利用 Xshell 连接 linux 主机

1. 安装 Xshell5
2. 打开 COD 虚拟机，确保虚拟机联网，输入：（因为镜像源的问题，会在 0%时等待一段时间）

```
cod@cod-VirtualBox:~$ sudo apt-get install openssh-client=1:7.2p2-4
Reading package lists... Done
Building dependency tree
Reading state information... Done
The following packages were automatically installed and are no longer required:
  libavahi-gobject0 libcacard0 libgtk-vnc-2.0-0 libgvnc-1.0-0
  libspice-client-glib-2.0-8 libspice-client-gtk-3.0-4 libusbredirhost1
  libusbredirparser1 spice-client-glib-usb-acl-helper
```

3. 安装完成后，输入：

```
cod@cod-VirtualBox:~$ sudo apt-get install openssh-server
Reading package lists... Done
Building dependency tree
Reading state information... Done
```

4. 安装完成后，输入以下两条指令，检验 sshd 是否打开：

```
cod@cod-VirtualBox:~$ sudo service ssh restart
cod@cod-VirtualBox:~$ ps -e | grep ssh
 4659 ?        00:00:00 sshd
```

5. 输入，查看虚拟机 inet addr：

```
cod@cod-VirtualBox:~$ ifconfig
eth0      Link encap:Ethernet  HWaddr 08:00:27:fd:5f:63
          inet addr:10.204.34.229  Bcast:10.204.127.255  Mask:255.255.128.0
          inet6 addr: fe80::1f85:9ba0:95a9:a342/64 Scope:Link
          inet6 addr: 2001:cc0:2020:1034:8eec:e6b3:f80b:f521/64 Scope:Global
          UP BROADCAST RUNNING MULTICAST  MTU:1500  Metric:1
          RX packets:48692 errors:0 dropped:0 overruns:0 frame:0
          TX packets:4349 errors:0 dropped:0 overruns:0 carrier:0
          collisions:0 txqueuelen:1000
          RX bytes:10571339 (10.5 MB)  TX bytes:561837 (561.8 KB)

lo        Link encap:Local Loopback
          inet addr:127.0.0.1  Mask:255.0.0.0
          inet6 addr: ::1/128 Scope:Host
          UP LOOPBACK RUNNING  MTU:65536  Metric:1
          RX packets:1814 errors:0 dropped:0 overruns:0 frame:0
          TX packets:1814 errors:0 dropped:0 overruns:0 carrier:0
          collisions:0 txqueuelen:1000
          RX bytes:155333 (155.3 KB)  TX bytes:155333 (155.3 KB)
```
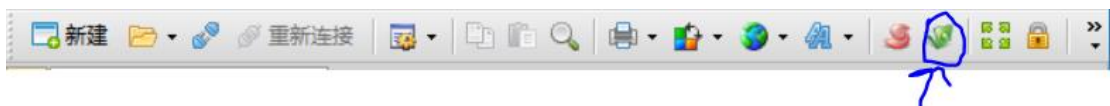
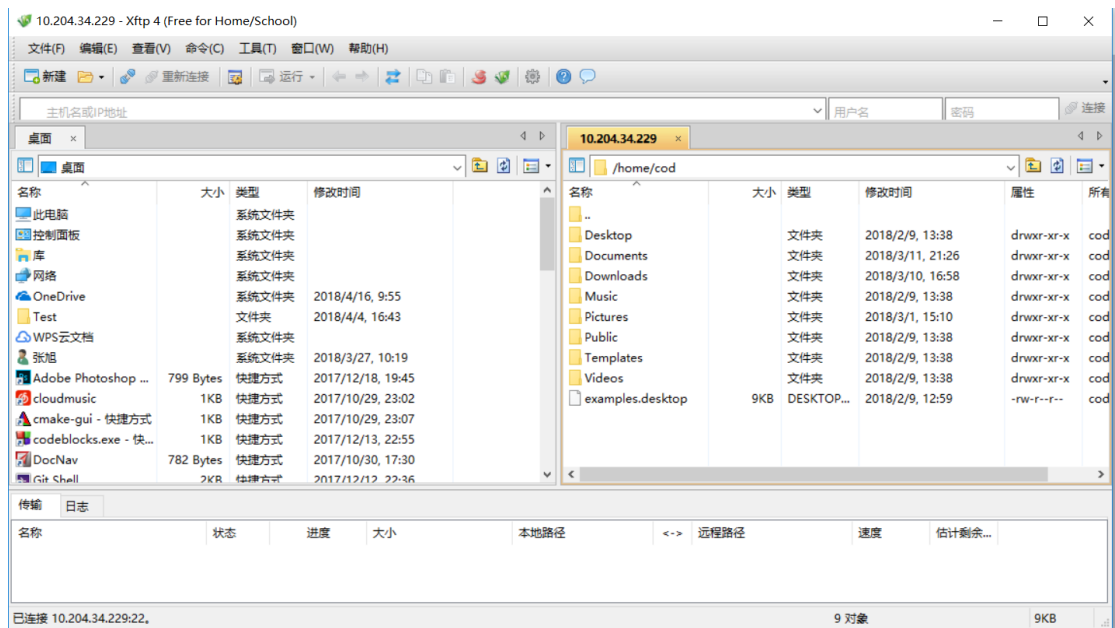6. 打开 Xshell，输入：ssh cod@你的 inet addr，按提示输入 cod 密码

```
Xshell:\> ssh cod@10.204.34.229


Connecting to 10.204.34.229:22...
Connection established.
```

7. 点击工具栏的 ftp 图标，或者 ctrl+alt+f

8. 若没有安装 ftp，按提示安装 ftp 即可。

此时就可以传文件啦