

(2) 接句

先整体浏览一下听力材料，然后播放一句，你接下一句，这样可以提高你对整个听力材料的理解，提高英语句与句之间的衔接能力；

(3) 对答

对于对话场景的英语材料，你可以听一句，再对答下一句，然后角色互换，这样你可以有效地增强自己与外国人交流的自信心。

2. 看写结合**(1) 背诵**

我们的英语教科书以及很多时事、新闻或辅导材料等都非常好，这些都可作为你的背诵材料加以强化学习，在背诵完后，最好能默写下来，一方面检验一下自己的背诵能力，另一方面，默写过程能让你的英语语言思维达到“顺理成章”的效果；

(2) BBS、博客等发表文章或观点讨论

这点不仅可以积攒你的“人气”，广交朋友，还可以检验自己的写作水平；

(3) 与老外邮件或通信

既然无法做到与老外面对面地交流，那就通过邮件或通信的方式进行交谈，这样不但能更好地组织自己的语言，而且还能让老外帮忙修改你的英语信件，直接指导你，提高你的英语水平。

为什么要买这本书？**1. 以实际应用为主**

本书并不存在过多的教条用语，而是从外教考官的角度去看待并分析写作，通过目录，你可以清晰地看到本书的章节结构安排——老外眼中的写

指明写作重点，这是考生学习的重中之重。

切记写作不可浮于表面，通过简单的模板套用是不可能打动考官并取得高分的。通过阅读本书，你不仅可以打好写作功底，还可以迅速提高写作成绩。相信本书会给你带来意想不到的效果。

书中疏漏之处在所难免，还望得到你的批评与指正，在此预祝考生取得好成绩。

编 者

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| 老外教你托福写作 |

主旨清楚，根据题目的要求明确表达考生自己的观点；充实，则要求考生使用的素材丰富，充分支撑主题的展开；严密，要求考生在行文的过程中，逻辑合理，论证自然统一；语言流畅，即要在文章中体现考生对词句和语法的掌握，符合语法规则，选词准确、地道且丰富多样。

独立式写作

独立式写作的体裁是议论文，英语中对议论文的定义较为广泛，包括带有议论性质的说明文。独立式写作的题材包括教育、经济、社会、个人关系、生活、工作、家庭、休闲娱乐、媒体、生态等社会普遍关注的问题；虽然涉及一些专业知识，但是写作中只需要常识。具体到题型，往往要求考生支持或者反对某一个观点或说法，例如：

Many people have a close relationship with their pets. These people treat their birds, cats, or other animals as members of their family. In your opinion, are such relationships good? Why or why not? Use specific reasons and examples to support your answer.

1. 出题变化

旧托福提供了一个包含近 200 个题目的题库。这个题库现在仍然有效。但是就托福网考 2006 年 9 月实施以来的题目来看，ETS 倾向于在旧的题目上加一些变化。例如：

Do you agree or disagree with the following statement? Renewable sources of energy (water, solar energy) will replace fossil fuels (gas, coal) soon. Use specific reasons and examples to support your answer.

旧托福中相关的题目是：

Many parts of the world are losing important natural resources, such as forests, animals, or clear water. Choose one resource that is disappearing and explain why it needs to be saved. Use specific reasons and examples to support your opinion.

比较一下这两个题目可以知道，托福网考在出题方面有如下两个变化：

1) 改进传统的题目，加入近期比较关注的内容

就以上题目而言，自然资源的保护是一个老话题，而现在社会关注的是能源的可持续发展。所以考生应该了解一些传统题目内容的新发展。

2) 增加题目论述难度

旧托福的出题要求考生针对某个观点或事物的优点或缺点进行分析，做出选择。托福网考的出题方式则往往要求考生考虑更多的因素，如时间限度，范围限度等。上述例子中的“soon”一词，就要求考生考虑时间因素，回答可再生的能源是否在短期之内替代化石能源。这样，考生就不能对两种能源在环境 and 经济方面的优缺点泛泛而论，而应该考虑未来短期内国际政治、经济、科技、社会和文化的发展是否增加了新能源的普遍性或降低了旧能源的利用。再比如：

Will there be fewer private cars in the coming 20 years? Use specific reasons and examples to support your opinion.

