



The 5,000-year-old Chinese Civilization

Author/ Wang Junyu

Xi Jinping, general secretary of the Communist Party of China Central Committee, highlighted cultural confidence during a visit to a park dedicated to Zhu Xi on March 22. "Without the 5,000-year-old Chinese civilization, how could we find something with Chinese characteristics? And without Chinese characteristics, how could we find the path that has led us to today's success?" Xi said when he visited the park in the city of Wuyishan, east China's Fujian province.

Culture is the soul of a nation, giving birth to the vitality, cohesion and creativity of a nation. The fine traditional Chinese culture is the spiritual lifeblood of the Chinese nation. It has provided the Chinese nation with abundant nourishment for its

continuous development and growth. It is also a solid foundation for us to stand firm amid the upheavals of world culture. We should serve the past for the present, bring forth the new through innovation, and strive for creative transformation and innovative development.

Looking back at the 5,000-year history of Chinese civilization, the 170-year struggle of the Chinese people since modern times, the 100-year struggle of the Communist Party of China, and the 70-year history of the development of the People's Republic of China, we know that it is this unique cultural tradition, historical destiny and unique national conditions that have determined the inevitable choice of the path of socialism with Chinese characteristics.



A tree must have its root, and a river must have its source. Generations of Communists have led the people in their painstaking efforts to integrate the basic tenets of Marxism with China's realities, thus giving China's path a deep historical foundation and a broad basis in reality. "As long as the road is right, there is no fear of distance." No matter what storms we may encounter on our new journey, as long as we remain unwavering in our determination and determination and follow the Chinese path with determination, we will always have our destiny firmly in our own hands and work hard to create a better future.



Promote the Spirit and Cultivate the Social Atmosphere of Socialist Rule of Law

Author/ Wang Junyu

Chinese authorities have released a circular in order to further promote the spirit and cultivate the social atmosphere of socialist rule of law. The circular, jointly released by the general offices of the Communist Party of China Central Committee and the State Council, set goals and introduced requirements for related work. It emphasized the need to boost the public's familiarity with laws and regulations such as the Constitution and the Civil Code.

The socialist rule of law culture is an important part of the socialist culture with Chinese characteristics and an important support for the construction of a socialist country under the rule of law. The 14th Five-Year Plan and the Outline of the 2035 Vision Goals were further clarified. We will implement the implementation program for building a law-based society, strengthen the development of a socialist culture of the

rule of law, carry out extensive publicity and education on the rule of law, implement the Eighth Five-Year Plan for popularizing the law, and improve the public legal service system, legal aid, and the state judicial assistance system.

“弘扬社会主义法治精神，
营造社会主义法治社会氛围”

The Opinions on Strengthening the Construction of Socialist Rule of Law Culture establishes the "timetable" and "construction drawing" for the construction of socialist rule of law culture. The overall goal is that by 2035, a socialist culture of the rule of law that is compatible with the rule of law of the country, government and society and with the socialist system of the rule of law with Chinese characteristics will be basically formed, and a legal environment in which the whole of society acts in accordance with the law, seeks the law when

problems arise, applies the law to solve problems, and defuses conflicts by relying on the law. Opinion is clear, the main task is to learn more publicity and implement Xi Jinping Thought of rule of law, perfect the theory of the rule of law of socialism with Chinese characteristics, vigorously carry forward the spirit of the constitution, the rule of law in the practice of continuous civic literacy under the rule of law, promote Chinese excellent traditional legal culture creative transformation, innovative development, prosperity and development of the socialist rule of law, literature and art, to strengthen the construction of the socialist rule of law and culture, We will strengthen international exchanges on the rule of

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- WECHAT: @NWSUAF-ENGLISH-RADIO
- EMAIL: englishherald@163.com
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The Reasons Why People Walk Less and the Solutions

Author/ Xie Duanyi

健康专家说走路对身体有益，然而人们现在走路越来越少了，是什么导致了这种现象呢？

In spite of the fact that walking which brings considerable physical and mental benefits in shape is considered as the best way to exercise by professionals, people are walking less than before. It seems to me that the intense (集中地) pace of life as well as the diversified categories of sports are the two main reasons to this phenomenon.

