Amazing: 5 ways to lose weight!



Do you want to keep fit and slim? Do you want to lose weight just by eating food healthily without chemical medicines, surgery or high intensity exercise? It is not a dream. Here, I'd like to introduce 5 effective ways to help you lose weight more safely and efficiently. In a word, let us eat food healthily and lose weight happily!

By: Lin Xue 120112102 Class 2

Are you worrying about the flab in your cute belly? Are you anxious about the jeans you're no longer fit into? Do you want to attract more attention in summer streets? If your answer is ' yes ', then you may make up your mind to lose weight. The beginning always be tough. You may try chemical medicines even liposuction surgery, but does it worth? Maybe not. You may be

intended to work out, but that doesn’t always work if you don’t have scientific methods. It could make you eat more and become fatter and fatter. You may benefit a lot if you follow the tips given as following.

1. Don’t skip meals.

You should eat 3 meals a day normally. Eating less doesn’t mean that you can lose weight easily. The point is how many calories you consume and how many you absorb. If the former more than later, then you have a chance to lose weight, or you may be fat again. All in all, skipping meals is not a wise choice.

2. Keep a food journal.



It is good for you to have a record for what you eat everyday, which is more convenient for you to calculate their calories. It’s also a good way to supervise oneself and prevent us from high calories diet.

3. Don’t guzzle calorific drinks.

Not only cakes, chocolate and biscuits, but also improper drink can make you fat. Water is free from calories, fat, sugar, salt and additives. A 250 ml glass of skimmed milk contains just 83 calories. If you want fruit juice, make sure you’re buying juice without added sugar. Anyway, it’s quite different from fresh fruit. Stay away from fizzy carbonated beverage, which are packed with calories, and contain a sugar and acid combo which is also harmful to our teeth. It is said

that drinking one can of fizz every day may be all that it takes to gain a stone in a year. That is horrible! So, if you are on a diet, lemonade or soda water can be a better choice.

4. Choose fresh and light food and fruit.

People always restrict calories. Actually, if you are on a diet, you'd better absorb 1000-1500 kilo calories which turn out to lose 0.5-1 kilo. Instead of high fat meat, such as pork, beef, you should eat fish or chicken which is low-fat. Bean products also work. Eat more cereal, fruit, vegetables which are rich in fiber, they can make you feel full easily. Furthermore, you'd better eat fresh fruit everyday, fruit and vegetable salad is delicious and healthy.

