



美国小学爆发致命枪击案

Zhu Hongyi

The National Rifle Association on Wednesday said its "deepest sympathies" are with the families and victims of the Uvalde, Texas, elementary school massacre — the latest in a series of mass shootings that gun-control advocates have blamed on loose firearm laws. The NRA's comment came a day after an 18-year-old gunman armed with an AR-15-style long rifle killed 19 children and two teachers at Robb Elementary School. It also came two days before the powerful gun rights advocacy group hosted its annual meeting in Houston.

1. sympathy /'sɪmpəθi/ n. 同情
常见搭配: one's sympathies are with sb. / one's sympathies go out to sb.
对……表示同情或慰问
2. massacre /'mæsəkər/ n. 大屠杀
3. mass shooting 大规模枪击事件
4. arm sb. with sth. 用……武装……
He armed himself with a baseball bat and went to investigate the noise.
他抄起了一根棒球棍, 走过去看看是什么发出的动静。
7. gun rights 持枪权

民宿巨头 Airbnb 退出中国大陆

Zhu Hongyi

Airbnb is closing its domestic business in China, according to two sources familiar with the matter. All Chinese mainland listings — homes and experiences — will be taken down by this summer. Airbnb formally launched its Chinese mainland business in 2016 and has faced mounting competition from domestic players. Despite in-country branding and putting Airbnb cofounder at the head of efforts, stays in China on the platform have accounted for approximately 1% of revenue for the last few years.

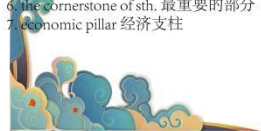
1. close /klaʊz/ v. 永久关闭业务 (close down); 关上
2. take down 去除, 拆除; 下架
The site appears to be taken down.
这个网站似乎已经下线了。
3. launch /lɔ:ntʃ/ v. 发布
launch a product 发布产品
launch a business 开展业务
4. put sb. at the head 让某人担任负责人
5. account for 数量或比例上占……
African-Americans account for 12% of the US population.
非洲裔占美国总人口的 12%。

拜登上任后首次出访亚洲, 每天都在“搞事情”……

Author/Zhu Hongyi

US President Joe Biden, on his first trip to Asia since taking office, commended Prime Minister Fumio Kishida's determination to strengthen Japan's defence capabilities. Separately, Japanese public broadcaster NHK said that Biden supported Japan becoming a permanent member of the UN Security Council. The cornerstone of Biden's visit, which includes meetings with the leaders of Japan, Australia, and India in the "Quad" group, will be the launch of an Indo-Pacific Economic Framework, a broad plan providing an economic pillar for US engagement with Asia.

1. take office 就任, 就职
go to take office 走马上任
Zi Lu then said to the family, "Not to take office is not righteous." 子路曰: "不仕无义。"
2. commend /kə'mend/ v. (公开) 称赞, 赞扬
She was commended on her handling of the situation.
她因妥善处理了那个局面而受到表扬。
3. determination /dɪ,tər:mɪ'neɪʃ(ə)n/ n. 决心
sb's determination 某人的决心
determination to do sth. 关于某事的决心
4. strengthen some capabilities 加强某方面的能力
strengthen physical capabilities 增强体力
strengthen research and development capabilities 加大研发力度
strengthen defence capabilities 提高防御能力
5. a permanent member of the UN Security Council 联合国安理会常任理事国成员
6. the cornerstone of sth. 最重要的部分
7. economic pillar 经济支柱



Contact us

- WECHAT: @NWSUAF-ENGLISH-RADIO
- EMAIL: englishherald@163.com
- ADDR: N7302 Dept. Foreign Languages
- TEL: 029-87092037
- QQ: 653420006

加入读者交流群, 参加每周一次的英语角, 还有更多精彩活动等你来

扛
稻
给那原身影、画、字, 费率测笔

Pursue a Healthy Life Based On Suitable Diet

Author/Li Min

Recently I am reading a book called the concepts and debates of nutrition. Under a tide that more and more individuals chasing healthy and nutritional life in 2000s especially in China, it is natural for us to master some relevant knowledge. And I have some thoughts about this book to share with you.

It is extremely impressed me on how to design a balance diet. Now we introduce a conception- nutrients that is necessities for our baby to function well and cells to steady grow. It commonly refers to six kinds of substances, carbohydrates, fat, protein, water, mineral substance and vitamins. A healthy and scientific diet is supposed to design according to the kind and proportion of these six parts. The principle is that the energy you equals burning. It doesn't matter if you go outside to enjoy a high caloric meal once or twice a week.

It is surveyed that many diseases could be prevented just by paying attention to our daily diet. It is cost - efficient when you have to spend a great deal of money on medical treatment. There is also a traditional treatment in China called dietary therapy including taking Chinese herbal medicine. Let us tailor a suitable diet for ourselves and our cherished people. Diseases will go far from us.