First of all, due to the exploding population, especially in the metropolitan cities, people are facing the mounting physical and mental pressure on the daily basis. In other words, in order to pursue a better life, people have no choice but to bear 996 work hours as their official work schedule, which means that their personal leisure time becomes very limited, not to mention the time for walking exercise. Meanwhile, facing the high cost of daily life, such as children's tuition, mortgage, daily



bills, people dare not risk altering occupations, even though the salaries of these jobs are not satisfied, which makes their psychological suffering and forces them to ignore their health.

Apart from the former culprit, another reason might be the diversification of sports in the current society. With the considerable advances in sports science and sports instruments, there are much more options of exercising for people to choose. Compared with the gradual changes brought by walking, many people prefer anaerobic sports (无氧运动), such as the using body building and cardiovascular (心血管) equipment in the gym, which can make people see the changes in body shape in a relatively short time and achieve psychological satisfaction.

Several methods can be taken in order to

address this dilemma in the hope of enhancing people's walking capacity. First, with the help of the present incentive of advanced electronic devices, people should seize their spare time to walk. At present, WeChat, Alipay and other apps all provide current events walking sports ranking, and reward people who walk more, which is a very good motivation to encourage people to take more exercise as walking exercise can be carried out at any time without equipment, so it is relatively easy for people to participate. Second, the government or relevant institutions should popularize the correct way of exercise. Although anaerobic exercise is beneficial to obtaining muscles, it needs aerobic exercise such as walking as the foundation, by which I mean the government and other institutions should promote and encourage people to combine aerobic exercise and anaerobic exercise to ensure people to achieve the real health.



3

Volkswagen (大众汽车) is looking into flying vehicles in China, becoming the latest automaker (汽车制造商) to probe (探索) the possibilities of personal air travel. Europe's largest automaker said in a statement on Tuesday that "vertical mobility (垂直移动)" could be the next step after self-driving technology. "Therefore we are investigating potential concepts and partners in a feasibility study (可行性研究) [in China] to identify the possibility to industrialize (使...工业化) this approach," it added.



Four Short Messages

Author/ Zhu Hongyi

1

Hollywood film *Godzilla Vs. Kong* has set a new global record for pandemic-era filmgoing (常去看电影的人). Takings (营业收入) have been more than \$385m (£205m) since opening two weeks ago.

The strong showing came despite continued limits on attendance (出席人数) in many places, bringing hope to an industry that has been battered (连续猛击) by the virus. The \$48.5m the film brought in during its first five days in the US outpaced (超过) the weekend debut (首映) of the *Godzilla* franchise's previous film.



2

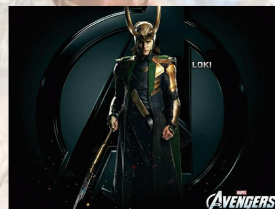
Game of Thrones (《权力的游戏》) is coming to the stage, with a theatre adaptation likely to be a major attraction in the West End and on Broadway (百老汇). The show will open in 2023 and depict (描述) a pivotal (关键的) gathering more than a decade before the events in George RR Martin's novels and the hit TV series. Some of the best-known characters from the epic (史诗) story will be involved.

4

Loki (洛基)'s latest battle is with Librcauraey (官僚机构) in the new trailer (预告片) for the forthcoming (即将来临的) Disney+ series about the God of Mischief (诡计之神).

In the trailer released on Monday, Loki finds himself in trouble with the Time Variance Authority (时间规划局) and tasked with fixing the problems he created.

The new series, set after the events of "Avengers: Endgame," debuts on June 11.



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The Causes and Influences of Establishing Particular Days

慈善机构经常给特殊的日子一些特别的名字,如“国际儿童节”和“世界禁烟日”。那么这些特殊日子的出现的原因是什么?它们有什么作用?

