

1.

Ask a question! Email it to Letters@Highlights.com.

Gift Giving

I'm going to China and everyone in my class is asking me to buy them something. What should I do?

Reply from the Highlights Editor:

Your classmates are probably just excited about your trip. Most likely they don't expect you to buy gifts for everyone. Sending a few postcards to the entire class during your trip would be a wonderful way to share your experiences. The pictures on the cards and your words of description will be the best gift of all.

Dog Begging

My dog always begs for food at the dinner table. I really want to feed him, but my mom says I can't. I'm afraid he won't like me anymore. What should I do?

Reply from the Highlights Editor:

Your dog loves you for many more reasons than just for what you feed him. You can show him that you care about him by playing with him, by petting him and speaking kindly to him and by making sure he has fresh water. It might be best if your dog is not near the dinner table while you are eating. You could teach him to stay in another room.

Being Bilingual(会说双语的)

My aunt insists that we speak our language(Tagalog) at home and English outside the house. Do you think she is right?

Reply from the Highlights Editor:

It is a great gift to have someone in your family who is willing to take the time to teach you another language. It's a good way to keep family traditions alive, and it helps develop your language skills. Your ability to use both English and Tagalog will help you learn a third and fourth language later in life. So it sounds like a great idea!

21. The Highlights editor suggests the student who is going to China _____.

- A. send postcards as the gifts to the class
- B. make phone calls to all the classmates
- C. buy gifts for some of the classmates
- D. give each classmate a picture as a gift

22. According to the Highlights editor, if your dog begs for food at the dinner table, you'd better _____.

- A. feed him immediately
- B. speak loudly to him
- C. teach him to stay in another room
- D. provide him with fresh water

23. What is the Highlights editor's attitude towards being bilingual?

- A. Opposed(反对)
- B. Tolerant(忍受)
- C. Supportive(支持)
- D. Doubtful(怀疑)

24. The Highlights editors give the replies to _____.

- A. show their readers how to send girls
- B. tell their readers about their interesting work
- C. help their readers to solve school problems
- D. offer their readers advice on personal problems

2.

A mental professor walked around a room while teaching stress management to an audience. As she raised a glass of water, everyone expected they'd be asked the "half empty or half full" question. Instead, with a smile on her face, she inquired(询问): "How heavy is this glass of water?"

Different answers called out from the audience.

She replied, "The absolute weight doesn't matter. It depends on how long I hold it. If I hold it for a minute, it's not a problem. If I hold it for an hour, I'll have an ache in my arm. If I hold it for a day, my arm will feel numb(无知觉的) and paralyzed. In each case, the weight of the glass doesn't change, but the longer I hold it, the heavier it becomes."

She continued, "The stress and worries in life are like that glass of water. Think about them for a while and nothing happens. Think about them a bit longer and they begin to hurt. And if you think about them all day long, you will feel paralyzed--incapable of doing anything."

It's important to remember to let go of your stress. As early in the evening as you can, put all your burdens down. Don't carry them through the evening and into the night. Remember to put the glass down!