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If you practice T'ai Chi consistently at first, but then start to give it up, you will lose your proficiency quickly. In order to be skilled at it, you need to practice often. This type of exercise is best for elderly people. It helps prevent falls and injuries, and helps to keep the mind sharp as you age. Shaolin Kung Fu is also a good form of exercise. Of course since the movements are quick, it is more difficult. Shaolin Kung Fu is formidable, and can be used both in self-defense and in performances. However, Shaolin Kung Fu will not necessarily give you greater longevity; for that purpose, you should practice T'ai Chi instead.

Climbing stairs, walking, and jogging are all good forms of exercise. As people age and they grow less vigorous, walking more can be good exercise. Taking the stairs if you live in a building of around six stories without an elevator, or jogging for a half hour every morning are habits that can be of great benefit to your health. In the United States people who live in the suburbs often need to drive a car to get places and so they walk very little and receive very little exercise. The unhealthy lifestyle can lead to weight gain. Walking or jogging for a half hour every day is better for your health than any supplement. Although taking the stairs is tiring, it is helpful to your cardiovascular health. Especially in the United States, people tend to drive whenever possible rather than walking, but making the effort to walk instead of drive is beneficial to your health.

**Forth one: Greyhound buses in the 1960s, a round trip ticket to anywhere in the United States for eighty dollars.**

In the United States in the years following The Second World War, the 1950s and 1960s, many public highways were built connecting all major American cities. The convenience means of travel provided by these highways brought a great deal of business to the Greyhound long distance bus company. Since travel by bus was more convenient than taking a train, Greyhound buses' popularity grew quickly. The competition for customers cut deeply into ticket sales at train stations throughout the nation. Another reason for the popularity of Greyhound buses was that the airlines industry was not yet very developed at that time. Greyhound's slogan was: "A round trip ticket anywhere in the United States for eighty dollars."

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American youths very much like to roller-skate. Roller-skating is very similar to ice skating. On the bottom of the roller skates are four small wheels. People who wear the skates without knowing how to roller-skate will surely fall.

Sea, land, and air transport are very developed in the United States. There are aircraft, trains, long distance buses, ocean liners, ferries, helicopters, cars, bicycles, subways, metropolitan bus systems, minibuses, and electric trams. In addition to this, nearly every American can drive, so transportation is very busy. No matter whether it is long-distance travel or a short outing, transportation in the United States is very convenient. When traveling to other places you can arrange things through a travel agency, including plane tickets, cars, and hotels. The time difference between the east coast of the United States and China is twelve hours, and making the journey takes no more than one day. Train and bus stations in the United States are located in the city centers and are very convenient to get to. The surrounding areas will often have hotels and inns available. Taking a train or long distance bus is much cheaper than taking a flight. Amongst light rail systems at international airports, Hong Kong's is the most convenient. In just half an hour you can reach Kowloon or the Hong Kong city center from the airport.

In most American cities there is good public transportation. Nearly every American household owns a car, and many large families have multiple cars. Underground rail systems and public buses are all very convenient. Some remote areas even have free buses and shuttles. If you have your own vehicle and commute to work yourself, there are usually serious traffic jams during rush hour and it can be a drain on your time. However, if you take the subway then you do not have to worry about red or green lights since it is underground, and it is easier to plan your time.

In New York City, eighty percent of commuters use the subway to get to work, with only twenty percent of people relying on private vehicles. Nonetheless, there is still a great deal of traffic. If the subway workers were to go on strike, the entire city would appear to be a ghost town; however, this rarely happens.

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Japanese and European cars constitute a large proportion of vehicles on American roads, and each year the proportion grows. Even though China is very important to the United States as a trading partner, very few cars are imported to the United States from China. China itself imports many cars from Japan and Europe. According to reports, China also wishes to produce cars and compete for the export market in the United States. Japanese cars are very expensive to buy in Japan. Japanese and German automakers provide very good warranties, covering their cars for five years or fifty thousand miles. If there are problems with the car within this period, then the car can be taken to a designated auto shop for free repairs. The excellent cars and customer service makes these automakers popular with the public. If the warranty on a car is bad, then few people will consider buying it. The car market is a difficult market to enter into, but the main thing to consider is providing good maintenance.

