

## 压力

It is high time that governments should arouse people's awareness of the importance of physical soundness. Along with the acceleration of social development, people, especially young people, are confronted with unprecedentedly fierce competition. They need to work very hard to guarantee a decent life, which causes them way heavier pressure than before. Under such circumstances, most of them are prone to be caught in a sub-health state. Because it is sort of governments' responsibilities to improve citizens' health condition, governments should increase access to public exercise equipment in the neighborhood and raise people's awareness of the importance of doing exercise regularly through the mass media.

## 马斯洛

According to the psychologist Abraham Maslow's theory of "Hierarchy of Needs", people's actions are motivated to fulfill basic needs before moving on to other, more advanced needs. In the pyramid in which form the hierarchy is displayed, the lowest level comprises of basic physical requirements such as the need for food and shelter; higher up is the need for safety and security. As people progress up the pyramid, needs become increasingly psychological and social. Soon, the need for love, friendship and intimacy becomes important, followed by the need for personal esteem and feelings of accomplishment. The need which tops the list is self-actualization, which is a process of growing and developing as a person in order to achieve individual potential to be all that we can be.

## 互联网

The Internet is a treasure trove of information, which offers knowledge on any given topic under the sun. Search engines make information accessible on various subject matters such as, government law and services, trade fairs and conferences, market information, new innovations and technical support, and even dispense advice on love and relationship matters. It has become common practice to seek assistance from the web in order to research and gather resources for homework, office presentations, and supplement ones own research. The web also updates news about the latest breakthroughs in the field of medicine, technology, and other domains of science.

## 科技

Firstly, advancement in medical technology makes it possible that most common diseases can be controlled or cured more efficiently and effectively. Along with the ever-accelerating developments of science and technology come major breakthroughs in various disciplines related to medical science like chemistry, biology and anatomy, the combination of which has been pushing medical science to a higher level. Scientists have found solutions to many diseases that used to be considered as fatal. People's health condition, therefore, can be ameliorated and average life expectancy be prolonged. For example, smallpox, eradicated nowadays, was once the deadliest disease in human history, engulfing tens of thousands of people's lives. But with the invention of a certain targeted vaccine, people finally put an end to this rampant epidemic.

## 大城市

Living in a big city has several benefits, especially for those young people who want to strive for better career development.

First, there are more job opportunities readily available in a big city than in a small town. Moreover, not merely are there more job positions, the quality of the positions is also much higher in a big city. In addition, the average payment is more decent.

Second, children growing in urban areas are more likely to receive an education of higher quality compared with their counterparts living in a small town.

Finally, the living standard in a big city is usually superior to that in a small town. In big cities, there are more commodities and services on the market, more available public facilities, and even many more ways of entertainment.

### 环境

First, environmental protection is closely bound up with the health of every single person in this world. If the environment is polluted, the basic elements people need to survive, such as water and air, may be affected, and thus disastrous results may occur. Recently I have read an appalling story from newspapers that there is a village in the center of China where the majority of its residents, including kids and seniors, suffer from cancers such as lung cancer, stomach cancer and lymph cancer. The investigators found that the villagers' drinking water was from a river severely contaminated by the industrial discharges of enterprises located at the upstream.

In addition, environmental protection is conducive to the sustainability of economic development. There are some idioms in China, "killing the hens for the egg", "draining the pond for the fish", and "burning the woods for the prey". These words of ancient wisdom warn modern people not to gain profits without thinking of the future. In other words, we cannot simply satisfy the needs of contemporary people regardless of the interest of our next generation. Imagine that if we were in excessive pursuit of economic development by consuming all the natural resources, hunting for precious animals mercilessly and cutting down forests, what would become of our descendants?

### 社交

In addition, student organizations and clubs are the places where we can make great friends, which spices up the tedious campus life. A certain type of student organization or club is like a group or circle that appeals to people with similar hobbies or interests, and that is the reason why one can find his or her congenial friends in the club more often than not. For example, people who love taking photos will join the photography club, and movie-goers are always taking part in movie salons and exchanging mutual ideas and thoughts on the same movie. Undoubtedly, being together with people having the shared aspirations and enthusiasm is the source of happiness.

