**Chapter One**

**PETS**

**Advantages**

|  |  |
| --- | --- |
| **1** | **Many people consider their pets to be members of their family, and treat them with love and respect.** |
| **2** | **The feeling often appears to be mutual, as our dogs and cats seek us out to play, to be petted, or to just simply sit in our laps.** |
| **3** | **They provide unconditional love and devotion.** |
| **4** | **We rejoice in their companionship.** |
| **5** | **They can teach us about humility, empathy and loyalty.** |
| **6** | **Essentially, a pet gives a person a sense of fulfillment.** |
| **7** | **We derive joy playing with and talking with a pet. This is especially true for the elderly or those who live a lonely existence.** |

**Disadvantages**

|  |  |
| --- | --- |
| **1** | **Certainly, birds have wings for a reason and their place is not in a cage.** |
| **2** | **Cats, dogs and other pets suffer too much at our hands.** |
| **3** | **However, in the real world, animals suffer abandonment, cruelty, and neglect.** |
| **4** | **They are dependent on us for their survival and it would be cruel to turn them loose on the streets or in the wilderness.** |
| **5** | **Because of pet overpopulation, we should spay and neuter our cats and dogs.** |
| **6** | **People might in fact be harming or impeding the freedom of the animal in some way.** |

**Chapter Two**

**RUNNING**

**Advantages**

|  |  |
| --- | --- |
| **1** | **Running is considered as one of the top activities for burning fat.** |
| **2** | **Take a run. It’s a great way to clear your head and sort out your thoughts.** |
| **3** | **To get energy, you must give energy. In a nutshell—do something!** |
| **4** | **Running helps train your muscles, especially leg muscles, and improve your fitness level and overall physical appearance, which can greatly increase your confidence.** |
| **5** | **Runners have fewer disabilities, remain fit for longer.** |
| **6** | **Running regularly reduces the risk of stroke, breast cancer, and the early stages of osteoporosis, diabetes, and hypertension.** |
| **7** | **Running regularly reduces the risk of having a heart attack by strengthening the heart and lowering blood pressure.** |
| **8** | **Running also helps strengthen your immune system by creating additional lymphocytes.** |

**Chapter Three**

**INDOOR VS OUTDOOR GAMES**

**OUTDOOR GAMES**

**Advantages**

|  |  |
| --- | --- |
| **1** | **Being in the sun is healthy, since humans have developed the ability to extract vitamin D from the sunlight.** |
| **2** | **Hide and seek, tic-tac-toe, baseball, football, and playing catch are just some of the outdoor games.** |
| **3** | **Outdoor games offer many advantages such as fresh air, physical exertion, and improving hand-eye coordination.** |
| **4** | **Outdoor games also tend to sharpen your mind since they require you to think on your feet and strategize.** |
| **5** | **Outdoor games are a fun way to stay fit and healthy, and have great antidepressant effects.** |

**INDOOR GAMES**

**Advantages**

|  |  |
| --- | --- |
| **1** | **Indoor games, for example chess, can challenge one’s intellect, making them smarter by forcing them to think.** |

**Disadvantages**

|  |  |
| --- | --- |
| **1** | **Prolonged exposure to environments without any sunlight can lead to a host of physical and emotional conditions.** |

**Chapter Four**

**FOOD SAFTY PROBLEMS**

**Disadvantages**

|  |  |
| --- | --- |
| **1** | **Eleven people have died and nearly 150 have been sickened by vinegar stored in barrels that may have previously contained antifreeze.** |
| **2** | **Uncooked pork was found glowing in the dark due to a phosphorescent bacteria.** |
| **3** | **Farmers over-sprayed their watermelons with growth-promoting chemicals that caused the watermelons to start exploding.** |
| **4** | **A liquid used to disguise pork as beef was found for sale.** |
| **5** | **To cut a long story short, for the first time in history, younger generations are expected to live shorter lives than their parents, just because of the way we eat.** |

**Chapter Five**

**MOBILE PHONES**

**Advantages**

|  |  |
| --- | --- |
| **1** | **With mobile phones, it becomes much easier to contact you.** |
| **2** | **Mobile phones are now so common that many people expect you to have one.** |
| **3** | **An important conversation can take place anywhere, which puts less restriction on time and location.** |
| **4** | **A mobile phone allows you to confirm your schedule and emails more easily and to check on appointments instantly.** |
| **5** | **With the rapidly increasing technological sophistication of mobile phones, mobile phones have the ability to act as a fully functional organiser.** |