### **Forty-two: Parking prices in Manhattan are more expensive than bus fare; taking public transport saves time and money**

If you own a vehicle in Manhattan, the expenses add up quickly. Parking fees for instance are very high. Parking a car for just a few hours will cost fifteen to thirty dollars. The tax on car parking is also very high. Regular sales tax is 8.65 percent, whereas parking tax is 18 percent. Parking fees are more expensive than bus fare. Drivers often fight over parking spots. Sometimes a driver will not move his or her car from a parking space even after the time restriction has been passed. If a traffic officer sees the vehicle, then the driver will receive a fine of over 100 dollars. Sometimes the vehicle will be towed. Then not only does the driver have to pay the original 100 dollar fine, but he or she must also pay the towing company over 200 dollars as well as inquire about the location of the vehicle. Vehicles are often towed to locations far away, and you must spend half the day getting your car back in addition to pay about 350 dollars in fines. The attitudes of the workers you must deal with are usually not very good since they've just towed your car. This year every business in Chinatown has suffered due to a lack of parking spaces. The reason is that parking lots have been removed to provide space for new buildings, and there are never enough parking spaces. The effect on Chinatown has been dramatic.

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Twenty years ago short range transportation from New York City's Chinatown to Brooklyn, Queens, and Flushing was very convenient for the local members of the Chinese Diaspora and only cost 2.50 dollars. In Chinatown there is also mid-range transportation to places like Boston, Virginia, and Philadelphia. The prices are half or less than those offered by Greyhound. In the beginning, the majority of riders were Chinese people. Now local Americans are aware of these bus companies and make up about seventy percent of the ridership. Competition for customers between bus companies has grown intense, and there have even been times in the past when the police have needed to intervene. Disputes often arise between bus companies due to competition for riders, and sometimes there are even obstructions to traffic as a result. Some companies are fined by the police and no longer allowed to operate in the city. There are many bus companies competing for the market already. Such bus lines now operate not only in cities like Boston and Philadelphia, but also in other places such as Baltimore, Virginia, and Washington D.C.

Before the popularization of air travel, cruise ships were an important element of transportation. A long time ago, it would take four weeks by sea to travel from Shanghai to New York City. Nowadays on a plane the journey only take fifteen hours. Therefore a journey between any city in the United States and any city in China can be completed in less than 24 hours. Therefore passenger travel by sea has been largely replaced by air travel. In the past trains and boats were the mainstays of long distance transportation. Now automobiles and planes have replaced them. Boats are now only really used for ferrying, fishing, and leisure.

There are high-speed hydrofoil ferries that take passengers between Hong Kong and Macau. Although transportation is very developed in the United States, there are no such hydrofoil ships there. These ferries not only go between Hong Kong and Macau, but they also go to Shenzhen, Foshan, Zhuhai, and the outlying islands of the Hong Kong SAR. They provide a very convenient means of transportation for the area.

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Tunnels and large bridges in the world's largest cities all charge tolls. Bridges and tunnels in Shanghai connecting Pudong and Puxi used to charge tolls of fifteen Renminbi each way, but now the tolls have been removed, and as a result Pudong has developed very quickly.

Thirty years ago in the United States, the public safety situation was much better. People were happy to help one another. For example if you stood at the side of the road or at a bus station and waved your hand, most drivers would stop and give you a lift for free if your destination was on their way. Nowadays things are not as safe and there are many dangerous people, so it is rare to encounter someone willing to help. Most people are afraid they will be robbed if they stop to help. In the past, if you wanted to enter a government building, no matter whether it was an inspection office, a municipal government building, or a courthouse, all you needed to do was ask. However, things have changed ever since violent people placed explosives in government entrances, and especially after terrorist attacks, such as those on September 11, became an issue. Now if you want to enter any the office of any government department or large enterprise, you must first pass through rigid security, including metal detectors. This is all to prevent bad people from causing trouble, and it is unlikely that things will return to the way they were thirty years ago.

Ever since the September 11 terrorist attacks, not only have security checkpoints become more rigorous and complex in American airports, but even in Hong Kong it is the same. The Hong Kong airport has focused in particular on flights with destinations in the United States. Each passenger on such flights must pass through two security checkpoints. In the second one you must remove your shoes, watch, and cellphone for inspection, in addition to having your baggage inspected. Liquids are not permitted onboard and are only acceptable in checked luggage. The severity of the checkpoints even gives the sense that one is entering a battlefield. The severe security checkpoints remind people of entering China by plane or train during the seventies, when each piece of luggage was thoroughly inspected.

