
test1

Posted by Arjuna - 2007/12/12 04:40

B) this is just a test...

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Re:test1

Posted by Arjuna - 2007/12/12 04:41

hmm, soso...;)

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Re:test1

Posted by maomaochong - 2009/04/15 17:49

Dieting. Personally, I suck at it, as do many people throughout the world. But it doesn't mean we don't try. Of course, some of us try to eat less and exercise more and some people jump on the bandwagon of any fad diets, always hoping to find a miracle that leads to quick weight loss with little effort. As a result, there's been quite a few crazy diet ideas in the last few centuries, here are the top ten weirdest diet methods we've ever heard of.

The Chewing Diet

The chewing diet was popularized in the Edwardian Era by Horace Fletcher. He believed that chewing allowed food to be properly absorbed into the body. Insufficient chewing would lead to constipation and clog up the digestive tract, said Fletcher. He lost 40 pounds in just four months using the diet he created. Dr. Kellogg was a friend and fan of Fletcher and he required patients at his sanatorium to participate in the chewing diet as well as a variety of other weight loss methods.

To properly implement the chewing diet, a person must chew each bite over 32 times, which takes approximately 30 seconds. After chewing is done, the person then tilts his or her head back and allows the food to trickle down their throat. Anything that is still too big to swallow must be spit out. The desire to eat things likely diminishes after a period on this diet, so it does work as you begin to eat less food.

Possible Side Effects May Include: A sore jaw. Much longer meal times. Annoyed and disgusted friends.

The Tapeworm Diet

If you eat for two and aren't pregnant, maybe it's time to get a second mouth in your belly. A tapeworm can sure help eat all of that excess food. Around the turn of the century, these little parasites were sold in a simple pill form claiming to help you shed inches from your waist. It's uncertain whether these pills actually had live tapeworms or if they were just another "snake oil" product, but what is certain is that people have intentionally used tapeworms as a weight loss method. Jockeys are amongst the many people purported to have used tapeworms as a diet.

wow power leveling

Possible Side Effects May Include: Well for one, having a worm inside your stomach, which might cause nausea, headaches, infections and diarrhea. Some people's organs are blocked by the eggs and this can result in death. There is no evidence that tapeworms actually help people lose much of weight, so the whole experience may be for nothing.

The Sleeping Beauty Diet

You can't eat while you sleep. So naturally, if you sedate yourself for days and neglect to eat as a result, this starvation diet may actually work for you. Elvis was a proponent of this weight loss method around the end of his life and the dieting method was also made popular in Valley of the Dolls.

World of Warcraft Power Leveling

Possible Side Effects May Include: A severe pill hangover can leave you with a headache, nausea and fatigue. Additionally, improper sedation might actually kill you and so might starvation.

The Vision Diet

wow gold

If your food looks disgusting, you're less likely to eat it. While this is certainly true, it's not enough to make the vision-dieter glasses any less silly. From the testimonials I've read, the glasses make you feel relaxed while going on your day to day routine, but they don't help you lose much weight. Johnny Depp is a big fan of blue glasses, although it's hard to say if he

just likes their look or if he actually feels the effects from the lens color.

Possible Side Effects May Include: Looking like a geek in big blue glasses. Possible vision problems after prolonged exposure to the glasses.

Washing Away The Pounds

World of warcraft gold World of warcraft Power Leveling

If you're showering everyday, you might as well lose weight while doing it, right? That's the theory behind Aqili diet soaps. These soaps contain seaweed that will penetrate skin and breakdown fat. There seems to be no evidence that this product works though, not even faked testimonials.

Possible Side Effects May Include: Some people have had allergic reactions to the soap's ingredients.

Ear Stapling

Re:test1

Posted by wenz110 - 2009/04/23 16:39

I have a friend who must be the sweetest, shyest person in the world. His name is brittle and ancient (Luke), his age modestly intermediate (forty). He is rather short and skinny, has a thin moustache and even thinner hair on his head. Since his vision is not perfect, he wears glasses: they are small, round and frame-less.

In order not to inconvenience anyone, he always walks sideways. Instead of saying 'Excuse me', he prefers to glide by one side. If the gap is so narrow that it will not allow him to pass, Luke waits patiently until the obstruction -- be it animate or inanimate, rational or irrational -- moves by itself. Stray dogs and cats panic him, and in order to avoid them he constantly crosses from one side to of the road to another.

wow gold

He speaks with a very thin, subtle voice, so inaudible that it is hard to tell if he is speaking at all. He has never interrupted anybody. On the other hand, he can never manage more than two words without somebody interrupting him. This does not seem to irritate him; in fact, he actually appears happy to have been able to utter those two words.