Author/ Xie Duanyi



Rituals and festivals form an integral part of every human society. Apart from traditional festivals that are set to commemorate historical figures or inherit culture, some other festivals are named by charities and have special significance. Personally, I believe the protection of disadvantaged groups and promotion of living conditions are the two reasons of establishing these festivals.

First of all, the reason why charitable organizations set up festivals is to protect the interests of vulnerable groups to a certain extent. For example, the International Children's Day was originally set up to fight against child abuse and poisoning, while currently the existence of this special day is more likely to protect children's rights of survival, health care, education and custody, so as to guarantee children's well-being. Besides, apart from the preservation of vulnerable groups, the establishment of special festivals also aims to enhance the awareness and living habits of general citizens. For example, National Non-smoking Day is set on May 31 every year, the next day of Children's Day, hoping that the next generation will be free from tobacco hazards(危险). It is widely accepted that tobacco dependence is a chronic disease, and the harm of tobacco is one of the most serious public health problems in the world. However, there is still a large proportion of people who are addicted to smoking in the world, and the purpose of National Non-smoking Day is to let more people reach a consensus on the fact that

smoking adversely affects the health and that tobacco is a drug.

The establishment of these festivals have had enormous positive impacts on individuals and society. First, the existence of special festivals has facilitated the enhancement of the life of disadvantaged groups. Even in this era when most of children have been able to get parents' care and refined education(高质量教育), children will also receive gifts and attention on Children's day, and most parents will spare time to take their children to amusement parks or other places, which can promote the family relationship. This is very beneficial to their growth as even when children grow up, Children's Day still left good memories in their hearts. Besides, the existence of festivals can promote personal health and social development. National Non-smoking Day let more people know that tobacco can impair almost all organs of the human body, and smoking cessation can effectively prevent or delay the progress of smoking related diseases, which contributes to a longer life expectancy. Furthermore, smoking cessation(戒烟) has significant economic benefits, which can greatly reduce the medical expenses and insurance costs caused by smoking.

In conclusion, it seems to me that protecting vulnerable groups and improving personal health are two positive meanings of setting up these festivals.

The man who has made up his mind to win will never say "impossible".

Two Mouths



Xie Duanyi:

Among all sorts of sports, I love playing badminton best. Whenever I play badminton, I always feel a sense of relaxation and excitement. In my spare time, I also watch the badminton game sometimes. Famous players like Lin Dan and so forth are so skilled at playing it, I often felt. However, my skills of playing badminton are not so good as well. In my own opinion, doing sports will make myself get out of the stress in the real life.



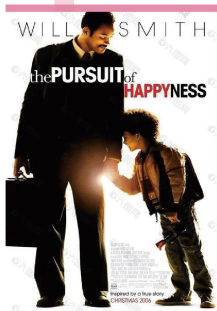
Song Chenghan

Hi, I am Chenghan. My favorite sport is tennis. The feeling of holding a tennis racket is just the same as holding a katana, methinks. The feeling of hitting a ball is so lovely that I can stop playing it once I start. Moreover, I have two skillful friends who are my teacher on it, and we often play it together, having a nice time, with sweat streaming down our back. But I signed for a 5-km race in the school sports meeting, which makes me kind of nervous, though I run 5 miles each day.

Pursuit of Happiness starring Will Smith and his son, adapted from the true story of Christopher Gardner, CEO of Gardner Rich & Co. Gardner was struggling with his income due to investment mistakes, unable to pay the rent, and even basic living expenses were a problem. His wife also abandoned him. He had to live with his son, and the chance for him to stand up was an internship opportunity at a well-known securities company, even if he can successfully become an intern, there is no salary during the training period, and only one of the 20 people can become a full-time employee. With the belief that he loves his son and pursues happiness, he stands up to the challenge.

Everyone has the right to pursue happiness, but is it really guaranteed that everyone can succeed in getting happiness? If you just dream in place and don't take action, happiness is just your daydream. Why can Gardner stand out and become a one-twentieth official? Because he has nothing, no retreat, and his motivation is stronger than anyone else. His mind is always worrying about the cost of the next meal. In order to be able to sleep in bed tonight, he must get off work early and go to church where a bunch of homeless people line up to get a free bed. For others, this company may be just one of many job opportunities, but it is Gardner's only hope. When you only have the last way to go, that's when your potential is maximized. You will be desperate like him and give it a go. Others just "want" to succeed, but he "must" succeed.