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### **Forty-three: Few people have traveled to each of the fifty American states.**

St. Louis is a city in the state of Missouri, and is considered the gateway to the American West. The city's most famous symbol is the Gateway Arch at the Jefferson National Expansion Memorial. In the fifties and early sixties, St. Louis was hardly developed at all. Even until 1963, the roads were old and decrepit.

In the summer of 1987, my wife and I took our eldest daughter and sons to Europe as part of a tour group. We went to Amsterdam, Germany, Switzerland, Italy, France, Morocco, England, and other countries. These countries were very tranquil, and the environment was very clean. Every house in Amsterdam had a front garden. The water of the Rhine River was a beautiful deep blue, and there were many famous sights to see along its path. Other than Great Britain and France, which are separated by the English Channel, most other countries can be reached from one another by bus. European countries have many lofty and majestic churches, and there are many Christians there. Other sites such as the Eiffel Tower and the Buckingham Palace make you want to stay longer.

In the United States there is a busy industry built around vacationing. Since everyone in the country gets vacation time, everyone wants to use it to relax and see the world. When going on vacation you can take a plane, cruise liner, train, bus, or even your own car. You can join a tour group, go with a group of your own friends, or take a family vacation. But the United States is a large country, and there are very few people who have gone to each of the fifty states. Each state has its own character, its own history, and its own scenery. Even states that have cities full of spectacular sights also have villages with nice scenery. When traveling to another city you can take a plane, or you can enjoy the scenery by taking a bus or train. Many travel agencies offer tour group deals that offer transportation, food, housing, and sightseeing all in one package. Joining a tour group is more convenient and can also save money. The reason for this is that travel agencies can buy tickets at bulk prices, and if you travel by yourself you must spend time looking for hotels and buying tickets. With a tour group, the guide will have already taken care of all these matters, and you will have more time to spend sightseeing.

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The residents of New York City's Chinatown have many different choices for travelling by bus. The shortest of these trips take place within the city itself. New York City is very big, and is divided into five different boroughs. If only going sightseeing for one day, the most important one of these boroughs to see would be Manhattan. The longest bus journey available from China town is to Florida, which lasts eight days and seven nights. There are other trips, such as to Washington D.C. and Baltimore, or to Boston and the Corning glass factory, and then afterwards to Canada. If you have a visa for Canada, then you can see the Niagara Falls from the Canadian side, which is better than seeing it from the American side. There are also buses to Virginia and other states.

The Chinatown tour bus business began in the seventies to provide service to Chinese workers who had few entertainment options. The bus companies planned to provide an easy way for these people to go sightseeing in the American east coast. New immigrants who do not understand English can go on these tours. Tour guides speak Mandarin, Cantonese, and even other dialects. Joining a bus tour group is very convenient, and cheaper than going yourself. Bus tickets that include board and breakfast are also available. You must get lunch and dinner yourself though. Now most residents of Chinatown have taken such bus tours. The most common customers now are Chinese, Hong Kong, Taiwanese, and South East Asian tourists and students who want to see New York City's Chinatown and other places nearby. When travelling by bus, it is best to get a seat near the front because seats near the back are close to the restroom, which can be unpleasant. On such trips, most days you get up early and leave after breakfast. The bus does not return to the same hotel later in the day, but instead keeps on travelling towards the destination. The travel agencies that offer these bus tours will also help customers make reservations at hotels near the Pacific or tickets to Las Vegas.

The world-famous gambling city Las Vegas is located in the desert in the state of Nevada. The city center has several tens of large, luxurious casinos. Many years ago, even a single light there would appear brilliant. Now the area is very developed and both sides of the Las Vegas Strip are full of luxurious casino resorts.

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San Francisco is called “Old Gold Mountain” by Chinese people. Many years ago there were numerous people from all over the world who had come to United States to mine for gold. Most of the Chinese immigrants in San Francisco at the time worked in the mining industry. When the gold began to near exhaustion, they called came up with the name Old Gold Mountain. After the gold mining craze died down, some people returned to their countries, while others stayed.

