

2017/08/26 托福寫作真題範文

- Do you agree or disagree with the following statement?
Nowadays it is easier to maintain good health than in the past.
- Use specific reasons and examples to support your answer. Be sure to use your own words. Do not use memorized examples.
- 你同意不同意下面這段話？
現在要維持健康，比過去更容易。
- 使用確切的理由與例子來支持你的答案。請確保你用的是自己的文字。不要背例子。

解題思路

1. 現代生活太靜態。
2. 現代生活壓力大。
3. (讓步)醫學進步。(反駁)壽命長，不代表更健康。

高分範文

Modern technology enables us to live conveniently. However, our dependence on convenience makes us lazy. If we can drive, who will want to walk? If we can have fast food, who will want to cook? So our bodies weaken. Therefore, in my view, it is harder for us to maintain health than in the past.

現代科技讓我們活得更便利。然而，我們對便利的依賴讓我們變得懶惰。如果我們可以開車，誰會想要走路？如果我們可以吃速食，誰會想要煮飯？我們的身體就這麼變得虛弱。因此，就我的觀點，現在要維持健康，比過去更困難。

To begin with, modern life is sedentary. Sitting in front of the desk, watching television, and playing video games all deprive us of the time we need for more exercises. As a result of little physical activity, we are prone to health problems such as obesity, diabetes, and cancer. For example, my father, a long-term couch potato, always indulges himself in chips or ice cream while watching TV shows or playing cell phone games. He seldom works out and has gained more and more weight during the past two decades. Five years ago, he was diagnosed with non-hereditary type two diabetes. His case reveals the risk of sedentary lifestyle. Therefore, I think it is more difficult for modern people to lead a health life than in the past.

首先，現代生活是靜態的。坐在書桌前面、看電視、打電動都剝奪了我們需要拿來做更多運動的時間。沒什麼體能活動的結果，就是我們更容易有健康問題，像是肥胖、糖尿病與癌症。舉例來說，我的父親是個長期的沙發馬鈴薯，當他一邊看電視節目或玩手機遊戲的時候，他總是沉溺在薯片和冰淇淋之中。過去二十年來，他很少運動，體重越來越重。五年前，他被診斷罹患非遺傳性的第二型糖尿病。他的例子顯示出靜態生活的危險。因此，我認為現代人要過健康生活比過去更難。

Secondly, modern people suffer from more stress. The pace of life has accelerated dramatically, making it more challenging for us to keep up with the time. The causes of stress arise from our daily obligations: to score high, to earn more, to stay sociable, to live up to everyone's expectations. Moreover, media constantly advocate the possession of more material goods, increasing our self-criticism, insecurity, as well as anxiety about the future. Consequently, our body will experience some adverse effects of stress, including hypertension, insomnia, and depression. One stress leads to more stress. According to a latest research, this vicious circle of stress not only gives rise to psychological and physical disorders, but also weakens our immune system. Thus, for our generation, the modern demands of life make it harder to maintain health.

其次，現代人壓力更大。生活的腳步迅速加快，讓跟上時代的腳步變得更具有挑戰性。壓力從我們每日義務而來：考更高分、賺更多錢、維持社交、滿足每個人的期望。此外，媒體不斷提倡擁有更多的物質商品，增加了我們的自我批評、不安全感以及對未來的焦慮。結果是，我們的身體將會體驗到壓力的負面影響，包括高血壓、失眠與沮喪。一種壓力導致更多壓力。根據最新的研究，這個惡性循環不只讓我們身心失調，還會弱化我們的免疫系統。因此，對我這一代人來說，生活的現代要求讓維持健康變得很難。

Irrefutably, developments in medical technology prolong human life. However, this fact does not mean that we are living healthier. In fact, the

number of senior citizens with chronic diseases in developed countries is increasing, but not all of them can afford quality medical care. Without health insurance, some elderly people even refuse to go to the hospital. What's worse, some of them have to put up with a painful and disabled old age, suffering from dementia, poor bladder control, or joint problems. Hence, longevity does not equal to better health conditions. In addition, old people are more vulnerable to psychological or emotional stress, making their mental health highly unstable.

無可否認，醫學科技的發展延長了人類壽命。然而，這個事實不代表我們正活得更健康。事實上，有慢性病的長者在已開發國家中的數字正在上升中，但不是每一位長者都有辦法負擔高品質的醫療。沒有健康保險，有些長者甚至拒絕去醫院。更糟糕的是，有些人還必須忍受痛苦、不良於行的老年生活，深受失智、尿失禁或關節問題之苦。因此，長壽不等於更佳的健康狀態。此外，老人更容易受精神或情緒壓力所影響，讓他們的心理健康極不穩定。

In conclusion, although modern technology brings forth convenience and longevity, our health does not benefit from its advancement. Instead, we fall prey to the rapid pace and enormous strain characteristic of this age. 結論是，雖然現代科技帶來便利與長壽，我們的健康並沒有從科技進步中獲益。反而，我們深受這個時代特有的快速腳步和巨大壓力之苦。