这个题目也是加入了时间限定的，要求考生论述更为复杂的问题。所以，托福网考的独立写作难度有所加大，要求考生运用多维度的思维方式。

2. 考生注意

在准备独立式写作的过程中，考生要特别注意以下几点：

- 1) 托福官方范文的特点是“一边倒”，即抓住一个方面展开论述的写法明显要多于“两头打”，即两个方面都论证的写法。
- 2) 即使采取“两头打”写法的官方范文，除极少数特例外，一般也都是会明显地侧重一方，而对另一个方面的论述篇幅相对较短。
- 3) 托福官方范文中，常见的是4段或者5段。
- 4) 虽然有一些官方范文把开头部分和主体部分写在了一起，或者把主体部分和结尾部分合为一体，但是，绝大多数范文都有清楚明确的开头、主体和结尾三个部分。

“一边倒”，即完全支持或者完全反对某种观点的写法，对其他的观点或者视角一概不予考虑。可能有的考生会觉得这样的写法太不客观了，因为世界上几乎不存在绝对正确或者绝对错误的事情。所以很多中国考生会选择“两头打”的办法，虽然不是各打50大板，但对自己不很赞同的方面也要稍加论证，以体现客观。这样的想法在GRE考试中应该是可取的，因为GRE ISSUE的作文需要让考官感受到考生确实“参与”到了话题之中，尽量做到

| 老外教你托福写作 |

文章中的语言质量问题，以及存在的一些明显的中式英语如下：

“...attitude to studying abroad” 应更改为 “...attitude towards studying abroad”，这是中国学生最为头疼的词语用法问题。attitude 既可以与介词 to 连用，也可以与 towards 连用，两个介词之间的差别甚微，因此在使用上会让学生感觉很困惑。美国人习惯上使用介词 to 连接较为具体、明确的事物，例如：his job, life, abortion 等；而使用 towards 连接需要花费时间、精力，长期才能完成的事物或集合名词及人称代词，例如：diving, staff, me 等。因此，在这个句子中使用 towards 更地道。

“...they can have chances” 应更改为 “...they can have the chance”，英语定冠词 the 的用法也是中国学生的一个薄弱环节，在这个句子中“机会”是特指出国留学的机会，因此不能使用名词的复数形式表示泛指，必须使用定冠词 the 来特指。

“...education of different countries” 应更改为 “...education in different countries”，属于介词使用的错误。介词 of 多表示从属或限定关系，而这句中需使用表示范围的介词短语充当定语，故应该使用介词 in。

“...China's universities are done quite well” 应更改为 “...China's universities have done quite well”。这个句子存在语法上的错误，时态应该是现在完成时，故不能使用系动词 are，要使用 have done 这个结构。

相关词汇汇总（可以替换使用的同义词或近义词）

国外，在国外的 abroad (overseas, in a different country)

令人兴奋的 exciting (invigorating, thrilling)

意味着，暗示 imply (to lead one to believe, suggest)

贡献，努力 contribution (effort, work)

无价值的 worthless (waste of time, pointless)

3. 老外是怎么修改的？

In recent years, the number of students studying abroad has been rising. I believe there are several reasons for this increase.

In China, many people go to other countries for further education. Of course, these students are already accomplished enough to qualify for studying abroad. Studying abroad gives them a chance to learn about different cultures and countries. After finishing their studies, they can return to their home country, or even travel to a new one. This makes

使用四、五个句子。

文中词汇使用得很好，考生恰当地使用了如“**necessary background**”等短语和“**several**”，“**effective**”等词。当然也还有一些词语的使用不够恰当，比如“**no fear**”和“**when antibiotics were born to fight**”，应该分别改为“**no weakness**”和“**when antibiotics were created to combat**”。

词汇、短语和句子

The phrase “**upgraded bacteria**” could say “**new strains of bacteria**”.

The phrase “**was supposed to be dead**” could say “**was supposed to be extinct**”.

The phrase “**works like the background**” could say “**functions as the background**”.

明显使用不当的词汇、短语：

“**upgraded**”通常指升级、提高，而细菌不是升级的，只能是产生新的种类，所以，“**upgraded bacteria**”就要改为“**new strains of bacteria**”；

“**dead**”指的是死亡，而在文中需要的不仅是一个个体的死亡，而是整个物种的灭绝，所以“**was supposed to be dead**”要改为“**was supposed to be extinct**”；

在“**works like the background**”中，考生要表达的意思是“阅读材料作为听力部分的背景资料”，此处首先不能使用 **works**，因为其不具有这样的语义作用；其次不能使用 **like**，因为 **like** 用作介词时的含义是“像……一样”，并不是“作为”，因此应改为“**functions as the background**”。

写作语言

“**very useful to fight against**” should say “**very useful against**”.

