

Reading Skill로 끝내는 중학내신독해 3_Audio Script

[Ch1-00]

M: page 6, Chapter 1. Exercise

M: Do you like swimming? How about cycling or running? Perhaps you enjoy all three activities. Then you should compete in a triathlon. The "tri" in the name indicates it involves three activities: swimming, cycling, and running. Competitors race by swimming, cycling, and running without taking a break. The first one took place in 1974. The competitors had to swim 500 yards, cycle five miles, and run six miles. The triathlon is a difficult race but has become popular. And it became an Olympic sport in 2000.

[Ch1-01]

W: page 8, Passage 1

W: Most students learn the multiplication tables in elementary school. They learn $3 \times 5 = 15$ and $7 \times 6 = 42$. But what about multiplying larger numbers? By using Vedic mathematics, you can solve those problems easily. It is a set of strategies that can help you solve difficult calculations quickly.

Let's try multiplying by 11. How about this problem: 23×11 ? To use Vedic mathematics, add the digits of the number you are multiplying by 11 together. So $2 + 3 = 5$. Then, put that number between the 2 and the 3. So $23 \times 11 = 253$. Don't believe it? Check it out on your calculator.

How about multiplying by 15? Try solving 24×15 . This is even easier. First, multiply 24 by 10. So $24 \times 10 = 240$. Then, divide 240 by 2. That is 120. After that, add the two numbers together. $240 + 120 = 360$.

There are many more shortcuts in Vedic mathematics. Learn them, and you will never need a calculator again.

[Ch1-02]

M: page 10, Passage 2

M: Claw machines are very popular nowadays. You can see them in grocery stores, shopping malls, and other busy places. They are simple and fun to play. You just put a coin in them and use the claw to grab a prize.

The game looks easy. However, it is not easy to win a prize. The pincers do not grab the prizes tightly enough. The claws also often release the prizes, so they fall down. Then, you have to spend more money to try again.

There is a reason these things happen. Claw machines are set up to make you lose. People do not want to play machines they can never win on. So the claws are cleverly programmed.

They only have a strong grip some of the time. So be careful when you play claw machines. You may lose a lot of money and win nothing.

[Ch1-03]

W: page 12, Passage 3

W: The flu is caused by a virus. So are chickenpox, measles, and polio. Viruses can make people sick and even kill them. Fortunately, due to the discovery of vaccines, people can be protected from some viruses.

Vaccines do not cure diseases but prevent people from getting sick. They contain a dead or weakened form of a virus and are usually injected into a person's body. Because the virus in the vaccine is dead or weak, it cannot make the person sick. However, the body's immune system recognizes the virus as a threat. It then makes antibodies that fight and kill the virus.

When the virus is killed, the antibodies break down and disappear. However, the body remembers how to make them. Later, if that person is infected with the actual virus, the body will start making antibodies. They will destroy the virus and prevent the person from getting sick.

[Ch1-04]

M: page 14, Passage 4

M: People put ketchup on burgers and fries. It is an extremely popular condiment. However, people did not consider ketchup food in the 1800s. Instead, they thought it was medicine.

Originally, ketchup was made of either fish or mushrooms. In 1834, Dr. John Cooke Bennet added tomatoes to ketchup to give it more vitamins and antioxidants. Then, he advertised it as medicine. He claimed it could cure various problems, such as diarrhea. He even made ketchup into pills to make it look more like medicine.

At that time, even experts did not know why certain foods were healthy or helped people. So people believed Dr. Bennet's claim, and sales of ketchup increased. Then, other people started making their own. They insisted ketchup could cure scurvy and heal broken bones. By 1850, people knew these claims were false. But they liked the taste, so they continued buying tomato ketchup to eat.

[Ch2-00]

W: page 18, Chapter 2. Exercise

W: One legendary story from Egypt is that Cleopatra died from a snake bite. She was the last queen of Egypt. When the Roman Octavian invaded Egypt in 44 B.C., Cleopatra decided to kill herself. So she made a snake bite her and two servants. However, some scientists doubt this story. According to them, only 10% of cobra bites are fatal. And one snake cannot deliver three fatal bites one after the other. How did she die then? Nobody is sure. But she and her servants probably just swallowed poison.

