



西北农林科技大学  
NORTHWEST A&F UNIVERSITY

# English Herald

英语导报

From Department of Foreign Languages



PUBLICATION NUMBER: XNKW014-01

Jun 30<sup>th</sup>, 2020

Issue No.93



夏至是中国传统二十四节气 (the 24 traditional Chinese solar terms) 中的第十个节气, 今年 6 月 21 日是夏至。有哪些自然现象和习俗典故是与夏至相关的呢? 一起来看看吧!

## Natural Phenomena and Folk Custom on the Summer Solstice

Author/ Xie Duanyi

Summer Solstice is the tenth of the 24 traditional Chinese solar terms. At this time, much of the northern hemisphere (北半球) receives the most hours of daylight, but it does not bring the hottest temperatures which will come only 20 to 30 days later. Now follow me to take a look at some natural phenomena and folk custom of the Summer Solstice.

### No.1 the most hours of daylight.

For the northern hemisphere, the Summer Solstice has the most hours of daylight during the whole year. When this day passes, the hours of daylight on northern hemisphere gradually decrease. The entire day in Mohe (漠河) in Heilongjiang province, located in the northernmost tip (最北端) of China, lasts nearly 17 hours when you include dawn, twilight and its afterglow (落日余晖). Summer Solstice is the best season for viewing the aurora (极光) in Mohe, "the sleepless town of China".

### No.2 upright pole with no shadows

Upright pole with no shadows is referring the phenomenon that upright things on the ground usually don't have shadows, which happens

at the noon of the Summer Solstice. Hani autonomous county of Mojiang, southwest China's Yunnan province (云南省墨江哈尼族自治县) is located on the northern tropic. Every year on the Summer Solstice, the sun sits directly over the Tropic of Cancer (北回归线) and moves from north to south. Then, the amazing phenomenon known as "upright pole with no shadows" occurs.

### No.3 eating the Summer Solstice noodles

As the proverb goes, "It's good to have dumplings on the Winter Solstice and noodles on the Summer Solstice." (冬吃饺子夏吃面) The noodles made from newly-grounded flour often taste better than usual, which also helps us to digest. People in different areas of Shandong province eat chilled noodles (凉面) on this day. Other people around China, including those in Beijing, also have a tradition of eating noodles.

### No.4 holding the dragon boat races

Holding dragon boat races is the traditions on the Dragon Boat Festival (端午节). But due to the local climate, dragon boat races have been

held on the Summer Solstice day in Shaoxing, Zhejiang province rather than on Dragon Boat Festival since the Ming (1368-1644) and Qing (1644-1911) Dynasties. This tradition is still in practice today, with all the attendant excitement.

### No.5 the idiom of "being afraid of one's own shadow" (杯弓蛇影)

A man named Du Xuan attended a banquet on Summer Solstice, where he mistook the shadow of a bow in his cup for a snake and he had to drink it out of fear. After the banquet, he felt chest pains and a bellyache (腹痛) and couldn't recover even after seeing many doctors. Finally, he found he had mistaken the shadow of a red crossbow (弓) on the wall for a snake in his cup and recovered. Later, people used this idiom to refer to people who are suspicious and frighten themselves.

Now summer is coming. Perhaps every one of us has special memories about summer. Are they sweet or bitter? Come and share with us your summer memory!

## What is sleep paralysis?

Sleep paralysis is a feeling that one is conscious while isn't able to move their body. It occurs during the alternating process of wakefulness and sleep. You mostly cannot move or talk, and even worse experience dyspnea (呼吸困难) or out of the body. The lasting time varies from tens of seconds to several minutes. And sleep paralysis could emerge with other sleep disorders.

Classified by time period, there are hypnagogic or predormital sleep paralysis (睡前睡眠麻痹) and hypnopompic or postdormital sleep paralysis (清醒前睡眠麻痹).

Classified by severity, there are common sleep paralysis and hallucinatory sleep paralysis (幻觉类睡眠麻痹).

What is the mechanism behind sleep paralysis? Experiencing this can be dreadful. The scary thing is that you are awake and aware of

## Sleep Paralysis

Author/ Xie Duanyi

surroundings, but the body is still paralyzed. So, there are things called ghosts on the bed or other supervisions. Actually, scientists have given an explanation.

In case of hypnopompic or postdormital sleep paralysis, to put it simply, the body alternates between REM (rapid eye movement) and NREM (non-rapid eye movement) sleep. Dreams occur during REM sleep, when muscles are turned off hence people don't act out their dreams and stay safe. So, if you wake up during muscle closure, you also go into what's called sleep paralysis.