“**raises up another example**” should say “**brings up a specific example**”.

“**equips the bacteria with the ability of**” should say “**gives the bacteria the ability of**”.

文章中的语言质量问题，以及存在的一些明显的中式英语如下：

“**very useful to fight against**”中 **against** 本身就带有“对抗”的含义，再使用“**fight**”是冗余，可以省略；

与 **example** 搭配，多使用 **take an example**, **bring up an example**, **raise up** 与 **example** 不搭配；

虽然“**equip...with...**”的用法没有错，但是在语义上，“**equips the bacteria with the ability of**”不成立，**equip** 和 **ability** 不搭配，应改为“**gives the bacteria the ability of**”。

相关词汇汇总（可以替换使用的同义词或近义词）

有抵抗力的，强壮的 **resistant** (less vulnerable, stronger)

灭绝 **extinct** (dead, no longer existing)

种类 **strain** (variety, type)

虚弱，疾病 **sickness** (illness, disease)

战斗，斗争 **fight** (combat, destroy)

3. 老外是怎么修改的？

In the lecture, the author mainly talks about the problems faced when using antibiotics to fight bacteria.

First, the lecturer points out that although antibiotics are still useful against certain illnesses, when they were first developed, new strains of bacteria started to appear that were resistant to some or all of the drugs. The lecturer uses a specific example to prove this point.

In the forties, when antibiotics were first used to fight bacteria, they were very useful and effective. However, as time went by, new strains of bacteria evolved from the bacteria that survived the initial round of antibiotics. As a result, the new bacteria had high resistance to the antibiotics. The author makes this point by using tuberculosis as an example. At one time, tuberculosis was thought to be nearly eradicated by antibiotics. In fact, new cases of tuberculosis have increased by 20 percent, since the new strains of tuberculosis are resistant to the drugs that doctors use to fight them.

The lecture is different from the reading in that the reading is essentially background material for the lecture. Specifically, the main idea of the reading is that antibiotics are useful and effective in dealing with infections, which are caused by bacteria. According to the reading, in the twentieth century, the discovery of antibiotic drugs such as penicillin was one of the era's most dramatic medical developments. The reading continues to discuss the positive effects of antibiotics. There are several examples of how antibiotics save the

| 老外教你托福写作 |

相关词汇汇总（可以替换使用的同义词或近义词）

无私 altruism (selflessness, sacrificial behavior)

欣赏，同情，赞赏 appreciation (acclamation, sympathy)

重新审视，重新评估 reexamination (reevaluation, reconsideration)

观点，概念 notion (idea, theory)

信仰，价值观 beliefs (assumptions, values)

3. 老外是怎么修改的？

Improving living conditions have led to the adoption of egocentric lifestyles for many people. However, there are still some that point out that many people are still altruistic and selfless. Despite this, there are some recent scientific findings that refute the claim that humans are inherently altruistic.

The example of human organ donation cited in the lecture is one of the most commonly cited examples of altruistic behavior in humans. Although they appear to gain nothing from this action, the altruism of human organ donors is still doubted by many psychologists and sociologists. These experts point out that in addition to the increased sense of self-worth that donors feel, these so-called selfless individuals also receive some other non-material rewards, such as the adoration and appreciation of the rest of society. This appreciation can enhance their social status, meaning that the act of organ donation is not as selfless as we once thought.

This investigation extends to the animal world as well. According to the lecture, meerkat sentinels do not actually stand guard without eating, but instead simply eat before the other meerkats. The sentinel meerkats' behavior shows that they satisfied themselves first before helping others. Additionally, the study also found that although meerkat sentinels partially placed themselves at risk to a predator by standing guard, this actually increased the sentinels' chances of survival during an actual attack. When a sentinel sounds an alarm, its natural instinct of self-preservation still kicks in as it escapes to the burrow as quickly as possible. The predator's attention is drawn away from the sentinel when the other meerkats panic and start running for the burrow as well, increasing the sentinel's chance of survival. The behavior of the sentinel meerkat refutes the notion of inherent altruism.

