**1: How Can We Stay Healthy?**

 Recently, a novel coronavirus, which has great harm to people's health, has attacked the world. Therefore, I would like to talk about how teenagers can improve our immunity.

 First of all, we must ensure that we have a healthy diet, which will help our body get enough nutrition. In addition, we should develop excellent living habits，such as drinking more water and doing more exercise. especially during this special period, we can do rope- skipping and do gymnastics at home. What's more, we should keep a regular schedule. We cannot stay up late, because adequate sleeping time and good-quality sleep are very important for our health. Last but not least, why not keep a positive and optimistic attitude at any time? Believe that we can stay healthy, and then we really can!

 In a word, the whole society should pay more attention to how to keep healthy. Only in this way can we improve our immunity and keep away from diseases.

1. 我们怎样才能保持健康?

 最近，一种对人类健康危害极大的新型冠状病毒袭击了全世界。因此，我想谈谈青少年如何提高免疫力。

 首先，我们必须确保我们有一个健康的饮食，这将帮助我门的身体得到足够的营养。此外，我们应该养成良好的生活习惯，比如多喝水、多做运动。尤其是在这个特殊的时期，我们可以在家里跳绳和做体操。更重要的是，我们应该保持规律的作息时间。我们不能熬夜，因为充足的睡眠时间和高质量的睡眠对我们的健康非常重要。最后但同样重要的是，为什么不在任何时候都保持积极乐观的态度呢?相信我们可以保持健康，然后我们就真的可以!

 总之，整个社会应该更加关注如何保持健康。只有这样， 我们才能提高免疫力，远离疾病。

**2: Garbage Classification**

 With the development of science and technology, our life is becoming much better and more convenient. However, more garbage and pollution are produced at the same time, which lays a heavy burden on our environment. As is known to all, environment plays a vital role in our daily life. In response to the severe situation, we should take effective measures to protect the planet where we coexist. It is suggested that we should sort waste to relieve the situation.

 Garbage classification, which is a good way to protect our environment, can't be overemphasized. It can help separate recyclable waste, which can be fully utilized to help save the resources to a large extent. Not only can we make our environment clean and beautiful, but also recyclable waste can be made good use of to benefit us in return.

As garbage classification is significant, we should take an active part in putting it into practice. It's a must for us to learn to sort waste. It is the little things we do today that have a profound influence on the planet. Only if all of us make joint efforts can we make a big difference and have a good environment.

2.垃圾分类

 随着科学技术的发展，我们的生活变得好得多，也方便得多。然而，更多的垃圾和污染同时产生，这对我们的环境造成了沉重的负担。众所周知，环境在我们的日常生活中起着至关重要的作用。为了应对严峻的形势，我们应该采取有效措施来保护我们共同生存的星球。有人建议我们分类垃圾以缓解这种情况。

 垃圾分类是保护环境的一个好方法，怎么强调也不过分。它可以帮助分离可回收垃圾，充分利用这些垃圾在很大程度上有助于节约资源。我们不仅可以使我们的环境清洁和美丽，而且可回收垃圾也可以得到很好的利用，使我们得到回报。

 因为垃圾分类意义重大，所以我们应该积极参与实践。我们必须学会分类垃圾。正是我们今天所做的。

**3: Rent Clothes**

 In recent years, renting clothes has become an increasingly popular trend among people of all ages，at home and abroad.

 Clothes rental stores specialize in renting second-hand clothes. which will make the most of resources. There are a wide variety of clothes available in clothes rental stores, including children's wear, formal attire, maternity dress, wedding dress, which are suitable for people of all ages and can be applied to any occasion. In addition, what impresses the customers most is that not only the quality of the clothes is reliable but the prices are reasonable and affordable. On top of that, if there is no damage to the clothes and they are preserved in good condition, customers can get a full refund. Sounds fantastic, doesn’t it?

 As a result, supposing you want to experience a new way of getting clothes, it's not a bad idea to give it a try. I'm greatly convinced that you will be impressed by the clothes rental stores. I strongly recommend that you should try this new thing and experience it personally.

3.租衣服

 近年来，租衣服已成为国内外各年龄段人群日益流行的趋势。服装租赁店专门租二手衣服，这样可以充分利用资源。服装租赁店内可供选择的服装种类繁多，包括童装、正装、孕妇装、婚纱等，适合各个年龄段的人群，适用于任何场合。另外，给顾客留下最深刻印象的不仅是衣服质量可靠，而且价格合理实惠。除此之外，如果衣服没有损坏并且保存完好，顾客可以得到全额退款。听起来很棒，不是吗?

 因此，假设你想体验一种新的获取衣服的方式，不妨试试租衣服。我深信你会对服装租赁店印象深刻。我强烈建议你试试这个新事物，亲身体验一下。

**4: Great Changes in My Hometown**

 Great changes have taken place in my hometown in the past ten years.

 Several years ago, my hometown was a small and poor village, which was difficult for villagers to make a living. Therefore, most young people travelled far to big cities to find jobs, with seniors and children left at home. Besides, with inconvenient transportation and no modern facilities. life here was dull and uncomfortable.

 However, with the economic development and the improvement of people's living standards, my hometown has taken on a brand new look. First of all, compared to limited choices on daily diets ten years ago, more and more nutritious foods have been introduced to people's diet. What's more, there are many factories around my hometown, so young adults are moving back to work and accompany their family at the same time. Besides, in terms of the transportation, private cars can be seen everywhere. And now it is easy and convenient for us to do all kinds of activities, including going shopping, watching movies and gong to concerts, which makes our life colourful and thrilling.

 As far as I am concerned, I really enjoy and appreciate the life at present and I do believe my hometown will be better and better.

4.我家乡的巨大变化

 在过去十年里，我的家乡发生了巨大的变化。

 几年前，我的家乡是一个贫穷的小乡村，村民们很难谋生。因此，大多数年轻人远赴大城市找工作，老人和孩子留守在家。此外，由于交通不便，也没有现代化的设施，这里的生活单调且不舒适。

 然而，随着经济的发展和人民生活水平的提高，我的家乡面貌焕然一新。首先，与十年前有限的日常饮食选择相比，越来越多的营养食品被引入到人们的饮食中。更重要的是，我的家乡周围有很多工厂，因此年轻人都回来工作，同时陪伴家人。此外，在交通方面，私家车随处可见。现在我们做各种各样的活动，包括逛街、看电影、听音乐会，都很容易且方便，这使我们的生活丰富多彩，令人兴奋。

 就我而言，我真的很享受也很感激现在的生活，我相信我的家乡会越来越好。

**5: Online Course**

 Recently, due to the COVID-19, online course has become a heated topic at the moment. Different people hold different attitudes towards online course. Just as a saying goes, every coin has two sides, and this is no exception.

 For some, online course has become a trend. They are in favour of it for the reason that students can follow the teachers to keep their learning going and they may be interested in this new way of learning. Meantime, with the videos saved in the computer, students can review what they have learned at any time, which helps students make a reasonable schedule according to their ability and time. What's more, studying at home helps cultivate self-discipline.

 However, for others, many students may play games while studying and waste their precious time. It is possible that students become addicted to phones, which has a severe impact on their study. What's worse, too much screen time does great harm to students' eyes.

 From my point of view, we should make good use of online course to help us study and reduce the drawbacks to the minimum by setting limitations and enhancing teacher-student communication. It's an opportunity for us to brave the storm together and see our efforts pay off in time.

5.网课

 最近，由于新型冠状病毒肺炎的出现，网课成了当前的热门话题。不同的人对网课持有不同的态度。俗话说，任何事物都有两面性，这也不例外。

 对一些人来说，网课已经成为一种趋势。他们之所以赞成，是因为学生可以跟着老师继续学习，他们可能对这种新的学习方式感兴趣。同时，通过将视频保存在电脑中，学生可以随时复习所学的内容，这有助于学生根据自己的能力和时间合理安排学习计划。而且在家学习有助于培养学生的自律能力。

 然而，对另一些人来说，很多学生在学习的时候可能会玩游戏，浪费他们宝贵的时间。学生有可能会对手机上瘾，这对他们的学习造成了严重的影响。更糟糕的是，过多的屏幕时间对学生的眼睛有很大的伤害。

 在我看来，我们应该充分利用网课来帮助我们学习，并通过设置限制和加强师生交流的方式，将缺点降到最低。这是一个机会，让我们一起勇敢面对风暴，看到我们的努力终究会得到回报。

**6: School Bullying**

 A film called Better Days , which reflects the reality of school bullying, becomes a hit and raises concern of a large number of people. There is no doubt that school bullying imposes adverse impacts on those involved, which is of great harm to adolescents both physically and mentally. So severe is the situation that some victims even choose to commit suicide to escape from the reality. Under this circumstance, it is high time that the teachers as well as parents and people from all walks of life took responsibility to address the problem effectively.

 For teachers, they should take good care of the students, strengthen moral education and management, protect the privacy of the victims and have a heart-to-heart talk with them to help them out. For parents, they should place great emphasis on family education, helping their children develop self-protection skills. Meanwhile, they should show more concern about their children and spend some time with them to cultivate a pleasant and harmonious family environment. For society, efforts should be made to raise the public's awareness about the great harm of school bullying. Besides, related laws and regulations should be made to protect the safety of adolescents on campus.

 All in all, students should be given a safe and peaceful place to study. It is hoped that there will be an end of school bullying.

6. 校园欺凌

 一部反映校园欺凌现实的电影《少年的你》走红，引起了很多人的关注。毫无疑问，校园欺凌会对当事人造成不利影响，这对青少年的身心都有很大的伤害。形势如此严峻，一些受害者甚至选择自杀来逃避现实。在这种情况下，是时候教师、家长和社会各界人士都承担起有效解决这一问题的责任。

 对教师来说，他们应该照顾好学生，加强道德教育和管理，保护受害者的隐私，与他们谈心，帮助他们走出困境。对于父母来说，他们应该高度重视家庭教育，帮助他们的孩子发展自我保护技能。同时，要多关心孩子，多陪陪孩子，营造一个温馨和谐的家庭环境。对社会而言，应该努力提高公众对校园欺凌的巨大危害的认识。此外，还应制定相关的法律法规，保护青少年的校园安全。

 总之，应该给学生一个安全、平静的学习场所。人们希望学校里的欺凌行为能够结束。

**7: Plogging**

 It is widely acknowledged that protecting the environment has become a prevailing trend, but the reality is far from satisfaction. Meanwhile, with the development of economy, people are beginning to attach great importance to their health. Nowadays, an environmentally friendly activity---plogging---has gained popularity, which helps get into shape and conserve the environment at the same time.

 So,what is plogging? As a matter of fact, it is a combination of picking and jogging, which means picking up trash while working out. Many people think highly of it because plogging benefits us a lot. It not only helps us keep physically and mentally healthy but also is of great significance to protect the environment and our homeland. People of all ages can participate in this kind of exercise, which can help get rid of garbage and make our neighbourhood clean and beautiful. More than that, what is the most important is that it makes the public aware of environmental issues and arouses their sense of responsibility.

 It is strongly suggested that everyone in the community should take an active part in the activity and making contributions to make our homeland a better place to live in. So why not take a trash bag next time when you go jogging? Don't hesitate to take actions, and we will make a difference.

7. 跑步捡垃圾

 人们普遍认为，保护环境已成为一种普遍的趋势，但现实远远不能令人满意。同时，随着经济的发展，人们开始重视自身的健康。如今，一种环保的活动--跑步捡垃圾--流行起来，这有助于强身健体，同时还能保护环境。

 那么，什么是跑步捡垃圾呢?事实上，它是捡垃圾和慢跑的结合，也就是说一边锻炼一边捡垃圾。很多人对它评价很高，因为跑步捡垃圾使我们受益良多。它不仅有助于我们保持身心健康，而且对保护环境和我们的家园具有重要意义。所有年龄段的人都可以参加这种运动，这有助于清理垃圾，使我们的社区又干净又美丽。除此之外，最重要的是让公众意识到环境问题，唤起他们的责任感。

 强烈建议社区里的每一个人都积极参与这项活动，为使我们的家园成为一个更好的居住地作出贡献。所以下次慢跑的时候为什么不带个垃圾袋呢?不要犹豫采取行动，我们会有所作为的。

**8: The Green Train**

 Currently, although the high-speed train is playing a dominant part, the green train brings back a lot of unforgettable memories. The green train is a traditional nickname for old style trains, whose green carriages have left a deep impression on many people.

 First and foremost, the green train, the ticket price of which is so cheap that every average person can afford it, brings great convenience to the residents alongside. It has a great influence on the travelling of the locals. Additionally, considering the needs of the natives along the railway line, fruit baskets are allowed to take on the train for sale in the era of the green train. Netizens rate the green train highly because it makes the lives of natives more colourful and provides a convenient way for them to connect to the world outside.

 Now the green train still exists and represents a part of Chinese history. The culture of the green train reflects not only the speed but also the warmth of China's development. To have an in-depth understanding of it as well as feel the warmth and charm of unique Chinese culture, it is genuinely hoped that those who are into the green train can have the chance to experience it in person.