### 合作

Above all, teamwork, which is greatly valued in modern world, is the key to career success. Only through interactions with partners can one master the art of cooperation, which vividly demonstrates the significance of having a good relationship with others. At school, students are assigned many projects or group tasks. The success of any project requires the united efforts of all group members. During the course of a group task, each individual has to work together with his partner. Bearing a common goal in mind, each member is devoted to the assigned part of the task. Just like different components of an engine, everyone is interrelated. If a single part doesn't work, the whole engine may stop immediately or even break down. This example is a good demonstration of the value of creating a harmonious relationship with others.

### 兴趣

First of all, emphasis should be placed on what has been suggested in the famous saying "interest is the best teacher". Evidently, the primary step toward a person's success is to have an emotional preference. In fact, interest constitutes the biggest impetus in learning, keeping one refreshed and preventing feelings of boredom and tiredness. Those epoch-making accomplishments in the scientific world owe much to the initial interest of the scientists. To illustrate, Charles Darwin is famous for his masterpiece entitled on the Origin of

Species. His interest in nature led him to quit his medical studies at the University of Edinburgh and explore natural science instead. Further education at Cambridge continued to evoke his passion for natural science. At last, his enthusiasm and untiring efforts paid off. His story perfectly indicates the importance of interest in a person's success.

### 幽默

Besides, being with those who have a good sense of humor is conducive to soothing our minds whenever we feel stressed. This is because a humorous person generally owns a positive personality that naturally makes him or her skillful in tackling stressful situations. With the company of that kind of people, we will find it easy to get rid of negative feelings. I remember one of my fellow college students is this kind of friend who likes portraying teachers as cartoon characters. Under his pen, benevolent teachers became righteous ones such as Superman or Captain America, while those serious-looking teachers became Dracula or Frankenstein. His drawings brought us endless joy even in the most demanding and stressful class.

### 创造力

In the first place, the power of creativity far outweighs that of the basic knowledge in terms of successful inventions that dramatically change the world. Alexander Bell is commonly credited with inventing the first practical telephone. His historic sentence —“Mr. Watson, come here! I want to see you!” turned a brand new page in human history. By taking advantage of his creativity and numerous endeavors, Bell was finally granted the patent as a proof of his epoch-making contributions to the scientific field. But for his ability to be creative, such scientific breakthroughs would not have been made. In the modern world, similar evidence could also be traced. Steve Jobs, co-founder and former CEO of Apple, shocked the world with his creative electronic products whose superior functions and qualities can never be matched.

### 电影\*1

Comedies are worth watching, for they provide a good way to relax by making people laugh, and laughing is in fact proven by science to be one of the best medicines to alleviate pressure, pain or depression. I can still remember the most enjoyable thing was to watch a Jim Carrey movie after a whole day's hard work when I was preparing for the college entrance examination——a make-or-break exam that even determines one's future. Through the dramatic performances of Jim Carrey and those hilarious plots, my intense minds got relaxed.

Another type of movies, scary movie, is also worth watching because it allows people to experience the excitement of horror under a safe circumstance. In most cases, people tend to seek entertainment without taking actual risks. The experience of fear in real life is absolutely undesirable, but the innate curiosity of human beings renders such experience in movies desirable. Though such mindset may be paradoxical, it does exist sometimes. For example, almost every scary-movie lover enjoys the moment when he or she breathes a sigh of relief at the end of the movie. Vicariously sharing the experience of others can be a kind of happiness.

### 电影\*2

Watching movies, many of us believe, is conducive to soothing our minds whenever we feel stressed. According to a well-known theory advanced in the twentieth century, humans have a gift for fantasy, through which they seek to reshape reality into more satisfying forms than those encountered in daily life. Thus, fantasy, of which movie is one form, permits people to objectify their anxieties and fears, confront them, and fulfill their hopes in fiction if not fact. The film, as a result, is one tool whereby people define and understand their world or escape from unpleasant realities.

### 博物馆

Secondly, visiting museums can also provide people with ample knowledge about the present magnificence of a country. Ranging from art and science to agriculture, museums truly cover a vast area. For instance, in science museums, demonstrations, interactive programs are adopted to introduce important scientific achievements. Visitors are given the opportunity to probe deeper into the world of science and experience its marvels. Evidently, this educational and meaningful tour will be a cherished memory for a long time. Museums of modern art are also worth a visit. With a large collection of paintings, folk art, sculptures, ceramics and metalwork, art galleries present colorful aspects of the country's cultures. Just like an open gate, museums invite people into a paradise of knowledge.