After considering these issues, we can see that the idea of "true altruism" is

refuted not only by the animal world, but by our own world as well. From the above analysis and facts, the conclusion can be drawn that instinctual behavior ultimately trumps sacrificial or altruistic acts.

4. 老外会怎么写?

Although the reading provides a few examples of altruistic behavior naturally found in both humans and meerkats, the lecture easily refutes the claims of the reading with the help of some scientific research. (确定主题, 即听力材料批驳了阅读材料中的观点。)

The reading first claims that human altruistic behavior can be found in the selfless actions of organ donors, who sacrifice their very body parts for the benefit of others. However, sociologists and psychologists have pointed out that these Good Samaritans not only gain an increased sense of self-worth from the act, but also benefit from the adoration and appreciation of society. In this sense, donating organs is not the altruistic act that the reading claims. The reading also mentions the behavior of “sentinel” meerkats. The reading claims that these animals stand guard outside the burrow without eating, allowing the other meerkats to find food and eat it first. In addition, the reading claims that these sentinels place themselves at risk by guarding the burrow and warning the others when a potential predator is nearby.

The lecture refutes this by citing several key scientific findings. First, the sentinel meerkats do not actually go without eating to give the others the first opportunity to feed; rather, these sentinels actually eat *first* before allowing the others to eat. In addition, although the sentinels *do* initially put themselves at risk, they are actually more likely to survive a predator attack in the event that one occurs. The sentinels are the first animals to see the predator; when they sound the alarm, they are closest to the burrow and accordingly are the first to run inside of it. Furthermore, when the sentinel sounds the alarm, the panicked movements of the other meerkats actually distract the predator, giving the sentinel a chance to escape. (采用一一对应的方式, 先列举阅读材料中的论点, 然后使用听力材料中的论点和论据对其进行批驳。这样的方式使作者和读者都能思路清晰, 保证文章的主题贯穿始终。)

In conclusion, the lecture neatly and easily refutes the claims of the reading by citing key scientific findings. (使用 “neatly” 和 “easily” 修饰 “refute”, 借助 “scientific findings” 强有力地地点明主题, 做到了首尾呼应, 行文连贯。)

| 老外教你托福写作 |

The concluding paragraph ties back to the introduction and thesis ("From these two aspects ..."). The essay is coherent and fairly easy to read; each topic sentence is supported by both examples from the reading and lecture and the student's own opinion.

从结构上来看，文章的主题突出，表达清楚，出现在了恰当的位置。各段落的主题句同样明确清晰，分别置于各段落的开头。文章的布局从列举阅读材料中的正方论点开始，随后使用听力材料中的反面论点对其一一批驳，行文流畅。

结尾呼应文章开头及主题 ("From these two aspects ...")。整篇文章流畅连贯，易于理解；每一个主题句都有分别来自于阅读和听力材料中的论据做支撑，还有考生自己的观点，结构上安排合理，构思完整。

文章内容

The thesis statement is not particularly creative; it just takes the two main themes of the lecture and reading and restates them ("sports fans' sense of community and their emotional investment"). Fortunately, the supporting details are strong; drawing both from the material given ("sports fans can develop closer ties with people in their own community") and the student's own perspective ("the emotions placed in sports are unhealthy").

The vocabulary is strong, although the student mostly just borrowed words and phrases directly from the reading and lecture without rewording them. The phrases "emotional training" and "creating a sense of community" are some of the stronger ones.

The essay is free of slang and colloquialisms, although the saying at the end ("every coin has two sides") could be removed.

从内容上看，整篇文章并不具有独特的创新内容，只是将阅读和听力材料中的两个主题 ("sports fans' sense of community and their emotional investment") 加以总结，重新组织语言进行描述。文章出色之处在于论据 ("sports fans can develop closer ties with people in their own community") 的安排非常到位，分别摘自两部分材料，同时还有考生的个人观点 ("the emotions placed in sports are unhealthy")。

尽管大量地借用了阅读和听力材料中的词汇和短语，但是考生对词汇的驾驭能力还是很强的，例如 "emotional training" 和 "creating a sense of community"，都是使用非常得体的典型词汇。

Border irrigation is a type of surface irrigation that involves flooding land in long parallel strips separated by earth banks built lengthwise in the direction of the slope of the land. Water flows from the highest point in the field to the lowest. Basin irrigation is similar to border irrigation but includes earth banks constructed crosswise to those used for border irrigation, dividing a field into a series of basins that can be separately irrigated.