8. 绿皮火车

 目前，虽然高铁占据了主导地位，但绿皮火车带回了许多难忘的回忆。绿皮火车是老式火车的传统昵称，它的绿色车厢给很多人留下了深刻的印象。

 首先，绿皮火车的票价非常便宜，每个普通人都能负担得起，它给旁边的居民带来了极大的便利。它对当地人的出行有很大的影响。此外，考虑到铁路沿线当地人的需要，在绿皮火车时代，允许果篮带上火车出售。网民对绿皮火车评价很高，因为它让当地人的生活更加丰富多彩，为他们与外界联系提供了便捷的途径。

 现在绿皮火车依然存在，代表着中国历史的一部分。绿皮火车文化不仅体现了中国发展的速度，也体现了中国发展的温度。为了深入了解绿皮火车，并感受中国独特文化的温度与魅力，真心希望那些对绿皮火车感兴趣的人有机会亲身体验一下。

**9: A Thank-you Note to Angels in White**

 In this epidemic, it is you, angels in white, who spare no effort to rescue those infected regardless of the lack of equipment and the potential of infection. It is you who give the public practical advice to stay at home to avoid being infected. It is you who sacrifice the opportunity to celebrate the Spring Festival with your family in order to help those in need. I would like to take this chance to extend my sincere gratitude to you for your endless efforts and devoted heart that you put on your patients in the battle against COVID-19.

 It is widely acknowledged that COVID-19 spreads around the country at an amazing speed and results in enormous loss to humans. Despite this, you are determined to devote yourselves to fighting against the virus in the front line. Knowing how much harm the virus would cause, I'm quite worried about you. You set a good example to the whole world, which encourages more and more people to get involved in it.

 As an old saying goes，“Where there's a will, there's a way." Thanks to your efforts and devotion, I'm firmly convinced that we will win the battle and overcome the hard time. Words fail to convey my appreciation for your sacrifice. You are heroes and we always believe in you. May you be healthy and blessed.

9. 致白衣天使的感谢信

 在这场疫情中，是你们，白衣天使，不遗余力地抢救那些被感染者，不顾装备的缺乏和感染的可能性是你们给公众提供了切实可行的建议:待在家里避免被感染。是你们牺牲了与家人共度春节的机会，为了帮助那些需要帮助的人。我想借此机会向你们致以诚挚的谢意，感谢你们在抗击新型冠状病毒肺炎的战斗中为患者付出的不懈努力和奉献的心。

 众所周知，新型冠状病毒肺炎以惊人的速度在全国各地传播，给人类造成了巨大的损失。尽管如此，你们还是下定决心，全身心投入到抗击病毒的第一线。因为知道这种病毒会造成多大的危害，我很担心你们。你们给全世界树立了一个很好的榜样，鼓励越来越多的人参与其中。

 俗话说“有志者事竟成”。多亏了你们的努力和奉献，我坚信我们一定能打赢这场仗，战胜困难。言语无法表达我对你们所做的牺牲的感激之情。你们是英雄，我们一直信任你们。愿你们健康幸福。

**10: Traditional Chinese Medicine**

 Owing to the epidemic, traditional Chinese medicine is brought to public attention with more and more people showing a keen interest in it. It has been introduced to many countries around the world. As we all know, traditional Chinese medicine is an essential part of Chinese culture. It plays an important role in the development of Chinese health care.

 Traditional Chinese medicine is widely used in China and gaining global popularity. With a history of 2000 to 3000 years, traditional Chinese medicine is different from western medicine in its unique diagnostic methods, including observing，listening and smelling, inquiring and pulse taking. Acupuncture, a typical traditional Chinese medicine therapy, is accomplished by stimulating certain areas of the external body.

 Traditional Chinese medicine has remarkable effects in treating various diseases, ranging from flu to cancers with few side effects. In fact, Chinese herbs contribute to getting rid of diseases and keeping the body in good condition. Above all, compared with the high cost of the western medicine, traditional Chinese medicine has a more reasonable price that is affordable to ordinary people.

 In general , it is about time to support and promote the development of traditional Chinese medicine.

10. 中医

 由于疫情，中医受到了公众的关注，越来越多的人对中医产生了浓厚的兴趣。它已被引入到世界许多国家。众所周知，中医是中华文化的重要组成部分。它对我国医疗卫生事业的发展起着重要作用。

 中医在中国得到广泛应用，并在全球广受欢迎。中医有2000到3000年的历史，与西医不同的是，它有独特的诊断方法，包括望、听、闻、问、切。针灸是一种典型的中医疗法，通过刺激身体的某些部位来完成。

 中医在治疗各种疾病上有显著的效果，从流感到癌症，几乎没有副作用。事实上，中草药有助于消除疾病，保持身体健康。最重要的是，与西医的高成本相比，中医的价格更为合理，普通人都能承受。

 总的来说，是时候支持和促进中医的发展了。

**11: Optional Courses**

 While most courses in senior high school are compulsory, there is a tendency that an increasing number of schools are beginning to offer their students some courses that are optional, such as gardening, calligraphy, ball games club and so on. Students have been given the chance to choose some courses according to their interest and time schedule.

 Nevertheless, not everyone is totally in favour of this system. Because it is commonly believed that choosing courses at students' will means less time and effort are spent on their required courses, which directly results in their failing grades.

 In my opinion, senior high students should be permitted to choose courses at their own will, which is beneficial for their future development. In the first place, students who are given the freedom to choose what they are interested in will certainly commit themselves to their study and learn more efficiently. As an old saying goes, interest is the best teacher. What's more, they are forced to make a choice and arrange their time wisely, which is helpful for their adulthood. Furthermore, students are given a platform to participate in social activities to relax and make friends, which may in turn have a positive effect on their study. As a result, it is strongly advised that more optional courses should be set up for senior high students to choose, in addition to their required classes.

11. 选修课

 虽然大多数高中课程都是必修课，但有一种趋势是，越来越多的学校开始为学生开设一些选修课，如园艺、书法、球类俱乐部等。学生们有机会根据自己的兴趣和时间安排选择一些课程来上。

 然而，并不是所有人都完全赞成这一制度。因为人们普遍认为，根据学生的意愿选择课程意味着他们在必修课程上花费的时间和精力更少，这直接导致他们的成绩不及格。

 在我看来，应该允许高中生自主选择课程，这对他们将来的发展是有益的。首先，学生可以自由选择自已感兴趣的东西的话，他们一定会致力于学习，并且是更高效地学习。俗话说，兴趣是最好的老师。更重要的是，他们被迫做出选择，合理地安排时间，这对他们的成年是有帮助的。此外，选修课给学生提供一个平台去参与社交活动来放松心情，交朋友，这可能会反过来对他们的学习产生积极的影响。因此，我们强烈建议在必修课之外，为高中生开设更多的选修课供他们选择。

**12: A Visit to the Nursing Home**

 The most meaningful thing I did was that I went to a nursing home to do voluntary work during the Double Ninth Festival. Our school organised a voluntary activity, which called for senior high students to pay a visit to a nursing home to offer assistance. A group of volunteers appealed to the teachers and students to make donations, including second- hand clothes, daily necessities and money.

 Getting everything ready, we went to the nursing home by bike. Upon arriving there, we started to clean the floor and help the elderly wash clothes, making sure their living environment was cozy. Besides, we wrapped dumplings with the elderly together for lunch, during which we chatted with the elderly. They felt happy and shared many wonderful stories with us. After that, we organised a splendid performance for the elderly, such as singing, dancing and story-telling, which provided indoor recreation for them. So absorbed were we in being with them that we didn't realise it was time for departure. We really enjoyed being with the elderly and we learned a lot from their experience through communication.

 In a word, the activity was of great significance. The experience made me realise that old people need our care and we should spend more time staying with them. On the one hand, it enhanced our awareness of responsibility and enriched our spiritual life. On the other hand, it brought happiness and companionship to the elderly. It would be great to see more voluntary activities held to help those in need.

12. 敬老院之行

 我做的最有意义的事就是在重阳节去敬老院做义工。我们学校组织了一个志愿活动，号召高中生到敬老院去提供帮助。一群志愿者呼吁师生捐赠，包括二手衣物、日用品和钱。

准备好一切，我们骑自行车去了敬老院。一到那里，我们就开始扫地，帮老人洗衣服，确保他们的生活环境舒适。此外，我们和老人一起包饺子当午饭吃，其间我们和老人聊天。他们很高兴，并与我们分享了许多精彩的故事。之后，我们为老年人组织了一场精彩的表演，如唱歌、跳舞和讲故事，为他们提供室内娱乐。我们是如此的全神贯注地与他们在一起，以至于没有意识到是时候离开了。我们非常享受和老人在一起的时光，通过交流我们从他们的经历中学到了很多。

 总之，这次活动意义重大。这次经历使我意识到老年人需要我们的照顾，我们应该花更多的时间陪伴他们。一方面，它增强了我们的责任意识，丰富了我们的精神生活。另一方面，它给老年人带来了幸福和陪伴。如果能有更多的志愿活动来帮助那些需要帮助的人，那就太好了。

**13: Study Abroad**

 There is no denying the fact that more and more people choose to study abroad after graduation, in spite of many hardships and difficulties. Studying overseas has a great many advantages.

Firstly, by living and studying in a foreign country, one can encounter different people from different cultures. It is a golden opportunity for them to make friends and broaden their horizons. At the same time, they have to use the language in their daily life so their second language skills will be improved at an amazing rate. In addition, studying abroad offers students a chance to get acquainted with advanced science and technology and entirely new ideas.

 Whereas, as an old saying goes, every coin has two sides. Students will be confronted with a series of hardships and difficulties while studying overseas. For one thing, students may constantly meet with troubles due to their incompetence in the language spoken there and lack of knowledge about the local customs and ways of life. Consequently, culture shock and misunderstanding often arise. For another, with high living costs and tuition, it costs a lot to study abroad, which means they have to find a part-time job to support themselves. Faced with so many difficulties, they may find it hard to focus on their study. As a result，given an opportunity to go abroad for study, one must take both benefits and troubles into consideration. By and large, it is not a bad idea to go and study abroad.

13. 出国留学

 不可否认的是，尽管有许多艰难困苦，越来越多的人毕业后选择出国留学。出国留学有很多好处

 首先，一个人在国外生活和学习可以遇到来自不同文化的不同的人。这是他们结交朋友、开阔视野的绝佳机会。同时，他们必须在日常生活中使用这种语言，这样他们的第二语言技能就会以惊人的速度提高。此外，出国留学还为学生提供了一个了解先进科学技术和全新理念的机会。

 然而，俗话说，凡事有利必有弊。留学生在海外学习时会遇到一系列困难。一方面，因为学生不精通当地所说的语言，缺乏对当地风俗习惯和生活方式的了解，他们可能会经常遇到麻烦。因此，文化冲击和误解经常出现。另一方面，由于高昂的生活消费和学费，出国留学要花很多钱，这意味着留学生不得不找一份兼职工作来养活自己。面对如此多的困难，他们可能会发现很难集中精力学习。因此，有出国留学的机会的话，你必须既要考虑好处，也要考虑麻烦。总的来说，出国留学不是个坏主意。

**14: Social Practice**

 Nowadays, participating in social practice is a must for senior high students to be admitted to universities. In order to improve senior high students' overall quality and help them get prepared for future study, great importance should be attached to social practice. Students are encouraged to get involved in social practice during the holidays by being a volunteer or getting a part-time job, from which students can gain a lot more than their textbooks.

 Above all, social practice provides a platform for students to connect to the real world outside the campus. They can learn to deal with the problems in a practical way using what they have learned from the books. Associating their study with practice can assist them in getting a better command of their knowledge. Moreover, social practice, from which hey can obtain valuable experience and insight, is beneficial for their future career. Students who take an active part in social practice are more likely to stand out and win the affection of the employers to get a job offer. On top of that, their participation in social practice may cultivate their awareness of responsibility. It helps them to see the world from a different perspective so that they will have a better understanding of what work is and how they should be responsible for it.

 Taking the above into account, it is necessarily important for senior high students to participate in social practice, regardless of the fact that they may break the balance between their work and study. In my view, taking part in social practice in their spare time is one of the most effective ways to improve their abilities and skills, which will benefit them all through their life.

14. 社会实践

 如今，参加社会实践对高中生被大学录取来说是必须的条件。为了提高高中生的综合素质，帮助他们为将来的学习做好准备，必须重视社会实践活动。我们鼓励学生在假期里参加社会实践活动，做志愿者或找份兼职，这样学生可以得到比课本上多得多的收获。

 最重要的是，社会实践为学生提供了一个与校外的现实世界相联系的平台。他们可以学会用从书本中学到的知识来实际处理问题。把学习和实践联系起来可以帮助他们更好地掌握自己的知识。此外，学生可以从社会实践中获得宝贵的经验和洞察力，这将有助于他们将来的职业生涯。积极参加社会实践的学生更有可能脱颖而出，赢得老板的喜爱，从而获得工作机会。除此之外，参加社会实践可以培养他们的责任意识。这有助于他们从不同的角度看待世界，这样他们就能更好地理解什么是工作，以及他们应该如何对工作负责。

 综上所述，高中生参加社会实践活动必然很重要。尽管他们可能会打破工作和学习之间的平衡。在我看来，在业余时间参加社会实践活动是提高他们能力和技能的最有效的途径之一，这将使他们终生受益。

**15: Learn to Be Thrifty**

 A survey conducted in recent years shows that the amount of daily expense of senior high students has been on the rise. They have no idea of thrift in their mind. They take it for granted that their requirements should be met by their parents and they should get whatever they want before they grow up into an adult.