[Ch2-05]

M: page 20, Passage 5

M: In recent years, people in Europe, Asia, and North America have suffered from severe cold weather. This freezing cold has killed many people. What has made the weather change?

Some scientists suggested that the Arctic plays a role. The Arctic is the northernmost area on the Earth. The weather there is cold and snowy most of the year. However, the Arctic is not as cold as it used to be. It is quickly becoming warmer. The warmer weather is causing the jet stream to become weaker. The jet stream is made up of strong winds blowing from west to east. It normally blocks the cold Arctic air from going south.

However, the jet stream is not strong anymore. So cold Arctic winds are escaping from the Arctic and moving to southern areas. As a result, they are making winters in parts of Europe, Asia, and North America much colder than normal.

[Ch2-06]

W: page 22, Passage 6

W: You do not need to be a great athlete to set a world record. Read the *Guinness Book of World Records*. There are hundreds of world records you can set from your home.

Here is one. How many rolls of toilet paper can you stack on top of one another in thirty seconds? The world record is twenty-eight. Do you think you can beat that? Or see how fast you can unroll a single roll of toilet paper with one hand. The world record is 9.80 seconds.

How many 500ml plastic bottles can you balance on one finger? You need to balance twenty-six to set the world record. Or try blowing a pea more than 7.51 meters with a single breath. And how about this one? How fast can you butter ten slices of bread? The world record is 26.11 seconds. Before you try doing that, be sure to ask your parents for permission.

[Ch2-07]

M: page 24, Passage 7

M: Smartphones contain a lot of personal information, pictures, email accounts, and even banking information. So you always need to secure them to keep your information private.

Firstly, you can lock your smartphone by using a 4-digit PIN or a password with numbers or letters. There are also more advanced locks that use fingerprints or irises. Next, use your smartphone's "do not track" function. It stops advertisers from collecting your data. Do not answer spam calls either. If you do that, your number will be given to other companies.

If you lose your smartphone, use a recovery app to find it. With this app, you can lock down your device and find its current GPS location. And simply put your name and a contact number on your smartphone. Someone can call you to return your lost smartphone. Most importantly, be careful not to misplace your smartphone at any time.

[Ch2-08]

W: page 26, Passage 8

W: Hiram Bingham was an explorer from Yale University. In 1911, he visited the Andes Mountains

in Peru. There, he discovered the ancient ruins of Machu Picchu.

Bingham made several trips to Machu Picchu and collected thousands of artifacts. They included ceramics, tools, jewelry, and human bones. Then, he took them to Yale in the United States. Before doing that, he made an agreement with Peru's government. It stated that he could take items to study them. But Yale had to return them when Peru asked for them back.

However, when Peru requested the artifacts, Yale refused to send them back. The school claimed that it owned the items despite the agreement between Bingham and Peru's government. This began a long legal battle between Peru and Yale. In 2010, the two sides came to an agreement. Finally, the collection of antiquities from Machu Picchu could return home after nearly 100 years.

[Ch3-00]

M: page 30, Chapter 3. Exercise

M: When the boat tour started, I was really bored. I only saw typical plants and some rocks. The weather was also hot and humid, so I did not enjoy anything at all. However, when the boat moved into the canal, one person shouted, "Look at the jungle." Everything was totally different. As we sailed along the canal, we saw impressive trees rising high in the sky. There were also jungle animals like colorful birds, monkeys, and snakes. "This is incredible," I said out loud.

[Ch3-09]

W: page 32, Passage 9

W: Our flight to Hawaii was halfway over. I was looking forward to my vacation. Then, the pilot made an announcement. He said we were about to fly through a storm. He wanted everyone to put on their seatbelts. Just then, the plane started shaking. We were in the storm.

The plane suddenly descended quickly. I felt like I had to vomit. The plane dropped lower and lower. Some passengers screamed. I held on to my seat as the plane continued to fall from the sky. We went lower and lower. I thought we were going to crash.

A moment later, the plane stopped going down. The pilot made another announcement. He said that the storm was over. The plane began going back up. The rest of the flight was calm. When we finally landed at the airport, I breathed a huge sigh of relief. I felt so happy to be on the ground.

[Ch3-10]

M: page 34, Passage 10

M: Dear Sir/Madam,

My name is Mark Wilson. I recently stayed at your hotel and had an unpleasant experience.