LISTENING AND WRITING

(narrator)

Now listen to part of a lecture on the same topic.

(Professor)

One thing that really concerns water resource analysts is how much water agriculture uses. Agriculture uses a lot of water, more than all other water-using sectors of society. One of our greatest concerns is the very high use of water by irrigation. This is because, in most cases, the water used for irrigation can't be used afterward for other purposes, such as water supply for homes or industry.

Some forms of irrigation use water more efficiently than others. The efficiency of water use varies by region, crop, agricultural practice, and technology. The least efficient types of irrigation are the surface methods. Your reading really didn't go into this, but think of how much water it takes for a traditional surface method like field flooding. It takes a lot of water to flood a field. The water collects into ponds or basins, but then most of it either evaporates into the air or passes down through the soil into groundwater. This means that, in lots of places, less than half of all the water applied to a field is actually used by the crop. The rest is lost to evaporation or to groundwater. All of the flooding methods generally waste a lot of water-water that could otherwise be used for other purposes.

Fortunately, there are several irrigation technologies that are more efficient than the poorly controlled and highly wasteful flooding methods. They range from sprinkler systems to drip irrigation. In sprinkler systems,

4. 老外会怎么写？

The points made in the lecture refute the statements made in the reading passage; specifically, the lecturer cites a case in which the positive aspects of working in a team, such as having access to a wider variety of knowledge and expertise, is overshadowed by the inefficiency that results when a team is poorly assembled. (还是延续了之前的模板，开门见山直接说明 refute，要注意 specifically 的使用，突出主题，把 refute 的要点集中在副词之后的内容上。)

In the lecture, the speaker states that groups are often prone to sluggishness, because they have to wait for the approval of all members. This contradicts a statement made in the reading, in which the author states that teams actually move more quickly than lone individuals, since they have access to more resources. (先提出听力材料中的一个论点，再说明与阅读材料中的哪个论点相悖。)

The lecture also refutes another point from the reading; the reading states that the “risky thinking” that comes from group work can be beneficial. However, the lecture reminds us that such behavior is not always helpful; bad ideas that result from “risky thinking” can cause the entire group to fail and receive blame, even if the original idea came from just one or two members. (与第二段平行，先是听力材料，再针对阅读材料。)

To summarize, the lecture neatly refutes the main ideas of the reading. The lecture cites a specific example that illustrates the negative effects of teamwork; this example contradicts the statements made by the author of the reading passage. (“neatly refute”, “illustrate”, “negative”, “contradicts” 都是很有力度的词，在结尾段集中使用，再次突出文章的主题，呼应开头，保持整篇文章的连贯性。)

| 老外教你托福写作 |

forbid / prohibit	禁止
legalize	使合法化
establish	建立
alleviate / ease / relieve	减轻, 缓解
tackle / resolve / combat / grapple with	解决
allocate money to sth.	为……拨款
optimize the distribution of resources	优化资源分配
efficient	高效率的
mandatory	强制性的
democratic	民主的
stringent	严格的, 严厉的
infrastructure	基础设施
public facilities	公共设施
public transportation / transit system	公共交通系统
pipelines	石油天然气管线
water supply and drainage system	给排水系统
power grid	电网
unemployment	失业
laid-off workers / downsized workers	下岗工人
priority	首要任务, 当务之急
the authorities	当局
legislation	立法
tax revenue	税收
expenditure	开支, 支出, 花费
scrutiny	监督
budget	预算
the government spending / expenditure	政府开支
rules and regulations	规章制度
expansion / aggression	扩张
short-sighted policy	缺乏远见的政策
arms race	军备竞赛
space race	太空竞赛
self-defense	自卫
a vicious circle	恶性循环
stability	稳定
destabilizing factors	地区不稳定因素
a democratic and progressive government	民主与开明的政府

hide	兽皮 (fur 是兽毛)
cruel	残忍的
brutal / callous / merciless / inhuman / ruthless	虽然程度不同, 但都可以替换 “cruel”
biodiversity	生物多样性
pharmaceutical	制药的
anesthetic	麻醉
laboratory	实验室
simulation	模拟
medical research	医学研究
biomedical research	生物医学研究
clinical	临床的
vivisection	活体解剖
animal right activists	动物权益保护主义者
captivity	囚禁
epidemic	传染病
well-behaved	行为乖巧的
drive off our loneliness	驱散寂寞
relieve / alleviate / ease / animals' pain	减轻、缓解动物的痛苦
afford their master consolation and comfort	给他们的主人心理安慰