 There are several factors accounting for their extravagant spending habits. First and foremost, most of the students are the only child of their family because of the family planning policy. And they are the apples of their families' eyes. Thus, they naturally get their wishes and unconditional love.Extra pocket money is given to them to guarantee their school life is comfortable and healthy, which directly results in their extravagant spending. In addition, with the development of economy, the living standards have been greatly improved. It is possible that more money is spent on unnecessary things. Gradually,students form the habit to buy things they want to keep closely up with fashion and satisfy their vanity, regardless of the price. Their demand is ranging from different styles of shoes the latest phone model. They think they can show off before their classmates so that it will help them get more attention. Finally, playing games is also a possible factor because students may spend a large amount of money purchasing outfit to level up.

 From my point of view, a senior high student should learn to be thrifty. There are many ways we can live more frugally, including spending less on daily necessities and being more conscious of what we buy. Learning to be thrifty and spend money wisely can be helpful for senior high students to develop right values, which is favourable to their future development.

15. 学会节俭

 近年来开展的一项调查显示，高中生的日常开支一直呈上升趋势。他们心中没有节俭的概念。他们想当然地认为父母应该满足他们的要求，在他们长大成人之前，他们应该得到他们想要的一切。

 他们的奢侈消费的习惯有几个原因。首先，由于计划生育政策，大多数学生是他们家的独生子女。他们是他们家的掌上明珠。因此，他们自然会得到他们想要的东西和无条件的爱。给他们额外的零花钱是为了保证他们的学校生活是舒适而健康的，这直接导致了他们的奢侈消费。此外，随着经济的发展，生活水平有了很大提高。有可能更多的钱被花在了不必要的事物上。渐渐地，学生们养成了买他们想要的东西而不考虑价格的习惯，为的是紧跟时尚潮流，满足自己的虚荣心。他们的需求从不同款式的鞋子到最新型号的手机。他们认为他们可以在同学面前炫耀，这样可以帮助他们获得更多的关注。最后，玩游戏也是一个可能的因素，因为学生们可能会花大量的钱购买装备来升级。

 为在我看来，一个高中生应该学会节俭。有很多方法可以让我们生活得更节俭、包括减少日用品的支出，知道真正需要购买的东西。学会节俭和合理花钱有助于高中生树立正确的价值观，这有利于他们未来自发展。

**16: Live a Low-carbon Life**

 In recent years, with the environment becoming worse and worse, a considerable number of people have chosen to live a low-carbon life. Not only does it arise from the promotion of the government,but also results from the public's awareness of environmental protection.

 Leading a low-carbon life can be of great benefit to us and our society. To begin with, there is no doubt that a low-carbon life can save energy and cut back on pollution, which is a head start to preserve the environment to a large extent and relieve the effect that climate change has on us. Besides, low-carbon lifestyle can cut down the release of carbon dioxide which contributes greatly to the greenhouse effect.

 As a result, we are supposed to shoulder the responsibility to live a low-carbon life. First of all, travelling by public transportation is a great idea and effective way to reduce the carbon emission and energy waste. When we go out, we could choose to take an underground or a bus instead of driving a car. Riding a bike to school is beneficial to both the environment and our well-being. What's more, let's start with small things, such as saving electricity by pulling out the plug when it is out of use, saving water by turning off the tap in time and saving paper by reusing it. In addition, when we go shopping, we can take recyclable bags instead of using plastic bags, which are a main source of pollution because they are hard to break down. Finally, we can seek chances to plant trees,which can absorb carbon dioxide and give out oxygen.

 In brief, what should be advocated is that we should live a low-carbon life and take actions to conserve the environment.

16. 过低碳生活

 近年来，随着环境的日益恶化，相当一部分人选择了低碳生活。这不仅源于政府的推广，而且也源于公众的环保意识。

 过低碳生活对我们和社会都有很大的好处。首先，毫无疑问，低碳生活可以节约能源，减少污染，这在很大程度上对于保护环境和缓解气候变化对我们的影响来说是一个良好的开始。此外，低碳的生活方式可以减少二氧化碳的排放，二氧化碳对温室效应有很大贡献。

因此，我们应该承担起低碳生活的责任。首先，乘坐公共交通工具是减少碳排放和能源浪费的好主意和有效的途径。当我们外出时，我们可以选择乘地铁或公共汽车而不是开车。 骑自行车上学对环境和我们的健康都有好处。更重要的是，让我们从小事做起，比如节约用电，插头不用时婴拔掉;节约用水，及时关掉水龙头;还有节约用纸，重复使用纸张。此外，当我们去购物时，我们可以用回收袋代替塑料袋，塑料袋是污染的主要来源，因为它们很难分解。最后，我们可以寻找机会植树，树木可以吸收二氧化碳并释放氧气。

 简而言之，我们应该提倡的是过低碳生活，采取行动保护环境。

**17：My Dream**

 Everyone has his dreams. Some people want to make a fortune so that they can get whatever they want. Some people want to travel around the world so that they can experience new things and enjoy the beauty of the world. Others want to be scientists so that they can make great contributions to society. I am no exception. When I was a child, I dreamed of becoming a kung fu star like Jackie Chan in the future.

 In order to make my dream a reality, I took an active part in a variety of activities including singing, dancing, gymnastics as well as martial arts. With time going by, I realised that it was a bit difficult for me to achieve my dream. Thus, I reflected on what I was really interested in. And now, my dream seems to be more realistic and I want to be a teacher who passes knowledge to the students and guides them to live a better life.

 However, I am sure that it takes great efforts to make my dream come true. So I learn as much as I can from my teachers and textbooks. I make full use of my spare time to read different kinds of books to obtain more knowledge. During weekends and holidays, I worked as a tutor to apply what I've learned into practice. From now on, I have to work hard to be admitted to my ideal university to attain my goal. While I am bound to meet with difficulties, I will get them over rather than quit my dream.

 I believe my dream will definitely come true because there is an old saying that goes, “Nothing is impossible to a willing heart.” The path to becoming a teacher is still far ahead, but I am working toward it with a will.

17. 我的梦想

 每个人都有自己的梦想。有些人想发财，这样他们就可以得到他们想要的任何东西。有些人想周游世界，这样他们就可以体验新事物，欣赏世界的美丽。另一些人想成为科学家，以便对社会做出巨大贡献。我也不例外。当我还是个孩子的时候，我梦想将来成为像成龙一样的功夫明星。

 为了实现梦想，我积极参加各种活动，包括唱歌、跳舞、体操和武术。随着时间的推移，我意识到实现这个梦想对我来说有点儿困难。因此，我反思了我真正感兴趣的东西。现在，我的梦想似乎更现实了，我想成为一名老师，把知识传授给学生，引导他们过上更好的生活。

 然而，我相信实现我的梦想需要付出很大的努力。所以我尽可能多地向老师和书本学习。我充分利用业余时间阅读各种各样的书籍来获取更多知识。在周末和假期，我做家教，把学到的东西应用到实践中去。从现在起，我必须努力学习，考上理想的大学，以达到我的目标。虽然我一定会遇到困难，但我会克服困难而不是放弃我的梦想。

 我相信我的梦想一定会实现的，因为俗话说:“有志者事竞成。”成为一名教师的道路仍然遥遇无期，但我正怀者坚定的意志朝着这个目标努力。

**18: Protect the Intangible Cultural Heritage**

 It is known to all that intangible cultural heritage plays a crucial part in a nation's culture and civilisation. But with the development of modernisation and globalisation, more and more intangible cultural heritages are at great risk of extinction. Consequently, great emphasis should be laid on protecting intangible cultural heritage.

 Most young people do not know what intangible cultural heritage is. Intangible cultural heritage is cultural treasures handed down from generation to generation, including traditional festivals, arts and crafts, practices, performances and so on. Take the Spring Festival and paper cutting for example. They have been recognised as intangible cultural heritages by the UNESCO and enjoyed great popularity all over the world.

 However, many young people lose their interest in intangible cultural heritage, which poses enormous threats to it. So it is high time that gradual attention should be paid to the preservation and inheritance of intangible cultural heritage. First of all, classes on intangible cultural heritage and traditional Chinese culture should be introduced to schools at all levels. Intangible cultural heritage inheritors can be invited to school to enhance students' understanding of it and students can also walk out of the campus to experience intangible cultural heritage personally. Only in this way can we arise student s’ awareness of protecting it. Second, in order to inherit and conserve intangible cultural heritage, legal protection system is an indispensable approach. Last but not least, the nation should guide the public to adopt the right attitude towards the acceptance of foreign culture.

 I believe that with joint efforts, intangible cultural heritage and traditional Chinese culture will surely be better inherited and innovated.

18. 保护非物质文化遗产

 众所周知，非物质文化遗产在一个国家的文化和文明中起着至关重要的作用。但随着现代化和全球化的发展，越来越多的非物质文化遗产面临着灭绝的危险。因此，(我们)应该高度重视非物质文化遗产的保护。

 大多数年轻人不知道什么是非物质文化遗产。非物质文化遗产是世代相传的文化瑰宝，包括传统节日、手工艺、习俗、表演等等。以春节和剪纸为例。它们被联合国教科文组织认定为非物质文化遗产，在世界各地享有盛誉。

 然而，许多年轻人对非物质文化遗产失去了兴趣，这对其构成了巨大的威胁。因此，是时候逐步重视对非物质文化遗产的保护和传承了。首先，在各级学校开设有关非物质文化遗产和中国传统文化的课程。可以邀请非物质文化遗产传承人来学校，增进学生对非物质文化遗产的了解，学生也可以走出校园，亲身体验物质文化遗产。只有这样，我们才能提高学生的保护意识。第二，为了传承和保护非物质文化遗产，法律保护体系是不可或缺的途径。最后但同样重要的是，国家应该引导公众对接受外来文化采取正确的态度。

 我相信，在大家的共同努力下，非物质文化遗产和中国传统文化一定会得到更好的继承和创新。

**19: The Meaning of Life**

 Different people hold different views on the meaning of life. The question of the meaning of life is what we have all asked during the course of our development and growth. This is a question to which there is no model answer. As for me, I am deeply impressed by what the great psychologist Victor Frankl said, “The meaning of life is to give life meaning."

 As a student, what can I do to give life meaning? School comes first for me since l get to understand the world through what I learn on and off campus. I give my life meaning by working hard and getting satisfying grades to live up to my parents' and teachers' expectations. I really enjoy the process of searching for new knowledge, through which I grow up and learn to think on my own. At the same time, I find meaning in working out regularly or hanging out with my friends at leisure time. On the one hand, I benefit a lot from playing sports, which keeps me in good shape and gives me strength to live my life to the fullest. On the other hand, having a close friend to share my happiness and sorrow is what I cherish most. I can give meaning to my life by simply doing something together with those I treasure.

 Life is so short that I have to live it bravely, and I'll keep giving meaning with my sincere love.It is love that gives life meaning. It is love that makes life worth living.

19. 生命的意义

 不同的人对生命的意义有不同的看法。有关生命的意义这个问题是我们在发展和成长过程中都在问的问题。这是一个没有标准答案的问题。对我来说，伟大的心理学家维克托·弗兰克尔说过的话“生命的意义在于赋予生命意义”给我留下了深刻的印象。

 作为一名学生，我能做些什么来赋予生命意义呢?学业对我来说是第一位的，因为我通过在校内外学到的东西来了解世界。我努力学习，取得满意的成绩，不辜负父母和老师的期望，这让我的人生有了意义。我真的很享受寻找新知识的过程，通过这个过程我长大了，学会了独立思考。同时，我发现了有规律地锻炼身体或者和朋友们在闲暇时一起出去玩的意义。一方面，我从运动中受益匪浅，这使我保持了良好的体型，并给了我力量尽情地生活。另一方面，有一个亲密的朋友分享我的快乐和悲伤是我最珍惜的。只要和我重视的人一起做一些事情，我就觉得我的生命有意义。

 生命如此短暂，我必须勇敢地活着，我会用我真诚的爱赋予生命意义。是爱赋予生命意义。是爱使生命有价值。

**20：Help the Victims of Natural Disasters**

 Normally, natural disasters, such as earthquakes, flood, drought, tsunami and landslide, undoubtedly cause severe damage, which may exert an adverse impact on many people.

 The government and social organisations should actively organise timely rescue and relief to deal with emergencies and disasters. Food, clothes, tents, daily necessities and emergency personnel such as doctors, nurses, and technicians should be delivered to the disaster-stricken area as soon as possible.

 What we, ordinary people, can do is to extend our help and care to those unfortunate victims. We can make donations to help those in great need. We can express our sincere prayers and warm wishes to the victims through the Internet. We can post inspiring words on social media to convey our confidence to get through tough times together. But it is not enough. A far more important way is providing psychological support and comfort. In addition to their financial and physical losses, close attention should be paid to those who suffer from psychological trauma in natural disasters. We can help relieve their pain and sadness by simply sitting next to them, listening patiently to their cry for the loss of their homes and loved ones. As an average person, when faced with natural disasters, what we can do is to keep the victims company silently and take care of them whole-heartedly so that they can adapt themselves to the new life after disasters.

 All in all, we should work together to pull through and conquer natural disasters.

