

# 美和學校財團法人美和科技大學

## 106 年度教師產學合作計畫 結案報告

計畫名稱：更新與維護屏東縣政府衛生局 106 年度英語網頁

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## 更新與維護屏東縣政府衛生局 106 年度英語網頁

自 105 年 7 月起政府積極推動新南向政策以提高觀光產值，為了改善觀光環境以吸引外國旅客，交通部會同風景區各權責單位，加強檢視轄區英語標示情形，改善英語標示不全的問題；可見，雙語環境有利於推動觀光政策。近年來，屏東縣政府致力推廣觀光產業已漸展現成效，墾丁、鵝鑾鼻早已名氣響亮，但屏東縣政府仍積極開發觀光景點以吸引更多人潮創造商機，例如萬金聖誕季已成最近幾年很夯的觀光景點，104 年 12 月啟用的琉璃橋也是另一大特色，衛生局隸屬於屏東縣政府，也肩負協助屏東縣政府推動觀光產業的義務與責任。本計畫之目的除了協助更新與維護屏東縣政府衛生局的英文網頁之外，並定時提供觀光相關的雙語資訊，使民眾進入衛生局的網站除了獲得衛生相關的雙語資訊之外，也能獲取觀光方面的雙語資訊，有助於屏東縣政府推動觀光產業，網路無遠弗屆，因此，網站早已成為個人或各單位行銷或提供訊息的重要途徑，要邁向國際化與全球化，必先克服使用英文網頁的障礙，在台生活的外籍人士日益趨多，因此，了解台灣各種政策與法規的需求更顯迫切，如此，外籍人士才能在台灣穩定的生活，衛生機關許多措施與政策都與人民生活密切相關，對在台的外籍人士而言亦同，另外，隨著台灣觀光政策的開放，以及政府大力推動觀光產業，近年來台觀光的人數穩定成長，由其是大陸觀光客更是倍數成長，屏東縣具備天然豐富的觀光資源，更能吸引觀光人口的造訪。所以，如何讓外籍人士能迅速又正確地擷取所需的健康與衛生及觀光資訊是相當重要的，這過程中，英文網頁的更新與維護扮演舉足輕重的地位，更新及維護英文網頁對許多機構而言是困難且繁瑣的，若能藉由學術單位的外語及觀光專業教師之協助，應能提供外籍人士友善的英文網頁環境，透過學界與產業的合作，讓學界有機會更深入認識產業界與服務社區，也讓產業界了解學界可提供專業的服務，共創雙贏局面。

**關鍵詞：**英文網頁，網站，全球化，國際化，觀光

## **Maintain and Update the English Website of Public Health Bureau, Pingtung County Government in 2017**

The New Southward Policy was started from July, 2016. To attract more foreigners to visit Taiwan, it is necessary to build sound bilingual environment. Though Pingtung County has many famous and popular attraction spots, like Kenting National Park, and Eluanbi Lighthouse, the Pingtung Government still makes efforts to create new traveling attractions for the public to promote tourism industry in order to bring tourism benefits and market Pingtung County. The Public Health Bureau, a part of Pingtung County Government, has the obligation and responsibilities for assisting Pingtung County Government to promote tourism industry.

The purpose of the project is to help maintain and update the English website of Public Health Bureau, Pingtung County Government, to provide the public medical, healthy, and tourism information in English. With the advent of technology, internet has become an essential way to communicate with each other. In order to move towards internationalization and globalization, English is an important communicative tool all over the world. Recently, more and more foreigners live and travel in Taiwan; therefore, it is necessary for them to get related information from the English websites of government institutions at any time because a lot of policies and regulations are connected with the public. In other words, English website is an important medium between government institutions and foreigners. However, how to present correct information in English is a big challenge for many government institutions because they do not have professional specialists. To solve the problem, through the cooperation between universities and government institutions, universities can provide professional knowledge and techniques in English and information, and government institutions can create a user-friendly environment for foreigners. Moreover, under this condition, universities have much more opportunities to understand what kind of service government institutions can provide the society. On the other hand, government institutions would realize universities are a great social resource for the public and community. By this way, it is much easier to create a win-win status for both universities and government institutions.