**Disadvantages**

|  |  |
| --- | --- |
| **1** | **Mobile phones use microwave radiation to communicate.** |
| **2** | **The health effect of mobile phone radiation on children is worrisome.** |
| **3** | **Preadolescent children are especially vulnerable to microwave radiation because of their thinner skulls, their still developing nervous systems, their increased levels of cell division, and their less robust immune systems.** |
| **4** | **There are fears that mobile phone use could be linked to memory loss, and even Alzheimer’s Disease.** |

**Chapter Six**

**COMPUTERS**

**Advantages**

|  |  |
| --- | --- |
| **1** | **Students use computers to type down information given by their instructors.** |
| **2** | **In grade school and secondary school, computers can be used for playing games that are deemed educational for children.** |
| **3** | **Teachers usually encourage their students to participate in a variety of PC games that correlate to lessons in school, including areas such as arithmetic, problem solving, history, or language arts.** |
| **4** | **Playing PC games could improve children's logical thinking ability and problem solving skills.** |
| **5** | **Games such as SimCity and Age of Mythology, which have players building cities and developing war strategies, help develop logical skills and aid in decision-making.** |

**Disadvantages**

|  |  |
| --- | --- |
| **1** | **Eyestrain and other vision problems can be found in nine out of ten regular computer users.** |
| **2** | **The most common symptoms are eyestrain, blurred vision, double vision, excessive tears, dry eyes and excessive blinking or squinting.** |
| **3** | **Computers are potentially huge time wasters. They are loaded with distractions, especially if you have an internet connection.** |
| **4** | **Games, social networking websites, and news sites can wreak havoc on your productivity.** |
| **5** | **Computers make it possible for large amounts of sensitive personal information to become available to others.**  **Many have even lost their entire life savings due to their personal information being leaked on the internet.** |

**Chapter Seven**

**JOB INTERVIEW**

|  |  |
| --- | --- |
| **1** | **To create a good first impression, you should wear professional clothes that are clean and ironed.** |
| **2** | **Shoes should be well polished, and accessories should be kept to a minimum.** |
| **3** | **Women should not wear clothes that are too revealing, and men should be well-groomed.** |
| **4** | **For both men and women, neutral colors such as white, gray, brown, and black are always a safe bet. You want to look serious and professional.** |
| **5** | **When preparing for a job interview, candidates should try to learn as much as they can about the organization they want to join.** |
| **6** | **You should be aware of all your strengths, weaknesses, ambitions, skills and accomplishments.** |
| **7** | **An interviewer is looking for a candidate who is experienced, educated, well trained, and most importantly, able to work in a team.** |
| **8** | **That's why being rude, arrogant, or disrespectful is absolutely unacceptable. Be courteous and confident.** |
| **9** | **Arrive early; greet the interviewer warmly; maintain respectful eye contact; answer all the questions with clarity and confidence; and thank them at the end of the interview for their time.** |

**Chapter Eight**

**WAYS TO PREVENT AIR POLUTION**

|  |  |
| --- | --- |
| **1** | **The biggest air pollutants are sulfur dioxide, carbon monoxide, carbon dioxide, nitrogen oxides, and particulate matter.** |
| **2** | **The burning of fossil fuels such as coal, petroleum, and gasoline is found to be the main contributing factor in air pollution.** |
| **3** | **Carbon dioxide is required by plants for photosynthesis.** |
| **4** | **Air pollution is known to cause respiratory ailments and irritation of the eyes and throat.** |
| **5** | **Common symptoms observed after exposure to high levels of air pollution are chest tightness, burning eyes, and cough.** |
| **6** | **Prolonged exposure to air pollution can lead to ear-ache, bronchitis, and asthma.** |
| **7** | **Car Pooling**  **Sharing car rides will reduce the number of cars on the road, thereby cutting down on the use of fossil fuels.** |
| **8** | **Timely vehicle care both saves money and maximizes fuel efficiency.** |
| **9** | **If you are going to a nearby place, go by foot or bicycle instead of using your vehicle.** |
| **10** | **Another effective way to prevent air pollution is to use alternative energy sources such as solar energy, hydroelectric energy, and wind energy.** |
| **11** | **We should switch off lights, fans, air conditioners, televisions, and other household appliances when they are not in use.** |

**Chapter Nine**

**STUDY IN GROUPS**

**Advantages**

|  |  |
| --- | --- |
| **1** | **A study group can help keep you accountable.** |
| **2** | **With a study group you know that two or three other people expect you to show up at a certain time and to be prepared.** |
| **3** | **A study group will help test your own knowledge. Different students tend to pick up different things from the lectures or readings.** |
| **4** | **Explaining to others is a great way to learn.**  **As you explain the material to other students, you will get a better understanding of the subject.**  **This process will also expose your missing knowledge.** |