20. 帮助自然灾害的受害者

 通常情况下，地震、洪涝、旱灾、海啸和山体滑坡等自然灾害无疑会造成严重损害，可能对许多人造成不利影响。

政府和社会组织要积极组织及时救援和救济，应对突发事件和灾害。食物、衣物、帐篷、日用品和医生、护士、技术人员等急救人员应尽快送到灾区。

 我们普通人所能做的就是向那些不幸的受害者提供帮助和关心。我们可以捐款帮助那些极需帮助的人。我们可以通过网络向受害者表达我们诚挚的祈祷和温暖的祝愿。我们可以在社交媒体上发表鼓舞人心的话来表达我们共度难关的信心。但这还不够。更重要的是提供心理支持和安慰。除经济损失和身体损伤外，还应密切关注在自然灾害中遭受心理创伤的人。我们只要坐在他们旁边，耐心地倾听他们为失去家园和亲人而哭泣，就可以帮助他们减轻痛苦和悲伤。作为一个普通人，面对自然灾害时，我们能做的就是默默陪伴灾民，全心全意地照顾他们，以便他们能适应灾后的新生活。

 总之，我们应该共同努力，渡过难关，战胜自然灾害。

**21: My Dormitory Life**

 When I went to my senior high school, I had to live in the dormitory because it was so far away from my home. When talking about my dormitory life, I have many unforgettable memories.

 At first, we created a few “masterpieces" in the first year. Eight of us shared a room and none of us was willing to clean the floor, so the floor changed from bright white into dark gray. And so often were we invited to the teacher's office that all of us gained a notorious reputation. Worse still, our dormitory turned into heaven for the living creatures such as rats. They would take the trouble to help us deal with the garbage that piled up in the dormitory. In addition, everyone in the dormitory had his own opinion and personality, which led to some heated arguments.

 However, we really changed a lot during the second year. We learnt a lesson from the dormitory life that we had to take good care of ourselves as well as the dormitory. In order to have a good sleep and commit ourselves to study, we learnt to get rid of our bad habits. We began to take turns to clean the floor and empty the garbage can. Most importantly，we did make some progress step by step. We learnt to show respect for and put up with each other and we all became good friends.

Finally, we were reluctant to say goodbye to our lovely dormitory and our beloved roommates. We really enjoy the precious time we spend together.

21.我的宿舍生活

 当我上高中的时候，我不得不住宿舍，因为学校离我家太远了。当谈到我的宿舍生活时，我有许多难忘的回忆。

 一开始，我们在第一年就创作了一些“杰作”。我们八个人同住一个房间，没有人愿意打扫地板，因此地板从亮白色变成了深灰色。我们经常被请到老师的办公室，以至于我们都声名狼藉。更糟糕的是，我们的宿舍变成了老鼠等生物的天堂。它们会不厌其烦地帮助我们处理堆积在宿舍里的垃圾。另外，宿舍里的每个人都有自己的见解和个性，这引发了一些激烈的争吵。

 然而，在第二年我们真的改变了很多。我们从宿舍生活中学到了一个教训:我们不仅要打理好宿舍，还要照顾好自己。为了睡个好觉，专心学习，我们学会了改掉坏习惯。我们开始轮流打扫地板和倒垃圾桶。最重要的是，我们确实逐渐取得了一些进步。我们学会了互相尊重和容忍，我们都成了好朋友。

 最后，我们不情愿地告别我们可爱的宿舍和亲爱的室友。我们真的很享受在一起度过的宝贵时光。

**22: How to Arrange the Time for Study**

 As a senior high student, one must bear in mind that time is of great significance and that lost time will never come back. Therefore, it is important for a student to arrange the time reasonably. Here are some tips for one to take full advantage of his or her time.

 To begin with, making a plan is an effective approach to help one allocate the time appropriately. List all the assignments in order and finish them according to their deadline. One should know what should be given top priority, which assists him or her in saving as much time as possible. Besides. one had better get organised to be free of the mess. Don't be disturbed by others. Everyone had his or her own learning style. Following in the footsteps of others blindly will merely mess up your work. At last, as is known to all, being a student, one has to concentrate on his or her study. But don't overdo it. As an old saying goes, “All work and no play makes Jack a dull boy.” As a result, it is equally important for a student to build breaks into his or her schedule. One should spare some time to have a good rest, for instance, walking around the corridor to relax the eyes or taking part in some meaningful activities, such as playing sports, to get refreshed.

All in all, a student is supposed to find his or her own way to adapt to the school life and arrange the time effectively.

22. 如何安排学习时间

 作为一名高中生，必须牢记时间的重要性，失去的时间永远不会回来。因此，合理安排时间对学生来说很重要。以下是一些建议，让一个人充分利用自己的时间。

 首先，制订计划是帮助一个人合理分配时间的有效方法。把所有作业按顺序列出，并根据截止日期去完成它们。一个人应该知道什么是最重要的，这有助于他或她节省尽可能多的时间。另外，一个人最好有条理，以避免混乱。不要被别人干扰。每个人都有自己的学习风格。盲目地效仿别人只会把你的学业搞得一团糟。最后，众所周知，作为一名学生，一个人必须集中精力学习。但不要过度。正如一句老话所说:“只工作不玩耍，聪明的孩子也变傻。”因此，对学生来说，在自己的时间表中安排休息时间同样重要。一个人应该腾出一些时间好好休息，例如，绕着走廊散步来放松眼睛，或者参加一些有意义的活动来提神，比如运动。

 总之，学生应该找到自己的方式来适应学校生活，并有效地安排时间。

**23: Fast Food**

 Owing to the fast pace of modern society, there is a boom in fast food, which catches on among children and young people. When it comes to fast food, different people hold different attitudes. Some hold the view that it is an indispensable part in our society, while others argue that it does great harm to our health.

 For one thing, compared with homemade food, it is less nutritious and healthy. However, there are several reasons accounting for its popularity. First, what is the most important is that it helps us save time when we are in a hurry. We can get our food ready in a minute when going to a fast food restaurant instead of waiting in a long line for the food to be prepared and served in a traditional restaurant. In addition, apart from its convenience, inexpensive price, various choices and excellent service also contribute to its popularity.

 For another, eating too much fast food is harmful to our health. In the first place, fast food is low in nutrition, which is a must for the growth of children. What they need is a balanced diet. What's worse, a study carried out by a group of researchers shows that fast food contains more salt and fat than we actually need, which causes overweight and heart attack. So it is suggested by doctors that we should avoid eating too much fast food. Besides, eating fast food once or twice a week may be affordable, but doing this most days adds up.

 In conclusion, in spite of its convenience and taste, we should limit our intake of fast food for the sake of our wallet and health.

23. 快餐

 由于现代社会的快节奏，快餐业迅速发展，在儿童和年轻人中流行起来。说到快餐，不同的人持有不同的态度。有些人认为它是我们社会中不可缺少的一部分，而另一些人则认为它对我们的健康危害很大。

 一方面，与家庭自制食品相比，快餐缺乏营养和健康。然而，有几个原因可以解释它的流行。首先，也是最重要的是，在我们忙碌的时候，它能帮助我们节省时间。当我们去快餐店时，我们可以立刻得到准备好的食物，而不是在传统的餐馆里排长队等待食物的准备和供应。此外，它除了方便外，价格低廉、选择多样、服务优质也有助于它的普及。

 另一方面，吃太多快餐对我们的健康有害。首先，快餐的营养价值很低。营养是孩子们成长所必需的。他们需要的是均衡的饮食。更糟糕的是，一组研究人员进行的一项研究显示，快餐中所含的盐和脂肪比我们实际需要的更多，这会导致超重和心脏病。所以医生建议我们应该避免吃太多的快餐。另外，一周吃一到两次快餐可能是可以负担得起的，但是大多数时候这样做开支就会增大。

 总之，尽管快餐很方便，味道也不错，但为了我们的钱包和健康着想，我们应该控制吃快餐的频率。

**24: Space Exploration**

 As we may see on TV or in the newspaper, tremendous advances have been made in space exploration. At the same time, a large amount of money has been spent in exploring outer space, which helps improve a nation's international status as well as promote the development of science and technology.

 However, not everyone is in favour of this idea. From their point of view, it is a waste of money and resources to explore the space. Some people argue that more money should go to the expense of meeting our basic needs on earth. Other people hold that exploring the space may cause damage to the space and planet, which may in turn lead to the complete devastation of the earth. Still others think that government should focus on addressing the common problems that the earth suffers from, including famine, deadly diseases and natural disasters.

 Frankly speaking, despite its drawbacks and potential risks, we have to admit that we have benefited a lot from space exploration. On the one hand, satellites sent to outer space provides us with great convenience, such as communication, weather forecast, satellite television, GPS,etc. On the other hand, a wide variety of experiments have been conducted in outer space to improve the quality of human life. It is hoped that scientists may come up with solutions to seemingly impossible problems in the future.

 In short, space exploration offers us an insight into the mysterious universe and it's also a show of national strength.

24. 太空探索

 正如我们在电视或报纸上看到的，太空探索已经取得了巨大的进步。同时，在探索外太空方面投人了大量的资金，这有助于提高一个国家的国际地位，促进科学技术的发展。

 然而，并不是每个人都赞成这种观点。在他们看来，探索太空是浪费金钱和资源。有些人认为，更多的钱应该用来满足我们在地球上的基本需求。另一些人认为，探索太空可能会对太空和地球造成损害，进而导致地球的彻底毁灭。还有一些人认为，政府应该集中精力解决地球所面临的共同问题，包括饥荒、致命的疾病和自然灾害。

 坦率地说，尽管它有缺点和潜在的风险，但我们不得不承认，我们从太空探索中受益匪浅。一方面，发送到外太空的卫星为我们提供了极大的便利，如通信、天气预报、卫星电视、全球定位系统等;另一方面，在外太空进行了各种各样的实验，以提高人类的生活质量。人们希望科学家们将来能想出办法解决看似不可能解决的问题。

 简而言之，太空探索让我们洞悉了神秘的宇宙，也是国家实力的展示。

**25: Chinese Culture**

 With more and more foreigners interested in learning mandarin and more and more Confucius institutes being built across the world, it is a symbol that Chinese culture enjoys a great prestige globally. With a long history, the ancient Chinese culture had a profound impact on many eastern and western countries.

 Take paper cutting for example. Dating back to the Eastern Han Dynasty, paper cutting is one of the most popular traditional folk arts. Paper cutting has presented multiple social values in cognition, amusement and communication and it was listed in the UNESCO Intangible Cultural Heritage Lists in 2009. It can be seen in many important occasions，particularly in the Spring Festival and the wedding ceremony. It is used mainly as decorations to create a festive atmosphere. It is widely believed in China that red paper cuts can bring good luck and best wishes to the whole family. You won't find paper cutting difficult as long as you keep practicing it. The main material and tools include paper and scissors or a knife. But it does take time to master it with perfection. Paper cutting features a wide range of subjects, so one can create whatever he or she has in mind.

 If one wants to have a better understanding of colourful and prosperous Chinese culture, it is advised that he or she should pay a visit to China to explore and experience it in person.

25. 中国文化

 随着越来越多的外国人对学习普通话感兴趣，越来越多的孔子学院在世界各地兴建，这标志着中国文化在全球享有盛誉。中国古代文化源远流长，对东西方许多国家产生了深远的影响。

 以剪纸为例。剪纸可以追溯到东汉时期，是最受欢迎的传统民间艺术之一。剪纸在认知、娱乐、交流等方面具有多重社会价值，它在2009年被联合国教科文组织列人非物质文化遗产名录。在许多重要的场合，尤其是在春节和婚礼上可以看到剪纸。它主要用作装饰，营造节日气氛。在中国，人们普遍认为红色剪纸能给全家带来好运和祝愿。只要你坚持练习，你就不会觉得剪纸很难。主要材料和工具包括纸、剪刀或小刀。但完美地掌握它确实需要时间。剪纸的特点是题材广泛，所以人们可以随心所欲地创作。

 如果一个人想更好地了解丰富多彩的中国文化，建议他或她亲自到中国来探索和体验。

**26: How to Keep Psychologically Healthy**

 It is reported that the number of people who suffer from mental health problems is on the sharp rise. However, little attention has been paid to how to manage these problems, which contributes to mental illnesses.

 Mental health problems can be attributed to various causes. First, the increasingly competitive life has put a good number of people under huge pressure. Second, a lot of people fail to connect to others. So they have no one to whom they could talk about their trouble and suffering. In addition, some people are not even aware of their problems, let alone how to handle them.

 Here are some practical measures to deal with psychological health problems. First of all, only when you show great courage to confront your problems are you capable of solving them. As a result, the first step is to figure out the real cause of your psychological health problems instead of getting around them. Then do whatever you can to make a change, such as jogging around the track to refresh yourself, listening to music to relax yourself and taking part in meaningful activities to inspire yourself. On top of that, you may find it helpful to share your feelings with your friends who can offer you great comfort and support. You can also turn to a professional psychological consultant for advice.By doing this, you are certainly able to overcome your problems and keep psychologically healthy.

26. 如何保持心理健康

 据报道，遭受心理健康问题的人数正在急剧上升。然而，很少有人关注如何处理这些问题，从而导致心理疾病。

 心理健康问题可归因于各种原因。首先，竞争日益激烈的生活让很多人承受巨大的压力。其次，很多人无法与他人建立联系。因此，他们没有人可以一起谈论他们的烦恼和痛苦。此外，有些人甚至不知道他们的问题，更不用说如何处理它们。

 以下是一些处理心理健康问题的实用措施。首先，只有当你表现出面对问题的极大勇气时，你才有能力解决它们。 因此，第一步是找出心理健康问题的真正原因，而不是回避它们。然后，尽你所能做些改变，比如在跑道上慢跑来提神，听音乐放松自己，参加有意义的活动来激励自己。除此之外，你会发现与朋友分享你的感受是很有帮助的，他们能给你很大的安慰和支持。你也可以向专业的心理咨询师寻求建议。通过这样做，你一定能够克服你的问题，保持心理健康。

**27: The Key to Success**

 When it comes to the key to success, different people have different views. Some believe opportunity is the key to success. Others deem that intelligence and diligence outweigh opportunity. Still others argue that fortune plays an important role in their success.

