



在國際地球村的趨勢下，英語成了升學、出國的必備利器，《常春藤生活英語雜誌》為使讀者可以輕鬆與外國人對話，特別推出「生活FUN學堂」，內容有生活性的實用對話、時事主題及新知，讓你輕輕鬆鬆，英語升級！

Stop Binge-Watching

追劇爽一時 爆肝累一世！

Learn to enjoy TV shows without letting them ruin¹ your life.

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On a relaxing Sunday afternoon, you lie down on a comfortable couch to watch a new TV show. You plan on watching two or three episodes **at most**². Yet **somehow**³, you don't stop until it's past midnight and you have **gone through**⁴ the whole season. Like many other people, you've gone on a binge-watching **marathon**!

Studies show that 61% of Netflix viewers **admit to**⁵ binge-watching TV shows regularly. But why do they do it? Binge-watching has something to do with a part of our brains that makes us feel good. It is the same area in the brain that responds to delicious food and other **addictive** things. When we start binge-watching, our brain **releases**⁶ a **chemical** that makes us feel pleasure. As we watch more and more episodes, the amount of the chemical grows, so we feel great.

TV writers and directors should also get some **credit**⁷ for getting us to binge-watch. They design shows that keep people's interest. Something exciting usually happens at the end of each episode. This is called a **cliffhanger**, and its **purpose**⁸ is to keep viewers wondering "what will happen

Translation

在一個愜意放鬆的週日下午，你躺在舒適的沙發上看一齣新的電視影集。你打算最多只看兩、三集。然而不知怎麼地，你直到過了半夜才終於停下來，而這時你竟然已經追完了整季影集。像其他很多人一樣，你無疑地經歷了一場追劇馬拉松！

研究顯示有61%的網飛觀眾承認他們經常追劇。但為什麼他們會這麼做？追劇和大腦裡會讓我們覺得開心的某區塊有關。這個腦部裡的同個區塊也會對美食及其他使人上癮的事物產生反應。當我們開始追劇時，我們的大腦會釋放出一種讓我們感到愉悅的化學物質。隨著我們的集數越看越多，這種化學物質的分泌量也會跟著增加，我們便因此感覺很棒。

電視劇的編劇及導演也是促使我們不停追劇的幕後推手。他們所設計的劇集會使人們保持興趣。每集結尾時通常都會發生刺激的情節。這就叫做「懸念式結尾」，其目的就是要讓觀眾不斷好奇「接下來會發生什麼事？」所以，他

Words & Phrases

單字片語
★號為全民英檢初級必背單字

- ruin** [ˈruːn] vt. 毀掉，破壞
Our weekend was ruined due to the typhoon.
我們的週末因為颱風泡湯了。
- ★ **at most** 最多；不超過
From this part of the city, it takes 40 minutes at most to get to the airport.
從城裡的這一區，最多只要花40分鐘就可以到機場。
- somehow** [ˈsʌm.haʊ] adv. 不知怎麼地
John seldom studies, but somehow he does well on all his tests.
約翰很少唸書，但不知怎麼地，他每次考試都考得很好。
- go through...** (大量) 看 / 用 / 做 / 吃……
Amy went through five cups of coffee this morning to keep herself awake.
為了讓自己清醒，艾咪今早就喝光了5杯咖啡。
- ★ **admit to N/V-ing** 承認……
admit [ədˈmɪt] vi. & vt. 承認
The proud man will never admit to his mistakes.
那個驕傲的男子永遠都不會承認自己的錯誤。
- release** [rɪˈliːs] vt. 釋放
This book tells people how to release stress.
這本書告訴大家如何釋放壓力。
- credit** [ˈkredɪt] n. 功勞 (不可數)
give sb credit (for...) (將……) 歸功給某人
We gave Sheryl credit for the success of the project.
我們把這次專案的成功歸功給雪瑞兒。
- ★ **purpose** [ˈpʊr.pəs] n. 目的
The purpose of this meeting is to solve our budget problems.
這場會議的目的是要解決我們的預算問題。

Extra Words

補充字詞

- * **binge-watch** vi. & vt. 追劇
- * **binge** [bɪndʒ] n. (飲食、花錢等) 無節制的行為
- * **marathon** [ˈmæ.rə.θən] n. 馬拉松賽跑
- * **addictive** [əˈdɪktɪv] a. 使人上癮的，使人入迷的
- * **chemical** [ˈkemɪkl] n. 化學物 (質)
- * **cliffhanger** [ˈklɪf.hæŋə] n. 懸念式結尾

You Can Do This

英文試金石 請依句意在空格內填入適當的字詞

- 1 茱莉亞加入許多社團是為了交更多朋友。
Julia joined many clubs for the _____ of making more friends.
- 2 鮑伯因為太過專注於工作而毀掉了自己的婚姻。
Bob _____ his marriage by focusing too much on his work.
- 3 山姆藉由寫作來抒發他的感情。
Sam writes as a way to _____ his emotions.

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