# 利弊英语作文范文(优选58篇)

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*利弊英语作文范文 第一篇The advantages and disadvantages of a long holiday are as follows: we have a long time to do what we want to...*

**利弊英语作文范文 第一篇**

The advantages and disadvantages of a long holiday are as follows: we have a long time to do what we want to do on weekdays, and we don\'t have enough time to do what we want to do. We can have a good rest and finally prepare for future work. The disadvantages of visiting some scenic spots are: first of all, some places There will be overcrowding, many people will be there, there will be more pollution.

Second, some students will spend more time playing computer s, which is not good for them. But equally important, I think our government will lose some money for the public interest. Holidays are very important for us, but we should not set it for that long.

We can shorten it to three to five days.

中文翻译：

长假的利与弊正如每一枚硬币都有两面，长假也有两面性：优点是：我们在工作日有很长的时间去做我们想做的事情，我们没有足够的时间去做我们想做的事情，我们可以好好休息一下，最后为将来的工作做准备，我们可以参观一些景点的缺点是：首先，有些地方会人满为患，很多人在那里，会有更多的污染第二，一些学生会花更多的时间玩电脑游戏，这对他们是不利的，但同样重要的是，我认为我们的会为公众的利益损失一些钱，假期对我们来说很重要，但我们不应该把它定得那么长，我们可以把它缩短为三到五天。

**利弊英语作文范文 第二篇**

I would like to go to the middle school of lida middle school in suzhou, but my father and mother insist on opposing, forcing me to go to green clouds. My parents and I didn\'t know how many times we had quarreled, but they were unmoved. Every time I proposed not to go to the green cloud, they face one board, the frowning, the pressure to hold my resentment.

Two days a day you can stick to it, but you can\'t do it in two months. Tomorrow I will go to qingyun and my painful study is about to begin. I heard about the pain of the clouds. What\'s more, I got a taste for five days of probation. Wake up at five o \'clock in the morning and wash your face and make a quilt. After all the work is done, begin to wash clothes and hang clothes. Clothes afterwards, and then began to eat some snacks (because qingyun middle school is the first class again at breakfast, in order not to let the belly \_goo goo\_ call, you must first fill the stomach), everything OK, then go to class.

One morning, five lessons, up to 11:20 for lunch, 11:55 into the classroom. There is no time to go shopping or go back to the dorms. In the afternoon, four classes, up to 5:30, go to dinner, and then go to the classroom at 6:30, and the whole day, it\'s only time for dinner to go to the shop and relax.

From 6:30 to 9:30, the other middle schools are up to 9. After 9:30, all the people rushed back to the dorms without any other reason, just because everyone wanted the first bath. There are only 30 minutes to take a shower, 8 people in a dorm room, and just 25 minutes to go back to the dorm, how can 8 people come back? And in 25 minutes, there will be parents calling and time is faster than bombs. However, those who did not take the bath in the prescribed time had to take a shower with a weak toilet light and a light moon.

How poor it is! The thought of the next three years in a row would be a spooky...

**利弊英语作文范文 第三篇**

Stress is a state of being upset that happens when we are under pressure. Both our feelings and our bodies get upset.

在处于压力下，压力是让人心烦的一种状态。我们的情感和身体都感到不安。

We can even get emotionally and physically sick if we have too much stress for too long. Stress can come at us from every direction. For instance, it can come from fights with other people. It can come when we have too many things to do and too little time to do them. It can also come when we do not have enough money to pay for what we want. Since stress can make us sick, we have to learn how to deal with it. There are good ways and bad ways to do so. We should deal with stress in good ways, of course. Good ways to cut down on stress include changing our lifestyles. For example, we can learn either to get along with people or to stay away from them. We can decide what to do now, what to do later, and what to leave off doing forever.

如果压力过大过长我们甚至会感到精神和身体不适。压力可以来自各个方面。例如，压力可以来自与他人的斗争中。可以来自当我们事情过多而时间过少时。也可以来自当我们没有足够的钱支付我们想要的东西时。由于压力可以使我们感到不适，我们必须学会处理它。有好的方式也有坏的方式。当然我们应该用好的方式来处理压力。减少压力的好办法包括改变我们的生活方式。例如，我们可以学习与他人相处人或远离他们。我们可以决定现在做什么，以后做什么，以及什么是永远不能做的。

We can also figure out how to get money or we can cut down on what we want. We should not deal with stress in bad ways because bad ways to cut down on stress just lead to more troubles, for example, skipping out and leaving our work undone, blaming our problems on someone else, stealing or cheating.

