```
from flask import Flask, jsonify, request
from flask_cors import CORS
app = Flask(__name__)
languages = [{'name': 'javascript'}, {'name': 'python'}, {'name': 'Ruby'}]
@app.route('/', methods=['GET'])
def hello_world():
  return jsonify({'Hello': 'World'})
@app.route('/me')
def me():
  return 'This is me'
@app.route('/lang', methods=['GET'])
def returnAll():
  return jsonify({'languages': languages})
@app.route('/lang/<string:name>', methods=['GET'])
def returnone(name):
  langs = [language for language in languages if language['name'] ==
name]
  return jsonify({'language': langs[0]})
@app.route('/lang', methods=['POST'])
def addone():
  language = {'name': request.json['name']}
  languages.append(language)
  return jsonify({'languages': languages})
if __name__ == '__main__':
  app.run(debug=False, host='0.0.0.0')
# python hello_flask.py
# flask --app hello_flask run
```