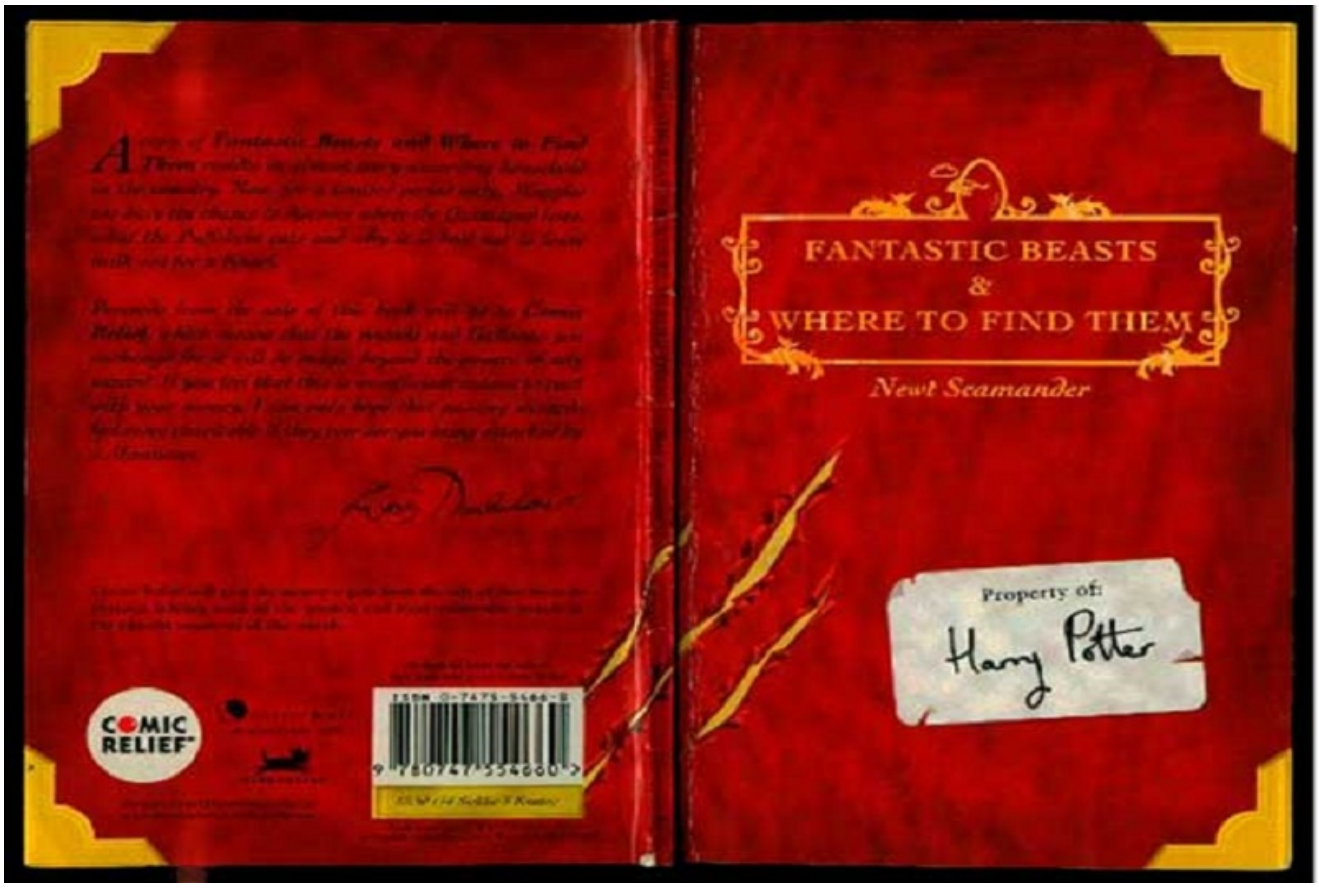


5. When you are full,stop eating no matter how delicious it is.

Last but not least, delicious food are always attractive, if you want to lose weight, you'd better control yourself, overeating is the enemy of your slimming plan. So just stop and say 'no' to the tasty food if you are full.

Losing weight is a long journey, tough but don't give up, keep going then you will find a beautiful world. No matter you succeed or not, you deserve it! If you want to get more information,please click here!

Fantastic beasts in a fantastic world



Today I want to share an interesting book with you. The name of this funny book is Fantastic Beasts and Where to Find Them. It is written by J.K.Rowling and she chose a really special way to write it. There is a note "Property of: Harry Potter" on the cover and the writer's name is Newt Scamander rather than Rowling.

By: Zhang Yarou 110909237 Class 2

Why the cover like this? Open the book then we can find the reason. The thing is Rowling created a person named Newton Artemis Fido Scamander to write this book. In this book, Newton "Newt" is an expert of fabulous beasts, his interest in this part was encouraged by his mother, an enthusiastic breeder of fancy Hippogriffs. After graduation from Hogwarts School of Witchcraft and Wizardry, he joined the Ministry of Magic in the Department for the Regulation and Control of Magical Creatures.

Newt has visited lairs, burrows, and nests across five continents, observed the curious habits of magical beasts in a hundred countries. This book represents the fruit of many years' travel and research. Till now *Fantastic Beasts and Where to Find Them* is in its fifty-second edition (previous editions absolutely only published in the magic world) and it has been an approved textbook at Hogwarts School of Witchcraft and Wizardry ever since its publication.

This edition is a duplicate of Harry Potter's own copy of Fantastic Beasts, complete with his and his friends' informative notes in the margins. The best part is twenty percent of the retail sales price less taxes from the sale of this book will go to the fund set up in Harry Potter's name by Comic Relief U.K. and J.K.Rowling. This fund was designed specifically to help children in need throughout the world.

In the introduction, Newt explained some questions to readers. First one is what is a "beast"? In the history of wizards, they had holden meetings three times to defined "beasts". At the very beginning, they decreed that any member of the magical community that walked on two legs would henceforth be granted the status of "beings", all others to remain "beasts". Goblins, pixies and fairies made crammed the meeting hall and everything was in a mess. Then they redefine "beings" were those who could speak the human tongue. But Trolls, ghosts and Jarveys can also speak human tongue, the meeting became a disaster again. Finally, they decreed that a "being" was "any

creature that has sufficient intelligence to understand the laws of the magical community and to bear part of the responsibility in shaping those laws". Thanks to this, we now have a clear definition to "beings" and "beasts".

