

## 《2025年6月四级作文范文带翻译15：献血的利弊》

在大学英语四级考试中，写作占试卷总分的15%，满分106.5分。除了阅读之外，英语四级作文也是非常重要的。想要提升写作成绩，每天至少要坚持写一篇英语作文，下面是我们整理好的四级作文范文。

### 2025年6月四级作文范文带翻译15：献血的利弊

Blood donation is a noble act that can save countless lives. However, like any medical procedure, it comes with its own set of advantages and disadvantages.

On the positive side, donating blood helps to replenish blood supplies in hospitals, ensuring that patients in need have access to life-saving transfusions. It also stimulates the production of new blood cells in the donor's body, which can improve overall health. Moreover, regular blood donors often report a sense of fulfillment and satisfaction from knowing they have made a difference.

However, there are also some potential drawbacks. Donating blood can cause temporary discomfort, such as dizziness or fatigue. In rare cases, it may even lead to more serious complications, especially for those with certain medical conditions. Therefore, it is important for potential donors to undergo a thorough health screening before donating.

In conclusion, while blood donation is generally beneficial, individuals should weigh the pros and cons carefully and consult with medical professionals if necessary.

献血是一项可以挽救无数生命的崇高行为。然而，就像任何医疗程序一样，它也有其利弊。

从积极方面来看，献血有助于补充医院的血液供应，确保有需要的患者能够获得挽救生命的输血。它还能刺激献血者体内新血细胞的生成，从而改善整体健康状况。此外，定期献血者常常报告说，知道自己做出了贡献会感到满足和欣慰。

然而，献血也存在一些潜在的弊端。献血可能会导致暂时的不适，如头晕或疲劳。在极少数情况下，甚至可能引发更严重的并发症，尤其是对于那些患有某些疾病的人来说。因此，潜在献血者在献血前进行彻底的健康检查非常重要。

总之，虽然献血通常是有益的，但个人应仔细权衡利弊，并在必要时咨询医疗专业人士。