First, I reserved a double room. But when I arrived, the desk clerk said only single rooms were available. I was supposed to get a room with an ocean view. Instead, my room had a view of the city. The room was also not as clean as it should have been.

The people in the room beside mine were very loud, so I could not sleep well. I ordered

room service, but the food tasted terrible and cost too much. On my last day, I asked the front desk employee to call a taxi. But she did not do that, so I was late getting to the airport.

I had a terrible vacation because I stayed at your hotel. I do not want to have a similar experience ever again.

Mark Wilson

[Ch3-11]

M: page 36, Passage 11

M: There was once a family of five. Four family members had twisted mouths. Their mouths were twisted in different directions: up, down, left, and right. Only John, the oldest son, had a normal mouth.

When John got older, his parents sent him to college. During vacation, he came home and told everyone about college life. When it was time for bed, they needed to blow out the candle.

The father tried to do it, but his mouth was twisted. The mother tried next, but she could not blow it out either. John's younger brother and sister both tried. Because of their twisted mouths, nobody could blow the candle out. Then, John blew as hard as he could. Since his mouth was straight, the candle went out.

John's father looked at his younger children. Then, he said, "Children, now do you understand how important it is to go to college?"

[Ch3-12]

W: page 38, Passage 12

W: It is late at night as I leave my friend's house. My home is three blocks away. There is no moon tonight. And the sky is cloudy, so it is darker than normal. There is no one on the street, and everything is quiet. I am alone while I am walking home.

Some horror movies that I have seen come to mind. I turn the corner and am just one block away from home. Suddenly, I see a man standing between my house and me. I feel like he is staring at me. I take a breath and try to walk normally. But my heart beats faster and faster, and my knees start shaking.

He starts walking toward me. As he gets closer, I want to run. But my feet are frozen. The man walks right in front of me. Then, he says my name. I look up and see my father smiling.

[Ch4-00]

W: page 42, Chapter 4. Exercise

W: When birds hatch from eggs, they instantly form a bond with their mothers. They use this bond to get information about how to live. This is called imprinting. However, sometimes the babies' mother is not around. In that case, the babies bond with the first animal or moving thing they see. This could be a dog, a human, or even a toy train. Researchers have also learned that when animals bond with other mothers, they often have a difficult time growing up.

[Ch4-13]

M: page 44, Passage 13

M: Cockroaches are some of the most impressive animals on the Earth. They can hold their breath for around forty minutes. They can survive without food for weeks. And they even can live without a head for weeks. How can they stay alive without a head?

It is impossible for humans to live without a head. First, humans need to breathe through their mouth and nose. Humans also use their mouth to eat. Finally, the brain controls many functions in the body. Since the mouth, nose, and brain are all in the head, humans cannot live without it.

The same is not true for roaches. They do not need their head to breathe. Instead, they breathe through many holes all over their body. Roaches have a simple brain, too. It performs very basic sensory functions, so it is not needed for survival. And roaches are cold-blooded animals, so they can survive a long time without eating.

[Ch4-14]

W: page 46, Passage 14

W: Have you ever heard of intermittent fasting? It is an eating pattern that involves periods of fasting and eating. Nowadays, it is a popular health trend.

There are two common ways to do intermittent fasting. The first is to fast for 16 straight hours each day and to eat for 8 hours each day. For instance, people may eat between 2 PM and 10 PM but then eat nothing the rest of the day. The second way is to eat nothing all day for 2 days a week but to eat normally the other 5 days a week.

Intermittent fasting has many positive effects on the body. It can help the body repair itself. It also helps the body use stored fat, so people can lose weight. And it protects against diseases like diabetes and cancer. It also improves the functions of genes and helps people live longer.

[Ch4-15]

M: page 48, Passage 15

M: For your next vacation, how about trying something unique? You should visit Mongolia and enjoy nomadic life with a Mongolian homestay in a ger.

Most Mongolians live nomadic lives, so they wander from place to place. They take their homes, called gers, with them when they move. A ger is a typical Mongolian home. It looks like a large, circular tent. It has not changed in appearance in centuries since the thirteenth century. In fact, the Mongol soldiers who were led by Genghis Khan slept in similar gers.