The second question is why don't Muggles notice these creatures. Well, some species have their own effective means of camouflage, like the Tebo, the Demiguise, and the Bowtruckle. Some beasts, due to cleverness or innate shyness, avoid contact with Muggles at all costs, as the unicorn, the Mooncalf and the centaur. Other magical creatures inhabit places inaccessible to Muggles. Some creatures are just to small to be seem. Those beasts don't fit with above situations manage by the Department for the Regulation and Control of Magical Creatures.

Have more interesting in fabulous beasts? Just read the Fantastic Beasts and Where to Find Them. It recorded 75 species fantastic creatures, you will have a deeper realize of the magic world in *Harry Potter*.

Hot pot not a pot !

The hot pot, when first heard the name, many foreign friends may not understand, the pot can also be used to eat? It is hard to imagine. Now, let's explore the true face of it.

By: Yi Wang 134302149 Class 2

Hot pot called "antique soup"in the ancient china, it named of the "thump" sound, when a feeding into the boiling water. And now it also called chafing dish .As a Chinese original food,hot pot has a long history and the rich cultural connotation .

The Chinese hot pot boasts a history of more than 1,000 years. While often called “Mongolian hot pot”, it is unclear if the dish actually originated in Mongolia. Mongol warriors had been known to cook with their helmets, which they used to boil food, but due to the complexity and specialization of the utensils and the method of eating, hot pot cooking is much better suited to a sedentary culture.

In general,chafing dish is use the pot for appliances, with water or soup to boiling heat transfer.The pot with heat insulation effect make the eating food reeky. People can eat while they are cooking.

There are mand kinds of Chinese Hot pot,people in different place eat it in different way. Bashu chafing dish represented by Chongqing and Chengdu chafing dish is spreading all over china now. It famous for it’s spicy and delicious taste□has become the symbols of the city.

In Chongqing, my hometown, Hot pot is the most famous and popular dish. Chongqing local people consider the hot pot a local specialty, which is noted for its peppery and hot taste, scalding yet fresh and tender. People gather around a small pot boiled with charcoal, electric or gas filled with flavorful and nutritious soup base. You have a choice of spicy, pure and combo for the soup base,called Chinese fondue,half is spicy, the other not.



Thin sliced raw variety meat, fish, various bean curd products and all kinds of vegetables are boiled in the soup base. You then dip them in a little bowl of special sauce. Be careful since the spicy soup base is burning hot.

Hotpot First eaten by poor boatmen of the Yangtze River in Chongqing area and then spread westwards to the rest of Sichuan. Now is a very popular local flavor and can be found at every corner of the city. There are a great variety of hotpots, including Yueyang Hotpot, Four Tastes Hotpot, Yashan Hotpot and Fish Head Hotpot. If you are adventurous enough, you can basically cook anything with hot pot, e.g., pig's brain and duck's kidney.

Chongqing people love their hotpot, especially when the weather is steamy. The fire dances under the pot, the heavily oiled and spiced soup boils with hazy steam, and the people are bathed in sweat. Although hotpot can be found wherever there are street vendors or small restaurants, Chongqing Hot pot has the greatest variety and is known for its delicious soup base and dipping sauce.

The other famous local food is hot and spicy "Ma la Tang", similar to hotpot . Literally, "ma" means numbness in the mouth, "la" is chili hot and "tang" means piping hot. Ma la Tang, with various raw ingredients cooked in a communal pot of steaming stock blended with spices, originated in Sichuan's largest city, Chongqing. The double-sided soup pot, placed on a central table burner, is the focal point of the meal. Powerfully hot Ma la Tang soup and fresh tasting chicken broth, side by side, are popular. Ingredients include fresh sliced abalone, sea cucumber, hog tendon, Beijing cabbage and beef dumpling, prawns, carp fish fillet, bean curd, chicken fillet and vegetables. The excellent dipping mixture of sesame oil, chili sauce, peanut sauce, chopped chilies and garlic combine to make magic. Savory tidbits are appetizingly tasty – egg coated glutinous square, crispy spring roll, fried buns, eight treasure black rice and water chestnut jelly.

Beethoven Used The Piano Magic

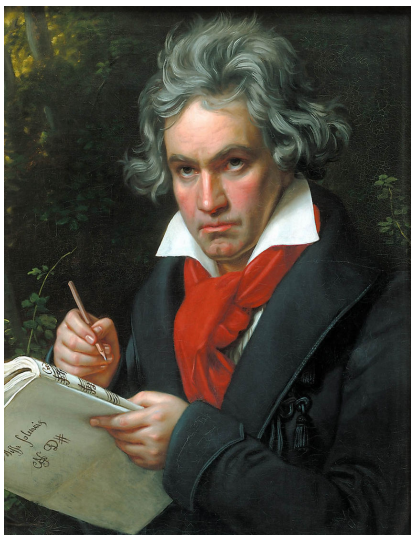


Piano music is a form of social behavior, people can share their feelings and life experiences with each other through music. In this role the song was most prominent. Ludwig van Beethoven is the wizard to use the magic power from piano.