**Disadvantages**

|  |  |
| --- | --- |
| **1** | **Sometimes a study group is just a gossip session.**  **If the group loses focus, time spent with the study group will not help you with your exam scores.** |
| **2** | **Problems arise when the small talk begins to replace time spent studying.** |
| **3** | **Problems arise when a student wants to copy your work. You will feel a lot of pressure to comply.** |
| **4** | **Location and travel time are important considerations, too.** |
|  | **If you must drive to a faraway location to meet and half of the group is an hour late, this can be a waste of your time.** |
| **5** | **Some students can only get good grades by locking themselves in a room and plugging away.**  **If you can get a 4.0 GPA by studying on your own, keep up the good work.** |

**Chapter Ten**

**MUSIC**

**Advantages**

|  |  |
| --- | --- |
| **1** | **Music has been an influence for good in my life.**  音乐一直引导我向善. |
| **2** | **To learn virtue is to unlearn vice.**  向善即弃恶. |
| **3** | **Music is the speech of angels.**  音乐是天使们的语言. |
| **4** | **Mozart's music is characterized by naivety and clarity.**  莫扎特的音乐特色是纯朴兴清澈. |

**Disadvantages**

|  |  |
| --- | --- |
| **1** | **He sings of decadency, blood, violence, indifference, selfishness and death.**  他们歌颂着堕落，血腥，暴力，冷漠，自私，死亡。 |
| **2** | **When it comes to music, I'm a complete ignoramus.**  说到音乐，我完全是个门外汉。 |

**Chapter Eleven**

**FRIENDS**

**Advantages**

|  |  |
| --- | --- |
| **1** | **Friendship is a two-way process.**  友谊是一种相互的关系。 |
| **2** | **Friendship is forged by sharing adversity.**  他们的友谊是由于共患难而结成的. |
| **3** | **The friendship sealed in adversity is the sincerest.**  患难中结成的友谊最真挚. |
| **4** | **Even reckoning makes long friends.**  公平算账友谊长. |
| **5** | **Love is blind, but friendship is clairvoyant.**  爱是盲目的，友谊则能洞察一切。 |
| **6** | **Friendship is a pledge of loyalty and unselfishness.**  友谊是忠实无私的誓约. |

**Chapter Twelve**

**Bill Gates**

**比尔盖茨**

比尔盖茨的办公桌有五个上了锁的抽屉，每个抽屉都有个标签，分别是—财富；幸福；荣誉；兴趣；成功。但他身上只带有一把钥匙，并把其余的四把钥匙所在那把钥匙所对的抽屉里，请问他带的是那一把抽屉的钥匙？

**Bill Gates has five locked drawers, each labeled, in his office. They are fortune, happiness, glory, interest, and success. Bill Gates just has one key on him, and hid the rest four in one of the drawers which can be unlocked by the key on him. Question: which key he’s carrying? The answer is the key of interest.**

**Chapter Thirteen**

**Steve Jobs**

**乔布斯**

乔布斯辍学于美国俄勒冈州波特兰里德学院。大学期间，乔布斯的经济十分拮据。由于支付不起住宿费用，便只能寄宿在同学宿舍的地板上。大部分时间里，乔布斯都处于半饥饿状态。只有在每周末，乔布斯可以步行七公里到一家教堂吃一顿免费的饱饭。最终，乔布斯由于无力负担学费而退学。但数十年后，他却创造了电子行业的奇迹，成为了这个领域的佼佼者。因为他具备成功的良好品质：自律，天赋，创造力，坚持，好奇心，坚忍不拔和不屈不挠。

**Steve Jobs dropped out of Oregon Portland Reed College due to his struggling economy. He wasn’t able to bear the tuition fee. But tens of years later, he performed a miracle in electronic industry. He was standing on top in this field. Because he possessed very good qualities: self-discipline, talent, creativity, persistence, curiosity, stubbornness and perseverance.**

**Chapter Fourteen**

**The Best Voyage**

**最佳航程**

最佳的航程是之子形的。近处看，它似乎覆盖了所有的区域，但从远处看，真正的道路显出并在尽头回眸这一路的拐点。所以，不要担忧你是否走在正确的路上，不要担忧你要到何方。听从你的心声，真理就在前方。

**The best voyage is made up of zigzag lines. From up close, it seems a little all over the place, but from farther away, the true path shows and in the end it justifies all the turns along the way. So, don’t worry if you are not sure where you’re headed or what your long-term goals are. Stay true to yourself and it’ll make sense in the end.**

**爱迪生**

**天才是百分之一的灵感和百分之九十九的汗水！但这百分之一更加重要！**

**Genius is one percent inspiration and ninety-nine percent perspiration. But the one percent is more important.**

**李小龙**

**知道还不够，你必须去实践！想法还不够，你必须去做！**

**Knowing is not enough, you must apply; willing is not enough, you must do.**