**Keywords: English webpage, website, globalization, internationalization, tourism**

## 研究背景、動機與目的

根據交通部觀光局統計資料，104 年來臺旅客為已超過 1000 萬人次，與 103 年 900 多萬人次相比較，成長許多。其中 103 年「觀光」目的旅客有 719 萬人次，較 102 年的 547 萬人次成長 31.26%。由以上資料顯示，觀光產業因為來臺觀光的人數成長而將更加欣欣向榮，政府近幾年來致力發展觀光產業，也從政策面著手，如 2002 年發展台灣為永續觀光的「綠色砂島」；2004 年訂為「台灣觀光年」，2005 年推動「旅館等級評鑑制度」，以星級標識取代「梅花」標識，使我國之旅館管理體制與國際接軌，便利消費者辨識；2006 年建立台灣觀光國際品牌形象，持續以"Taiwan, Touch your heart"為國際行銷的 Slogan；2007 年以「美麗臺灣」、「特色臺灣」、「友善臺灣」、「品質臺灣」及「行銷臺灣」為主軸，全方位打造優質的旅遊環境；2008 年啟動「2008-2009 旅行台灣年」；2009 年推動「2009 旅行台灣年」及「觀光拔尖計畫」，並落實「重要觀光景點建設中程計畫」以「再生與成長」為核心基調，朝「多元開放，佈局全球」方向，打造台灣為亞洲主要旅遊目的地。

到了 2010 年則推動「觀光拔尖領航方案」，朝「發展國際觀光、提升國內旅遊品質、增加外匯收入」之目標邁進，讓世界看見台灣觀光新魅力；而 2011 年推動「觀光拔尖領航方案」及「旅行臺灣·感動 100」工作計畫，朝「發展國際觀光、提升國內旅遊品質、增加外匯收入」之目標邁進，讓世界看見台灣觀光新魅力；2012 年持續推動「觀光拔尖領航方案」及「重要觀光景點建設中程計畫」，並以「Taiwan-the Heart of Asia 亞洲精華 心動台灣」及「Time for Taiwan 旅行台灣 就是現在」為宣傳主軸，逐步打造臺灣成為「亞洲觀光之心(星)」；2013 年持續推動「觀光拔尖領航方案」及落實行政院「經濟動能推升方案」之「優化觀光提升質量」工作，建構質量併進的觀光環境；並以「旅行臺灣 就是現在」為行銷主軸，訴求全球旅客體驗臺灣的美食、美景與美德。2014 年持續推動「觀光拔尖領航方案」、「重要觀光景點建設中程計畫」及「經濟動能推升方案」之「優化觀光提升質量」，並深化「Time for Taiwan 旅行臺灣 就是現在」的行銷主軸，在「創新」及「永續」的施政理念下，質量並進推展觀光；2015 年推動「觀光大國行動方案」、「重要觀光景點建設中程計畫」，深化「Time for Taiwan 旅行臺灣 就是現在」的行銷主軸，以「優質、特色、智慧、永續」為執行策略，逐步打造臺灣成為質量優化、創意加值，處處皆可觀光的觀光大國。可見，為了推動觀光產業，政府每年都配合不同的主題來行銷觀光，各單位也應協助政府發展觀光產業。

依據行政院 97 年 10 月 30 日院授主忠三字第 0970005767A 號函送 98 年度政府公共建設計畫

先期作業審議結果建議事項略以：「為因應全球化趨勢，除依本計畫推動營造外國人在台之國際生活環境外，請研考會會同教育部，另案研議愛台十二項建設中有關智慧台灣—人才培育項下有關『加強語文教育』相關措施，以營造本國人提升英語能力之環境。」另外，依據行政院營造國際生活環境推動小組 98 年 3 月 2 日召開第 2 次會議，討論「提升國人英語能力建設計畫(草案)」。

綜觀國際活動及會議，英語是主要的溝通語言，無疑地，為了能在國際舞台上具有一席之地，具有國際化的英語能力是不可獲缺的工具，「英語能力」不但是全球化與國際化的關鍵能力，「英語能力」也能提升產業國際服務力，「英語能力」更可強化城市與全球的連結。

因應台灣邁向全球化與國際化的舞台，各機關單位無不竭力營造友善外國人的生活環境，以致道路標示、設施使用說明、引導路線等皆以雙語呈現，網路已是現代人蒐羅資訊的便利工具，許多的行銷策略也藉用網路的便利性與滲透性達到宣傳的目標，因此，各機關可透過英文網頁將欲宣導的政策或相關消息讓外籍人士迅速獲得，屏東縣政府近年致力推動觀光產業，也希望全民共同行銷屏東縣，衛生局隸屬於屏東縣政府，也有責任與義務協助推動屏東縣的觀光產業，所以，透過英文網頁內容提供外籍人士醫藥及觀光相關的重要資訊是相當可行的管道，透過學界與機關單位的產學合作，由機關單位提供欲發佈的相關資料，學界提供外語及觀光的專業知識，共同提升台灣雙語環境的水準，合力共創友善外籍人士的生活環境。