By: Li Wang 134201228 Class 1

Piano music is a form of social behavior, people can share

their feelings and life experiences with each other through music. In this role the song was most prominent. Ludwig van Beethoven is the wizard to use the magic power from piano.



The piano is a keyboard instrument widely used for solo, ensemble, accompaniment and other performances, rehearsals for the musical composition and very convenient. Who play by pressing keys on the keyboard, which affects the piano felt wrapped in velvet gavel, then struck steel strings sound. Its rich piano music theory skills, known as the “king of instruments”.

Piano music is a symbol, asoundsymbolto expresspeople`s ideas. Is one of thevectorspeople’s thinking. Piano music isa purpose, there is a connotationwhichimplies theauthor’slife experiences, thoughts feelings.Music from theacousticanalysisitis betweenconstantnoise and frequencypure tone, speakingfrom the effectsitcan bringenjoyment andexpression ofhumanaffectionbeauty.

Beethoven (German: Ludwig van Beethoven, 1770-1827) the famous German composer and musician, one representative of classical music in Vienna, is the “culmination of classicism, romanticism open precedent, “the great musician; his creative works of music has a profound impact on the development, which is known as Le Saint.

His work on the development of world music has a very profound impact, so it is known as Le Saint, symphonic music in the world, has a very high status.

Beethoven smooth occasion, flourishing reputation, however unfortunate fate befall him – he had deafness disease. This is a very cruel blow, in order to avoid people found him deaf, Beethoven gradually solitude, you become more and more

withdrawn.1802 Beethoven moved to Vienna from a one-hour drive from the village Haley Jin Ningjing composer, where he finished second symphony. But the pain in his ear problems worsen, so he wrote a suicide note Stadt Heiligendamm, representations tragedy and misfortune. Beethoven's later philosophy and Yinkang De rebuild confidence. "To forget their misfortune, the best way is to work hard." At this point he returned to Vienna, Lok Si Quan, 1803 wrote Thunderball "Third Symphony." The song originally wanted to dedicate Napoleon, but Napoleon was crowned emperor, Napoleon, Beethoven angrily obliterate the name changed to "Eroica."



In History, like Beethoven's piano music as there are people who love a lot. They will be full of enthusiasm and energy themselves into it, not asking for anything but very happy and satisfied. Piano music is the only way to allow them to regain confidence in the hardships of life down and stuff – piano save them, and they use their music to cultivate the soul of countless people, bring a lot of warmth to the world.

Listen *Beethoven's music.[LINK:http://music.baidu.com/song/100967227/download?from=fm]*

He is a singer



Do you have an idol? Would he always been at a loss when he faced the entertainment reporter’s shot? Did he ever hold an concert for his fans use his own money? Did he set up his own public welfare fund to help the children in poverty-stricken mountainous areas? Is there nothing expect singing in his world? If he ever vomiting during the rehearsal, only for a short show? Do you know? Each idol has a long and tough road to be famous, we may never know about that. I know an idol like that, now I’ll show you about his road to fame. His name is Zhang Jie.

By: Mingyue Sun 130306212 Class 2

Ten years ago, 2004.
That year, he was 22 years old. He stood on the draft stage

with his youth dream. With good singing skills, he won the match. When he received the trophy from his idol, Xueyou Zhang, a very influential big brother in Chinese music circles, he had been dumbfounded. He couldn't believe all the things happen to him that day. After that, he signed a contract with a large record company. Do you think he would become famous soon or become rich soon? No, no, no… All the things are different, no longer after he signed, the executives has changed. He became a singer that nobody cared about him. He had his own records but with no propaganda, and no activity let him to go. He is a signed singer! But he had to go work only by bike, find activities by himself. He comes from a normal family, his parents are not rich, even much poor. He's a fealty and sensible boy, he never told his parents about the difficult predicament. He kept all this pressure by himself. Those days, he singing to the wall, but he never changed his mind about singing. Today, he always said that he feel thankful about himself ten years ago, during that period, even it's too hard , he never give up singing, never give up hope light. All of that makes him achieved his gold today.