世事漫随流水，算来一梦浮生

Author/Zhu Hongyi

今日一语

Man's affairs are like the flow of floodwater,
A life is just like floating in a dream.

—Last Night the Wind and Rain Together Blew (Crows Crying at Night), Poet, Li Yu
世事漫随流水，算来一梦浮生。

——《乌夜啼·昨夜风兼雨》李煜，诗人

拓展

①明喻 (simile), 指将两个不同但有共性的事物进行比较。常见的连接词有like, as, as if, resemble, similar等。

Marriage is like a beleaguered fortress: those who are without want to get in, and those within want to get out.

婚姻就像一座堡垒：外面的想进去，里面的想出来。

Beauty is as summer fruits, which are easy to corrupt and cannot last.
美，就如夏日的水果，容易腐烂，很难保鲜。

——弗兰西斯·培根

②暗喻 (metaphor), 指直接将两个不同但有共性的事物进行比较。

You are my sunshine.

你就是我的阳光。

She is the apple of his eye.

他是他眼中的苹果，心中挚爱。

All the world's a stage, and all the men and women merely players; they have their exits and their entrances...

世界就是一个舞台，所有的男男女女只不过是演员而已；每个人都有上场的时刻，也有下场的时刻……

Some books are to be tasted, others to be swallowed, and some few to be chewed and digested.

书有可浅尝者，有可吞食者，少数则须咀嚼消化。

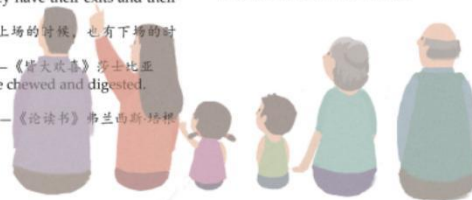


今日一语

写作中修辞手法的运用既能为我们平白的语言增光添彩，又能化抽象为具体，化具体为抽象，帮我们更好地理解事物的概念。

——《墙头红杏》莎士比亚

——《论读书》弗兰西斯·培根



Live well, love lots, and laugh often.



Chinese vice premier reiterates dynamic zero-COVID policy

Author/ Xiao Zeping



BEIJING -- Chinese Vice Premier Sun Chunlan on Monday reiterated the country's adherence to the dynamic zero-COVID policy and called for efforts to consolidate hard-won achievements in fighting COVID-19.

Sun, also a member of the Political Bureau of the Communist Party of China Central Committee, made the remarks at a teleconference of the State Council on COVID-19 response.

An outbreak should be stamped out as soon as it is detected to ensure the epidemic is manageable and controllable, said Sun.

She urged agility in epidemic monitoring and early warning, and stressed the availability of

nucleic acid testing within 15 minutes' walk in big cities.

Highlighting preparedness in terms of quarantine centers and makeshift hospitals, Sun said that such facilities must be built to a high standard so that they can be put into use within 24 hours when necessary.

Precaution measures for COVID-19 should be part of the daily routine at construction sites, schools, nursing homes and old urban areas, among other places, Sun said, urging continuous efforts in promoting vaccination among senior residents and other vulnerable groups.

language points

1. reiterate v.反复地说,重申
2. adherence n.坚持;遵守;遵循
The teacher demanded adherence to the rules.
老师要求(学生)遵守纪律
3. teleconference n.电话会议;远程会议
4. be stamped out 绝迹;被铲除
Extremism and terrorism neither breed in a day nor can they be stamped out overnight.
极端主义和恐怖主义不是一天就出现的,也不会一夜之间就被铲除。
5. vulnerable groups n.弱势群体
6. makeshift adj.临时替代的;权宜的
7. nucleic acid testing 核酸检测



Shanghai schools reopen for students from Grades 9, 11 and 12

Author/ Xiao Zeping

Grade 11 and 12 high school students in Shanghai can return to school starting on June 6, and Grade 9 students can do so starting on June 13, the Shanghai Education Commission announced on Thursday.

College entrance exams in Shanghai have been postponed from June to July due to the COVID-19 local wave in the city, with the former now scheduled to take place from July 7 to 9 and the latter from July 11 to 12.

Yang Zhenfeng, deputy director of the commission, said that students' health and safety will be prioritized when offline classes resume. For example, thorough disinfection and cleaning will be carried out multiple times before students return to their campuses. Nucleic acid testing workers will be stationed at each school and epidemic prevention materials that can last at least a month will be stored at each school.

Authorities have required students to take an antigen test before going to school as well as a nucleic acid test before leaving school on a daily basis. Students will also need to have their body

temperature measured twice a day at school.