基於共創社區進步與服務社區的理念，研究者希望透過外語及觀光專業之能力，提供屏東縣政府衛生局在英文網頁內容上之協助，適時更新其英文網頁內容，也藉此協助台灣之外籍人士經由屏東縣政府衛生局的英文網頁，了解目前台灣地方衛生單位的重要宣導政策及觀光資訊，並及時獲得相關的醫療衛生與觀光旅遊訊息，另外，提供英語學習平台給屏東縣政府衛生局的網站瀏覽者學習實用英語的機會。

### 文獻探討

環視台灣各機關學校單位的中文網頁幾乎都已建置的相當完整，民眾可迅速連線獲得該單位的相關資訊，但英文網頁相較之下就顯得簡單貧乏許多，甚至出現不正確或不適當的用法，導致在外的外籍人士在尋找相關資訊時相當困擾；事實上，網頁呈現的目的不在炫麗奪目，而在資訊的傳遞，所以正確地傳遞資訊是英文網頁的重點與目標，一般來說，學術機構的英文網頁較為完整，因為學術單位有較多可提供語言與資訊方面的人才，但是，製作英文網頁對一般機關單位來

說，卻是一項艱苦又棘手的工程，因此，多數機關單位的英文網頁不外乎委外製作，但是品質的維護就很難掌控，資料的更新更是不易，若能透過學界的協助，對於機關單位可能會是較可行的辦法。

以屏東科技大學為例，為了促使各單位英文網頁的建置與內容的充實度，2005年5月制定了中英文網頁比賽評審細則，另外，高雄醫學大學於2008年9月進行英文網頁建置計畫，要求各單位於3個月內完成英文網頁的建置，為確保品質也舉辦各單位的英文網頁比賽，由此足見學術單位對英文網頁的要求與重視，事實上，目前許多學校除了以比賽方式催生英文網頁之外，還要求定期更新網頁內容，以提供外界最新資訊，並將其當成績效評核的標準；另外，中國大陸的一些學者也對於高校或企業的英文網頁做了分析或研究，例如，張新軍、楊慧(2003)表示譯文讀者的接受性，決定著譯文資訊傳播的有效性，透過調查外國受試者對中國高校英文網頁的反應和態度，對翻譯中的一些普遍的問題進行分析，並提出建議。范勇(2005)則以翻譯目的論的原理為理論框架，從翻譯的目的性出發，並參考譯語文化中的平行文本，舉例分析了中國一些重點大學網站英文版"學校概況"中存在的功能性、文化性以及語言性翻譯失誤的現象，並指出，產生這些失誤的根源在於譯者缺少翻譯的目的意識。

再者，楊曉斌(2007)指出越來越多的中國公司在互聯網上建立自己的網站，使用兩種甚至多種文本製作網頁，力求更好地宣傳自己的產品、挖掘潛在的市場、樹立企業的形象，從理論上講，這是個十分經濟有效的辦法，但在實踐中未必盡如人意，通過實際調查分析發現，中國公司網頁多半採用中英文兩個文本製作，其中英譯文本品質問題是影響產品促銷和企業形象的主要因素，因此，建議重視網頁翻譯工作，尤其要避免誤譯現象，搞好公司的對外宣傳。范勇(2008)曾對中國高校英文網頁存在問題研究，提出看法。

此外，韓孟奇(2008)發現中國著名企業的英文版網頁普遍存在與翻譯目的論相悖的問題，如功能性、文化性、語言性翻譯失誤等等，影響宣傳效果甚至自身形象，其運用目的理論，分析了一些著名企業英文版網站"企業概況"中存在的失誤，目的在促使目前的企業英文版網頁狀況得以改善。韋曉萍、劉明忠(2009)運用功能翻譯理論研究企業網站英語翻譯策略，提出企業網站的翻譯是一種有目的的行動交往的觀點，翻譯的目的就是傳播企業資訊和文化，吸引受眾購買或消費企業產品，翻譯策略受翻譯目的支配；文本類型理論也對翻譯策略的運用起著指導作用，並討論企業英語網站翻譯策略。

近來，李海玲、李海麗(2009)指出高校的英文網頁簡介已發展成為展示學校形象的重要視窗，但

其在對外宣傳過程中所起到的作用並不盡如人意，主要是由於英漢高校簡介在語言和文化等方面存在著種種差異，其從功能翻譯理論視角對學校網頁簡介的翻譯作了初步的探討，提出闡釋性增譯、改寫或重組以及零翻譯可以作為網頁簡介翻譯的有效策略。還有，李元青 (2009) 曾分析中美高校在介紹文本內容方面存在的不同傾向，並著力探究中國高校英文網頁在文本介紹內容上的不足與欠缺之處，並提出相應的改進意見。由以上可見，中國大陸也意識到網路無遠弗屆，若英文網頁做的好不但可提升自我形象，也是邁向全球化的最佳捷徑。