When you do a homestay in a ger, you can experience life like Mongols'. You can see endless grasslands in every direction. You and your host family will be the only people in the area. Animals like sheep and goats roam the plain. You can help your homestay family look after the animals. This will truly be a vacation that you will never forget.

[Ch4-16]

W: page 50, Passage 16

W: Nikola Tesla and Thomas Edison were among the greatest inventors in history. Their inventions changed history. However, they disliked each other and had a great rivalry.

Tesla was a genius and began working for a phone company. Later, Edison hired him at his company. Edison liked Tesla's ideas but thought they were unrealistic. Their lifestyles were quite different, too. Neither Tesla nor Edison liked the other's lifestyle. They also had different work methods. Tesla worked out his ideas in his head while Edison constantly experimented.

But those were not the main reasons for their rivalry. Both Tesla and Edison worked with electricity. Tesla wanted to use alternating current (AC) technology to transmit electricity. Edison preferred direct current (DC) technology. Eventually, Tesla's AC method was shown to be the better one. Their battle became known as the War of Currents and caused the two men to dislike each other until they died.

[Ch5-00]

M: page 54, Chapter 5. Exercise

M: Dear Joe,

Hi. It's your grandfather. It was great to see you last weekend. Unfortunately, you seemed to be negative about everything. Why don't you try thinking more positively? For example, you should stop thinking, "I can't do that." Instead, think, "I can do it." And don't use so many negative expressions when you speak. Negative expressions are putting you in a bad mood and making you depressed. However, if you think positively, you'll be happier. Then, your life will be much easier. Please try to change the way you think. You will become happier then. Good luck.
Grandpa

[Ch5-17]

W: page 56, Passage 17

W: Have you ever heard the expression "laughter is the best medicine"? Maybe you thought it was just a saying. But laughter can actually benefit your mind and body.

Studies show that laughter has positive psychological effects. For example, it makes people happy and gets rid of depression. It helps relieve anxiety and improves moods, too. These benefits make sense, but, curiously, there are also physical benefits of laughing. Studies show that laughter appears to reduce physical pain. This may happen because of the way the body reacts when we laugh. When we laugh, our muscles move. This makes the pulse and blood pressure rise while increasing the flow of blood. We breathe faster, which increases the level of oxygen in the blood. This improves the condition of the body.

Most doctors agree that laughing makes people happier and improves their physical bodies. So the next time you feel sick, start laughing. You will become happier, and it will also make you healthier.

[Ch5-18]

M: page 58, Passage 18

M: For years, people have criticized video games for making children more antisocial, overweight, or depressed. However, research has shown that they can actually improve children's minds and bodies.

First, video games can improve children's physical skills. Preschool children who play sports video games can develop their motor skills. Studies show that these children can kick, catch, and throw balls better than children who play no video games. Their vision also improves, so they can tell the difference between shades of gray quickly.

Video games can also improve children's brain functions. Children who play action games make decisions 25% faster than others. They can also pay attention to more than six things at once and not get confused. Finally, video games can help with psychological problems. Depressed children often become happier after playing video games.

In short, video games can actually change children for the better. So we need to use the benefits of playing video games for children.

[Ch5-19]

W: page 60, Passage 19

W: Do you know about dreamcatchers? They are shaped like a hoop and have a web in the middle. Feathers, beads, shells, and other objects decorate them. They hang above beds and on walls. People mostly use them for decoration today, but their original purpose was very different.

For centuries, Native American tribes have used dreamcatchers. Nobody knows why they started to use dreamcatchers. But there are some stories about their origins. According to one story, a chief's child became sick with a fever that caused him terrible nightmares. A medicine woman made a dreamcatcher by copying the pattern of a spider web. Instead of catching flies, it caught bad dreams. The good dreams passed through the web. But the bad dreams got caught. The next morning, the sun came up and burned the bad dreams.

In the past, people gave dreamcatchers to children. The children hung them over their beds to prevent bad dreams. If you have nightmares, how about hanging one above your bed?

[Ch5-20]

M: page 62, Passage 20

M: Think about your last trip to the supermarket. Maybe you bought some fruit, water, and meat packaged in plastic. You also packed everything in a plastic bag, right?