"Grid management will be implemented on campuses. This means dividing different grades, classes, and school function areas into grids so as to minimize the risk of infection," said Yang.

He noted that students can also opt to live in school from Monday to Friday and go home on weekends. Offline classes, he added, are optional, and students can continue taking online classes and preparing for the exams at home.

Students in other grades at middle and primary schools will continue with online classes till the end of this semester. Schools can arrange for these students to return to school once before the end of the semester for purposes such as graduation ceremonies for Grade 5 pupils.

Shanghai registered 48 local COVID-19 confirmed cases and 290 asymptomatic infections on Wednesday. Thirty-one cases were previously asymptomatic. All infections were found within quarantine and lockdown populations.

Language points

1. opt to 选择
2. implement v.实施;执行;贯彻;使生效
With the implementation of the "Internet Plus" strategy, the Internet is certain to be integrated with more traditional industries.
随着“互联网+”战略的深入实施,互联网必将与更多传统行业进一步融合。
3. postpone v.延期,延迟;延缓
A court spokesman told journalists the court decided to postpone the hearings because some witnesses were unable to attend.
一位法庭发言人对记者说,由于证人无法参加,法庭决定推迟开庭。
4. asymptomatic infections 无症状感染者
5. Grid management 网络化管理

加入
群可
弹喷

QQ群
65342



3
1
1
1

欢迎
英语
社群
活动:
7388





读者
了解

扫码：
0006



In the mere pursuit of efficiency, the algorithms of food delivery apps have driven their delivery men into a relentless race with time. But before they receive a higher commission, these stressed young men who run away from rural towns to seek a future in big cities end up facing a rapidly growing death rate. This is but another cold fact of development that was recently brought to our attention by an investigative report.

I believe after reading the story, many of you have the same conflicting feelings as I do. We instantly feel for the delivery boys who represent the country's hardest-working people and yet we also understand the logic of "the faster, the better" and that the intense market competition that drives it is an indispensable engine that fuels our economy. This will not be the last case of its kind. The era of artificial intelligence will see a constant outbreak of conflicts between the human and the technological side of modern society.

"Algorithms have no values," said one of our generation's most successful entrepreneurs. He's right. But companies have values. I'm not saying that efficiency should completely give way to moral concerns, but when algorithms are on the edge of reducing men into tools, shouldn't humanity be guarded by at least

answering to some human needs?

In the case of food delivery, for example, shouldn't the traffic lights, the unanswered calls and the busy elevators be taken into consideration when algorithms are designed to calculate time?

Sadly, instrumental rationality is given an ever-greater weight in our society. Men are increasingly willing to do whatever it takes to achieve a goal.

The rising death rates

有一名外卖小哥死伤! 是谁在

26 澎湃新闻

新闻见习记者 李佳蔚



思考

加入
角交
了解

点赞
36355



The most walkable city

Author/ Li Min

The world's most 1) walkable cities include London, Paris, 2) Bogotá and Hong Kong, according to a report.

Researchers at the Institute for Transportation and Development Policy (ITDP) said making cities walkable was vital to improve health, cut climate-heating transport emissions and build stronger local communities and economies.

However, they said very few cities overall gave pedestrians priority and were dominated by cars. The report found US cities ranked particularly low for walkability due to urban 3) sprawl. Among cities with more than 5 million inhabitants, only Bogotá in 4) Colombia was in the top five for all three measures. The first measure assessed the proportion of people living within 100m of a car-free place, such as parks, pedestrianized streets and squares. The second measure looked at the proportion of people living within a kilometre of both healthcare and education.

The average size of city blocks was the third measure, as smaller blocks make it easier for people to walk directly to their destinations without 5) detours around large buildings. The report includes evidence that places where walking is easier and safer have lower air pollution, less obesity, more children's play time, fewer road deaths and better performing local businesses, as well as reduced inequality.

"People will use the 6) infrastructure that you give them and because we've built cities for cars, everyone wants to drive around," said Reich, an ITDP researcher. "But if we were to start building cities for people to walk in, people will change their behaviour and will live longer and happier lives."

1. walkable adj. 适于步行的; 可以走去的

2. Bogotá 波哥大

3. sprawl v. 伸开四肢坐; 蔓延

n. (城市) 杂乱无序拓展的地区; 四肢摊开的姿势; 随意扩展, 蔓延物

4. Colombia 哥伦比亚

5. detour n. 绕路, 便道 v. 绕路而行

6. infrastructure n. 下面结构; 永久性军事设施; 基础设施

of delivery men have only foreshadowed greater moral sacrifices to be made. It's time we avoid treating each other as "tool



Would you wait for a few more minutes?

Author/ zhu Hongyi

man". Only then can we truly make some space for the value rationality, namely the indispensable part that makes us human.



One hour today is worth two tomorrow.