在台灣，政府也了解英文網頁的重要性，為了督促公家單位製作英文網頁，提供在台外籍人士相關的資訊，行政院研考會還提供了製作網頁的要素配置表，如表 1 所示。

表 1 網頁組成要素配置表

名稱	所在頁面	位置	使用文字 (註：標籤名稱與呈現方式)	建議說明
網站名稱與識別標誌	全站	左上	呈現中文 / 英文全名與識別標誌	按標誌可回到首頁
網站地圖	全站	右上	中文版：網站地圖 英文版：Sitemap	提供全網站架構並提供連結。
回首頁	非首頁	右上	中文版：回首頁 英文版：Home	點選後可回到首頁。
意見信箱	首頁	右上	中文版：意見信箱 英文版：Feedback	以表單方式為主要填寫介面。
常見問答	首頁	右上	中文版：常見問答 英文版：FAQs	點選可進入常見問答 (FAQs) 頁面
語言版本切換按鈕	首頁	右上	如： English (可連至英文版) 中文 (可連至中文版) 日本語 (可連至日文版)	語言版本切換按鈕直接以該語言呈現，點選可切換至中文 / 英文版本網站首頁。
PDA 版本	首頁	右上	中文版：PDA (連至中文版 PDA) 英文版：PDA (連至英文版 PDA)	設計 PDA 版本時，宜考量符合 PDA 裝置的版面大小，並考量連線速度，提供適合的內容。
全站搜尋	首頁	不限	中文版：全站搜尋 英文版：Search	輸入關鍵字按 Enter 鍵可進入檢索結果，並輔以進階檢索或檢索操作說明。

雙語詞彙	首頁	不限	中文版：雙語詞彙 英文版：Bilingual Glossary	
RSS	首頁	不限	中文版：RSS 英文版：RSS	點選後進入 RSS 訂閱單元。
資料日期	全站適當處	不限	按照 ISO 標準，即 YYYY-MM-DD	針對新聞稿、活動訊息、最新消息、公告文書等動態訊息，提供發布與截止日期。
留言版	首頁	不限	中文版：留言版 / 討論區 / 論壇 英文版：Message Board / Discussion Forum/ Forum	建議機關提供留言版時，同時制定明確的管理與使用規則，避免公共討論區淪為民眾謾罵空間。
會員專區	首頁	不限	中文版：會員專區 英文版：Member Login	可於首頁提供會員輸入帳號密碼的輸入方框，搭配忘記密碼與申請會員的連結。網站可以 email 主動告知會員最新資訊。
便民服務	首頁	不限	中文版：便民服務 英文版：Online Service	讓使用者不需下載填寫表單，可於線上申辦完成。標示各項申辦案件的聯絡窗口、作業流程及相關屬性讓民眾在申辦前即能得到充份資訊。
政府相關標章	首頁	下方		標章圖片保持原圖或等比縮放大小，並設定替代性標籤，且圖片應可連結到相關網址。
聯絡電話	首頁	下方	中文版：（區碼）4 碼 -4 碼， 或（區碼）3 碼 -4 碼。 如：（02）1234-5678 或 （04）123-4567 英文版：（國碼）區碼 -4 碼 -4 碼， 或（國碼）區碼 -3 碼 -4 碼。 如：（+886）2-1234-5678 或 （+886）2-123-4567	建議放置機關或單位總機，而非個人分機。
聯絡地址	首頁	下方	中文版：5 碼 郵遞區號 + 縣市名開頭的地址 英文版：以台灣郵政「中文地址英譯」為準，並提供 5 碼郵	可在地址旁邊加上「交通位置圖」字樣，並連結至交通位置說明網頁。



			遞區號	
隱私權政策	首頁	下方	中文版：隱私權政策 英文版：Privacy Policy	連結至 隱私權 政策說明頁面。
網站安全政策	首頁	下方	中文版：網站安全政策 英文版：Security Policy	連結至網站安全政策說明頁面。
我的 E 政府識別標誌	首頁	下方	呈現「我的 E 政府」識別標誌 中文版的 Alt 標籤：我的 E 政府 英文版的 Alt 標籤：The E-government Entry Point of Taiwan	依據各網站設計的色系，製作 43x46 像素的圖片檔（可至本規範網頁下載圖片原始檔），並連結至「我的 E 政府」網站。

由以上相關資料在在顯示，成功的英文網頁可成為推銷自我的最佳利器，但失敗的英文網頁卻有可能鬧出笑話令人貽笑大方，因此，相關單位不得不特別謹慎注意。

## 擷取部分 106 年衛生局英文網站資料

### Living close to major roads heightens risk of dementia (2017/01/06)

People living near major roads have a higher chance of developing dementia, according to a large-scale study published in British medical journal The Lancet on Jan.5<sup>th</sup>.