我们还可以计算出如何挣钱，或者我们可以削减我们想要的。我们不应该用不好的方式来处理压力，因为用不好的方式降低应力只会导致更多的麻烦，例如，跳班或把工作遗留下来，把我们的问题归咎于别人，盗窃或欺骗。

**利弊英语作文范文 第四篇**

交通利弊英语作文三则

篇一：交通问题之我见 My View on Traffic Problems

There is no doubt that traffic congestion becomes a growing worry for the residents of most urban areas. Some major roads are regularly choked with traffic in rush hours. The limited transport capacity contributes largely to the vexing problem. How to solve the headache?

毫无疑问，交通拥堵成为大部分城市地区居民越来越担心的问题，交通利弊英语作文。在繁忙时段，一些主要道路经常交通堵塞。有限的交通容量是导致这一令人烦恼的问题的主要原因。怎样解决这个令人头疼的问题呢?

The existing solutions to traffic jam mainly aim at creating metro bus systems and broadening major roads. Widening the existing roads can solve traffic snarls on some level. Soaring car ownership compounds the chronic annoying problem, so we must sharply reduce the heavy reliance on cars and drive a shift to the matransportation. It is a cheap and good way. We can create a system of customized bus routes and highlight the development of subways, trolleys and light rail. The effective combination of these solutions will enable the urban areas to possea smooth traffic.

现有的交通拥堵解决方案主要针对地铁公交系统和扩大主要道路。拓宽现有道路可以在一定程度上解决交通挤塞。急剧攀升的汽车拥有量是导致这一恼人问题的长期原因，因此我们必须大幅度减少对汽车的严重依赖，转向大众交通。这是一种既便宜又好的方法。我们可以创建一个定制的巴士路线系统，突出地铁，电车和轻轨的\'发展。这些方法的有效结合将使城市地区拥有一个更顺畅的交通。

篇二：解决交通问题的建议 Advice on Solving traffic problems

With the development of economy, there are more and more vehicles on the streets. Governments at all levels have to do something to solve the problem of heavy traffic in the city.

随着经济的发展，道路上的汽车越来越多了。各级政府必须做些事情来解决城市拥堵的交通问题。

I would like to share with you some ideas about this problem: firstly, the government should build more roads. This action can decrease the degree of street congestion and make it possible for cars to run faster than ever before. But each coin has two sides. If a city builds too many roads, the streets will occupy much land. We will have little space used for other purposes. So secondly, more special bus lines for public transportation should be added. Thus people can go conveniently everywhere they like; they will not ride bikes or drive cars. In this way, the number of cars and bikes on the road will be greatly cut down.

我想与大家分享我对这个问题的一些看法，英语作文大全《交通利弊英语作文》。首先，政府应该修建更多的公路。这一举措能够减轻街道拥堵程度，使汽车能够比以前跑得更快。但是，每件事都有利弊。如果一个城市修建太多的公路，过多的街道就会被占用，用作其他用途的空间就很少。其次，应该增加更多特殊的公共交通线路。这样一来，人们就方便行走到他们想要去的任何地方;他们就不用骑自行车或者开车。通过这个方法，公路上汽车和自行车的数量就会大大减少。

As far as I am concerned, if we want to solve this problem, we should set up an idea of public transportation first and give a priority to this idea in our traffic work.

在我看来，如果我们想要解决这个问题，我们就应该首先树立公共交通的想法，在交通上首选公共交通。

篇三：家乡的交通问题 Traffic Problem in My Hometown

The traffic problem is one of the most serious problems in my hometown. Recently, more and more people have private car, but the roads are so narrow that we have to fight against the heavy traffic when we go out. Especially during the rush hours, cars and buses are unable to move. To make things worse, many people are killed in the traffic accidents. How miserable it is!

在我的家乡交通问题是最严重的问题之一。现在越来越多的人拥有私家车，但道路却是如此的狭窄，所以我们出门的时候都必须和交通拥挤对抗。尤其是在繁忙时间段，汽车和公共汽车都动不了。更糟的是，许多人在交通事故中丧生。那是多么悲惨的啊!

