

一、 社会热点类框架：健康

The desire for health is universal. With the quickening pace of urban life and ever-increasing pressure, people in growing numbers are suffering either physical or mental problems. It is generally believed that good health is the key to a happy life and a successful career.

There are numerous ways of keeping fit. First and foremost, it is most effective to do physical exercises. People respectively choose jogging, playing basketball, swimming, skating, climbing or riding as their regular exercises, because exercise never fail to make us stronger and more energetic. Moreover, we should put great emphasis on forming good habits. A balanced diet and sufficient sleep are both indispensable to physical fitness. What's more, mental health should also be taken seriously. Especially in adversity, we need to maintain an optimistic mentality to pull through life's pains and sorrows, twists and turns.

As far as I am concerned, I have a peculiar interest in yoga as a form of exercise. An hour's exercise every day usually makes me feel healthier and more vigorous. Besides, I never touch cigarettes or wine, nor do I stay up late. Instead, I keep a balanced diet and go to bed before 11 o'clock at night, because I believe burning the midnight oil is harmful to health. More importantly, an optimistic attitude toward life makes me confident and persistent. To sum up, all these practices guarantee a healthy body and a happy life.

参考译文

对于健康的渴望很普遍。随着都市生活节奏的加快和压力的不断增加，越来越多的人开始拥有生理或心理问题。普遍公认的是，健康是生活幸福和事业成功的关键。

保持健康的方式有很多种。首先且最重要的是，进行体育锻炼最为有效。人们分别选择慢跑、打篮球、游泳、滑冰、爬山或骑车作为日常锻炼，这是因为这些运动总是使我们更强壮和精力充沛。此外，我们应该重视养成良好的习惯。均衡的饮食和充足的睡眠对于身体健康而言都是不可或缺的。另外，心理健康也应被认真对待。尤其在逆境中，我们需要保持一种乐观的心态来经历人生的痛苦悲伤、迂回曲折。

就我而言，我对瑜伽有特殊的兴趣。每天一小时的锻炼经常使我感到更健康而且更有活力。此外，我从不吸烟喝酒，也不熬夜。相反，我保持均衡饮食，而且晚上 11 点之前上床睡觉，因为我相信熬夜对健康有害。更为重要的是，对生活乐观的态度使我充满自信而且坚持不懈。总而言之，所有这些锻炼保证了健康的体魄和快乐的生活。

二、 社会热点类框架：两代关系

This picture reveals a not-uncommon phenomenon of ... When they are too old to take care of themselves, the elderly become burdens to be kicked around by their sons and daughters, which has aroused indignation among many Chinese.

As a nation renowned in the world for many of its virtues, the Chinese people have been practicing filial piety throughout history. Many often-told stories reiterate this time-honored virtue of loving and respecting the elderly, like the story of Tiyang in the Western Han Dynasty who risked her life in order to save her wronged father from corporal punishment. Those who try every means to avoid their duties to look after their parents should bear in mind that they are much indebted to their parents for their rearing.

Without the loving care and selfless devotion of their parents, how could they have grown up healthily and become successfully? How could it be possible for them to maltreat their parents without the pricks of conscience?

Every one of us should live up to the virtues passed down to us by our ancestors. Only in this way can we be worthy of the name of Chinese.

参考译文

这幅图反映了一种普遍存在的现象：。当老人年龄太大而无法照顾自己的时候，他们就成了负担，被自己的子女们像足球一样踢来踢去。这引起了很多中国人的愤慨。

作为一个以很多美德闻名于世的民族，中华民族自古以来一直奉行孝道。许多广为传颂的故事反复强调了这种历史悠久的爱老敬老的美德，如西汉时的缙萦舍身营救蒙冤的父亲免于极刑的故事。那些千方百计想逃避照顾父母的责任的人应该牢记，他们应该感激父母的养育之恩。没有父母悉心的照料和无私的奉献，他们怎能健康成长并且取得成功？他们怎能虐待父母而不受到良心的谴责？

我们每个人都应该遵守从祖先那里传承下来的美德。只有这样我们才能无愧为中国人。

三、 社会热点类框架：职业道德

The past several years have witnessed a phenomenon in which a variety of promises have been arising from people in all walks of life. Regretfully, quite a lot of are sheer nonsense , just as the hen in the given cartoon commits herself to laying eggs which are round without any angles and corners, and yet have shells, egg whites and yolks.

Odd and funny as they sound, such false promises can be seen and heard everywhere in our country. Some administration departments promise to perform their tasks effectively and fairly without taking any bribes; some manufacturing units guarantee to turn out products of good quality; some commercial enterprises swear to provide genuine commodities and polite and enthusiastic services. Can you find anything new and substantial other than their assumed obligations in these “promises”? I presume your answer will be negative. As a matter of fact, their intentions in making such commitments are nothing but to put on a civilized disguise to please or deceive the public.

