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https://www.100test.com/kao_ti2020/118/2021_2022__E6_89_98_E7_A6_8F_E8_AE_AE_E8_c81_118766.htm 体力型娱乐活动与脑力型活动相比较

There are people who argue that physical recreation is more important than intellectual activities. There are others who believe the opposite. Which do you think is more valuable to someone of your age? 试题分析来源：考试大一. 条件:体力型娱乐活动与脑力型活动相比较/有人认为前者更重要/有人认为后者更重要. 二. 要求:两种观点选其一,谈对你这种年纪的人哪种活动更有价值. 三. 写作分析:该题为熟题,凡学生都有体会和见解.为写作方便,两种活动都应理解为工作,学习之余的娱乐活动.观点可自定,但必须能自圆其说.体力与脑力之间的关系不能孤立地谈,应考虑年龄,职业,身体状况,精神状态等因素.因此,文章应采取辩证的观点,重在分析.若用演绎法,应先表明观点,然后逐条说明理由.若用归纳法,则应先分析利弊,最后得出结论. Though physical recreation and intellectual activities are two basic ways in which people spend their leisure time, the former is more important for people of my generation, who are in their twenties and who are still studying ahrd for more academic achievements. This view is based on a consideration of our age, our main occupation, and the characteristics of the two forms of recreation.来源：考试大 We young people are full of energy and physically active, but we have to sit for hours a day racking our brains. What we need to complement this way of life is something that can make up the lack of physical exercise and at the same time

divert our attention for a while from our academic work. Intellectual activities such as chess games, reading novels, and listening to music can help us escape from our worries and make us forget our study for a moment, but they involve no physical activities and, what's more, they are more or less still a form of mental activities. For instance, we may feel mentally tired after some games of chess and our study will be affected. In contrast, physical recreation can provide us with a lot of physical exercises and true mental relaxation. A ballgame, for example, can build up our muscles, flex our joints, speed up our blood circulation, and enhance our bodily organs. After the game, we may feel physically exhausted, but we can sit down and get absorbed in our study more easily. The above view, however, does not mean that one form is "meat" and the other is "poison".

Occasionally, when we are physically exhausted or when we are in good mood, a game of chess or an interesting TV program can make us feel much better afterwards. 范文写法说明:来源:考试大采用演绎法,现表明自己的观点,后说明理由. 文章用简单的三段式方式,只有三个自然段,如下:(1)总的观点与理由 (2)具体说明来源:考试大 (3)指出例外情况,使分析严密 100Test 下载频道开通,各类考试题目直接下载。详细请访问 www.100test.com