Six years ago, 2008
Something has changed in his life that year. He decided leave his old company, and join another TV show. He appeared in people's field again, with many doubt, like "You have already been a champion, why you join this kind of event again? You only want to gain another NO.1?"… All the things are hard for him to keep. But, something bad happen, must with something good. He met his future wife that year. She is lovely, beautiful, and… already famous, and… she is the host of that show. At that time, they just common friends. But, you know, the entertainment reporters are don't care about that , they just care about their rates, viewing rates. They said he could join that TV show just because his girlfriend's help. Nobody care about his song, nobody. It's very sad for a singer! People thought he became famous not by himself but his wife,

they said he married his wife just for find an easy way to be fame. Even the program doesn’t give him a right place, at the end of that match . He just thanks, like there’s no hurt. He thanks his friends who always supposed him, thanks his fans always around him, thanks the show let more people know him and give him a stage to singing. He just thanks, with no grumble.

Now, 2014
A show called<I’m a singer>, let more people know: he is a good singer! He became a famous singer on real significance. Nobody can say he became famous only by his wife. Ah! Yeah, he has married her in 2011. They are very happiness. One is a good singer, one is a good host.
Use ten years he let people know that “He is a singer!” He would go much farther on the way of singing, cause he still insisted his simple dream, always keep a kind and lovely heart.

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love&sex



For Chinese people, sex is always a problem can not talk openly about. But With the progress of the times, More and more young people begin to face this problem.Two enthusiastic young people fall in love.this is a very normal thing. Nowadays Each lover will have sex at some time after intercourse.sex like air ,it’s only important when you’re not get any.

When you enjoy sex with your lover ,Have you ever seriously consider your relationship?

When I was 16 years old ,i understood the Knowledge about sex.but at that time i was too young to have a stable relationship.Different people have different ideas.One of my friends has different opinion.

From then to now,her sexual partner at least ten.she said she loved every boyfriend at that time .but Far as I know her relationship was not stable. I don’t know What she was thinking.in my opinion true love waits,true love never runs smooth.

Make love ,in my opinion, first of all people should have love ,they should fall in love.make sure you two love each ohther

and Man must bear the responsibility.Try to avoid one night stand.
If you have no relationship,If your relationship is not stableand .maybe you should seriously consider about having sex.
When you have a foundation of love,You must do contraceptive measures .Especially when you have no plans to get married.Contraceptive measures can avoid pregnancy and can prevent the spread of sexually transmitted diseases as well.
A Protestant culture makes it difficult to understand that,unless we learn to love ourselves ,it is hard for us to love others.
So Answer the following questions:
What do you think of your relationship?
Do you really love him/her?
Men are from mars,women are from venus is a manual for loving relationships.so about the question men and women will have different answers. Although the answers are different the conclusion is the same.
The answer to the question can help you know more about your relationship .At least you can understand your own thoughts.women need a reason to have sex,men just need a place.so women must be thinking more than men .
When you are going to make love you should think about it carefully.

Painting Like Van Gogh

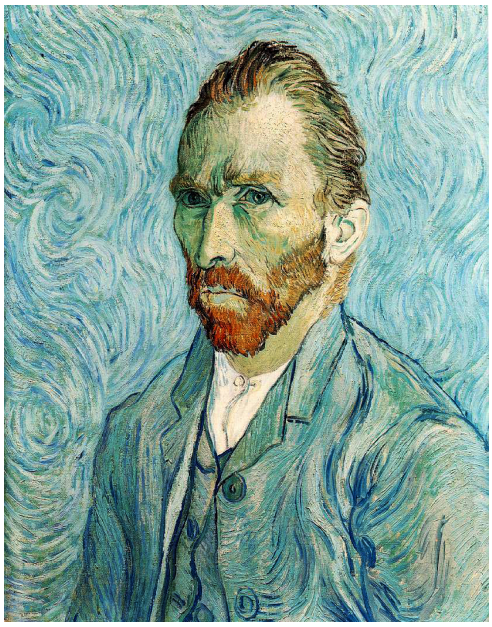


Van Gogh`s work-Starry Night.

Painting is polychrome as abundant as true life. Even the painters was unhappy in daily lives, they still draw so many beautiful and amazing pictures with their hearts of loving arts, like Van Gogh. Actually, they drew the pictures and drew the world at the same time.

By: Li Wang 134201228 Class 1

Painting art has the magical energy to keep our souls sweet, and then there are tough difficulties as same time as splendidness in the life. When the outstanding painters used kinds of pigments to draw their innermost worlds, they´re absorbed in happiness from colors and ideas. In this time, it is not important for them to worry about difficulties and troubles in lives.