The research looked at six million adults living in Ontario, Canada between 2001 and 2012, and found that those living less than 50 meters from a busy road had a seven percent higher incidence of dementia.

The study found that long-term exposure to two common pollutants — nitrogen dioxide (NO<sub>2</sub>) and fine particulates — were associated with dementia but did not account for the full effect. This suggested that other factors — such as noise or other pollutants — may play a contributing role.

The research did not establish any link between proximity to heavy traffic and other neurological conditions such as Parkinson's Disease or multiple sclerosis.

According to the World Health Organization, 47.5 million people worldwide have dementia — a syndrome marked by deterioration in memory, thinking, behavior and the ability to perform everyday activities. Some 7.7 million new cases of dementia are reported every year, with Alzheimer's disease being the most common cause and contributing to 60-70 percent of cases.

Other causes of dementia include stroke and hypertension. Pollution has long been suspected as playing a role in the development of Alzheimer's disease but no clear link had been established until now.

## **Peanuts in baby's diet can prevent scary allergy (2017/01/07)**

New parents, get ready to feed your babies peanut-containing foods — starting young lowers their chances of becoming allergic.

The National Institutes of Health issued new guidelines on Jan. 5<sup>th</sup> saying most babies should regularly eat those foods starting around 6 months of age, some as early as 4 months. It's a major shift in dietary advice for a country fearful of one of the most dangerous food allergies.

The recommendations are based on landmark research that found early exposure is far more likely to protect babies from developing peanut allergies than to harm them. The guidelines spell out exactly how to introduce infants to age-appropriate peanut products depending on whether they're at high, moderate or low risk of becoming allergic as they grow.

Babies at high risk — because they have a severe form of the skin rash eczema or egg allergies — need a check-up before any peanut exposure, and might get their first taste in the doctor's office.

For other tots, most parents can start adding peanut-containing foods to the diet much like they already introduced oatmeal or mashed peas.

Peanut allergy is a growing problem, affecting about 2 percent of U.S. children who must avoid the wide array of peanut-containing foods or risk severe, even life-threatening, reactions.

## **Smartphones are revolutionizing patient diagnostics (2017/02/20)**

Smartphones are revolutionizing the diagnosis and treatment of illnesses, thanks to add-ons and apps that make their ubiquitous small screens into medical devices. Smartphones can already act as pedometers, count calories and measure heartbeats. But mobile devices and tablets can also become tools for diagnosing illness. You can use the microphone to diagnose asthma, COPD (chronic obstructive Pulmonary disorder). It is also possible to use the camera and flash on a mobile phone to diagnose blood disorders, including iron and hemoglobin deficiency. Smartphones can also be

used to diagnose osteoporosis, a bone disorder common in the elderly.

## **Panel endorses gene editing to avoid Disease (2017/02/16)**

Don't expect designer babies any time soon — but a major new ethics report leaves open the possibility of one day altering human heredity to fight genetic diseases, with stringent oversight, using new tools that precisely edit genes inside living cells.

What's called genome editing already is transforming biological research, and being used to develop treatments for patients struggling with a range of diseases.

Genome editing is essentially a biological version of cut-and-paste software, allowing scientists to turn genes on or off, repair or modify them inside living cells. There are a few older methods but one with the wonky name CRISPR-Cas9 is so much faster, cheaper and simpler to use that it has spurred an explosion of research.

Under development are ways to treat a range of diseases from sickle cell and hemophilia to cancer. In lab experiments using human cells or animals engineered with humanlike disorders, scientists are unraveling how gene defects fuel disease — and are even trying to grow transplantable human organs inside pigs.

## **Parenthood is linked to a longer life (2017/03/15)**

Parents, take courage. If you survive the sleep deprivation, toddler tantrums and teenage angst, you may be rewarded with a longer life than your childless peers, researchers said on March 14<sup>th</sup>.

Fathers gained more in life expectancy than mothers, a team wrote in the *Journal of Epidemiology & Community Health* — and particularly in older age.

Researchers tracked the lifespan of men and women born between 1911 and 1925 and living in Sweden — more than 1.4 million people in total.

Men and women with at least one child had "lower death risks" than childless ones, the team concluded. At 60 years of age, the difference in life expectancy was two years for men and 1.5 years for women, compared to peers with no kids.

By age 80, men who fathered children had a remaining life expectancy of seven years and eight months, compared to seven years for childless men. For mothers, life expectancy at 80 was nine years and six months, while for childless women it was eight years and 11 months.

### **More knockoff drugs uncovered (2017/03/08)**

The Food and Drug Administration (FDA) ordered a recall of Taiwan's most widely used lipid-lowering drug after more counterfeit versions of the drug were found.