For the sake of our life and security, some measures must be taken to change the present situation. In the first place, as there are a great many cars, we should control the number of private cars and vehicles and use the public transportation more often. Secondly, the government should widen the roads and build more flyovers, so as to ease the traffic pressure and reduce the traffic accidents. In addition, the undergrounds and light rails should be constructed, so that we can have more choices when going out and do not have to worry about the traffic jams in the future.

为了我们的生命和安全起见，我们必须采取一些措施来改变现状。首先，因为有很多车，所以我们应该控制私家车的数量，更经常使用公共交通工具。其次，政府应该拓宽道路，建造更多的立交桥，以缓解交通压力，减少交通事故的发生。此外，应构建地铁和轻轨，这样我们将来外出时可以有更多的选择也不用不必担心交通堵塞。

I believe the traffic problem could be solved if we devote our actions to them.

我相信如果我们采取行动的话交通问题是可以解决的。

**利弊英语作文范文 第五篇**

一、议论文

议论文之观点列举型

There is a widespread concern over the issue that \_\_作文题目\_\_\_\_\_. But it is well known that the opinion concerning this hot topic varies from person to person. A majority of people think that \_ 观点一\_\_\_\_\_\_\_\_. In their views there are 2 factors contributing to this attitude as follows: in the first place, \_\_\_原因一, in the second place, \_\_\_原因二\_\_\_\_\_. So it goes without saying that \_\_\_观点一\_\_\_\_\_.

People, however, differ in their opinions on this matter. Some people hold the idea that \_\_\_观点二\_\_\_\_\_\_\_. In their point of view, on the one hand， \_\_\_原因一\_\_\_\_\_\_\_. On the other hand, \_\_\_\_原因二\_\_\_\_\_. Therefore, there is no doubt that \_\_\_观点二\_\_\_\_\_\_.

As far as I am concerned, I firmly support the view that \_\_观点一或二\_\_\_\_\_\_. It is not only because \_\_\_\_\_\_\_\_, but also because \_\_\_\_\_\_\_\_\_. The more \_\_\_\_\_\_\_, the more \_\_\_\_\_\_\_\_.

议论文之利弊型

Nowadays, there is a widespread concern over (the issue that)\_\_\_作文题目\_\_\_\_\_\_. In fact, there are both advantages and disadvantages in \_\_题目议题\_\_\_\_\_. Generally speaking, it is widely believed there are several positive aspects as follows. Firstly, \_\_\_优点一\_\_\_\_\_\_. And secondly \_\_\_优点二\_\_\_\_\_.

Just As a popular saying goes, “every coin has two sides”, \_\_讨论议题\_\_\_\_\_\_ is no exception, and in another word, it still has negative aspects. To begin with, \_\_\_缺点一\_\_\_\_\_\_. In addition, \_\_\_\_缺点二\_\_\_\_\_\_.

To sum up, we should try to bring the advantages of \_\_讨论议题\_\_\_\_ into full play, and reduce the disadvantages to the minimum at the same time. In that case, we will definitely make a better use of the \_\_\_\_讨论议题\_\_\_.

议论文之答题型

Currently, there is a widespread concern over (the issue that)\_\_作文题目\_\_\_\_\_\_\_ .It is really an important concern to every one of us. As a result, we must spare no efforts to take some measures to solve this problem.

As we know that there are many steps which can be taken to undo this problem. First of all, \_\_途径一\_\_\_\_\_\_. In addition, another way contributing to success of the solving problem is \_\_\_途径二\_\_\_\_\_.

Above all, to solve the problem of \_\_\_作文题目\_\_\_\_\_\_, we should find a number of various ways. But as far as I am concerned, I would prefer to solve the problem in this way, that is to say, \_\_\_\_方法\_\_\_\_\_.

议论文之谚语警句型

It is well know to us that the proverb: “ \_\_\_谚语\_\_\_\_\_\_\_” has a profound significance and value not only in our job but also in our study. It means \_\_\_\_谚语的含义\_\_\_\_\_\_\_. The saying can be illustrated through a series of examples as follows. ( also theoretically )

A case in point is \_\_\_例子一\_\_\_\_\_\_. Therefore, it is goes without saying that it is of great of importance to practice the proverb \_\_\_\_谚语\_\_\_\_\_.

With the rapid development of science and technology in China, an increasing number of people come to realize that it is also of practical use to stick to the saying: \_\_\_\_谚语\_\_\_\_\_. The more we are aware of the significance of this famous saying, the more benefits we will get in our daily study and job.

