and the United States is rapidly deteriorating. With China still struggling to get back on its feet, the situation in Europe and the United States is rapidly deteriorating.

Log onto social media and for the first time in a long time you're seeing a lot of fewer selfies and many more messages of encouragement. "Stay safe everyone." "Wash your hands!" "Be kind." It's as if this woke us up to the reality that we all need each other so much more than we did a few months ago. That we are so much better together.

These drawings attracted many tourists to come and visit. The old people who were left here are no longer so bored. This was my biggest gain. There is now some half a dozen so-called "graffiti villages" in Taiwan that have been festooned with artwork in a bid to inject some life into rural places that have been emptied of its young.