Plastic is very convenient and makes our lives easier. But it is bad for the environment. Most people throw plastic bags and containers away after using them. In fact, around 50% of plastic products are used once before being thrown away. These plastic products go to the nearest landfill and then stick around for a long time. Paper and other natural materials break down fairly quickly. However, plastic takes hundreds or thousands of years to break down. This means plastic reduces space in landfills and pollutes the environment.

So what can we do? We should reduce the amount of plastic we use. Take a cloth bag with

you when you go shopping. Drink tap water instead of bottled water. There are many other ways to reduce the amount of plastic we use. Can you think of some?

[Ch6-00]

W: page 66, Chapter 6. Exercise

W: Bob Ross was born in 1942. He was a carpenter's son. However, he preferred painting and enjoyed teaching others to paint. In 1983, he began hosting the TV program *The Joy of Painting*. With his long beard and curly hair, he quickly became popular. He used the wet-on-wet method. So he did not let the paint dry while he was painting. That let him paint one complete nature picture on each show. The program was on television for more than ten years and taught millions of people to paint.

[Ch6-21]

M: page 68, Passage 21

M: The recent movie *Coco* was a big success. Its theme is the Day of the Dead, a popular holiday in Mexico. While Halloween is celebrated on October 31, the Day of the Dead takes place on November 1 and 2.

The Day of the Dead, or El Dia de los Muertos in Spanish, is a holiday in Central America. It is especially popular in Mexico. People celebrate the lives of their ancestors by having parties and parades and dancing. They believe the spirits of the dead return to the Earth and take part in the celebrations.

Families visit cemeteries on this holiday. They decorate and clean their ancestors' graves. They also place things the deceased enjoyed, like foods and drinks, on the graves. They add photos of the deceased at the graves. *Pan de muerto*, or "bread of the dead" is another important part of the holiday. The bread resembles piles of bones. People bake it and put it on the graves, too.

[Ch6-22]

W: page 70, Passage 22

W: Detecting liars is the work of the FBI. Mark Bouton, an FBI agent for 30 years and author of *How to Spot Lies Like the FBI*, explains how to become a human lie detector.

First, watch people's eyes. People telling lies usually move them back and forth. They may also blink quickly five or six times. This shows they are experiencing stress. Lying is a major cause of stress. Liars close their eyes for more than one second at times, too. And watch where people look. Right-handed people look to the right before lying. Left-handed people look the opposite direction.

Do not just look at people's eyes. When people lie, their faces itch. So they scratch their faces. When people are touching their faces a lot, they are probably lying. Liars sweat very much, too. So look for sweat on people's faces or bodies.

Now you can catch liars. Are you ready to be a human lie detector?

[Ch6-23]

M: page 72, Passage 23

M: Sometimes there are news stories about sinkholes suddenly appearing. They swallow houses and buildings and kill people. They seem to be rare, but they are actually common around the world.

Sinkholes are large holes in the Earth's surface. Most are small, but some sinkholes are more than 600 meters deep. The world's largest sinkhole is in China. It is 670 meters deep. Sinkholes have many names, including sinks, shake holes, and swallow holes. But they all form in similar ways.

They commonly form in areas with limestone, a type of rock. Water and other chemicals get into the ground and dissolve the limestone beneath the surface. This creates empty spaces and caverns. Over time, these spaces and caverns become bigger. Since the land above them is heavy, it often collapses into the empty spaces. This forms sinkholes. Humans can also create sinkholes. Mines people no longer use sometimes form them. Underground waterpipes may break and release water, too. These can erode the land and make sinkholes form.

[Ch6-24]

W: page 74, Passage 24

The Atacama Desert is located in Chile in South America. The desert is found along the coast of the Pacific Ocean, but it is extremely dry. In fact, it is the driest desert in the world. The average rainfall in this area is less than 1 millimeter per year. And some parts of it have gotten no rain for centuries.

The temperature in the desert can rise to 40 degrees Celsius during the day. But it can go down to 5 degrees Celsius at night. Even though it is a hot and dry desert, snow often falls at high altitudes. So the tops of some high mountains are covered with snow.

The soil in the Atacama Desert is also unique. It resembles the soil found on the planet Mars. For that reason, NASA, the American space agency, tests equipment it will send to Mars there. In addition, the Atacama Desert has more than 300 clear nights each year. So many observatories are located there.