二、说明利弊型

这种题型往往要求先说明一下现状，再对比事物本身的利弊，有时也会单从一个角度(利或弊)出发，最后往往要求考生表明自己的态度(或对事物前景提出预测)

1.说明事物现状

2.事物本身的优缺点(或一方面)

3.你对现状(或前景)的看法

Nowadays many people prefer A because it has a significant role in our daily life. Generally, its advantages can be seen as follows. First ----------------(A的优点之一). Besides -------------------(A的优点之二).

But every coin has two sides. The negative aspects are also apparent. One of the important disadvantages is that ----------------(A的第一个缺点).To make matters worse,------------------(A的第二个缺点).

Through the above analysis, I believe that the positive aspects overweigh the negative ones. Therefore, I would like to ---------------(我的看法).

(From the comparison between these positive and negative effects of A, we should take it reasonably and do it according to the circumstances we are in. Only by this way, ---------------(对前景的预测).)

六级作文万能模板考前冲刺：现象解释型

Recently, \_\_\_\_What amazes us most is true that \_\_\_\_\_. There are many reasons explaining main reason is\_\_\_\_\_ ，What is more, \_\_\_\_\_，Thirdly, a result, \_\_\_\_\_.

Considering all these, one thing, \_\_\_\_For another, conclusion, \_\_\_\_.

**利弊英语作文范文 第六篇**

There are many kinds of stress, social competition, stress, lack of freedom and so on. These pressures come from living and living in this complex society.

Often hear someone say: oh! The pressure is too much. Or how busy! Not even a break! And so on. We know that every one of us has received a warning of our own stress from the moment we were born. And these pressures will always be there for us until we get old.

Don\'t students face every exam every year? Before the examination, both busy and busy, must be in a bad mood. Now the children of life while those elder than it was before the childhood living conditions good did not affect children, but they enjoy the happiness of his childhood was much less, many parents want their children to become talents. So they forced their children to learn that. Even their own children are extremely disinterested in this. It\'s like the kids are on the back of a perpetual debt! When they were young, they lived in poverty, but their happiness was unique. During the day, though, they do farm work, but a lot of people work together and say things. At night they could enjoy the moonlight, the cricket, the children of the neighbors, and the carefree life, which is now a bit far away.

When a child\'s test scores are not ideal, his parents\' glum eyes and the words in his mouth; Every time the child\'s score is worse than the others, the parents\' line of sighs; Every time a child\'s place is poor, the parent\'s voice is called. For every child, there is an invisible pressure.

There is no shortage of stress in life, and life is exciting because of stress! But not all of life is full of stress. Turn stress into motivation, and you may have unexpected results!

**利弊英语作文范文 第七篇**

Cell phones do play an important role in people’s daily life, but every coin has its two sides.

To start with, as a wireless mobile phone, it’s convenient for the user at any time to contact others. Secondly, it’s a helpful companion. With a multifunctional cell phone in hand, one can easily surf the net, downloading what he needs.

However, the cell phone has many disadvantages. For one thing, the machine itself is very expensive and its local service is very costly, not to mention its global service. For another, the radiation transmitted from the mobile phones might do harm to the user’s health.

In my opinion, with its expenses being reduced sharply, its development will have a brighter future. Therefore its advantages will far outweigh its disadvantages.

**利弊英语作文范文 第八篇**

Recently ，we talk about advantages and disadvantages of shopping on the Internet. Some people think that it is very easy for us to go shopping online. The shops on Internet ,for example , are open for almost 24 hours a day, so we can buy something we want at any time if we like. Whats more, we neednt to wait for a long time.

However, others believe that we can only see the pictures on the Internet and can not touch or see them, It is difficult to say whether it is good or bad. We will have more problems when the things are not good. Besides, it is not a good news for some girls because they enjoy going shopping in the market with their friends.

**利弊英语作文范文 第九篇**

Mobile payment is a means of payment in mobile payments, but people usually pay mobile payment as a mobile payment. The main function of products for consumers through some channels selected, through the mobile phone carrier to pay, in short, is to allow mobile users to use their mobile devices (usually mobile phone) to pay an accounting services for the consumption of goods or services. Customers via SMS, WAP, client and other forms, the use of mobile phone number, payment cards, bank cards and other payment accounts, provide bill payment, mobile phone recharge, utility fee, order goods and services, finance, consumer and other self-help brush mobile phone mobile phone self-service payment service. Dragon mobile payment mobile POS machine is one of the mobile payment products.