What are the causes?

- Lack of sleep, like burring up the midnight oil or dealing with jet lag.

•Sleeping on the back. Researches have shown that among the observed who had sleep paralysis, 58% of them were sleeping on their back. Furthermore, this sleeping posture is often easier to fall asleep for those are prone to had sleep paralysis.

•Mental conditions like stress or bipolar disorder.

•Sleep disruption. •Use of certain medications.

•Traumatic event. •Genetic factor.

Ways to get out of sleep paralysis & treatments.

•Take a deep breath and inhale as much air as you can.

•Twist your fingers or toes.

•Turn the eyeballs quickly.

•Don't resist, just go with the flow. If you have pressure in your chest, go with the pressure.

Most people need no treatment for sleep paralysis. But if the symptoms become too serious, go to see doctors.

## Contact us

WECHAT: @NWSUAF-ENGLISH-RADIO

TEL: 029-87092037

EMAIL: englishherald@163.com



QQ: 542078782

ADDR: N7302 Dept. Foreign Languages

加入读者交流群, 参加每周一期的英语角, 还有更多精彩活动等你!

In me the tiger, sniffs the rose.

Interviewer: Zhu Hongxi

Interviewee: Wang Zejin

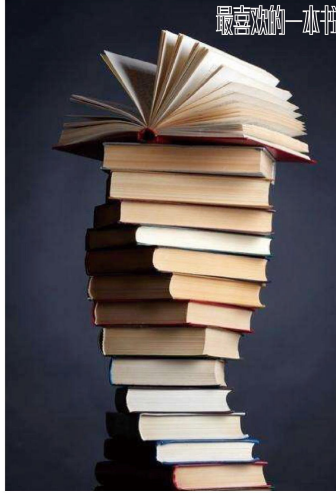
Q: Would you like to share your favorite book?

A: Thanks for your invitation, the book I'm going to introduce to you today is *George Orwell's 1984*.

Q: Can you introduce something about this book?

A: The novel "1984" was written by George Orwell in 1948, describing a post-war virtual world in 1984. Since the author is writing in the political context of the time, there are many predictions or reflections in the book. The novel is about life in a country under the control of British Socialism, which keeps society going by controlling behavior, snooping on people's privacy, maintaining a cult of personality towards leaders and hatred of enemies domestically and abroad. People are getting poorer by the day, but people are absolutely loyal to the party. The protagonist—Winston—is a person working in the party system. His daily work is to correct the improper words said by "Big Brother". He became a "prisoner" because of his relationship with another party member, and after undergoing ideological transformation he became a "pure thinker."

## My Favorite Book



Q: Which character do you like best?

A: Of course, the protagonist. Winston has obvious characteristics of modernism, such as independence and freedom of will, but there are also many fatal points, such as weak action power and lack of resistance.

Q: Which part of this novel is the most shocking?

A: For me, the most shocking section is "War is peace, freedom is slavery, ignorance is strength." People knew that war and peace, freedom and slavery were the opposite, but they chose by default to accept and believed in it. It runs through the book, and all the events are described around this idea.

Q: Why do you think this book is worth reading?

A: The book commend itself to me. It makes us understand that depriving truth means depriving dignity and defending truth means defending the right to freedom. The protagonist of the novel has faith and does not accept slavery or blindness, just like a beam of light in the dark. I think we should be firm in our belief in daily life and cannot be compromised by the environment.

Author/ Song Chenghan

阿斯巴甜

——食品界的革命产品还是定时炸弹?

## Aspartame



Aspartame, as an important sweetener, is widely used in pharmaceutical and food processing. It is an important sweetener in Coke Zero (可口可乐零度, 无糖), which is loved by both coke fans and bodybuilders (健美爱好者). Also, it is a substitute for the sweet taste of sugar in diabetics (糖尿病患者). It did revolutionize the food industry, but it was controversial from the moment it was born. Today, let's take a closer look at aspartame.

### 1. Birth

In December 1965, when Schlatter, an American, was synthesizing the tetrapeptide compound ghrelin (四肽化合物, 促胃液激素) for biological analysis, the intermediate, aspartame, splashed on Schlatter's hand. Knowing that the amino

acid mixture was non-toxic, he was not busy washing his hands immediately. Later, when he licked the finger to get a sheet of weighing paper, the dipeptide (二肽酯) tasted sugary. That's how aspartame was discovered.