My friend Luke has been married for years. His wife is a thin, choleric, nervous woman who, as well as having an unbearably shrill voice, strong lungs, a finely drawn nose and a viperous tongue suffers from an uncontrollable temper and the personality of a lion tamer. Luke -- you have to wonder how -- has succeeded in producing a child named (by his mother) Juan Manuel. He is tall, blond, intelligent, distrustful, sarcastic and has a fringe. It is not entirely true that he only obeys his mother. However, the two of them have always agreed that Luke has little to offer the world and therefore choose to ignore his scarce and rarely expressed opinions.

Luke is the oldest and the least important employee of a dismal company that imports cloth. It operates out of a very dark building with black-stained wooden floors situated in Alsina street. The owner -- I know him personally -- is called don Aqueróntido -- I don't know whether that is his first name or his surname -- and he has a ferocious moustache, is bald and has a thunderous voice. He is also violent and greedy. My friend Luke goes to work dressed all in black, wearing a very old suit that shines from age. He only owns one shirt -- the one he wore for the first time on the day of his marriage -- and it has an anachronistic plastic collar. He also only owns one tie, so frayed and greasy that it looks more like a shoelace. Unable to bear the disapproving looks of don Aqueróntido, Luke, unlike his colleagues, does not dare work without his jacket on and in order to keep this jacket in good condition he wears a pair of grey sleeve-protectors. His salary is ludicrously low, but he still stays behind in the office every day and works for another three or four hours: the tasks don Aqueróntido gives him are so huge that he has no wow gold chance of accomplishing them within normal hours. Now, just after the don Aqueróntido cut his salary yet again, his wife has decided that Juan Manuel must not do his secondary studies in a state school. She has chosen to put his name down for a very costly institution in the Belgrano area. In view of the extortionate outlay this involves, Luke has stopped buying his newspaper and (an even greater sacrifice) The Reader's Digest, his two favourite publications. The last article he managed to read in the Reader's Digest explained how husbands should repress their own overwhelming personality in order to make room for the actualisation of the rest of the family group.

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Posted by maomaochong - 2009/04/23 17:12

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some of us try to eat less and exercise more and some people jump on the bandwagon of any fad diets, always hoping to find a miracle that leads to quick weight loss with little effort. As a result, there's been quite a few crazy diet ideas in the last few centuries, here are the top ten weirdest diet methods we've ever heard of.

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World of warcraft Power Leveling

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Ear Stapling

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Re:test1

Posted by gaoqian1r - 2009/06/11 09:47

It was a Sunday morning. I got up early and rushed out for bus at half past six. Obviously, it was not a usual day-actually, it was my first day as a teacher.

"It won't be a hard job." I thought after Mr. Lu phoned the week before, informing my being employed as an English teacher of a spare time school in which he was the director. I didn't find any difficulty in my new job the texts were very simple and the students I was going to teach were only primary school pupils, which expelled my worry about making mistakes before them. However, I was afraid that I did not at all look like a teacher and as a result, the students, wouldn't listen to me. I almost spent an hour and a half on the way to school. As soon as I arrived, I rushed to Mr. Lugs office. There, with some other new comers, I listened to Mr. Lugs explanation of working rules, teachers' duties and the curriculum. Everything was all right as I had wished until I came to the door of my class room. The bell had already rung, but the class was racketing as a rock contest. "How can I manage such a group of naughty children?" I hesitated and then stepped in.

wow power leveling,

It was a small class with altogether 20 students. Some boys were chasing each other madly in delirious glee while some girls were chatting loudly in an exceptionally sharp voice. Strange enough, as they noticed me, they all returned to their seats and stopped talking. The only reason I could think out for this was that I looked like a teacher, at least in their eyes, which was a great relief to me. After a brief self-introduction, I went on to give my first lesson in English as I had prepared. To my disappointment, all my little students put on a confusing face, their eyes full of puzzle. Someone murmured, "I don't understand." And all the others echoed with nodding. They were mostly in grade 5. I must have overestimated them. I switched to Chinese at once.

in control was a great challenge.

The first day of my teaching was not perfect but satisfying enough. Since then I had got to know how a teacher should perform and all the situations that a teacher would run into. Though my teaching has been much improved so far, the first day of the job still remains deep in my mind.

World of warcraft Power Leveling,

People often say that gold and silver are the most valuable things in the world. But I don't think so. In my opinion, to read books is more valuable than anything else. The old saying "To open a book is always helpful" clearly tells us how good it is to read a book.

