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4. Hard Work Is Good for Health (努力工作有利于健康)

1. Scientists find that hard-working prestigious people live longer than average men and women, and that career women are healthier than housewives. Evidence shows that the jobless are in poorer health than the job-holders. An investigation shows that whenever the unemployment rate increases by 1%, the death rate increases correspondingly by 2%. All this comes down to one point: work is helpful to health.

1、科学家们发现努力工作的名人比一般人寿命长，职业妇女比家庭妇女健康。有证据表明，失业者比在业人员健康状况差。调查表明失业率每增长1%，死亡率相应增长2%。所有这些都表明：工作有利于健康。

2. Why is work good for health? It is because work keeps people busy, away from loneliness and solitude. Researches show that people feel unhappy, worried and solitary when they have nothing to do. Instead, the happiest are those who are busy. Many high achievers who love their careers feel that they are happiest when they are working hard. Work serves as a bridge between man and reality. Through work, people come into contact with each other. And through collective activity, they find friendship and warmth. This is helpful to health. The loss of work means the loss of everything. It affects man spiritually and makes him liable to disease.

2、为什么工作对健康有好处?因为工作使人忙碌，让人不会感到寂寞、孤独。研究表明，人们无

事可做时会感到不愉快、忧虑、孤独。相反，忙于工作的人感到最愉快。许多热爱事业、卓有成就的人感到在努力工作时最幸福。工作起到人与现实之间的桥梁作用：通过工作，人们彼此接触；通过集体活动，人们得到友谊和温暖。这有利于健康。失去工作就是失去一切，它影响人的精神，使人容易患病。

3. Besides, work gives one a sense of fulfillment and a sense of achievement. Work makes one feel his value and status in society. When a writer finishes his writing when a doctor successfully operates on a patient, and when a teacher sees his students grow, they are happy beyond words.

3、此外，工作给人以充实感和成就感。工作使人感到自身价值和社会地位。当作家写完书，医生成功地给病人做完手术，教师看到学生的成长，他们的幸福溢于言表。

4. From the above we can come to the conclusion that the more you work the happier and healthier you will be. Let us work hard and study well and live a happy and healthy life.

4、由此我们可以得出结论：工作越多越幸福，也越健康。让我们努力工作，好好学习，过幸福健康的生活。

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