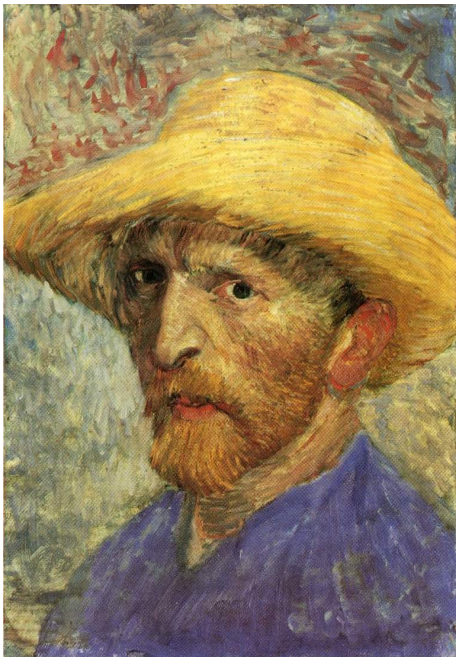
Van Gogh (Dutch: Vincent Willem Van Gogh, 1853-1890), the Dutch post-impressionist painter. He is a pioneer of Expressionism, and deeply influenced the twentieth century art, especially Fauvism and German Expressionism. Van Gogh's works, such as "Starry Night," "Sunflowers" and "crow's wheat", is now among the world's most names, ranks of well-known works of art. He voted the greatest among the Dutch in 2004 and ranked 10th, behind the great 17th-century painter ninth Rembrandt.

1861 Van Gogh began to education, learning languages, including French, German and English performed well, but in March 1868 interrupt their studies, and in July 1869 in the international art dealer company trainee. After a brief teaching career, he became a missionary, missionary to the poor miners. Until about 27 years old, Van Gogh began his career as a painter; However, during the last decade of his lifetime, but the creation of more than two thousand paintings, including about 900 paintings and 1,100 drawings.

Early Van Gogh only in dark colors to create, until he met Impressionism and Neo-Impressionism in Paris. Van Gogh integrate their bright colors and style, created his unique personal style, especially Van Gogh stayed in Arles, France during that time, the development has matured. His most famous work is his most creative in his last two years, Van Gogh during mired in mental illness, and his last in his 37-year-old that year, he directed a way to commit suicide.

Van Gogh's later life is full of hardship but it feels wonderful paintings showing abnormalities, giving others hope and warmth. Viewers can get some encourages and power to live more colorful. In painting, he was detached from the mundane

chores outside, he is free and happy. Painting has changed Van Gogh, it also changed a lot of people. Survey shows that people generally believe that, compared with the black and white thing, the color in daily life brought swap effect is irreplaceable – it is inseparable from the role of decorative landscaping brings color and pleasing effect.



We can get inspiration from Van Gogh: Even when faced with hardship, you can also create a beautiful color, as long as we focus on their loved ones career or hobby, is not bound tie him down, life would not be so bad, or even bring happiness to others. Like paintings, like with their own interpretation of color, but also infect yourself with color, but the infection to others. So painting in the colorful world and painting the world colorful. The art of painting can change our life.

Appreciate Van Gogh's works. Get the inspiration from the colors. [LINK: *http://www.artisoo.com/shop-by-artist-vincent-van-gogh-c-66_156_176.html*]

The Rock band LP you don’t know



In the late twentieth century. A Rock band called “Linkin Park” formed in California,America. The member of band are Chester Bennington, Mike Shinoda, David Phenix Farrell,

Bradford Philip Delson, Joseph Hahn, Rob Bourdon. They become idol who fans worship. And effecting on them. Sing a song and make you not forget it.

By: Xiang chen Wu 120905123 Class 1

Are you interested in music? Or listening to the music usually. Including many type of music. Such as Hip-Pop. Rap. Rock. R&B. Jazz. Electronic music. Reggae. Metal. Pop. etc. Everyone must have their own love music style.

Point of my view. Mine is Nu Metal. In seriously word. It does not belong to Metal music. It is belong to Rock music, which includes many type of music such as Early British rock. Garage Rock. Surf Music. Folk rock. Psychedelic Rock. Progressive rock. Slow Rock. Hard rock and heavy metal. Stage Rock. Punk Rock. New Wave. Post-punk. Ornate metal. Instrumental Rock. Alternative music and the independence movement. Grunge Rock. Britpop. Indie rock. Pop punk. After Grunge Rock. New metal and Rap rock. Garage Rock Revival. Emotional nuclear. Metal core. Comedy Rock. Speaking of which. Who is Linkin Park. You must be ask me. So I will show something about Linkin Park. And present it in detail.



