```
3、File --> InputStream
InputStream in = new InputStream(new FileInputStream(File));

4、InputStream --> File
public void inputstreamtofile(InputStream ins,File file){
OutputStream os = new FileOutputStream(file);
int bytesRead = 0;
byte[] buffer = new byte[8192];
while ((bytesRead = ins.read(buffer, 0, 8192)) != -1) {
os.write(buffer, 0, bytesRead);
}
os.close();
ins.close();
}
```