Over a hundred years ago, the famous Golden Gate Bridge was built in San Francisco. The new construction showcased the development of American knowledge and technology. San Francisco faces the Pacific Ocean, and the climate is agreeable during the spring, summer, and fall. The best thing about it is that there is no winter. The climate is suitable for living there all year round. Since it is a coastal climate, there is sometimes fog, and sometimes there are earthquakes. The ground in San Francisco is very uneven, so it is a city of hills. The city has an unmatched cable car system, even though it is not of very much use in today’s transportation system. Nonetheless it is a very famous tourist attraction. Fisherman’s Wharf is another famous attraction the city has to offer, and there is a large Chinatown there with a decorated archway. Similar to New York, San Francisco has had an influx of Chinese immigrants in recent years, and second and third Chinatowns have sprung up as well. The original Chinatown in the city center is already very crowded, so new immigrants have had to look elsewhere in the city to live.

Los Angeles is another very large city, but is very spread out. The world’s first Disneyland is located in Los Angeles, and it is the world’s largest theme park. There are now Disneylands all over the world, in Florida, Europe, Japan, and Hong Kong. Disneyland’s slogan is: “The happiest place on earth!”. No matter whether you are male or female, young or old, you will have a happy time if you go to Disneyland. The parking lot can accommodate several tens of thousands of cars. You must purchase a ticket to enter the park, but once you have entered all the activities are free. The Disneyland in Florida is open year round since there is no summer there.

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Boston is located in the northeast of the United States, in Massachusetts. Famous universities there include Harvard University and Massachusetts Institute of Technology, which have provided the world with numerous scientists and intellectuals. Boston is one of the Northeast's most important cities. There are many Chinese people living there, and there is a local Chinatown as well. The city has a relatively long history as well, and there are many ruins from the colonial period and War of Independence. The seafood there is also plentiful, especially the famous seafood chowder. In recent years, there have been many Chinatown buses going between New York City and Boston, and seemingly every hour one arrives.

New York City is composed of the five boroughs: Manhattan, Brooklyn, Queens, the Bronx, and Staten Island. The most famous of these is Manhattan since the most important structures, scenic spots, and historical sites are all located there. For example the Freedom Tower, United Nations building, and Central Park are all located in Manhattan. Since Central Park is located in the city center, the surrounding real estate is very expensive. With its beautiful scenery and central location, Central Park is like an oasis in the middle of the city.

The heart of Manhattan is Fifth Avenue, which is the country's most luxurious shopping and residential district. Central Park West is another luxurious residential avenue, and 59th Street is a thriving commercial district. These luxurious areas are a stark contrast to the Harlem area located near 110th Street, which has many African immigrants. The Museum of Natural History is also located west of Central Park. East of Central Park is the Museum of Modern Art, which contains numerous famous works of art and culture. Every year, crowds numbering over one million gather in Times Square to welcome the New Year. On any day of the year there are also many tourists there to take advantage of what the area has to offer as a great shopping and theater district. Broadway musicals take place in theaters that are located from 44th Street to 50th Street, rather than on Broadway itself. These theaters put on world-class musical theater productions that are loved especially by European tourists. Wall Street has become the world's financial center since the New York Stock Exchange is located there. Harlem is centered on 125th Street and is known for its black community.

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New York City's Chinatown continues across the Hudson River into the state of New Jersey, where there are many towns, each with sizable Chinese populations. Because of all the greenery in New Jersey, it has been named the "Garden State". Driving two hours from New Jersey, you can reach Pennsylvania or Baltimore, which is a famous port city. Another major city close by is Philadelphia, which was one of the starting points of the American Revolution. Farther south is the nation's capital, Washington D.C. Further south is the state of Virginia, and still further is one of Florida's major cities, Orlando. In Orlando there is a famous Disney theme park called Future Land. In the theme park you can see the customs of many of the world's cultures, eat their style of food, and watch a small informational video about them. In central Florida there is Disneyworld, Universal Studios, Sea World, the botanical gardens, and a zoo. Even if you stay three or four days, you would have many things left to do if you took a return trip in the future.

Washington D.C. is a special district formed from land from the state of Virginia, and serves as the United States capital. Washington is the country's political center, but is not much of a commercial center. The population does not even reach one million. The capitals of other nations on the other hand are large cities, such as China's Beijing and Japan's Tokyo. The most important places in Washington D.C. are the United States Capitol, the White House, the Pentagon, the Vietnam War Memorial, and the headquarters of various government departments. The most important industry there is the United States Mint. Twenty-four hours a day, United States dollars are being printed there. There is also the Space Museum, as well as the Kennedy Center of the Arts.