Linkin Park is a group of American rock band from California. It is considered to be the most successful nu metal band. Linkin Park with first album <Hybrid Theory> success in the mainstream music market in 2,000. The album sold more than 2,400 ten thousand. The next issue of the band “Sky City – United States Tel” album also achieved success, ranking first in the 2003 U.S. Billboard top 200 album charts. It is a mixture of new metal band pop metal, hip-hop, post grunge,

rap, metal and other offbeat style elements. The members of the band is Chester Bennington. (The lord singer) Mike Shinoda.(Rap,Harmony) David Phenix Farrell(Bass) Bradford Philip Delson(Groupies) Joseph Hahn(DJ)Korean American Rob Bourdon(Drummer).

The reason why i am interested in them is spirit of them, which is pursuit faith persistently, learning widely from others strong points with a modest heart, Free, broad, inclusive of the spiritual world. It works on me. So i am moved. Chester was born in Phenix, Arizona, America. Chester laughed at because glasses and greater forehead, a few friends at school he is humble people, being laughed at is very bad. And then, His best friend was dead. Everything is go bad. But he was optimistic to other things and overcome troubles he met. He is friendly to anyone. It is hard to figure it out so many bad things happened on him. In 1994, he was 18 years old. He didn’t believe anyone anymore. He almost has no friends thus be addicted in drug so that can not save himself. At that trouble time. His another friendly friend Samantah appearing, and the situation to good. Samantah helps him banning drug gradually. Therefore, Chester is grateful for Samantah do everything for him. Then, Chester’s buddy heard of a band called XERO need a singer. So with help of Samantah. Chester joined this band. The band changed the name called “Hybrid Theory”. After two years. “Hybrid Theory” changed to “Linkin Park”. And Chester be good friends with others member. The others also understand him very much. In the same year. Linkin Park’s new album “Hybrid Theory” release. He feels better than ever before because of adding his own darkness period memories. The album sold a proud achievement all around the

world.



Especially. Chester has a individual voice, which is whether a soft voice, nor a small voice. He just only has the wild beast like a powerful current roar and unparalleled treble. A fascinate charming voice. Chester solid tone from his talent for music. More from his childhood and adolescence by life setbacks. Most important, his voice is round the clock, and in practice and dedication,perseverance made. His voice types for hardcore voice.

Greek myth color



By Haoming Gu130306117

The temple had left the ancients to the worship of the gods.They are holy, serious, give persons the oppressive feeling.Even if it in the picture , it also don’t lack of dignity and mystery.

The most representative in the house of god is Greek temple.According to the Parthenon temple,it is the temple of

the Greek sacrifice to the gods,mainly to sacrifice to Athena.So it is also known as “The Parthenon Athena temple”.The Parthenon is regarded as representative works of The Eric type architectural art.Is regarded as national treasure of Greece.

Athena in Greek mythology is a virgin.She is the goddess who is representative the wisdom, the war, the strategy, the fight, the handicraft industry and the reasons. The symbol of her is the owl and the olive tree.It is said that she and Zeus has the same force,She is the most intelligent goddess, and she also has the wisdom and strength.The birth of Athena has a very legend.In Greek mythology,Zeus feared that his son is stronger than himself,So, he swallow his wife into the belly.Then he suddenly felt a headache,so he ordered the vulcan split his head,Athena is wearing armor to leap from it.So Athena was the continuation of Zeus,She performs the will of Zeus.Athena is the god of art,she has dexterous hands.and she can’t stand the challenge of others.A Lydia girl who looks down upon the ability of Athena.And often boast if there is any chance she well beat the goddess Athena.dressed as a woman came to the earth, and then to accept the challenge of the girl. Finally the goddess win the match.Then the girl committed suicide because of shame,but the goddess changed her into a spider let her web forever!

The second is the Apollo temple.Delphi oracle of god in the Apollo temple can affect the person’s destiny and the country’s history.For instance,If ordinary citizens want to marry or want to know if their spouse is loyalty,they will instruct the gods.

Apollo was the god who is representative the music, the healing, the plague, the prophecy, the poetry and the archery,he also represents the bright and real.His representative beast is a crow.When Apollo was born, the sky was radiant golden light,and Apollo’s eyebrows with a dazzling sun,the goddess of heaven are all glad and shout loudly.Apollo

is known as the patron saint of Greek culture,he in charge of the music and the poetry.He can arouse all feelings that people poured into the hymns.At Olympus,he has gold lyre,with the sweet tone to command the chorus of the MUSES.Once the Apollo accept the challenge of human musicians to participate in a competition. After beat him,Apollo stripped his skin to punish his arrogance.