Books are our friends. They introduce us different kinds of knowledge. They lead us down the road to success. Books are our teachers. They teach us truth, science, literature, and philosophy of life. Besides, they increase our knowledge, enlarge our experience, strengthen our character and do many other things which we can not do without them. Books tell us what is good and what is evil. And only books can tell the good from the bad.

Therefore to read more books is the best policy for our young students.

There is much controversy today about whether television has destroyed communication among family and friends. Some people argue that the communication is baffled by television. Others criticize that television improve the relationship of family and friends. I totally agree with the latter one. wow gold,

Watching TV is a time for the whole family to stop from whatever they are doing to get together. While watch TV, they start to talk about the content of the movie, which is also a kind of communication. Imagining the TV disappears, we would do reading in rooms, while our family would do laundry, do washing dish or going shopping. It simply provides a chance for us to stay together. In addition, the TV supplies us with much information, which we have not known in our daily lives. Some of the constructive movies show on TV, like a family story, a love story, or so on, reinforce the relationship of a family and friends. What's more, we learn from the story that it is important to cherish the broiling of a family and friends.

World of warcraft gold,

At last, it is a kind of recreation that a family or friends can choose to have. Communication can be undertaken by many means, for example, going shopping together, entering a bar, talking intimately about ourselves. In effect, watching TV is a way to let us together and share our happiness with each other. In my opinion, TV provides us opportunity to be together and communicate. In this diversified society, TV doesn't destroy communication among us but show us another way of getting together.

My First Day of Teaching

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Re:test1

Posted by gaoqian1r - 2009/06/11 09:47

Some movies are serious, designed to make the audience think. Other movies are designed primarily to amuse and

entertain. Which type of movie do you prefer? Use specific reasons and examples to support your answer.

Different people like different types of movies. Some people like to watch a movie that makes them think. They prefer movies with a murder investigation or some kind of intricate plot. Other people prefer movies that make them laugh. Personally, I like more comedies, but sometimes my husband insists on watching a fantastic or a scary movie just to diversify our repertory. Comedies make one laugh. People can just relax, buy a bottle of coda and some popcorn and enjoy those moments. It is a means of eliminating stress and tension. Usually, we go to the movie theatre once a month because in this case we always find new comedies to watch. I like those moments when it is dark and one just can enjoys the actions from a large screen.

wow gold,

I do not want to say that I do not like movies that make me think. Sometimes I really like the plot or performance. For example, "Traffic", a movie about drugs and young people, is very touching and topical. From my point of view, every family should watch this movie together and discuss the important aspects of it. One more example of this kind of movies is "Mister G". It is about a little boy who needed a surgery to live. His heart did not work properly, so a boy needed another one to survive . Basically, the movie is about a family that faces many difficulties and obstacles, trying to save their only child. I think that humankind needs such movies. First of all, they help people enjoy their life and be grateful. Second of all, they help people realize that they are a big family.

In summary, I think that every movie must teach us be kind, strong and grateful.

Billions of dollars are spent on entertainment every year, in every country in the world. Much of this money is spent on either movies or fictional books, wotlk gold, as these two types of entertainment are found to be most enjoyable by the masses. Which, however, is more enjoyable? I posit that these mediums cannot be compared so easily, as they both have their strong points in regards to entertainment.

When one reads a fictional book, one is able to let his/her imagination run wild. Everything from the setting to the character descriptions is left up to the reader's mind, and therefore can be quite enjoyable. Depending on the novel, of course, one can imagine far away places just by the description read in the novel. Books are also an excellent form of entertainment as they are portable. If one is on a long commute to work, which is common in Beijing, one can bring along a favorite novel, effectively taking his/her entertainment with him/her. Books can be enjoyed in any setting. They can be picked up on a whim, and put down again to return to at a later time. Movies, of course, also have their own benefits. Movies allow the viewer to be completely engrossed in the plot. There is no need for thinking, as everything is presented to you in a straightforward form. One never has to ponder what a place or a person looks like; the information is all accessible to the viewer. This can be an advantage or a disadvantage, depending on what one is looking for in his/her entertainment.

wow gold,

In a society where we want everything faster, better and more exciting, perhaps movies are a more relevant medium. However, movies demand at least an hour and a half of one's time. Books are available to their consumers whenever there is time, which is also an important feature. In conclusion, I believe that neither books nor movies are a more enjoyable form of entertainment. In some cases, I prefer to read a book. In others, a movie is vastly more enjoyable. It is up to the consumer to decide.

Which type of movie do you prefer?

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