**利弊英语作文范文 第十篇**

Nowadays, with the rapid development of our society, cell phonesplay an important role in our daily life. Mobiles are popular with people who are from the old to the young. However,every coin has two sides.

Firstly,students can keep in touch with their friends and family wherever they mobile phone is a way to have , people cannot only make a phone callbut also play games and search the internet, even do shopping. Most important of all, it’s a very helpful companion.

Howev er, some people argue that the mobile phones bring some negative impacts to people’s lives as well as are some problems with using mobile with, some students spend too much time and money on phone ’s more, it is easy to lose. Last but not the least, mobile phones are harmful to our health.

In my opinion,weather you like it or not,the phone has already affected our lives and acts an important role in our daily should make the best of it.

**利弊英语作文范文 第十一篇**

Everything has two sides. Modern technology also has its advantages and disadvantages. First of all, it makes our life more convenient.

For example, the bus saves us a lot of time. It provides us with safer food, just like \_green food\_. In addition, it makes us know more about human beings and the earth.

However, it also pollutes us. Tooit also makes some of us lazy because life is too comfortable. First of all, we should make full use of technology and do our best to help the earth and human beings.

中文翻译：

任何事物都有两面性现代科技也有它的优点和缺点首先它使我们的生活更加方便例如，公共汽车节省了我们很多时间，它提供给我们更安全的食物，就像“绿色食品”一样。此外，它使我们对人类和地球有了更多的了解，然而，它也带来了污染我们，tooIt也让我们中的一些人变得懒惰，因为生活太舒适了。首先，我们应该充分利用科技，尽我们所能帮助地球和人类。

**利弊英语作文范文 第十二篇**

The Internet has dramatically altered our lives over the past few decades. Although some of these changes have been negative, the overall effect of this technology has been positive. What are your opinions on this?

The Internet has brought significant changes to our lives in recent years. However, there remains some disagreement as to whether the overall effect of this technology has been positive or negative. While there are certainly valid arguments to the contrary, I personally believe that the benefits of the Internet far outweigh its drawbacks and these benefits are twofold.

First of all, it is an indisputable fact that the Internet has revolutionized the way we communicate. Despite the risk of social isolation-a problem occasionally seen in people who spend too much time at their computer terminal rather than relating to people in the real

**利弊英语作文范文 第十三篇**

Many parent thinks use the mobile phone is bad for students .It will must affect students\'s students will play the games in they will send the information to their friends .That\'s too bad to them to study .

But ,using the mobile phone also have good things to students ,They can call their friends when they are not in school .It will makes your friendship more close . And ,if your parents can\'t find you ,they can call you at once .

In a word ,using the mobile phone have the good things and the bad things .The important is if you cancontral yourself .

**利弊英语作文范文 第十四篇**

In the present society, with the exploration of human needs, pursuit and desire, human beings have pushed the life together. But most people can not follow the evolution of the joint, will feel the pressure of life, to the life of the roll!

Don\'t always want to finish much more work than you can do, because one day, you will feel depressed because of less work done than planned. Only to increase your own pressure. You should try to improve this situation now. Relying on your own ability to plete the workload, so that you will not be disappointed by the pletion of the work that is less than the plan. People should hold this kind of mentality: do one thing no matter what, because of difficult to achieve perfection, in the work, to show their talent, to play their own potential, not because of the existence of self humble causal work.

In the final analysis, in the final analysis is to survive, in order to meet the needs of life! That is to meet the desires of the inpidual!

I think all the origin is a place of \_mon human heart\_! It can dilute the evolution and sublimation of all of you! What do you think of it, what is it! Oh, can make you a lifetime of pain, also can let the happy life! As long as we do it, how to live through share it, how to drive it, only you can clear direction, you need to test your life infiltration surrounding environment to identify and travel!

If you have to accept the truth, what has happened can\'t be changed. No matter what you do wrong, you turn it into a small thing, hehe, relative to life is just a small thing. Let it be the story of the past, it can also be a lesson to remember! But you must remember that the unfortunate story must not be allowed to play again. Do not weigh anything to life, everything is a thing of life, life is not brought, death does not go. It\'s not worth doing that, only you know the best. For things to take it up and put it down, can take temporary setbacks. Looking for a best balance point to carry to scratch your heart, with the \_lost\_ to do the balance! You will lose, lose win, gain and loss, loss is too lazy to human survival interlocking protocol is! You can never keep off the saturation state, is a new idea, the pursuit of!