Because he has less time than others, he must think of more efficient ways to do things. Everyone is assigned a customer contact list, and they must call one by one to ask if they are willing to choose the company's financial management plan. After others make a call, they will hang up the microphone and then make the next call. Gardner keeps holding the microphone and directly after the call. Make another call, and an average call can save 8 seconds. There is no desk and electric light to study. He squeezed over the table in the church while reading while eating. After turning off the lights late at night, he leaned against the wall and used the tiny light outside the window to study hard. Time can be squandered for others, and it is good to have fun or be in a daze (发呆), but for Gardner, every second must be used wisely. In addition, others started asking questions from the managers of a company. He started asking directly from the most important and critical



Thoughts After Watching "Pursuit of Happiness"

Author/ Song Chenghan

key man: the CEO. Not only did he call and visit in person, he also worked hard to investigate the other party's family background and deliberately create unexpected meeting opportunities. Even if the business is not negotiated, he can still make friends, expand his network by going to the football game with the CEO, and get the opportunity to meet a bunch of senior business executives on the stadium.

Knowing that his academic qualifications are not as good as others, there is absolutely no chance for an interview, so he takes the initiative to block the interviewer at the door of the company, rushes to make a visit, impress the other party, and make the other know how persistent he is. What is Gardner's competitive advantage? It is his work attitude. Although he is not the smartest, he can choose to do the most active learning and the most willing to cooperate. The tasks or chores that no one wants to do arranged by the boss, he accepts it, taking it as an opportunity to learn.

There was a scene that impressed me very much. He took his son to the toilet in the train station for the night. After putting toilet paper on the floor, he leaned against the wall and his son fell asleep in his arms, but there were hurried knocks on the locked toilet door. He pressed the door with his foot, and began to sob slowly and silently. I can't forget his disappointed and helpless expression. Maybe he is thinking about never going back to the toilet for the night in his lifetime. That is the lowest ebb of life. When you sink to the bottom, there will be hope of rising. Only his beloved son and the determination to succeed are left in his life.

Sometimes the too favorable economic environment, too good living conditions and too much time make us lose our motivation to be motivated and hardworking and we don't know how to cherish time. You don't have to be as destitute and displaced as Gardner to know and reflect. We are lucky to have enough food and clothing. Whether it's living in a warm home or renting an exquisite small apartment, we need to know how to cherish and appreciate a good job. No one owes you a job, and you can only do your part in your job to repay the company and

your boss for their kindness.

In addition, no matter what your definition of happiness is, whether it is entering a well-known big company, starting a small business or pursuing a possible partner. I would rather go all out and fail than live in the regret of not taking action.

The love of parents in the movie also impressed me. When Gardner's wife carried her sleeping son upstairs and entered the room, Gardner always wanted to come and hug him in person. Later, his wife was afraid of waking the son and insisted on putting her son on the bed by herself. What moved me was that although the husband and wife had decided not to walk together anymore, they still had a lot of love for their son. There is a car advertisement with a similar scene: Although dad has already drove to the door of the house, in order to allow the sleeping children to sleep for a while, he deliberately makes a few more laps.



Even if life is unsatisfactory, parents will find ways to make kids feel less uncomfortable. In the film where Gardner took his son to the station to spend the night, he was obviously going to sleep in the smelly and dirty bathroom at night. He still made up the story of taking the time machine back to ancient times and telling his son to be a primitive man and find a cave to spend the night. Half-coaxed and half-coaxed to take his son to the toilet. Another Italian movie "Life is beautiful" describes the story of a Jewish concentration camp in World War II. The protagonist also uses jokes and stories to prevent his son from seeing the dark side of real life too quickly.

It really is a good movie full of humanity.



He sits no sure that sits too high.