

2019-10-19

Trude

This passage is about a late-riser, ^{the} person who often gets up late and sleeps away his or her times. On the contrary, early risers often get up early in the morning. Late risers often go to bed very late at evening ~~so called a later-bedder~~. Many people believe that getting up late is a bad habit because it is not good to our health. I am one of those who hold ⁹ different views.

My point is as far as you keep a regular timetable ~~or~~ a rhythm ^{do} and stay a sound sleep ~~habit~~, it should ~~make~~ no harm to your health. It can be evidenced by those who move to a far away place and still keep a good health. There is a biological clock ⁱⁿ your body. This is your body's way of registering time. It does not rely on events such as day and night. It depends on your sleeping habit. ^U Every time your timetable changes, you should use a new schedule to adjust your sleep cycle. After adjustment, ^{making an adjustment} your biological clock will go into a new bedtime routine, which ^{will assure} ~~makes sure~~ your usual sleeping quality and maintains the rhythm of your body. One should always stick to your timetable; even a late-riser can be as energetic as others. ^{the quality of sleeping} ^{one's}

Trude

2019-10-29

Trude

This passage is about the Olympic Games, a sport competition gathering many kinds of sports, and people from many different countries take part. Every four years, a host city is chosen to hold the game.^s Many people believe that this gathering can increase friendship between nations, promote the skills and the health of people. However, people have a lot of complaints about the games. Despite some experts claim that the Olympic games can promote ^{the} local economy, it actually wastes a lot of money. Many host cities are indebted ^{to} after the games because many sport and transportation facilities have to be built for this kind of large gathering, but they are rarely used after the game. Moreover, athletes come for winning the prizes, and some spend years of training only for these opportunities. Now and then, there are bad practices such as use drugs and other kind of cheating, which are obviously against sport spirit to promote health. It is even harder to encourage friendships in this competitive environment. Despite the Olympic Games can update records of sports, I believe that from the point of view to improving the health of general public, the Olympic Games is not a best option. To be realistic, more decentralize local sport games ^{would} ~~can~~ be more helpful, and it can certainly enhance friendship between participants, and use less money as well.