### 2. Advantages

Aspartame is a natural functional oligosaccharide with high sweetness, non-deliquescent (不易潮解) and non-decayed teeth (不致龋齿).

It is edible for diabetics (糖尿病患者). Aspartame can be added to drinks, pharmaceutical products or sugar-free gum as a sugar substitute because of its low calorie content and high sweetness. 1 g of aspartame can release about 4186 kJ/kg of heat, and 2.8 mg/dl of aspartame can make people feel sweet, so the heat generated by a small amount of aspartame can be ignored.

Also, it has a crisp, sucrose-like sweetness that lacks the bitter, metallic taste often associated with other artificial sweeteners (人造甜味剂).

### 3. Controversy

I. Diet soda (无糖饮料) consumption has been linked to stroke (中风) and other cardiovascular diseases (心血管疾病).

In one study, volunteers were followed for more than nine years. About 900 of the participants reported never drinking any diet soda, while about 160 reported drinking at least one or one can of diet soda per day. The results showed that diet soda and salt intake were associated with a very high risk of stroke, including heart attacks and other fatal cardiovascular diseases.

II. Effects on vision and nervous system

Since 1988, several aviation safety newspapers around the world have warned passengers not to take aspartame before flying. After the pilot eats aspartame, the vision suddenly becomes

fuzzy, eyes suddenly get black, cramping and other symptoms.

In 1995, at least five American Airlines pilots died after aspartame was consumed by a Stoddard, New Hampshire, pilot who suffered a cockpit seizure (癫痫). One died during the flight, one drank diet soda, and some pilots lost their pilot's license because of aspartame seizures. In 1992, the Air Force warned its pilots not to fly after eating aspartame.

Aspartame has been linked to Parkinson's disease (帕金森症), memory loss and Alzheimer's disease (阿尔兹海默症). This may have been the main cause of Reagan (里根总统)'s Alzheimer's disease.

III. Aspartame can cause adverse effects on the mother during pregnancy (妊娠期) and even in the fetus (胎儿).

Public health experts in Britain are now urging pregnant women to avoid aspartame, including food and drinks containing it, in order to ensure the health of their unborn child, because of the range of health risks that premature delivery can pose, not to mention the staggering costs of medical treatment.

The researchers found that:

A. Women who drank one diet soda per day during pregnancy had a 38% increased risk of having a childbirth reaction (分娩反应) at week 37.

B. Drinking four bottles/cans of diet soda a day increased the risk of premature birth (早产) by 78 percent.

C. There is no evidence that drinking sugary drinks causes premature birth.

### 4. Conclusion

Despite the FDA's statement that aspartame is safe to use, it has not been definitively linked to migraines, cancer and other diseases, and further research is needed. Therefore, to ensure safety, long-term excessive consumption of aspartame in daily life is not recommended.





## Recommended Books

Wang Wanze

The novel I'm reading at the moment is a real page-turner. I just can't put it down. It is *The Legends of the Condor Heroes* (《射雕英雄传》), a martial arts novel written by Jin Yong. I got completely immersed by the martial arts fantasy, the history, and the romance he described. I was moved by the character's life experience, which set me thinking about the complexity of human nature. Although this story was largely known through the TV adaptations, the original book still retains a powerful hold on the imagination.

Wang Ziyue

Human Weaknesses. What gave him life was Dell Carnegie, known as the greatest mentor of the 20th century, master of success, and father of modern American adult education. Over the years, he has used a large number of ordinary people to continuously strive for success stories. Through speeches and books, he has evoked the fighting spirit of countless lost people, which has played a great role in their success. This book was written on the basis of his practice. For everyone, exactly their character, quality of ability, personality differences, depth of experience, deep in their hearts, are eager to be praised, understood and affirmed, this is human nature. This also tells us again: Don't mean to appreciate others, but must be sincere and heartfelt. Try to do it this way: Please remember the advantages of each friend, and do not praise these advantages in your interactions. Over time, who would not like to be your friend?

Xie Duanyi

*Born a Crime* (《生而有罪》) is a book about racial segregation and great maternal love, which is my favourite during my quarantine period at home. The book is written by Trevor Noah, a monologue comic talker and television presenter. Though Noah enjoyed some privileges of the region's slow Westernization, his formative years were shaped by poverty, injustice, and violence. Reading the book makes me realize the phenomena of inequality in South Africa. Also, it touches me deeply when I see Noah's mother—a great woman, never gave up her life whenever how tough it is.

