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| pilgrim | ['pilɡrim] | n. 朝圣者；漫游者 |
| denomination | [dɪ,nɑmɪ'neʃən] | n. 面额；名称；教派 |
| malice | ['mælɪs] | n. 恶意；怨恨；预谋 |
| exasperate | [ɪɡ'zæspəret] | vt. 恶化；使恼怒；激怒 |
| toddle | ['tɑdl] | vi. 蹒跚学步；东倒西歪地走；散步 |
| turmoil | ['tɝmɔɪl] | n. 混乱，骚动 |
| parameterize | [pə'ræmitəraiz] | vt. 用参数表示；确定…的参数 |
| nutritional | [njʊ'trɪʃənl] | adj. 营养的；滋养的 |
| aspiration | ['æspə'reʃən] | n. 渴望；抱负；送气；吸气； |
| deliberative | [di'libərətiv] | adj. 审议的；慎重的 e.g., [deliberative democracy](javascript:void(0);) |
| cartesian | [kɑ:'tiziən] | adj. 笛卡尔的；笛卡尔哲学的 |
| consonant | ['kɑnsənənt] | adj. 辅音的；一致的；和谐的 |
| vowel | ['vaʊəl] | adj. 元音的 |
| elision | [ɪ'lɪʒ(ə)n] | n. 元音省略 |
| deliquium | [di'likwiəm] | n. 失神，精神错乱 |
| syncope | ['sɪŋkəpi] | n. [内科] 晕厥；字中音省略，中略 |
| Shannon | ['ʃænən] | n. 香农 |
| entail | [ɪn'tel] | vt. 使需要，必需；承担；遗传给；蕴含  n. 引起；需要；继承 |
| exemplary | [ɪɡ'zɛmpləri] | adj. 典范的；惩戒性的；可仿效的 |

Youth is not a time of life; it is a state of mind. It is not a matter of rosy cheeks, read lips and supple knees; it is a matter of the will, a quality of the imagination, a vigor of the emotions. It is the freshness of the deep springs of life.

Youth means a temperamental predominance of courage over timidity, of the appetite for adventure over the love of ease. This often exists in a man of 60 more than a boy of 20. Nobody grows old merely by a number of years. We grow old by deserting our ideals.

Years may wrinkle the skin, but to give up enthusiasm wrinkles the soul. Worry, fear, self-distrust bows the heart and turns the spring back to dust.

Given a non-negative integer num, repeatedly add all its digits until the result has only one digit.

For example:

Given num = 38, the process is like: 3 + 8 = 11, 1 + 1 = 2. Since 2 has only one digit, return it.

**Follow up:**  
Could you do it without any loop/recursion in O(1) runtime?

10 --- 1

11 --- 2

12 --- 3

13 --- 4

14 --- 5

16 --- 7

17 --- 8

18 --- 9

19 --- 1

20 --- 2

21 --- 3

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The **digital root** (also **repeated digital sum**) of a [non-negative integer](https://en.wikipedia.org/wiki/Non-negative_integer) is the (single digit) value obtained by an iterative process of [summing digits](https://en.wikipedia.org/wiki/Digit_sum), on each iteration using the result from the previous iteration to compute a digit sum.

Dr(n) = n – 9 \* floor( (n-1)/9)

<https://en.wikipedia.org/wiki/Digital_root>