 However, from my point of view, it is perseverance that leads to success. Life is a marathon, not a sprint. It is perseverance that takes us to where we want to go. Perseverance means that we have to be committed to our goals day after day until we make our dream a reality. No matter what difficulties we will be confronted with, we need to stick to our dreams and perseverance will help us address all the problems.

 Take J. K. Rowling, the author of the best-selling series of Harry Potter novels, for example. She rejected many times by editors and publishers, but she never gave up. Instead, she persisted in writing novels and submitting to publishers devotedly until her first novel of Harry Potter series came out. The publication of this book soon became a hit and enjoyed great popularity, which earned J. K. Rowling fame and fortune.

 We can learn a valuable lesson from J. K. Rowling's experience: Learn to persevere when we fail, because failure is not a permanent circumstance. Only in this way can we find the key to success.

27. 成功的关键

说到成功的关键，不同的人有不同的看法。有些人认为机遇是成功的关键。另一些人认为智慧和勤奋胜过机遇。还有一些人认为运气对他们的成功起着重要作用。

然而，在我看来，坚持才能成功。人生是一场马拉松，不是短跑。是坚持把我们带到我们想去的地方。坚持意味着我们必须日复一日地致力于我们的目标，直到我们实现我们的梦想。无论我们遇到什么困难，我们都要坚持我们的梦想，坚持将帮助我们解决所有的问题。

以哈利波特系列畅销小说的作者J.K,罗琳为例。她多次遭到编辑和出版商的拒绝，但她从未放弃。相反，她全心全意地坚持写小说，向出版商投稿，直到她的第一部哈利波特系列小说出版。这本书的出版很快成为热门，并广受欢迎，这为J.K.罗琳赢得了声誉和财富。

我们可以从JK.罗琳的经历中学到一个宝贵的经验:当我们失败时要学会坚持，因为失败不会是一个永久的处境。只有这样我们才能找到成功的关键。

**28: Green Food**

In spite of its high price, green food is favoured by many people because of its quality and taste. It can be found everywhere, ranging from supermarkets to chain stores.

Why does green food appeal to so many people? Firstly, compared with ordinary food, green food is considered to be more healthy, tasty and nutritious. Green food is low in fat, which is good for people's health. What's more, consumers are disturbed by news about food safety. Green food is free of agricultural chemicals and pollution, which is perhaps the most important reason for customers to recognise green food as a reliable choice. Furthermore, with the development of society, people's living standards have improved greatly. More attention has been paid to the quality of food and food with a relatively high price is also affordable. As green food comes into being, the public are willing to pay for high quality food and the demand for green food has increased dramatically.

It is certain that green food will enjoy great popularity and occupy a large portion in the market. However, when it comes to the wide variety of green food, consumers should use their intelligence in order not to fall victim to fake products. So it is necessary for consumers to increase their knowledge about green food and adopt a rational attitude towards it.

28. 绿色食品

尽管绿色食品价格高昂，但因其质量和口味仍受到许多人的青睐。从超市到连锁店，随处可见。

为什么绿色食品会吸引这么多人呢?首先，与普通食品相比，绿色食品被认为更健康、更美味、更有营养。绿色食品脂肪含量低，有利于人体健康。更重要的是，消费者对食品安全的新闻感到不安。绿色食品不含农药和污染，这也许是消费者认可绿色食品是可靠选择的最重要的原因。而且，随着社会的发展，人们的生活水平有了很大提高。人们更加关注食品的质量，价格相对较高的食品也是可以承受的。随着绿色食品的产生，公众愿意为优质食品买单，对绿色食品的需求急剧增加。

绿色食品必将大受欢迎，在市场上点有很大份额。然而，当涉及到种类繁多的绿色食品时，消费者应该运用自己的智慧，以免成为假冒伪劣产品的牺牲品。因此，消费者有必要增加对绿色食品的认识，并采取理性的态度对待绿色食品。

**29：The Person I Respect Most**

Of all the people I meet during my life, there are a lot of admirable and respectable people such as my parents, doctors and police officers. But the one that I respect most is my English teacher, Lydia. I am deeply impressed by what she did for me.

When I was a freshman in high school, I showed no interest in English. I was so lazy that I spent most of the time sleeping in English class and never took notes. I seldom handed in homework, so l failed every examination. Gradually, I went unnoticed. Sitting in the last row, I lost myself in daydreaming and I was content to be left behind.

Fortunately, a new teacher came during the second year and changed my situation to the better. On the first day when she came, we were given a test and I definitely failed it again. Instead of scolding me, she invited me to the office and expressed great concern about my study. She patiently instructed me to learn English in an effective and interesting way. I was inspired by her sincere care. From that day on, nothing was the same for me. I struggled to concentrate on my study and keep pace with others. Finally, my efforts paid off. In the middle of the first semester, I passed the very first English test during my life. I couldn't wait to share my happiness with Lydia and she was proud of me.

Thanks to her, my English teacher, I was able to gain confidence in learning English and I will extend what she taught me into my life.

29. 我最尊敬的人

在我一生所遇到的人中，有很多令人钦佩和尊敬的人，如我的父母、医生和警察。但我最尊敬的是我的英语老师莉迪亚。她为我做的事给我留下了深刻的印象。

当我还是高一新生的时候，我对英语不感兴趣。我很懒，在英语课上我大部分时间都在睡觉，从来没有做过笔记。我很少交作业，所以每次考试都不及格。渐渐地，我被忽视了。我坐在最后一排，在白日梦中迷失了自己。我满足于被抛在后面。

幸运的是，高二的时候来了一位新老师，让我的处境变得更好了。她来的第一天，我们进行了一次测试，我肯定又没通过。她没有骂我，而是邀请我去办公室，对我的学习表示了极大的关心。她耐心地教导我以一种有效又有趣的方式学习英语。她真诚的关怀使我深受鼓舞。从那天起，对我来说一切都不一样了。我努力集中精力学习，以跟上别人的步伐。最终，我的努力得到了回报。在第一学期的期中，我通过了我一生中的第一次英语考试。我迫不及待地想和莉迪亚分享我的快乐，她为我感到骄傲。

多亏了她，我的英语老师，我才有了学习英语的信心，我将把她教给我的东西延伸到我的生活中。

**30：Protect Wild Animals**

There is nothing ambiguous that many wild animals are facing the danger of dying out. The situation of endangered animals have raised concern all over the world.

The factors for the declining number of wild animals are listed below. To begin with, with rapid development of economy and an increase in population, the environment has been seriously destroyed. Thus, wild animals have been forced out of their habitats to keep away from human beings. They have no choice but to move to remote areas, which means they will be faced with another crisis---food crisis. What's more, wild animals are killed for different reasons. Some people hunt wild animals for food and fur, while others kill them to protect their farm animals or pets.

So it is high time that immediate action should be taken to settle the current problem. On the one hand, our government should make relevant laws and regulations to protect wild animals. At the same time, nature reserves should be set up to guarantee their living environment is safe and untouched. On the other hand, the public should be educated on the importance of preserving wild animals. It is we, human beings,who should play a positive role in saving and protecting wild animals.

We still have a long way to go with regard to protecting wild animals. Fortunately, many people have recognised the importance of protecting wild animals. With joint efforts, more and more animals will be saved and protected.

30. 保护野生动物

毫无疑问的是，许多野生动物正面临灭绝的危险。濒危动物的处境引起了全世界的关注。

野生动物数量下降的原因如下。首先，随着经济的快速发展和人口的增加，环境遭到了严重的破坏。因此，野生动物被迫离开它们的栖息地来远离人类。它们别无选择，只能搬到偏远地区，这意味着它们将面临另一个危机-食物危机。更重要的是，野生动物因各种原因被捕杀。有些人猎杀野生动物以获取食物和皮毛，而另一些人为了保护他们的农场动物或宠物而杀死它们。

因此，现在是时候立即采取行动解决当前的问题了。一方面，我国政府应该制定相关的法律法规来保护野生动物。同时，应建立自然保护区，以确保其生存环境是安全且不受影响的。另一方面，应该教育公众保护野生动物的重要性。我们人类应该在拯救和保护野生动物方面发挥积极作用。

在保护野生动物方面，我们还有很长的路要走。幸运的是，许多人已经认识到保护野生动物的重要性。通过共同努力，将有越来越多的动物得到拯救和保护。

**31：Frustration Education**

It is good news that greater emphasis has been placed on education than ever before. However, it is important not to neglect the fact that an increasing number of students commit suicide because of some little setbacks, such as failing an exam or being criticized by the teacher. It is widely acknowledged that frustration is inevitable during one's life. As a result, it is of vital importance to carry out frustration education in schools.

What is frustration education? It refers to letting the educated to suffer setbacks in the process of education. Frustration education, the purpose of which is to foster students' anti-frustration ability, is an essential part for students' healthy development. Together with frustration education, mental health education and life education should be strengthened at the same time. Students should be guided to adopt a rational attitude towards frustration. When confronted with setbacks, students should learn to draw lessons from them instead of getting annoyed or discouraged. What they should do is to work hard and learn more skills to solve the problems instead of being knocked down. Only in this way can they achieve what they desire step by step.

Taking the above into account, we may draw the conclusion that frustration education should be strengthened among students.

31. 挫折教育

我们比以往任何时候都更加重视教育，这是个好消息。然而，不可忽视的是，越来越多的学生因为一些小挫折而自杀，例如考试不及格或被老师批评。人们普遍认为，挫折在人的一生中是不可避免的。因此，在学校开展挫折教育十分重要。

什么是挫折教育?它是指让受教育者在教育过程中遭受挫折。挫折教育是学生健康发展的一个重要组成部分，其目的是培养学生的抗挫折能力。在加强挫折教育的同时，还应加强心理健康教育和生命教育。应引导学生对挫折采取理性的态度。当遇到挫折时，学生应该学会从中吸取教训，而不是生气或气馁。他们应该做的是努力学习，学习更多的技能来解决问题，而不是被打倒。只有这样，他们才能一步一步地实现他们的愿望。

考虑到以上因素，我们可以得出结论: 应加强对学生的挫折教育。

**32：My Plan after Graduation**

With time going by, I have been in my senior high school for almost three years and it's time for me to bid farewell to my beloved school as well as adorable teachers and classmates. What I cherish is that I really enjoy my stay here and that I do get a lot during these three years, including making new friends, learning valuable knowledge and becoming more mature.

After graduation, instead of idling away, I plan to take on a part-time job as a docent at the provincial museum. The reasons why I want to work as a docent are as follows. To begin with, I take a special interest in history and art. By acting as a docent, I am meant to get a deeper appreciation of art and have a better command of history. Meanwhile, I plan to major in history in college, so I can make full preparations for my future study. What's more, I can apply what I've learned in school into practice. I'm good at storytelling and remembering information, which are the basic skills for a docent.

With regard to my long-term plan, I intend to further my study and get a master's degree, which helps me be adequately prepared for entering society and survive the fierce competition for job hunting. Besides, if possible, I will apply for an exchange student program in college to study abroad.

It is clear that there will be many challenges ahead of me. I will act with determination and courage to fulfill my dream. As an old saying goes, “He who would climb the ladder must begin at the bottom.”

32. 我毕业后的计划

随着时间的推移，我在高中已经快三年了，是时候告别我心爱的学校和可爱的老师和同学了。我所珍惜的是，我真的很享受在这里的生活，在这三年里我得到了很多，包括交新朋友，学习有价值的知识，也变得更加成孰。

毕业后，我打算去省博物馆兼职做一名讲解员，而不是无所事事。我想做一名讲解员的原因如下:首先，我对历史和艺术特别感兴趣。通过做讲解员，我的目的是更深人地欣赏艺术，更好地掌握历史。同时。我计划在大学主修历史，这样我就可以为将来的学习做充分的准备。更重要的是，我可以把我在学校学到的东西运用到实践中去。我擅长讲故事和记忆信息，这是一个讲解员的基本技能。

关于我的长远计划，我打算继续深造并攻读硕士学位，这有助于我为进人社会做好充分的准备，在激烈的求职竞争中生存下来。另外，如果可能的话，我会申请大学的交换生项目出国留学。

很明显，在我面前还有许多挑战。我要用决心和勇气去实现梦想。正如一句老话所说:“要想爬上梯子，必须从最底层开始。(千里之行始于足下。)”

**33：Reading**

When talking about their interest and hobby, plenty of people give priority to reading. More and more people are now conscious of the significance of reading and they tend to pick up a book to read in their free time.

Why is reading becoming increasingly popular? Initially, reading sets up a platform for readers to communicate with and learn from the authors. Reading also provides an opportunity for readers to know more about the ancestors, whose valuable knowledge and experience have been passed down from generation to generation. Reading enables readers to see farther because they are privileged to stand on the shoulders of giants. Furthermore, reading offers a common topic for everyone in order to get a conversation going. Any person is bound to have a lot of reflection about his or her favourite books to share with others. And it is also refreshing to talk with someone knowledgeable. In addition, reading is like a journey where we can be lost in a brand new world. We can travel far to experience different views through the pages of books. Also, reading is like sunshine, which can light readers' hearts. Readers can find useful advice from the books they read to deal with the problems they are confronted with. For those who are tired of their work, they may turn to books for relaxation and entertainment.