Zhu Hongxi

I recommend the vocabulary book called *Word Power Made Easy*. This book does more than just add words to your vocabulary. Differentiating from domestic vocabulary books, which just present you with the words and the meanings, it teaches ideas and a method of broadening knowledge as an integral part of the vocabulary building process. Great emphasis is placed on the analysis of the roots and etymology of words. By learning the prefixes, roots and suffixes, you can understand the structure and constituent elements of words, and build up the concept of word formation. Anyway it's a great book and the gains will be fruitful when good use is put into it.

Song Chenghan

### *Murder on the Orient Express*

Agatha Christie tells the story of how the Orient Express was brought to a halt by a heavy snowfall just after midnight. The luxury train was full. But one passenger was found missing that morning. An American died in his box. He was stabbed twelve times, but the door of his box was locked from the inside.

As the gradual thorough a case, the truth emerges gradually below the thought of bright in Poirot finally. This is a collective murder. Since there are many people involved, there must be a common motive, so the cruel and sad story behind this murder unfolds before us—kidnapping, murder, shocking society, suicide, escaping justice, revenge for a loved one.

Each of the twelve judges was a member of the miserable Armstrong family, a governess, a housemaid, or a chauffeur. It's the trial of an unsound legal system, the trial of humanity. I was moved by Poirot's cover in the end. After all, not every story of humanitarian revenge at the cost of sacrifice has a happy ending when the truth is revealed.

Zhu Ruiyang

### *The Progress of Love*

Like a subtle riptide, flowing through your mind, this collection of short stories of Alice Munro, portraying the lives of villiages in Canada, tells the fable of life conditions, the irreversible impacts of family of origin, and to the core—the recipe of love.

It tells a divorced woman returns to her childhood home where she confronts the memory of her parents' confounding yet deep bond. The accidental near-drowning of a child exposes the fragility of the trust between children and parents; A young man, remembering a terrifying childhood incident, wrestles with the responsibility he has always felt for his younger brother. In these and other stories Alice Munro proves once again a sensitive and compassionate chronicler of our times. Drawing us into the most intimate corners of ordinary lives, she reveals much about ourselves, our choices, and our experiences of love.

## A Recipe for

## a Healthy Snack

Author/ Wang Wanze



Hello my friends! It is 3 p.m. now and it's time for the munchies(小点心). We tend to grab the most convenient thing in our pantry which is often a cookie or a bag of chips. So, it's just as important to have healthy snacks around as not to have junk food.

Now, I am going to share with you how to make my favorite dessert and snack—energy ball! They are healthy snacks that could be made right at home. They are more wholesome and will help to keep you energized throughout the day. If you are new to the concept of energy balls or you don't know what I'm talking about at all, let me explain. Energy balls are nut and date-based snacks so you basically blend them up in a food processor. You can add all sorts of flavors and you turn them into little balls. I love adding these balls to my healthy snacks series because they fit all my requirements. They've got healthy fat, they've got protein and they are so tasty! It's a smarter approach to snacking with a little planning ahead. Now, Let's dive in.

Today our recipe is banana bread energy balls. These balls taste like little bites of banana bread but there is no bake and super easy to make. First, add two cups of quick-cooking oats to a food processor along with a medium to large-sized banana. Then add one cup of pecans and dates, one teaspoon of honey, one teaspoon of peanut butter and a quarter teaspoon salt. At last add the lid and blend for 30 to 40 seconds.

Once your texture is mostly fine like a dough, use a medium scoop to scoop out and roll it between your hands. It will be a bit of soft and sticky when you first take them out but these will continue to dry. When you roll them, you could use quick-cooking oats or sesame to help you, but that is totally optional. After that, refrigerate them for 10 minutes just to help them firm up. Then, enjoy them as a healthy bite.

They only require a few simple ingredients plus there's no cooking involved. You could store them in your freezer or bring as a gift to your friends. Do you want to try it? Now, get started!



