

美文阅读

Happiness

Happiness is important for everyone. Most people want to be happy but few know how to find happiness. Money and success don't bring lasting happiness. Happiness depends on ourselves. In other words, we make our own happiness.

Some people believe that if they are wealthy, they will be able to do anything they want, which means happiness. On the other hand, some people believe that holding a high position in the government is happiness. In this way, you have not only money, but also many other things which can't be bought by money. However, other people believe that having lots of money is not happiness, nor is holding a high

position in the government. These people value (重视) their beliefs, or their intelligence, or their health. They think these can make them happy.

Here are a few ways to help you be happier.

The first secret of happiness is to enjoy the simple things in life. Too often, we spend so much time thinking about the future, for example, getting into college or getting a good job, that we don't enjoy the present. You should enjoy life's simple pleasures, such as reading a good book, listening to your favorite music, or spending time with close friends. People who have close friends usually enjoy happier and healthier lives.

The second secret of happiness is to be active. Many people go dancing or play sports. People can forget about their problems and only think about the activities.

Finally, many people find happiness in helping others. According to studies, people feel good when they volunteer their time to do many meaningful things for other people. If you want to feel happier, do something nice for someone. You can help a friend with his or her studies, go shopping to get food for an old neighbor, or simply help around the house.

Now maybe you know how to find happiness!

知识播报

everyone, anybody, somebody, all辨析

1.all 都,指三者以上。
all的单复数由它所修饰或指代的名词的单复数决定。

All goes well.一切都进展得很好。

All are here. 所有人都在这。

all通常不与可数名词单数连用,如:

不说 all the book. 而说 the whole book。

但all可与表时间的可数名词单数连用,如all day, all night, all the year; 但习惯上不说all hour, all century。

all还可以与一些特殊的单数名词连用,如all China, all the city, all my life, all the way。

2.everybody,everyone表示“每个人”,everything表示“每一件事,每一个东西”。

Everybody(Everyone) should try his best.

Everything in the box is dangerous.

3.somebody,someone,anybody,anyone均表示“某人”; something,anything都表示“某事物”; somebody,someone, something一般用于肯定句;anybody,anyone,anything一般用于否定句和疑问句:

There's someone(somebody) in the room.

There isn't anyone(anybody) in the room.

He found something in the big hole.

He didn't find anything in the big hole.

Is there anything in the big hole?

4.somebody,someone,something有时用在疑问句中,含有肯定的意思。

Is there someone in the room? (希望房间里有人)

Would you like something to eat? (希望对方吃点东西)

5.anybody,anyone,anything用在肯定句中,表示“任何人,任何东西”。

Anyone likes beautiful things.

轻松一刻

没把头发全剪掉啊

Miles sometime went to the barber's during working hours to have his hair cut. But this was against the office rules: clerks had to have their hair cut in their own time. While Miles was at the barber's one day, the manager of the office came in by chance to have his own hair cut and sat just beside him.

“hello, Miles,” the manager said, “I see that you are having your hair cut in office time.”

“Yes, sir, I am.” admitted Miles calmly, “you see, sir, it grows in office time.”

“Not all of it.” said the manager at once, “some of it grows in your own time.”

“yes, sir, that's quite true.” answered miles politely, “but I'm not having it all cut off.”

麦尔斯有时在上班时间去理发馆理发,但这是违反办公室规定的:职员只能利用自己的时间理发。一天,正当麦尔斯理发时,经理碰巧也进来理发,而且就坐在他旁边。

“你好,麦尔斯,”经理说,“我看到你在上班时理发了。”

“是的,先生。正是这样。”麦尔斯平静地承认了,“可是,先生你看,头发是在上班时长的。”

“不全都是吧,”经理立刻说,“有一些是在你自己的时间里长的。”

“对呀,先生,你说得很对。”麦尔斯礼貌地回答说,“但我并没有把头发全都剪掉啊。”

短语妙用

A drop in the ocean 沧海一粟

表达“a drop in the ocean大海里的一滴水”的含义和“沧海一粟”、“九牛一毛”等汉语成语的意思很相近,用来形容“数量或影响力微不足道,远远达不到期待值或者解决不了问题”。

在使用这个表达时,我们可以把“一滴水”或“一粟”所代表的具体事物和“沧海”所指的事物来进行比较,以显示二者数量及程度上的巨大差别。

例句

Although what I donated to the charity was just a drop in the ocean, it meant a lot to me.

虽然我给那家慈善机构的捐助微不足道,但这对我来说意义重大。

The amount of money we invested was a drop in the ocean compared with what the company needs at the moment.

我们投入的资金和这家公司目前需要的总额相比只是九牛一毛。

When I paid off £50 of my student loan, I felt it was just a drop in the ocean compared to my £40,000 debt.

当我偿还学生贷款中的50英镑时,我感觉这笔钱和我欠下的4万英镑比起来只是沧海一粟罢了。