I dare say that corruption and cheating are causing damage to society both materially and morally. But the hen and her like should know that dishonest behaviors help no one to survive the intense competition of a market economy system. They should remember the old saying, “Honesty is the best policy”.

参考译文

过去几年出现了一种现象：各行各业开始出现了各种各样的承诺。遗憾的是，相当多的承诺纯粹只是空话，正如漫画中的这只母鸡一样，承诺下的蛋是圆的，没有棱角，而且保证有蛋皮、蛋清、蛋黄。

尽管这些承诺听起来奇怪有趣，但在全国各地都可以看到听到这样的虚假承诺。有些管理部门承诺不接受任何贿赂，公正有效地履行职责；有些生产厂家保证生产高质量产品；有些商业企业发誓提供正品和礼貌热情的服务。在这些“承诺”中，除了他们要承担的义务之外，你还能发现任何新的和实质性的东西吗？我想你的答案将是否定的。事实上，他们做出这种承诺的目的只是披上文明的外衣以便取悦或欺骗公众。

我认为腐败和欺骗正在物质和道德层面给社会带来不利的影响。但这只母鸡及其同类应该知道：在市场经济体系的激烈竞争中，没人能通过欺诈行为而生存下去。他们应该牢记这条古训：“诚为上策”。

四、 社会公德类框架：爱心/社会公德

When we use the word “love”, we do not simply mean an attraction to a person of the opposite sex, which is a very narrow definition of the word. The picture below illustrates the real meaning of love, by stressing the fact that love is emotional strength, which can support us no matter how dark the world around us becomes. As a matter of fact, throughout history people of many different cultures have regarded love as the most sublime of human emotions.

Take an example to illustrate the power of love. We should remember how Chinese people of all ethnicities responded to the call to help the victims of the deadly earthquake in Sichuan Province in 2008. Although their incomes are low by international standards, people all over the country did not hesitate to donate whatever they could——be it money or goods——to help their needy fellow citizens. Furthermore, they did this with no thought of gain or reward.

It is my view that the best way to show love is to help people who are more unfortunate than we are. We should always be ready to give a helping hand to those who are in trouble, no matter whether they are family members or complete strangers. Only by doing so can we help to make the world a better place, for, as the picture shows, the darker the shadows of sorrow become, the more brightly the lamp of love shines.

参考译文

当我们用到“爱”这个词时，我们不仅仅指对异性的吸引，这是对这个词非常狭隘的解释。下面这幅画阐释了爱的真正含义，它强调了这一事实：爱心是情感力量，不论我们周围的世界多么黑暗，它都能支撑我们。事实上，历史上处于不同文化中的人们都把爱视为人类最高尚的情感。

举一个例子证明爱心的力量，我们应该记得 2008 年中国各族人民如何响应号召去支援四川地震中的受难者。尽管他们的收入按照国际标准衡量还处于低水平，但是全国人民毫不犹豫地尽其所能捐献——不管是钱，还是物品——去帮助那些受难的同胞们。并且，他们这么做不求回报。

我认为，表示爱心的最好方式是帮助比我们更加不幸的人。我们应该随时准备向有困难的人伸出援助之手，无论他们是自己的家人还是素昧平生的陌生人。只有这样，我们才能助一臂之力，把世界变成一个更美好的地方，因为，正如图所示，悲伤的阴影越黑暗，爱心之灯的光芒就越闪亮。

五、 教育文化框架：教育

It is subtly revealed in the portrayal that ... Obviously, ... We are informed that ...

Some driving factors that contribute to the above-mentioned changes may be summarized as follows. First and foremost, China has become particularly active in ..., which leads to the increasing demand of qualified ... In addition, the development of job market on the whole cannot keep pace with the expansion of college graduates, which obliges a large number of students to stay on campus for another two or three years to

get better prepared for their career. Last but not least, working pressure is another reason. Taking all these factors into account, we may predict that with speedy development of our society, the number of recruitment of ... will keep growing in the forthcoming decade.

On the other side of the coin, however, this tendency may bring about a good many problems, such as the waste of talent. It is necessary for us to take effective measures to ensure this situation won't get out of hand, and encourage students to develop practical skills while learning theoretical knowledge, since both of them are the demands of the employers.

参考译文

这幅漫画微妙揭示了——。显而易见，——。我们得知：——

促成上述变化的一些主要原因可以概括如下。首先，中国在——方面已经变得异常活跃，这使得对高素质——需求的增加。此外，就业市场的总体发展无法跟上大学毕业生数量的增加，这迫使很多学生继续在校园里待上两三年的时间，以更好地为就业做好准备。最后，工作压力是另外一个原因。考虑到所有这些因素，我们可以预计：随着社会的迅速发展，——的招生人数在未来十年将会继续增加。

然而另一方面，这种趋势可能会带来很多问题，例如人才的浪费。我们有必要采取有效措施确保这一状况不会失控，同时鼓励学生们在学习理论知识的同时培养自身的实践技能，因为用人单位对这两个方面都有一定的要求。