In addition, Greece still has a lot of myths legends.Greece is a mysterious place,it’s full of myth
color

Tips for Busy Chinese: Listen to Jazz!

In a society full of pressure, Jazz is the perfect medicine for you to release your stress, slow your busy life and enjoy a beautiful day before you start to work again. Here are some songs to add to your music list.

By: Yuqing Huang 110112120 Class1



As the sun goes down, the blue signs of bars light up, people walk out the office. When the gravelly sound of saxophone spread along the streets and lanes, there comes a wonderful night…

That might be a scene in Shanghai in 1930s of China, since Jazz was incredibly popular during the period of Republican China. But sadly it seems that Jazz was much less popular than other music in China after 1950s. It was quite understandable

because Jazz was such an entertainment that could only be enjoyed by the upper class in China in previous decades, and those wealthy people who became the main audience of Jazz at that time was given a name "*Old Class*"(□□□).

However, the time of "Old Class" was gone. Fortunately we are now living in a world running on the internet, and Jazz is not hard to reach as before. The sad thing is that the Jazz is usually left in an unnoticed corner in today's China. Under great pressures of studies, housing, employment etc., we often jump into bed after a long day or kill our time in front of TV until we feel sleepy.

Well, why not try to play a Jazz CD or music in your computer? I'm assure that it would help you let go of all your stress and make you feel much better. Here are some great songs below, let's check it out.

Fourplay



Here are four lovely old guys. If you want to find some soft Jazz to slow your busy mind, the songs of *Fourplay* are definitely the best choice. Their songs might be incredibly good when you are wandering around the city during sunset (Have a try!). Mostly their tunes are romantic and slow, so if you are planning to have a very relaxing day, listen to their songs in the morning and I'm pretty sure you would have a good mood all the day.

<Sunday morning>

<I'll Still Be Lovin' You>

<Journey>

<Amazing Grace>

<Let's Make Love>

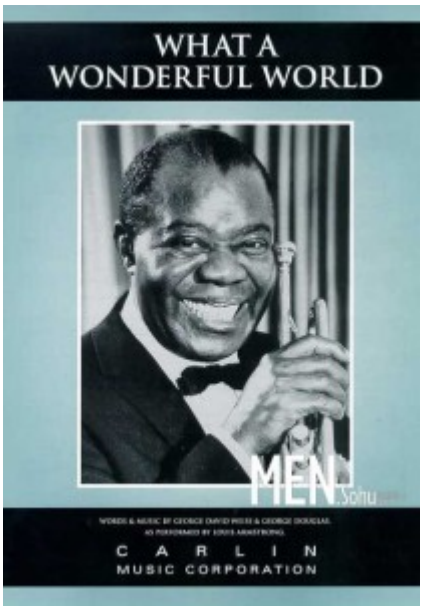
When it comes to romantic style, there is also a great jazzman that should not be passed by: ***Ben Webster***. As a famous English writer *Geoff Dyer* wrote in his book *<But, beautiful>*: "If you like Jazz, you definitely like Ben Webster. It's possible that you like Jazz but you don't like Ornette, even Duke; but it's impossible that you don't like Ben Webster if you like jazz." Ben Webster is good at sax plays. If you love saxophone, check the songs below:

<The Whiffenpoof Song (Lp Version)>

< Time After Time (Lp Version)>

<In A Sentimental Mood>

Louis Armstrong



Louis Armstrong was a well-known jazz trumpeter and singer, and most of his songs are interesting, passionate and hilarious, just like his personality. Louis Armstrong revolutionized the classic Jazz and made Jazz become what it looks like today. Moreover, he won the Lifetime Achievement Award in 1972 by the Academy of Recording Arts and Sciences—Marvelous, isn't it? Some of his songs are still popular today and are covered by hundreds of singers, <What a wonderful world>, for example. In my mind his Jazz is more authentic compared with Fourplay or Ben Webster. Good things are you might feel either energetic or relaxing after listening to his different songs, and forget the troubles for a moment. Enjoy this moment! Here are recommended songs:

<It Takes Two to Tango>

<A Kiss to Build a Dream On>

<Skokiaan>

<On the Sunny Side of the Street>

<Weather bird>

<What A Wonderful World>

<La Vie En Rose>

Jazz could slow your busy life and make your life full of joy and passion. Do you love Jazz? Do you have better songs to recommend? Share them on the comment and let more people enjoy them.