You can\'t be too greedy, everything is just a passing traveller. A flower world, you have to take its process, use it to dilute your life for a period of time, it can not be two days in the world is the same. You have to know that everything will have the precious and unreflux time of your life, and don\'t have too much demand, and you can\'t overdo yourself too much. All things have a moderate, more than moderate you will be troubled by the outside world, natural will bee a load! To learn \_know Stop\_ \_contentment\_. How to release pressure, relieve pressure, and more importantly, how to relieve pressure, alleviate the need for a certain process, everything is how you do it, so as to ease the pressure in your heart. Other people are only the role of guidance, so you do what you like, what you should do!

**利弊英语作文范文 第十五篇**

关于高考利弊的英语作文

Dear Editor，

Last week our clahad a heated discussion on Earth students have different opinions about this activity.

About 60% of the students are in favor of it. As we all know ,global warming is a big problem in the world. Earth Hour can raise people’s awareneof global warming. Besides, turning off lights for an hour is energy-saving. Only by working together can we make our earth a better place to live in.

However , about 40% of the students say this activity is not very meaningful. They think it is only a show and that it doesn’t make much difference. What’s more, turning off lights for an hour may cause inconvenience to people’s life, work and study.

In my opinion, this activity is of great importance. But one activity alone is not enough if we want to save energy and protect our earth. Let’s act through our day-to-day habits.

华丽丽的分割线------------------

Should Yuanmingyuan Be Rebuilt?

Yuanmingyuan, “Garden of all gardens”, was burnt and fell into ruins in 1860. Recently my classmates had a discussion about whether it should be rebuilt or not.

Supporters of rebuilding the garden say only by doing so can we see the original sight of the garden, which reflects the Chinese civilization(文明). And it will be another place of interest for tourists. If partly rebuilt, it will provide a comparison and help us remember the history.

Those who disagree think it more reasonable(合情合理) to keep the garden like this. The ruins will remind us of the past. We should never forget the history. Other buildings like Palace Museum and Summer Palace can also be symbols of the Chinese culture, so it isn’t necessary to rebuild this garden. Some also worry that the environment will be destroyed when the construction goes on in this district.

Personally, it is advisable to rebuild Yuanmingyuan , which will add beauty to the city . What’s more , the new scenic spot will no doubt promote the economic development of the local.

**利弊英语作文范文 第十六篇**

X now plays such an important part in so many people’s lives that \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Obviously, X has both advantages and disadvantages.

As is often pointed out that, X makes us know \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ so that \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. In addition, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Yet here again, there is a danger.

The main problem with it is that \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. It is criticized on the grounds that it contributes to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Besides, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

In any case, whether the ultimate of X is good or not, one thing is certain that \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. It is the uses to which it is put that determine its value to society.

**利弊英语作文范文 第十七篇**

We have recently held a class meeting to discuss the pressure upon everyone of us Senior Three students. At the meeting everyone expressed their own opinions on how to get relieved from pressure.

Pressure es from all around: from the heavy load of learning, from the fierce petition, from teachers, and from parents. Pressure may affect our studies if there’s too much of it. However, if taken positively, a certain amount of pressure may help push us ahead.

Whenever I find there’s too much pressure, I choose to work out or listen to some light music, which seems to be quite effective. There are many approaches to getting oneself relieved when pressure accumulates. I strongly remend that when you feel much too stressed, you stop whatever you are doing, get out into the open, take a deep breath, and start thinking of something positive.

**利弊英语作文范文 第十八篇**

Stress comes in all shapes and size, and has become pervasive, it seems topenetrate everything and everybody, it\'s hard to get through a day withouthearing or reading something about stress. Some doctors refer to stress as somekind of new plague. However, numerous surveys confirm that the problemhas progressively risen since the 1980s.

Why all the disorder? After all, stresshas been around since Adam and Eve were in the Garden of Eden, Stress is anunavoidable consequence of life. Without stress, there would be no , just as distress can caw disease, there are good stresses that balancethis, and promote wellness.