The drug's maker, pharmaceutical giant AstraZeneca, issued a statement through its Taiwan affiliate on March 7<sup>th</sup> announcing a recall of the Crestor drug in a joint effort with the FDA.

### **Weight swings risky for overweight heart patients (2017/04/07)**

Losing and regaining weight repeatedly may be dangerous for overweight heart patients, a study suggests.

Heart attacks, strokes and death were more common in patients whose weight changed the most over four years.

For some, weight changes might have reflected yo-yo dieting, which some previous studies have suggested may be unhealthy for people without heart problems. That means a hefty but stable weight might be healthier than losing but repeatedly regaining extra pounds.

The standard advice for anyone who's overweight is "Lose weight but try to keep that weight off."

### **Marmite may be brain food (2017/04/06)**

In a world bitterly divided into pro- and anti-Marmite factions, lovers of the tangy British spread have found support from an unexpected quarter: brain science.

Experiments found that volunteers who ate a daily spoonful of the dark-brown yeast extract seemed to have higher levels of a vital neuron chemical associated with a healthy brain.

The reason could lie in Marmite's high levels of vitamin B12. Marmite boosts levels of an important neurotransmitter called gamma-amino-butyric acid (GABA). GABA acts as a kind of brake on over-excited brain cells. It binds to neurons and reduces their activity, helping to provide balance in the brain.

GABA helps to dampen fear or anxiety, which happens when neurons are over-stimulated.

The anti-anxiety drug benzodiazepine, for instance, works by beefing up GABA's effectiveness, and abnormal levels of GABA have been associated with epilepsy.

## **Stressed? Better lay off that fried chicken, ice cream, chocolate bars...(2017/05/09)**

Stress and junk food -- such a vicious cycle. Faced with work deadlines, making ends meet and family issues, sometimes we just want to consume the oils, fats and sweets that raise our dopamine levels, if ever so slightly.

But that inevitable crash down to Earth takes a toll not only on our bodies but on mental well-being as well. A psychologist says that junk food (sweets, fried and other processed foods) not only cause dizziness and fatigue just an hour after we eat them, but also increase the likelihood of depression.

The symptoms of depression include the lack of appetite, inadequate sleep, constant feelings of anxiety and agitation, impatience, early fatigue, forgetfulness, loss of concentration, decrease in self-confidence and prevalence of negative thoughts.

The problem is when we self-medicate by relying on sweets and fast food, which along with caffeine and tobacco, exacerbate the depression.

Limit the consumption of these products, but eat foods rich in Omega 3 fatty acids as well as vitamins B and C, which can be found in fresh fruits (such as kiwi, grapes and cherries), dark leafy vegetables, dried fish, yogurt, milk and tofu.

## **Cancer cases continue alarming rise (2017/05/04)**

Every five minutes and six seconds someone in Taiwan will develop cancer.

That's according to the newest government statistics released on May 4<sup>th</sup> by the Health Promotion Administration (HPA).

The cancer rate has accelerated by 12 seconds, according to the rise in cancer cases from 2013 to 2014. New cancer patients nationwide rose to a record high 103,147 in 2014, up 4004 cases from 2013.

The leading types of cancer among both men and women were: colon cancer, lung cancer, breast cancer, liver cancer, mouth cancer, prostate cancer, stomach cancer, skin cancer, thyroid cancer and throat cancer.

Colon cancer has consistently placed among the leading types of cancer in Taiwan, while breast cancer overtook liver cancer for the first time.

The HPA attributes the increased rate of cancer to a rapidly aging society as well as unhealthy lifestyle habits. It added that while the incidents of cancer have increased, death rates from the disease have plateaued. Some forms of cancer have declined, such as liver, stomach and skin cancers.

### **India's rising temperatures are already deadly (2017/06/08)**

India is now two and a half times more likely to experience a deadly heat wave than a half century ago, and all it took was an increase in the average temperature of just 0.5 degrees Celsius, a new study shows.

The findings are sobering considering that the world is on track for far more warming. For the last two weeks much of Asia has been gripped by a heat wave, with a record high of 53.5 C set in the southwest Pakistani city of Turbat on May 28 — the world's hottest-ever temperature recorded for the month of May.

Temperatures in the Indian capital of New Delhi have soared beyond 44 C.

Even if countries are able to meet the Paris Agreement goals in curbing climate-warming carbon emissions, that would still only limit the global temperature rise to an estimated 2 C. U.S. President Donald Trump's recent pledge to exit the Paris treaty won't help. A study shows that, while India's average temperatures rose by more than 0.5 C between 1960 and 2009, the probability of India experiencing a massive heat-related mortality event — defined by more than 100 deaths — shot up by 146 percent.