Historical dramas and contemporary television might be today's peanut butter and jelly. The two just seem to go hand in hand, and there are so many choices -- both in terms of historical shows and places to find them -- that they almost feel ubiquitous and an obligation for the networks rather than a construct formed of art and passion. That's not to say that *The Crown* isn't exceptionally good, but it's exceptionally likely, to get lost in the noisy, sprawling shuffle of choices at the general public's fingertips. The show, which takes place in a relatively "contemporary" era in the post-World War II timeframe, differs from so many others that turn the clock back significantly farther and by extension offers a somewhat more tangible, familiar recreation of history. Created by Peter Morgan, who wrote the wonderful *The Queen* (also centered around Elizabeth II), the show is, as superficially trite

The Crown serves not simply as a primer on post-World War II British history but also, and much more richly detailed, a character study of

value on low grade complimentary pieces. The Crown indulges the mind, and the eyes are still treated to a gorgeous, impeccably crafted visual masterpiece.

The show's indulgences come not by way of carnal excess or violence but rather in the firm lavishness of its production. The show boasts an incredible eye for detail and organically transports the viewer into its time, alongside its characters, to better appreciate the unfolding drama and emerging character qualities that are more organically presented under the striking attention to detail. What makes it even more impressive are the varied locations and the seamless transition from one place to another, even in lands far away, and the creative talent has ensured that any transitions come seamlessly. The show is further enhanced by a bevy of first-rate performances that organically evolve with and define the narrative presentation. There is much subtlety in presentation of character, not simply in crude dialogue and costuming, that accentuates the finer qualities



as it may seem, a powerful, gripping telling of recent British royal and political history that is poised to join the ranks of television's finest.

Official synopsis: The British Empire is in decline, the political world is in disarray, and a young woman takes the throne...a new era is dawning. Queen Elizabeth II is a 25-year-old newlywed faced with the daunting prospect of leading the world's most famous monarchy while forging a relationship with legendary Prime Minister Sir Winston Churchill. 'The Crown,' created by Peter Morgan, explores the Queen's private journey behind the public façade with daring frankness.

modern royalty and the world around modern royalty. The show certainly builds around fairly basic maneuverings and historical high points, but it's rather in the smaller details where the show finds its soul. As dense as it may be as a fully realized vision of its time, *The Crown* excels within its more intimate details and character qualities that are certainly influenced by the broader, larger events but those are, in turn, truly realized and understood through the finer intricacies as they are experienced and understood by the characters. The show works in a rewarding, harmonious balance of narrative drivers and character qualities, building them side-by-side and exposing them in tandem as they're forever entwined and complimentary, for better or for worse. The show further proves agreeable and fruitful for its balanced, even-keeled approach that accentuates necessary details rather than indulge in frivolous side escapes and excesses meant to entice and entertain, not tell the story. That's something of a rarity in a modern TV landscape that puts high



and builds upon core, large-scale events with equally grand and critical undercurrent character building and exploration. The show's precision comes nearly unmatched.

## Discover the Consoling Imagination of Hayao Miyazaki

Author/ Wang Ziyue

HAYAO MIYAZAKI has spent his career conjuring up fantastical worlds full of outlandish creatures. "Spirited Away" (2001), which won an Oscar for the best animated film, is set in a magical realm ruled by a bejeweled witch and populated by talking frogs, gnomes made of soot and a vaporous creature who emits gold nuggets from his fingertips. Amid today's pandemic, one feature of Mr. Miyazaki's escapist movies is particularly intoxicating: his obsession with flying.

become more earthbound with age, but as an adult Mr. Miyazaki thought up a squadron of wondrous flying machines with designs that embody their pilots' personalities. "Castle in the Sky" (1986) features a rag-tag family of pirates who buzz around in "flaptors", contraptions with transparent, flapping wings that resemble



giant mosquitoes.

In these animations, flying is about more than ingenious designs and sumptuous images. It also provides Mr. Miyazaki's deepest metaphors, standstake Mei and Satsuki, the young sisters in "My Neighbour Totoro" (1988) who have just relocated with their father to rural Japan. Exploring their new home, they discover a tubby woodland spirit in the roots of a camphor tree. A benevolent presence, Totoro soars above the countryside on a spinning top and takes the girls along for the ride. Gradually, as it emerges that their mother is gravely ill, these adventures seem more than mere flights of fancy. They are a form of solace.

Determined to find her way in the world, she sets up a courier company to profit from her ability to fly. But when business slows and she suffers her first bout of boy trouble, she loses heart and her powers of levitation, too. "We fly with our spirit," she says as she tries to restore her confidence, take to the skies and get her life going again. Sound familiar

Flight is in Mr. Miyazaki's blood. He was born in 1941 in Tokyo. He whiled away boyhood hours inventing his own aircraft; at night he dreamed of gliding above the city. Most imaginations

A cat may look at a king