The Capitol building has an office for each of the nation's senators and congressmen. The city has a very nice appearance and public safety is good. It is a great city for entertaining important guests. The city gives a very good impression to anyone visiting for two or three days. The majority of the population is African American, at about fifty percent. For this reason, the mayor of Washington D.C. is often black. In some of the inner city areas things can be more disorderly.

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### **Forty-four: Seeing the sights of the world, riding horses and looking at flowers**

If you visit Europe for the first time, it is best to go with a tour group. Since the land and people are unfamiliar, things like arranging transportation and accommodations can be very frustrating. Furthermore, different countries have different visa requirements. For these reasons, most people choose to go with a tour group. If you go with a tour group, the travel agency takes care of all these matters, and there will be a tour guide to take care of you. Going with a tour group is actually cheaper than going by yourself because many locations that charge fees give group discounts.

Many European countries occupy relatively little territory. Some European countries are no larger than an American state. When travelling in Europe, there are many different possible routes to take. You can choose the route yourself, and often it will include a mix of travel by plane, bus, and train. For a journey of a little more than ten days, you could fly to Amsterdam in the Netherlands, and then take a bus to another city after a couple days. Europeans live very relaxed lives and they value quality of life and living environment. The Netherlands is famous for its windmills. Although technology has advanced since their construction and they are no longer used, they remain as historical sites. Taking a bus journey along the Rhine River, you can reach other European countries. The river water is clear and blue, and along the banks you can see various ancient battlefields and castles. You can continue along the river and reach Switzerland, a country with beautiful scenery and a prosperous economy. Switzerland is perhaps most famous for its wristwatches, especially Rolex. Continuing your bus journey, you can reach Germany, Italy, Monaco, and France. There you can take a steamboat across the English Channel to England. After spending two or three days there, you can catch a flight back to the United States. In a journey of two weeks, you can visit more than ten different countries, each one truly splendid.

Singapore, Malaysia, and Thailand are the most popular destinations for tourists from Hong Kong. Since these places are close to Hong Kong, the prices are fair, and there are many Chinese people there, it can be a great trip. Singapore has a population of about five million, and is independent from Malaysia. Singapore is smaller in size than Hong Kong, and driving along the entire perimeter takes no more than two hours.

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In the United States, there are some places in which each of the four seasons is distinct, other places in which there are only the spring, summer, and fall seasons, as well as other places in which there are only the spring, fall, and winter seasons (for example Alaska). In New York City the spring and fall seasons are short, while summer and winter are long. Landlords in New York City are required by law to provide their tenants with heating from October 1 to April 31. Generally speaking however, it is only necessary to start the heating in the beginning of November. Therefore compliance with the law tends to waste some resources. Actually in the days following April 30, the weather is already no longer cold. The weather in New York is very mutable, and sometimes even in October it is still necessary to use air conditioning. Sometimes it is necessary to use it even in early May. The summer temperatures are high, often over ninety degrees Fahrenheit, sometimes even as high as one hundred degrees. In the winter there are often large snowfalls and subzero temperatures. Snowfalls of up to a foot are common, and sometimes there are even snowfalls of two foot. Even though the summers are hot and the winters are cold, the widespread presence of air conditioning and heating ensures that you never have to deal with the weather for too long. Once inside, it no longer feels like summer or winter.

In the American north, including the areas along the Great Lakes, as well as in places in northeastern United States like Alaska, there is no summer and the winter is very long. The state of Alaska is hundreds of miles from the contiguous states, and shares a large border with Canada. Alaska is also very close to Russia, and was originally a Russian colony. Alaska has plentiful oil reserves. The largest city in Alaska is Anchorage, and there is a major international airport there. The airport serves mainly as a refueling stop for planes with other destinations. During the winter months, few people are willing to go to work. Although there is a lot of manpower, goods are all very expensive. Since snowfall in many of the other northern American states is plentiful, many famous ski resorts have emerged there. However these areas are not very developed and residents are few, so the north is in decline. States such as California, Utah, Texas, and Florida are situated farther south and only have the seasons of spring, summer, and fall. Even in the winter months the weather is still warm there.

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In the west, Los Angeles in California has very cool weather to live. However, almost every year there is an earth quake, resulting collapse of houses to casualty of people. Several years ago there was a huge earth quake in San Francisco in which the famous Bay Bridge collapsed. It took about two years to repair this bridge, causing major inconvenience to the people. In the northwest, there has been volcano explosion sometimes, but the casualty is not as severe.

The world is humongous in which one has to experience by travelling to each place.