Scientists have warned for years that climate change will make heat waves more intense, more frequent and longer lasting. They accounted for India's fast-rising population and income levels in the analysis, to make sure neither affected the results. In the case of income, they found an even stronger correlation between heat waves and deaths among those who are poor.

### **Even moderate drinking might damage your brain (2017/06/07)**

Even moderate drinking is linked to brain damage and a slight decline in mental skills, according to a study released on June 7<sup>th</sup>.

Men and women who consume 14-to-21 drinks a week over decades are two to three times more likely than non-drinkers to show atrophy in the hippocampus, a part of the brain that governs memory and the ability to keep one's bearings.

They also performed more poorly on a specific verbal test, though other language functions appeared to remain unchanged. A single drink was defined as containing 10 milliliters of pure alcohol — the equivalent of a large glass of wine, a pint of five-percent beer, or a shot of spirits such as whisky or vodka.

The negative impact of heavy drinking on the brain is well documented, but research on potential damage from "moderate" consumption — up to now defined as two or three drinks a day, on average — has been scant and inconclusive.

## **Gonorrhea is becoming untreatable and oral sex is partly to blame**

**(2017/07/08)**

Gonorrhea infections are rising, and doctors are running out of antibiotics that can fight the increasingly resistant bacteria causing the sexual disease, the World Health Organization (WHO) warned on July 7<sup>th</sup>.

Two-thirds of the countries that report resistance data to the WHO have seen cases in recent years in which their antibiotics of last resort no longer worked against gonococci bacteria. The U.N. health agency estimates that 78 million people are infected every year.

Britain and the United States reported increases of more than 10 percent in 2015. Cases among gay men in France doubled between 2013 and 2015. Rates are highest in the African region, where 1 in 10 men is infected each year.

The main reasons for the increase are decreasing condom use, increased mobility, poor disease monitoring and inadequate treatment, according to the WHO.

Gonorrhea can infect the genitals, rectum and throat. It can lead to inflammation of the pelvis and to infertility. It's cases in the throat that are most worrying, experts say, as that environment is highly conducive to the growth of bacteria, giving rise to so-called "super bacteria."

Currently, only three new drugs are being developed, because pharmaceutical companies know that the bacteria will soon become resistant to any new antibiotic. To control gonorrhoea, doctors not only need new medicines, but also a rapid diagnostic tool and a vaccine, which have both yet to be developed.

700 women in Australia claim that Johnson and Johnson vaginal mesh ruined their lives (2017/07/04)

More than 700 Australian women launched a class action lawsuit on July 3<sup>rd</sup> against pharmaceutical giant Johnson and Johnson, after suffering from "painful and life-altering complications" due to its vaginal mesh implants. As many as 8,000 Australian women may be suffering from devastating complications after having the implant surgery.

The implants are used to repair damaged tissues and to treat pelvic organ prolapse and urinary incontinence, which are common conditions after childbirth. The complications that women are suffering include the mesh or tape eroding through, and into, surrounding tissue and organs, as well as incontinence, infection and chronic pain.

Similar legal proceedings have already begun in the United States, Britain and Canada. Johnson and Johnson did not respond to a dpa request for comment. Johnson & Johnson's lawyers are expected to present their opening submissions next week.

## **Hong Kong is among 17 markets affected by a toxic European egg scandal**

**(2017/08/11)**

A total of 17 countries, including Hong Kong, have been affected by the widening scandal in Europe involving eggs contaminated with the insecticide fipronil, the European Commission said on Aug. 11<sup>th</sup>.

Contaminated eggs have been distributed to European Union members Sweden, France, Britain, Austria, Ireland, Italy, Luxembourg, Poland, Romania, Slovakia, Slovenia and Denmark.

Two non-EU countries, Switzerland and Hong Kong, have also received contaminated products originating from affected poultry farms in Belgium, the Netherlands, Germany and France that have been treated with fipronil.



Fipronil is a common ingredient in veterinary products for getting rid of fleas, lice and ticks in animals. It is banned from use on animals destined for human consumption. It can cause damage to the liver, thyroid glands and kidneys if consumed in large quantities.

The Agriculture Ministry said that the low levels of fipronil in the contaminated eggs, taking into consideration French dietary habits, meant that the risk to human health was very minor.

France's national food safety body, ANSES, said that an adult weighing 70 kilograms would have to consume at least 10 eggs in one go to be at risk of acute poisoning, and even in such cases, the effects were "generally benign."

## **McDonald's is trying to stop the release of a report examining its hamburger meat (2017/08/10)**

McDonald's Korea has asked the local court to block the release of results from a consumer group's analysis of hamburgers being sold at fast-food chains and convenience stores in Korea.

According to McDonald's Korea, the survey's results are invalid because the analysis did not follow proper procedures.

The official said that the sample was carried out of the store in a regular paper bag in hot weather, raising questions about the integrity of the sample.