It is commonly believed that reading is to the mind what exercise is to the body. As a consequence, reading should be treated as a precious thing one can ever has. So the next time you are free, choose what suits you best and keep reading.

33. 阅读

当谈论兴趣和爱好时，很多人把阅读放在首位。现在越来越多的人意识到阅读的重要性，他们倾向于在闲暇时拿起一本书来阅读。

为什么阅读越来越受欢迎呢?首先，阅读为读者搭建了一个与作者交流和向作者学习的平台。阅读也为读者提供了一个更加了解祖先的机会，他们宝贵的知识和经验代代相传。阅读能使读者看得更远，因为他们有幸站在巨人的肩膀上。而且，阅读为每个人提供了一个共同的话题，以便让谈话进行下去。任何人必然会对自己喜欢的书有很多反思，从而与他人分享。与知识渊博的人交谈也令人耳目一新。此外，阅读就像一次旅程，我们可以沉浸在一个全新的世界里。我们可以通过书页远行，去体验不同的风景。阅读也像阳光，可以照亮读者的心灵。读者可以从他们所读的书中找到有用的建议来处理他们所面临的问题。对于那些厌倦了工作的人，他们可以通过书籍来放松和娱乐。

人们普遍认为，阅读之于心灵，犹如运动之于身体。因此，阅读应该被视为一个人可以拥有的珍贵的东西。因此下次你有空的时候，选择最适合你的，坚持阅读下去。

**34：An Unforgettable Experience**

One Sunday morning, I was riding a bicycle along the pavement to meet my friends by appointment when a car ran into a street lamp pole. The car was seriously damaged with flames shooting out from it. I, together with several passers-by, rushed to the wrecked vehicle to offer assistance instinctively.

A staff from the gas station nearby got hold of the fire extinguisher and put out the fire immediately. Another middle aged man made an emergency call and the incident was reported to the traffic police. Luckily, the driver narrowly missed being hit by the collapsed lamp pole. But he was stuck in the disabled car and suffered from some bone fractures.To relieve his pain and anxiety, I stood beside him to communicate with him and keep him well informed of the updates until the emergency personnel arrived. The driver was soon delivered to the nearest hospital.

Although I failed to keep my appointment, I felt at ease because I managed to help someone in need. In the following days, I kept looking for others I can help. It's worth noting that this wonderful experience gave me a sweet taste of helping others. It also shed light on the meaning of the proverb, “Helping others is the source of happiness."

34. 一次难忘的经历

一个星期天早晨，我沿着人行道骑着自行车去赴我朋友的约，突然一辆车撞上了路灯杆。汽车严重受损，火焰从车里喷出来。我和几名路人，本能地冲向失事车辆施救。

附近加油站的一名工作人员拿起灭火器，立即将火扑灭。另一名中年男子拨打了紧急电话，并向交警报案幸运的是，司机勉强躲过了倒塌灯杆的撞击。但他被困在损坏的车里，骨折了。为了减轻他的痛苦和焦虑，我站在他的旁边与他沟通，并随时向他通报最新情况，直到急救人员赶到。司机很快被送到最近的医院。

虽然我没能如期赴约，但我还是很安心，因为我设法帮助了有需要的人。在接下来的日子里，我一直在寻找我能帮助的人。值得一提的是，这段美妙的经历让我尝到了助人为乐的甜头。这也解释了“帮助他人是幸福之源”这句谚语的含义。

**35：Drunken Driving**

It is reported that the number of road accidents and the deaths arising from drunken driving has jumped over the years. Under no circumstances can we ignore the severe influence drunken driving has on us.

It is widely acknowledged that drunken driving is a ban for drivers, for drunken driving is bound to give rise to a series of severe consequences. First and foremost, drinking reduces drivers' sensibility and they can't respond immediately to unexpected circumstances, which is one of the most common causes of traffic accidents. Those who drive after they are drunk are breaking the law and putting themselves, passengers and pedestrians in danger. Besides, a great quantity of money and resources are needed to treat the injured and repair damaged vehicles. In addition, parents who drink and drive are irresponsible to their children and set a bad example to the younger generation.

As a result, we must raise our awareness of the dangers and effects of drunken driving and take prompt and effective measures to prevent it. Above all, it is essential that laws and regulations should be worked out and enforced to impose severe penalty on those violating the law. What's more, designated driving service, which provides a relatively safe option, should be promoted. At last, it is up to all of us road users, especially drivers, to make efforts to avoid accidents by raising consciousness of road safety. Only in this way can drunken driving be prevented and reduced.

35. 酒驾

据报道，由于酒驾而导致的交通事故和死亡人数在近年来都有所上升。在任何情况下我们都不能忽视酒驾对我们的严重影响。

众所周知，司机禁止酒驾，因为醉驾必然会引发一系列的严重后果。首先，饮酒会降低驾驶员的敏感度，导致他们无法立即对意外情况做出反应，这是导致交通事故的最常见原因之一。那些酒后驾车的人违反了法律，使自己、乘客和行人处于危险之中。此外，需要大量的资金和资源来救治受伤人员和修理损坏的车辆。而且，酒后驾车的父母对孩子不负责任，给年轻一代树立了坏榜样。

因此，我们必须提高对酒驾的危害和影响的认识，并迅速采取有效措施加以防范。最重要的是，必须制定和执行法律法规，对那些违反法律者给予严厉的惩罚。此外，代驾服务提供了一个相对安全的选择，应该得以推广。最后，我们所有的道路使用者，尤其是司机，应该努力通过提高道路安全意识来避免事故的发生。只有这样才能预防和减少酒驾的发生。

**36：My Weekend**

Last weekend, we went on a trip to a local farm, located far away from the noisy and crowded city.

Accompanied by our teachers, we made an early start in the morning. When we arrived at the privately owned farm at eight o'clock, we saw grand farmland with fresh vegetables and fruits as well as all kinds of animals, such as chickens, ducks, dogs, sheep and cattle. After appreciating the beautiful scenery, we were divided into several groups to learn farming by working in the fields. Some students were responsible for watering and fertilizing vegetables to encourage their steady growth. Others were in charge of picking fruits. Still others took their responsibility to clean up the stalls.With instructions given by experienced farmers, we got down to fulfilling our mission with delight. Bathed in sunshine, everyone sang and laughed while doing the farm work.

What impressed me most was the modern agricultural technology. To my surprise, fruit picked from the tree were skillfully packed by a mini-robot, which helped develop my passion for science and totally changed my stereotype of agriculture. Time passed quickly before we knew it and we had to go back to school, exhausted but happy.

We used to bury ourselves in study and forgot to return to nature to feel the thrill of its beauty in person.This is really an eye opening activity, which deepens my understanding of the rapid social development and will have an everlasting impact on my future study.

36. 我的周末

上周末，我们旅行去了一个当地的农场，那里远离喧闹拥挤的城市。

在老师的陪同下，我们一大早就出发了。当我们八点钟到达这家私人农场时，我们看到了一大片农田，那里有新鲜的蔬菜和水果，还有鸡、鸭、狗、羊、生等各种动物。在欣赏了美丽的风景后，我们被分成儿个小组，在田里干活学习务农。一些学生负责给蔬菜浇水和施肥，以促进其不断生长。另外一些学生负责采摘水果。还有一些学生负责清理畜栏。在经验丰富的农民的指导下，我们开始愉快地完成任务。沐浴在阳光下，每个人一边干农活一边又唱又笑。

给我印象最深的是现代农业技术。令我惊讶的是，从树上摘下的水果被一个微型机器人娴熟地包装起来，这激发了我对科学的热情，彻底改变了我对农业的刻板印象。不知不觉中，时间过得很快，我们不得不回到学校，筋疲力尽但很开心。

我们过去常常埋头于学习，忘记了回归自然去亲身感受大自然那令人激动的美。这真是一次令人大开眼界的活动，加深了我对快速的社会发展的认识，对我今后的学习将产生深远的影响。

**37：Private Tutoring**

Private tutoring is a widespread phenomenon in China. It is reported that approximately eighty percent of pupils have private tutors, indicating that great importance is attached to education.

In order to enhance a student's academic performance, especially to prepare for the competitive college entrance examination, many parents have no choice but to resort to private tutors. The trend to attend private tutoring is becoming increasingly popular and it seems that private tutoring is a necessity in the household expenditure. One to-one private tutors are believed to provide pupils with individual help that is tailored to each student's demand. Thus, students with difficulties in study can make advances in academic achievements with the help of private tutors.

Yet, some experts have voiced deep concerns about such popular practice. On the one hand, more and more students have to sacrifice their spare time and even weekends to attend private tutoring. It is hard for students to make time for rest and entertainment, which may have a serious negative influence on their healthy development. On the other hand, private tutoring is beneficial for kids to some extent, while it is difficult to supervise tutors' work. Some tutors are not qualified to provide such services. There is always striking news about private tutors whose behaviours cause offence.

Generally speaking, students should be guided to concentrate on their study on campus and ask teachers for help when encountering problems. To say the least, parents should communicate with the kids before signing up for private tutoring.

37. 家教

家教在中国是一种普遍现象。据报道，大约百分之八十的学生都有私人教师，这表明教育被高度重视。

为了提高学生的学习成绩，特别是为了备战竞争激烈的高考，许多家长别无选择，只好求助于私人教师。参加家教的趋势越来越普遍，家教似乎是家庭开支中必不可少的。一对一的私人教师被认为会根据每个学生的需求对其提供个性化的帮助。因此，学习困难的学生可以在私人教师的帮助下取得学业上的进步。

然而，一些专家对这种流行的做法深表担忧。一方面，越来越多的学生不得不牺牲业余时间甚至周末上家教课。学生很难抽出时间休息和娱乐，这可能对他们的健康发展产生严重的负面影响。另一方面，家教在一定程度上对孩子有利，但很难监督私人教师的工作。有些私人教师没有资格提供这种服务。经常有关于私人教师的行为引起冒犯的惊人新闻。

 一般来说，应该引导学生在校园里专心学习，遇到问题时向老师求助。退一步说，父母在报名参加家教之前应该和孩子们沟通。

**38：Show Care and Respect for the Elderly**

We may think we are in a culture that it is moral habits for us to respect the aged and take good care of the young, but a recent study conducted by a group of researchers reveals that more attention is focused on children, leaving the elderly unattended. This contributes to so many seniors being left alone in the countryside, which may cause severe consequences.

First and foremost, without anyone chatting with, the elderly are likely to feel lonely and depressed, which may have a negative impact on their mental health. What's worse, they may come across a vast range of troubles and difficulties in their daily life as a result of their old age and disease but refuse to inform their children who live far away and struggle to make a living. As children, they take it for granted that their parents are in good health and can manage their lives independently. It appears that they forget the fact that it is their parents who raise them, devoting time, energy and money to their development without asking anything in return.

Consequently, it is high time that we should balance our love and never lose sight of the need of the elderly. Vital importance should be attached to caring and respecting the elderly. Then what can we do? First, it is advisable for the young to spend more time with the old, during which the old would feel satisfied and cheerful to have someone by their side. It is also a golden opportunity to communicate with each other and to know more about family members, which helps strengthen the family tie. Second, there is no denying that our government should strive to perfect related systems and regulations, such as building cozy nursing homes and providing elderly-friendly services, to make sure the elderly live in comfort in their old age. Besides, as strangers, we can do small act of kindness to show our respect for the old, such as giving up seats in public transports and providing prompt aid when they are in need. To sum up, elders should be looked upon as assets rather than liabilities.

38. 关爱老人

我们可能认为我们处在一种尊老爱幼是我们的道德习惯的文化中，但最近一组研究人员进行的一项研究表明，更多的注意力集中在儿童身上，留下老人无人照顾。这就造成了许多老年人单独被留在农村，这可能会造成严重的后果。

首先，没有人聊天，老年人容易感到孤独和抑郁，这可能会对他们的心理健康产生负面影响。更糟糕的是，由于年老和疾病，他们可能会在日常生活中遇到各种各样的麻烦和困难，但却拒绝告诉身处远方、努力谋生的孩子。作为孩子，他们理所当然地认为父母身体健康，能够独立地照顾自己的生活。似乎他们忘记了一个事实:是他们的父母养育他们，为他们的发展奉献时间、精力和金钱而不求回报。

因此，是时候我们应该平衡我们的爱，不再忽视老年人的需求了。要高度重视关心和尊重老年人。那么我们该怎么办呢?首先，年轻人最好多花些时间和老人在一起，在这段时间里，有人在身边，老人会感到满足和高兴; 这也是一个互相交流和多了解家人的黄金机会，有助于加强家庭联系。再者，不可否认，我国政府应努力完善相关制度和规定，如建设温馨的养老院、提供对者年人友好的服务等，确保老年人能安享晚年。此外，作为陌生人，我们可以做一些小的善举来表达我们对老人的尊敬，比如在公共交通工具上让座，在他们需要帮助的时候及时提供帮助。总而言之，老年人应该被视为财富而不是累赘。

**39：Small Talk**

Many people have belief in the popular saying “Silence is gold”, while most of us have been caught in such weird situations---in an elevator, a waiting room or on an underground---surrounded by people who deeply concentrate on their mobile phones. What's worse, some people pretend to make a call just to avoid such uncomfortable silence. Initiating a conversation with strangers sounds awkward and challenging, but it is worth the trouble and contributes to great benefits.

Small talk, a kind of informal and friendly interaction about unimportant subjects, can break the ice and strike up a conversation. The topic of small talk doesn't matter, but small talk itself is important.