➡ Money

Insecurity	不安全感, 尤其是年轻人谈话时常用这个词, 表示 “缺乏自信”
a tight budget	紧张的预算
exorbitant price	天价 (也有用 sky price)
fortune	好运; 财富 (make a fortune)
temptation	诱惑
outfit	外衣, 是可数名词
property	财产
client	公司、银行或者律师的客户
patron	顾客, 比 customer 正式
demand	需求
greed	贪婪
desire	欲望

例 句

It goes without saying that a firm resolution is the important element of success. In other words, a successful man must possess a firm resolution and an inflexible spirit. On the contrary, a man without a firm resolution will not succeed all his life.

It is quite clear that English has become an international language because it has been used by most of the nations in the world. In other words, you may make a trip around the world without being misunderstood if you know English.

Generally speaking, men who possess knowledge are more powerful than those without knowledge. In other words, the educated class always plays a more important role than ignorant people in society. This is an unchangeable truth.

When asked about the biggest problem today, many people say that it is the serious energy crisis. They are afraid that the world will soon run out of oil and run short of food. But other people hold different views. They regard it as a natural result of the economic development and believe it will be only solved with further advances in economy and technology.

常用于第一个推展段落开头的句型

Everybody knows that ...

It can be easily seen that ...

It is true that ...

No one can deny that ...

One thing which is equally important to the above mentioned is ...

The chief reason why ... is that ...

We must recognize that ...

There is no doubt that ...

I am of the opinion that ...

This can be expressed as follows.

To take ... for an example ...

Therefore, we should realize that ...

We have reason to believe that ...

(Now that) we know that ...

What is more serious is that ...

When it comes to ..., some people think (believe) that... Others argue (claim) that the opposite is true. There is probably some truth in both arguments (statements), but ...

We are often told these days that ... But is this really the case?

In recent years, many cities (countries) have been faced with the serious problem of ...

One of the biggest issues many people talk about now is ...

With the rapid development (improvement) of ..., more and more ...

People used to think (It was thought) that ... In the past (old days),... But things are quite different (few people now share this view) now.

常用于第二个推展段落开头的句型（语气与第一个推展段不同或相反）

Another special consideration in this case is that ...

Besides, we should not neglect that ...

But it is a pity that ...

But the problem is not so simple. Therefore, ...

However, ...

Others may find this to be true, but I do not. I believe that ...

On the other hand, ...

Perhaps you'll question why ...

There is a certain amount of truth in this, but we still have a problem with regard to ...

Though we are in basic agreement with ...

What seems to be the trouble is ...

Yet differences will be found, that's why I feel that ...

So long as you regard this as reasonable, you may ...

附录三 托福写作经典结构

在托福写作的备考阶段，考生可以先从模板入手，培养自己构建文章的习惯。新托福的官方高分范文中，大多数都是 4 段或者 5 段式，几乎没有 3 段或者 6 段的范文。因此考官建议：考生在备考阶段就要严格要求自己尽量用 4~5 段的篇幅完成自己的作文。

以下模板仅供参考，希望考生在熟练掌握后，能够自由运用，融会贯通，才不会因过于模板化而影响自己的得分。

1. 独立式作文的经典模板

模板一

A or B

Depending on personal experience, personality type and emotional concern, we find that some people hold the idea of A meanwhile others prefer to B, from my point of view, it is more advisable to chose A rather than B. My arguments for this point are listed as follows.

The main reason for my propensity for A is that _____.就理由进行解释_____。For instance, _____

Another reason can be seen by every one is that _____.就理由进行解释_____。For example, _____

The argument I support in the first paragraph is also in a position of advantage because _____。

Although I agree that there may be a couple of advantages of B, I feel that the disadvantages are more obvious. Such as _____。

In a word, _____. So, it is sagacious to support the statement that it is better to A.