**利弊英语作文范文 第十九篇**

Nowadays ther are a lot of false advertisements in society. They have caused many harms to society. Generally, their harms can be listed as follows. First, they exaggerate the functions of the goods they advertise and mislead consumers. Second , some advertisements contain obscene contents and bring about spiritual pollution. Third, they seriously damage the credit of businesses because the shops which sell those goods will be distrusted and even considered the conspirators of those advertisers by consumers. Personally, I am usually vigilant against any advertisements and so I have never been taken in. However, some people are credulous and are easily taken in. Therefore, in my opinion, effective measures must be taken to ban false advertisements and protect consumers\' interests. First, all the advertisements must be strictly censored by the authorities concerned before they are published. Besides, severe punishment must be inflicted on those who publish illegal advertisements. In conclusion, false advertisements must be eliminated in our society.

篇三：广告的利弊The Advantage and Disadvantage of Advertisement

With the development of informatization, people have more and more chances to choose the commodities they like. But the more goods exist, the more confusion people feel in choosing one. Therefore, advertisement stands out to take the responsibility for people to choose the products they prefer. But advertising has advantages and disadvantages. Some people are in favor of it, while some are on the contrary. As for me, I’m in the neutral place.

随着信息化的发展，人们有更多的机会选择自己喜欢的商品。但是商品越多，人们在选择的时候就越困惑。因此，广告站出来帮助人们选择他们喜欢的产品。但是广告既有优点也有缺点。有些人赞成，而有些人则相反。至于我，我在中立的立场。

On the one hand, advertisements help people have a better understanding about products. Advertisements always tell people the advantages and functions of the products. People can buy the things they want by reading advertisements. By the way, advertisements are free for consumers. Moreover, advertising is much more interesting than the instructions on the packaging box, because advertisements contain various factors, such as pictures, videos, voice plots and so on. Don’t you think it is a good way for choosing a product?

一方面，广告有助于人们更好地了解产品。广告总是告诉人们产品的优势和功能作用。通过阅读广告人们可以买到他们想要的东西。顺便说一下，广告对消费者是免费的。而且，广告也比包装盒上的说明书要有趣得多，因为广告包含各种元素，如图片，视频，情节等。难道你不觉得这是选择产品的一种好方法吗?

On the other hand, sometimes advertisements are tempting and deceptive. In order to attract the target customers, the advertiser will fill the content of decorating expressions, regardless of the filthy measures they have taken or the severe damages they may bring about. The advertisements always exaggerate the advantages and functions of the products. As a result, they mislead consumers to buy things that are not deserved.

**利弊英语作文范文 第二十篇**

There are a lot of counselors in counseling that reflect stress, and the strings in your head are so tight that you can\'t relax. It is understood that stress comes from the heart, which leads to overburden when it comes to its own expectations. External and internal pressure, the psychological symptoms, the mental not relaxed, the restlessness, the tolerance difference.

With stress, you need to learn to relax.

The best and simplest way is to take a deep breath. Breathe deeply and slowly, do 10 to 20 minutes, and slow down your actions, which can be accomplished by a pause. When the mood is calm, start again.

Music relaxes. Through the vibrations of sound waves, the music is a chemical catalyst that changes the endocrine and relaxes the mind. Listen to music. Be excited. Listen to the quiet music. Gloominess, listen to the gloominess of music, and then listen to the happy music. When feeling depressed, listen to \_the symphony of destiny\_ and rock music. To listen to the classical music, which is easy, smooth and melodious. When listening to music relax, try to keep an uninterrupted view of it.

Do a good job and a break. Separate your work hours from your breaks, don\'t want to work on weekends, sleep, and rest.

Cognitive intervention, to explain things to give positive or neutral, dissolve the pressure from the deep heart\'s core, adjust the expectations, the interested look a bit pale, satisfaction, a little bit stronger. You might as well look down. Social competition is intense, the psychological pressure big, want to learn more, in the life, pay, status, might as well choose people are lower than himself, that it is easier for comparative psychological balance and gain relative satisfaction, or lower your own expectations, on the contrary, it is easier for psychological imbalances and feel sense of relative deprivation. As the saying goes, it makes sense to take a step back. If life is a piece of piano, if it is always high, it will not sound like that. If it\'s low, maybe it\'s a sweet piece of music

**利弊英语作文范文 第二十一篇**

As the saying goes: There is pressure to have power. If you live, learn, there is no pressure in your work, where is the driving force? As a student, we have a stronger. one. Face pressure with a positive attitude. The pressure can be resistant, or it can become dynamic, just see how you go face. Society is constant, and people have retreats in it. Therefore, when they encounter stress, sensible approach is to adopt a relatively active mentality, just like human use of sunlight, although not 100 % Utilization,

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