To start with, small talk makes it easy to develop new friendships. Supposing you’re taking a lift with a stranger, you may start a conversation by saying hi and talking about the weather instead of keeping silent. Besides, small talk can also help keep a conversation going. When you invite a partner to eat out and you both have made your choice about food, you may ask your partner about his day and his campus life instead of waiting in embarrassing silence for your order. Moreover, small talk makes it polite to end a conversation. When you have a good time talking to an old friend on campus, it is not a good manner to finish talking by saying “The conversation is over”. Instead, you may say, “Oops, my class is about to begin, and I've got to bounce. Good to talk to you. Have a nice day."

Small talk can be used for various purposes, but the key to successful small talk is learning to relate to others. It is no wonder that every great romance and each big business deal starts with small talk.

39. 闲聊

很多人相信“沉默是金”这句流行的谚语，然而，我们大多数人都遇到过这样奇怪的经历--在电梯里、候车室里或者在地铁里--周围都是全神贯注于手机的人。更糟糕的是，有些人假装打电话只是为了避免这种令人不舒服的沉默。发起一次与陌生人的交谈听起来很尴尬，也很有挑战性，但这样做是值得的，而且会带来很大的好处。

闲聊是一种关于不重要的话题的非正式而友好的互动，可以打破僵局，展开对话。闲聊的话题不重要，但闲聊本身很重要。

首先，闲聊可以很容易地建立新的友谊。假设你和一个陌生人一起坐电梯，你可以先通过打招呼和聊天气来开启对话，而不是保持沉默。此外，闲聊也有助于使谈话继续下去。当你邀请一个搭档出去吃饭，而你们都已经选择了自己想要的食物，你可以问你的搭档关于他的一天和他的校园生活，而不是在尴尬的沉默中等待你的订单。此外，闲聊使结束谈话变得有礼貌。当你在校园里和一个老朋友聊得很开心时，用“谈话结束”来结束谈话是不礼貌的。相反，你可以说:“哎呀，我的课就要开始了，我得走了。很高兴和你谈话。祝你度过愉快的一天。”

闲聊可以被用于各种目的，但成功的闲聊的关键是学会与他人产生联系。难怪，每一段伟大的爱情，每一桩大生意都是从闲聊开始的。

**40：Online Games**

An investigation conducted among students reveals that more and more students spend countless hours playing online games of all kinds, which worries the parents and teachers.

First of all, some students are so absorbed in online games that they even skip classes to complete a specific task, which leads to failure in exams. Those who are addicted to online games may find it difficult to balance their studies and games. The result in extreme cases is dropping out of school. In addition, students indulging in online games seldom participate in social activities. They may have trouble telling the difference between the real and virtual world. Gradually, they become inactive and lose the ability to connect with others.

However, some people have a different opinion towards online games, arguing that not all online games are harmful. As a means of relaxation, online games play an important part in stress relief. Students can enjoy great pleasure from online games after a long-day work. Besides, online games can be used to train students' overall abilities, cultivate their imagination and arouse their interest in computer science. More importantly, some students showing great interest in online games turn out to be professional e-sports players, who can take part in international competitions for their country.

As far as I'm concerned，self-discipline is a must with regard to playing online games. In order to make good use of online games, it is advisable to limit the time spent on them and never be a slave to them.

40. 网络游戏

在学生中进行的一项调查显示，越来越多的学生花了无数的时间玩各种各样的网络游戏，这让家长和老师深感担忧。

首先，有些学生沉迷于网络游戏，甚至为了完成一项特定的任务而逃课，导致考试不及格。那些沉迷于网络游戏的人可能会发现很难平衡他们的学习和游戏。极端情况下的结果是辍学。此外，沉迷于网络游戏的学生很少参加社交活动。他们可能很难分辨真实世界和虚拟世界的区别。渐渐地，他们变得不活跃，失去了与他人联系的能力。

然而，一些人对网络游戏有不同的看法，认为并非所有的网络游戏都是有害的。作为一种放松的方式，网络游戏在缓解压力方面起着重要作用。经过一整天的学习，学生们可以从网络游戏中获得极大的乐趣。此外，网络游戏还可以被用来培养学生的综合能力，开发他们的想象力，激发他们对计算机科学的兴趣。更重要的是，一些对网络游戏表现出极大兴趣的学生成为了专业的电竟选手，他们可以代表国家参加国际比赛。

在我看来，在玩网络游戏时，自律是必需的。为了善用网络游戏，明智的做法是限制花费在网络游戏上的时间，千万不要成为网络游戏的奴隶。

**41：Campus Activities**

All sorts of campus activities have been organised in senior high schools, the core value of which to offer opportunities for students to link to society to broaden their horizons as well as foster leadership and social responsibility.

These activities offer students living in the ivory tower many benefits. In the first place, most students are engaged in their school work. An excessively heavy work load puts them under great pressure. Participating in various activities is a good way for them to get rid of stress, which plays a positive part in their study and mental health. In addition to the dull textbook knowledge, students can be exposed to colourful school life and enrich themselves. Moreover, students can step out of the campus to get in touch with society. They can meet different kinds of people and learn about different cultures, which is helpful for them to deal with interpersonal relationship. The lessons they get from their personal experience are definitely more valuable and meaningful than those they have gotten in school. Finally, a wide variety of activities provide students with golden opportunities to showcase their talents and get a sense of satisfaction from their achievements. Participants will be inspired to move forward on their dreams.

Hence, campus activities have become an integral part of students’ school life. It is believed that campus activities are bound to grow and flourish with students' active involvement and favourable support from all walks of life.

41. 校园活动

高中组织了各种校园活动，其核心价值在于为学生提供与社会联系的机会，拓宽他们的视野，以及培养领导能力和社会责任感。

这些活动为生活在象牙塔的学生提供了许多好处。首先，大多数学生都忙于学业。过重的学习负荷使他们处于巨大的压力下。参与各种活动是他们摆脱压力的好方法，对他们的学习和心理健康会起到积极的作用。除了枯燥的课本知识，学生还可以接触到丰富多彩的学校生活来丰富自己。此外，学生可以走出校园与社会联系。他们可以接触各种各样的人，了解不同的文化，这有助于他们处理人际关系。他们从个人经历中得到的经验和教训，绝对比他们在学校里收获的更宝贵，也更有意义。最后，种类繁多的活动为学生提供了展示自己的才华、从成就中获得满足感的黄金机会。参与者将会被激励着朝着他们的梦想前进。

因此，校园活动已成为学生学校生活中不可或缺的一部分。我们相信，在学生积极参与和社会各界的大力支持下，校园活动必将增加和蓬勃发展。

**42：Should the University Libraries Be Open to the Public?**

Currently, the news that some universities have decided to open their libraries to the public has sparked a national debate. Opinions on this vary from person to person.

To start with, people, who are for the idea, believe that university libraries should be accessible to the public. For one thing, university libraries are financed primarily by the government, so the services they provide should be naturally shared by every individual. For another, many books are left to gather dust on shelves. Thus, the idea is identified as a great way to give full play to the value of book resources.

However, people, who are opposed to it, make a comment that it may have a negative effect on maintaining order and guaranteeing academic environment. Plus the crowds who pay a visit to the libraries may pose a threat to students' and teachers' security.

Personally, I would subscribe to the view that university libraries should be open to the public. It is only necessary to take some practical measures to minimise the impact. On the one hand, universities can put up warning posters to warn students of the potential danger and educate students to raise awareness of self-defense. On the other hand, visitors should be instructed to obey the rules and regulations consciously. In brief, it is indeed a good idea to open the university libraries to the public.

42. 大学图书馆应该向公众开放吗?

目前，一些大学决定向公众开放图书馆的消息引发了全国性的争论。对此的看法因人而异。

首先，支持这一想法的人们认为，大学图书馆应该向公众开放。一方面，大学图书馆的经费主要来自政府，因此他们提供的服务自然应该由每个人共享。另一方面，许多书被留在书架上积灰。因此，这被认为是充分发挥图书资源价值的重要途径。

然而，反对它的人发表评论说它可能会对维持秩序和保证学术环境产生负面影响。而且参观图书馆的人群可能对学生和教师的安全构成威胁。

就我个人而言，我赞成大学图书馆应该对公众开放的观点。只需要采取一些切实可行的措施，把影响降到最低即可。一方面，大学可以张贴警告海报，提醒学生潜在的危险，并教育学生提高自我保护意识。另一方面，要引导参观者自觉遵守规章制度。总之，大学图书馆向公众开放确实是个好主意。

**43：Stray Animals**

I often spot a lot of stray animals when I'm wandering on the street. Unluckily, they always get abused and even beaten to death, which breaks my heart. I feel more than grieved about them.

It is universally acknowledged that animals are good friends to human beings. They can keep us company and bring us much joy. Why are there so many homeless animals? Abandonment accounts mainly for this phenomenon. They are deserted by their owners for some reason.

Nowadays, the whole world is appealing to the public to take good care of these stray animals.Hopefully, the government could issue relevant laws and regulations to protect animals from harm and injury. What's more, charity organisations for animal protection could take effective measures to help these animals, such as providing shelters and medical service for unwanted animals. At the same time, various campaigns could be set up to enhance the citizens' awareness of caring about homeless animals and keeping them away from harm.

As students, there is still a lot we can do to help relieve the problem. First of all, when we find a homeless animal, we may send it to an animal shelter, where many people volunteer to care for stray animals. Second, if we feel like keeping a pet, we may adopt one from the local animal shelter. On top of this, we can also go in for animal protection work to help animals in danger, such as raising money for homeless animals,

Don't hesitate to give a helping hand to stray animals. Open our arms and home to them.

43. 流浪动物

当我在街上闲逛时，我经常发现许多流浪动物。不幸的是，它们总是被虐待，甚至被打死，这让我心碎。我为它们感到非常难过。

众所周知，动物是人类的好朋友。它们可以陪伴我们，给我们带来很多快乐。为什么会有那么多流浪动物?遗弃是造成这种现象的主要原因。因为某种原因，它们被主人遗弃了。

如今，全世界都在呼吁公众爱护这些流浪动物。希望政府能出台相关的法律法规，保护动物免受伤害。此外，动物保护慈善组织可以采取有效措施帮助这些动物，如为被遗弃的动物提供庇护所和医疗服务。同时，可以开展各种宣传活动，以提高公民关心流浪动物和使其远离伤害的意识。

作为学生，我们仍然可以做很多事情来帮助缓解这个问题。首先，当我们发现一只无家可归的动物时，我们可以把它送到动物收容所，在那里许多人自愿照顾流浪动物。其次，如果我们想养宠物，我们可以从当地动物收容所领养一只。此外，我们也可以参与动物保护工作，帮助处于危险中的动物，例如为流浪动物筹款。

别犹豫，帮助流浪动物吧。张开双臂，让它们回家。

**44：My Favourite Book**

I fell in love with reading when I was a kid. So I spent much of my leisure time in reading. Among the four classics, Journey to the West is my favourite. It is really an appealing masterpiece, narrating many adventurous stories, which is set in the Tang Dynasty.

When opening the book, you will be introduced to an exciting adventure, in which the Tang Monk, together with his three companions, goes on a pilgrimage for Buddhist scriptures in the west. They make a long and tough journey westwards to make their dream a reality. Along the way, they come across a lot of trouble, but the Monkey King, also known as Sun Wukong, manages to defeat a variety of ghosts and monsters. In the end, they succeed in bringing the scriptures, which could be beneficial to the ordinary people, back to their homeland.

Due to its popularity and influence, so many TV plays and movies are adapted from this work. Apart from its brilliant stories, we can gain a lot from this book. No matter what difficulties we are faced with, we should be brave and determined to resolve them. This may explain the reason why Monkey King, a symbol of vitality and wit, shapes deep impression and is adored by so many people.

Journey to the West is the very book that you can not miss if you want to learn more about Chinese culture.

44. 我最喜欢的书

我小时候就爱上了读书。所以我把大部分空闲时间都花在了读书上。在四大名著中，《西游记》是我的最爱。这真是一部吸引人的杰作，讲述了许多以唐朝为背景的冒险故事。

翻开这本书，你会看到一段激动人心的冒险经历，唐僧和他的三个同伴一起去西方取佛经。为了实现他们的梦想，他们向西进行了漫长而艰难的旅程。一路上，他们遇到了很多麻烦，但美猴王，也叫孙悟空，成功打败了各种妖魔鬼怪。最后，他们成功地把对普通人有益的经文带回了自己的家乡。

由于其知名度和影响力，许多电视剧和电影都是根据这部作品改编的。除了它精彩的故事，我们还可以从这本书中学到许多。无论我们面临什么困难，我们都应该勇敢而坚定地去解决。这也许可以解释为什么孙悟空，一个活力和智慧的象征，会给人留下深刻的印象并受到那么多人的喜爱。

如果你想更多地了解中国文化，你就不能错过《西游记》这本书。

**45：Generation Gap**

Generation gap, which refers to the hugely different attitudes and opinions between the young and the old, has been a universal phenomenon in contemporary society. It is like an invisible wall that blocks two generations. With Internet technology developing rapidly and information updated quickly, the old can't keep up with the times and thus they fall behind the younger generation. So we may be trapped in a circumstance where we find ourselves having difficulty in communicating with the elderly, which is called generation gap.

