A Christmas Carol

 A Christmas Carol(聖誕頌歌/小氣財神）is a novella by Charles Dickens. It’s a Ghost Story of Christmas. This is a story about a mam, Ebenezer Scrooge, living in the London. He was a mean old man with no friends or family to love him, and he hated Christmas. “Christmas only cheats people out of their money, so I never donate anything to charity.” he thought.

 One cold Christmas Eve, Scrooge’s old friend Marley paid him a visit. “Haven’t you been dead for years?” asked Scrooge. “And three ghosts will visit you later.”

 Scrooge could hardly sleep, and the first ghost arrived on time. The Ghost of Christmas Past took him to special memories in the past. Scrooge understood why he became mean to everyone and loved nothing but money at last.

 Scrooge then went back to his room. Later, the second ghost, the Ghost of Christmas Present took him to the streets of London and showed him how people celebrated Christmas, including his nephew, Fred, and his clerk ,Bob Cratchit. Although Cratchit was poor, he had a loving family. “I have seen enough, and I would like to see no more! Scrooge said.

 Then, the third ghost, the Ghost of Christmas Future visited Scrooge. He led Scrooge to a dark room. Scrooge saw an old man lying in bed. People talked about his death, but nobody felt sad. “Who’s the poor old man? Scrooge asked. “It’s you!” the ghost answered.

 “No, my life hasn’t ended yet!” Scrooge cried out and woke up. He vowed to change and cherish Christmas. He bought lots of food for Cratchit as a Christmas present and gave him a pay raise. What’s more, he visited his nephew to celebrate Christmas.

 In the end, Scrooge became kind and generous by visiting his past, present, and future. He also loved Christmas and the other people around him.

Tips for Eating Fruit

As we know, fruit and vegetables are good for our health. People are always told to eat more fruits

and vegetables, but do you know when the best time to eat them is?

From a modern doctors' point of view, fruits are rich in nutrients no matter what time they are eaten. For those who believe morning is the best time to eat fruit, they think our bodies can work better in the morning to digest fruit and absorb the nutrients. If you don't have a healthy stomach, it’s not good for you to have fruits in the morning.

Healthy people do not have much of a problem whenever they eat. But for people with poor stomach, it is better after meals. Some fruits are not good for eating on an empty stomach or before meals, such as bananas and tomatoes.

Some people think that eating more fruits can make up for vegetable nutrients. They both have many nutrients and are good for health. However, fruits are higher in sugar, which means they have much more calories than vegetables. So if you only eat fruit, you may get too much sugar.

Many office workers like to bring cut fruit to the office as snacks, but they worry that the fruit will lose its nutrients if they don't finish it soon. After the fruit is cut, the loss of nutrients is actually not much, up to about 25% at most. So, you can cut the fruit at home, put it in a good box and bring it out. If you want to keep it fresh longer, you can put it in the fridge. It's said there’s almost no difference between fresh fruits and cut fruits when they are kept for as long as nine days in the fridge at a certain temperate.

Two Famous Landmarks in the World

 The Eiffel Tower is a tower in Paris, France. It is named after the engineer Gustave Eiffel, whose company designed and built the tower. Built from 1887 to 1889, it has become a global cultural icon of France and one of the most recognizable buildings in the world. The tower is

324 meters tall and the tallest building in Paris. Its base is square, and it was the first building to reach a height of 300 meters in the world. The tower has three levels for visitors, with restaurants on the first and second levels. The top level's upper stage is 276 meters above the ground - the highest observation deck is open to people in the European Union. Tickets can be bought to go up by stairs or the lift to the first and second levels. The Eiffel Tower is the most-visited paid monument in the world.

 The Tokyo Tower is a tower in Japan. At 332.9 meters, it is the second-tallest building in Japan, its design was inspired by the Eiffel Tower. It was built in 1958. Over 150 million people

have visited the tower. In FootTown, a four-story building under the tower, there are museums, restaurants, and shops.

 People can visit two observation decks in the Tokyo Tower. Moreover, the Tokyo Tower is repainted every five years, and it takes one year to finish the repaint work. Since its completion in 1958, the Tokyo Tower has become a main landmark in the city.