

50、An ancient, traditional remedy for insomnia—the scent of lavender flowers—has now been proved effective. In a recent study, 30 volunteers with chronic insomnia slept each night for three weeks on lavender-scented pillows in a controlled room where their sleep was monitored electronically. During the first week, volunteers continued to take their usual sleeping medication. They slept soundly but wakened feeling tired. At the beginning of the second week, the volunteers discontinued their sleeping medication. During that week, they slept less soundly than the previous week and felt even more tired. During the third week, the volunteers slept longer and more soundly than in the previous two weeks. Therefore, the study proves that lavender cures insomnia within a short period of time.

有效总结

The speaker **concludes** that the scent of lavender provides an effective short-term cure for insomnia. To support this conclusion the speaker cites a three-week experiment in which researchers monitored the apparent effects of lavender on 30 insomniacs, who slept on lavender-scented pillows each night of the experiment. The speaker's **account** of the experiment reveals several critical problems with it. Together, these problems serve to **undermine** the speaker's argument.

相当于explanation

动词用的很到位

这个是用来攻击偷换概念
--睡着和睡的好

A threshold problem involves the **definition of insomnia**. The speaker fails to define this critical term. If insomnia is defined as an inability to fall asleep, then how soundly or long a person sleeps, or how tired a person feels after sleep, is irrelevant to whether the person suffers from insomnia. In short, without a clear definition of insomnia it is impossible to assess the strength of the argument.

这个建议改成攻击睡的好
的原因和薰衣草没
关系

Another fundamental problem is that the speaker omits to inform us about the test subjects' sleep patterns just prior to the experiment. It is impossible to conclude with any confidence that the subjects benefited from sleeping on lavender-scented pillows without comparing how they slept with the pillows to how they sleep without them.

这个可以不做具体攻击
同时，作者的攻击也
不够深刻

Yet another problem involves the fact that subjects slept more soundly and awakened less tired the first week than the second, and that they used their regular sleep medication the first week but not the second. This evidence tends to show only that the subjects' other sleep medications were effective; it proves nothing about the effectiveness of lavender.

A fourth problem involves the speaker's account of the experiment's third week, during which the speaker reports only that the subjects slept longer and more soundly than in the previous two weeks. We are not informed whether the subjects took any medication during the third week. Assuming they did not, any one of a variety of factors other than the lavender-scented pillows might explain the third week's results. Perhaps the subjects were simply making up for sleep they lost the previous week when they discontinued their regular medication. Or perhaps the subjects were finally becoming accustomed to the lavender-scented pillows, which actually disturbed sleep initially. In short, without ruling out other explanations for the third week's results, the speaker cannot confidently identify what caused the subjects to sleep longer and more soundly that week.

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薰衣草和枕头
这对偷换概念

Two final problems with the argument involve the experimental process. The experiment's results are reliable only if all other factors that might affect sleep patterns remained constant during the three-week period, and if the number of experimental subjects is statistically significant. Without evidence of the experiment's methodological and statistical reliability, the speaker's conclusion is unjustifiable.

In conclusion, the argument is unconvincing as it stands. To strengthen the assertion that lavender-scented pillows provide a short-term cure for insomnia, the author must provide evidence that the test subjects' insomnia was worse just prior to the experiment than at the conclusion of the experiment, and that the number of subjects is statistically sufficient to warrant the conclusion. To better assess the argument, we would need a clear definition of insomnia, as well as more information about whether the researchers conducted the experiment in a controlled environment.

本篇文章的论述相对比较肤浅
没有从作者的逻辑错误着手，并展开详细的攻击
大家再写的时候可以写两对偷换概念 + 因果错误