Nevertheless, reluctant as we are, we're supposed to seek approaches to break the wall and bridge the generation gap. What should be put in the first place is communication. We should cherish the time that we could spend together with the old to talk with them actively. We can help the old to catch up on new things patiently, which is helpful to eliminate the misunderstanding. Moreover, it is also a wise choice that we always put ourselves in others' shoes, learning to accept the differences between two generations. The young should show respect to the elderly and care about their feelings. The old should also give up their conservative mind and learn to accept things that are prevalent. Only in this way can we promote mutual understanding.

In a word, it is undeniable that the young and the old should shoulder the responsibility to narrow the generation gap so as to build up a harmonious and close-knit relationship.

45. 代沟

代沟是指年轻人和老年人在态度和观点上的巨大差异，是当代社会的一种普遍现象。它就像一堵无形的墙，阻隔了两代人。随着互联网技术的飞速发展和信息的快速更新，老年人已经跟不上时代，因此落后于年轻一代。于是，我们可能会陷入这样一种情况:我们发现自己在与老人交流方面有困难，这就被称为“代沟“。

不过，尽管我们不情愿，我们还是应该寻求打破隔阂、弥合代沟的方法。首先要做的是沟通。我们应该珍惜和老人在一起的时间，积极地和他们交谈。我们可以耐心地帮助老人跟上新事物，这有助于消除误解。此外，总是换位思考，学会接受两代人之间的差异，这也是一个明智的选择。年轻人应该对老年人表示尊重，关心他们的感受。老年人也应该放弃他们保守的思想，学会接受流行的东西。只有这样我们才能增进相互了解。

总之，不可否认的是，年轻人和老年人应该承担起缩小代沟的责任，从而建立一种和谐、紧密的关系。

**46：Foster Enthusiasm for Sports**

Exercise is of enormous benefit to children both physically and mentally. And interest in sports should be promoted as an integral part of the core curriculums.

The reasons why enthusiasm for sports should be fostered among youngsters are as follows. To begin with, working out regularly can help children stay strong and healthy. It also helps them to live a healthy and organised life. In addition, exercise provides an outlet for children to deal with their strong feelings. Some children can turn to sports to relieve themselves from daily stress and depression. Others seek relaxation and energy from playing sports. And still others participate in physical exercise just for fun. More than that, young children can learn a great deal from playing sports such as teamwork and sportsmanship. Meanwhile, they can develop a right attitude towards victory and defeat by playing sports. They will be better prepared for the ups and downs in their life. Finally, taking part in team sports also provides an opportunity to connect with a community of like-minded people.

 In conclusion, fostering enthusiasm for sports among children is a fundamental part of children's education and can help them grow into healthy and sportsmanlike citizens. Thus, schools should urge students to take an active part in physical exercise.

46. 培养体育热情

锻炼对孩子们的身心都有极大的好处。对体育的兴趣应该被提升为核心课程的一个必要的组成部分。

应该培养青少年对体育运动的热情的原因如下。首先，经常锻炼可以帮助孩子们保持强壮和健康，也有助于他们健康有序地生活。此外，锻炼还为孩子们提供了一个发泄情绪的渠道。有些孩子可以通过运动来缓解日常的压力和抑郁，其他人则从运动中寻求放松和活力，还有一些人只是为了好玩而参加体育锻炼。更重要的是，孩子们可以从运动中学到很多东西，比如团队合作精神和体育精神。同时，他们也可以通过运动培养正确的胜负观。他们会更好地为生活中的起伏做好准备。最后，参加团队运动也提供了一个与志同道合的人建立联系的机会。

总之，培养孩子们的体育热情是孩子教育的基本组成部分，有助于他们成长为健康、有体育精神的公民。因此，学校应该鼓励学生积极参加体育锻炼。

**47：Never Give Up**

When we are in trouble, we are always told “Never give up”. Those encouraging words send a message that we should keep trying to achieve our goal no matter how many times we fail.

It is commonly believed that persistence is the key to individual success. Looking back on the days when we learn how to walk as a little child, we were bound to fall down frequently at the very start. If we gave up trying and lay on the ground, waiting for help from the adults, we would never learn to walk. Only when we were determined to stand up by ourselves and insisted on practicing, could we eventually learn how to walk. Similarly, when we are confronted with hardship or get into trouble, never stop our step. Just like a toddler, we learn to walk not by walking but by falling.

“Never give up”, a positive life attitude, inspires us to be faced with challenges in life bravery. An immortal novel, Robinson Crusoe, is one of the most popular works in all literature. Robinson, a legendary character created by Daniel Defoe, survived a terrible shipwreck and was taken to a desert island. You could imagine how hard it was to live on almost nothing, but he got over countless difficulties with his wisdom and courage. It is his surprising perseverance that helps him accomplish numerous impossible things.

Life is not easy and we need to brave the wind and waves and overcome tough obstacles. Keep in mind that never give up and keep trying.

47. 永不放弃

当我们遇到困难时，我们总是被告知“永不放弃”。那些鼓舞人心的话传递了一个信息:无论我们失败多少次，我们都应该继续努力实现我们的目标。

人们普遍认为坚持是个人成功的关键。回顾我们小时候学走路的日子，我们一开始肯定会经常摔倒。如果我们放弃尝试，躺在地上，等待大人的帮助，我们就永远学不会走路。只有当我们下定决心自己站起来并坚持练习。我们最终才能学会走路。同样，当我们面临困难或陷入麻烦，永远不要停止脚步。就像一个蹒跚学步的孩子，我们不是从行走中，而是从跌倒中学习行走。

“永不放弃”是一种积极的生活态度，激励我们勇敢地面对生活中的挑战。不朽的小说《鲁滨逊漂流记》是所有文学作品中最受欢迎的作品之一。丹尼尔·笛福创作的传奇人物鲁滨逊在一次可怕的海难中幸存下来，被带到一个荒岛上。你可以想象在几乎一无所有的情况下生活是多么困难，但他用他的智慧和勇气克服了无数的困难。正是他惊人的毅力帮助他完成了许多不可能的事情。

生活不易，我们需要乘风破浪，克服困难。记住永不放弃，继续努力。

**48：Online Shopping**

With the popularity of the Internet, an increasing number of people tend to do shopping online. It seems that the idea of shopping online catches on quickly, but it sets off a heated discussion.

Some people are in support of online shopping, thinking it is one of the greatest invention ever. First of all, compared with traditional shopping, online shopping is much more convenient and time-saving. People can purchase anything at any time merely by clicking the mouse or mobile phone without going out. Plus, the things they buy will be delivered to their front door, which is energy-saving and customer-friendly. Besides, what appeals to the customers is an infinite variety of options offered by online shopping. Relatively speaking, people can buy the same goods as those in physical shops at a lower price in the online stores.

Yet, other people are opposed to this new way of shopping, believing that we should not turn a blind eye to its drawbacks. For one thing, customers might be fooled into buying things of poor quality because of the false information provided by online stores. On the contrary, physical stores can offer customers a full experience rather than fascinating and colourful pictures, which might not be reliable. It is always annoying and troublesome for consumers to make a complaint and change what they are not content with. For another, customers must guard against leaking out personal information, especially the password, when conducting Internet transactions.

In my opinion, it is indeed convenient to shop online, but one must learn to make his or her own judgment in regard to what to buy to avoid possible trouble.

48. 网上购物

随着互联网的普及，越来越多的人倾向于在网上购物。网上购物的想法似乎很快流行起来，但也引发了场激烈的讨论。

有些人支持网上购物，认为它是至今最伟大的发明之一。首先，与传统购物相比，网上购物更方便、省时。人们只需点击鼠标或手机就可以随时购买任何东西，而不必出门。另外，他们买的东西会送到他们家门口，既节能又方便顾客。此外，吸引顾客的是网上购物提供的各种各样的选择。相对而言，人们可以在网店以更低的价格买到与实体店相同的商品。

然而，另一些人反对这种新的购物方式，认为我们不应该对它的缺点视而不见。一方面，消费者可能会因为网店提供的虚假信息而上当，购买劣质商品。相反，实体店可以为顾客提供全面的体验，而不是有吸引力的、五颜六色的图片，这些图片可能并不可靠。对于消费者来说，投诉和更换他们不满意的东西，总是令人恼火和麻烦的。另一方面，客户在进行互联网交易时必须防止泄露个人信息，尤其是密码。

在我看来，网上购物确实很方便，但要学会自己判断该买什么，以避免可能的麻烦。

**49：Post-holiday Syndrome among Students**

After spending a wonderful and cozy holiday, some students feel depressed and unwilling to return to school. This is so-called post-holiday syndrome, which may be in relation to irregular daily rhythm during the vacation. Symptoms include sleepiness, dizziness, feeling blue, anxiety, inattention and etc., which have adverse effects on our study and health.

Going back to school means saying goodbye to carefree and unscheduled vacation, which is stressful for students. They may find it hard to adjust to their campus life. Here are some effective techniques to cope with it.

To start with, regulating the daily life and arranging some time for exercise will bring their school life back to normal. It is proposed that one should keep regular and healthy lifestyles all the time, such as going to bed early and getting up early to avoid post-holiday syndrome. What's more, maintaining a positive attitude is also of great help to manage the post-holiday syndrome. Always remember to stay optimistic and look at the bright side of life, and one will be more likely not to feel stressed out and troubled by the syndrome. Finally, make a list to identify what matters and give priority to those of greater importance. Deal with the most important assignments first, and one will feel a real sense of accomplishment, which will give one confidence and energy to overcome the post-holiday syndrome

To conclude, it is not unusual for students to suffer the post-holiday syndrome. What is the most important is that practical measures should be taken to reduce its negative impacts.

49. 学生假后综合征

在度过了一个美好而舒适的假期后，一些学生感到沮丧，不愿返校。这就是所谓的假后综合征，这可能与假期中不规律的日常节律有关。症状包括嗜睡、头晕、忧郁、焦虑、注意力不集中等等，对我们的学习和健康都有不良影响。

回到学校意味着要告别无忧无虑的慵懒空闲的假期，这对学生来说压力很大。他们可能会发现很难适应校园生活。这里有一些有效的应对方法。

首先，规范日常生活、安排一些时间锻炼身体可以使他们的学校生活恢复正常。建议人们应始终保持规律健康的生活方式，如早睡早起，以避免假后综合征。更重要的是，保持积极的态度对应对假后综合征也有很大帮助。永远记住要保持乐观，看到生活的光明面，这样你就更有可能不会感到压力过大，也不会被假后综合征所困扰。最后，列一个清单，确定哪些是重要的，并优先考虑那些更重要的。先处理最重要的任务，你会有真正的成就感，这会给你克服假后综合征的信心和精力。

总之，学生患上假后综合征并不罕见。最重要的是要采取切实可行的措施，减少其负面影响。

**50：Shared Bikes**

As one of the new four great inventions in China, shared bikes have gained a complete success since they came into the market. Bike sharing system provides users with convenient services that allow users to pick up and drop off a bicycle almost anywhere.

Presently, shared bikes have become more and more popular. On the one hand, more people are aware of the significance of environmental protection. On the other hand, with so many automobiles running on the road, shared bikes play a special part in alleviating upsetting traffic jams.

There is no doubt that bike sharing system benefits us in many ways. To begin with, bike sharing system is not only in line with the idea of low-carbon lifestyle, which is environmentally friendly, but also we can build up our body, which is beneficial to our health. What's more, it is convenient and cheap to use a shared bike by scanning the QR code on the bike with the mobile phone. We can ride on the bicycle at a low price to meet our desire for short-distance trips, appreciating the beautiful scenery alongside at the same time.

However, not everyone is happy with the idea. Some people complain that the random parking of shared bikes have occupied road space. Comprehensive measures, such as city planning, should be taken to solve the problems caused by parking shared bikes illegally. For one thing, the government should encourage more commuters to use shared bikes by providing safe lanes for cyclists and appropriate space for shared bicycle parking. For another, shared bike users should be aware of obeying related rules and regulations, instead of parking bikes randomly or doing damage to them deliberately.

All in all, we should adopt a sensible attitude towards bike sharing programme. With efforts made by those involved, it is believed that bike sharing system will play a constructive role in public transportation and be taken good advantage of.

50. 共享单车

共享单车作为我国新四大发明之一，自上市以来取得了巨大的成功。共享单车系统为用户提供方便的服务，让用户几乎可以在任何地方取放自行车。

目前，共享单车越来越受欢迎。一方面，更多的人意识到环境保护的重要性。另一方面，由于有这么多的汽车在路上行驶，共享单车在缓解令人不安的交通堵塞方面发挥着特殊的作用。

毫无疑问，共享单车系统在很多方面都给我们带来了好处。首先，共享单车系统不仅符合低碳生活方式的理念---这是环保的，而且我们可以锻炼身体---这有利于我们的健康。而且，用手机扫描自行车上的二维码，使用共享单车既方便又便宜。我们可以以低廉的价格骑自行车，满足我们短途旅行的愿望，同时欣赏沿途美丽的风景。

然而，并不是每个人都对这个想法感到满意。一些人抱怨说，随意停放共享单车占用了道路空间。要采取城市规划等综合措施，解决非法停放共享单车引发的问题。一方面，政府应该鼓励更多的通勤者使用共车单车，为骑自行车的人提供安全的车道和适当的停车空间。另一方面，共享单车用户应自觉遵守相关的规享制度，而不是随意停放或故意损坏。

总之，我们应该对共享单车项目采取明智的态度。在相关人员的努力下，我们相信共享单车系统将在共交通中发挥建设性的作用，并得到充分利用。