Standard protocol for collecting samples for testing, established by the Ministry of Food and Drug Safety, requires the samples to be immediately placed in sterile containers to prevent contamination.

The Korea Consumer Agency had originally planned to release the results of a probe analyzing 38 hamburgers Tuesday following public outcry over the possibility of undercooked patties causing hemolytic uremic syndrome in children.

HUS is a serious condition that can lead to acute kidney failure especially in young children, caused by certain strains of E.coli bacteria.

Local news outlets reported that of the products surveyed, one product from McDonald's showed high levels of Staphylococcus aureus bacteria, also known as golden staph, which can cause food poisoning. None of the sampled products showed traces of E.coli that lead to HUS.

### **3D printed organs can help keep donor's body intact (2017/09/10)**

Tainan's Chi Mei Hospital on Aug. 23 introduced technology for making substitute organs using 3D printers to the public at an event held at the hospital to promote organ donation.

Citing statistics from the Taiwan Organ Registry and Sharing Center, Chi Mei Hospital surgery department head says there are about 9,100 patients in Taiwan waiting for organ transplants, but the average number of organs donated per year is only 200. Although Taiwanese are generally open to the idea of organ donation, people tend to hesitate when it comes to actually signing a donation agreement.

Chi Mei Hospital has been making substitute organs for donors using 3D printers since late last year. The new organs, made of corn powder, substitute donated organs to keep the donors' body as intact as possible, which helps their family and friends feel more comfortable about the process. Chi Mei Hospital, which is the first hospital in Taiwan to have applied this technology to organ donation, has so far made substitute organs for seven donors.

### **8 percent of male college students have first sexual experience in elementary school (2017/09/07)**

A survey conducted on more than 2,000 university and vocational college students has found that as many as 59 percent of university students have had sexual intercourse, with 34 percent having their first sexual experience at university and 17 percent during high school, while 8 percent of male respondents revealed they had their first sexual experience in elementary school.

Young children are poorly informed about contraception or the prevention of sexually transmitted diseases (STD), and risk unwanted pregnancies or STD infection.

Young mothers who become pregnant before the age of 16 are twice at risk as women in their 20s of complications such as pre-eclampsia or eclampsia during the pregnancy, or of premature birth or an unhealthy child.

### **White House to order health care alternatives (2017/10/9)**

The White House is finalizing an executive order that would expand health plans offered by associations to allow individuals to pool together and buy insurance outside their states, a unilateral move that follows failed efforts by Congress to overhaul the health care system. Under the president's executive action, membership groups could sponsor insurance plans that cost less because — for example — they wouldn't have to offer the full menu of benefits required under the Affordable Care Act, also called "Obamacare." It's unclear how the White House plans to overcome opposition from state insurance regulators, who see that as an end-run to avoid standards. While nearly 9 million consumers who receive tax credits under the Obama-era law are protected from higher premiums, about 6.7 million other customers with individual coverage get no subsidies and will bear the full brunt of cost increases that reach well into the double digits in many states.

Many in this group are solid middle-class, including self-employed business people and early retirees.

Cutting premiums for them has been a longstanding Republican political promise.

## **Orthorexia a disease hidden in 'virtue' (2017/10/8)**

People, it seems, have never been so afraid of their food — and, some experts have said, an obsession with healthy eating might paradoxically be endangering lives.

For some specialists, a modern eating disorder is called orthorexia nervosa.

Someone who has orthorexia is "imprisoned by a range of rules which they impose on themselves." These very strict self-enforced laws isolate the individual from social food gatherings and, in extreme cases, can also endanger health. The term orthorexia nervosa was coined in the 1990s by the then-alternative medicine practitioner Steven Bratman, a San Francisco-based physician.

To be clear, orthorexia is not an interest in healthy eating — it is when enthusiasm becomes a pathological obsession, which leads to social isolation, psychological disturbance and even physical harm. In other words, orthorexia is "a disease disguised as a virtue." However, as is often the case in disorders that might have complex psychological causes, there is a strong debate as to whether the condition really exists.

The term is trending in Western societies, prompting some experts to wonder whether it is being fanned by "cyberchondria" — self-diagnosis on the Internet.

Orthorexia is not part of the Diagnostic and Statistical Manual of Mental Disorders created by mental health professionals in the US that is also widely used as a benchmark elsewhere.

Alain Perroud, a psychiatrist who has worked in France and Switzerland over the course of a 30-year career, said orthorexia “is much closer to a phobia” than to a food disorder.

As with other phobias, the problem might be tackled by cognitive behavioral therapy — talking about incorrect or excessive beliefs, dealing with anxiety-provoking situations and using relaxation techniques and other methods to tackle anxiety.

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