每日一句长难句Day1丨要想改变命运，首先改变自己

There will be television chat shows hosted by robots, and cars with pollution monitors that will disable them when they offend.

2、【分析】本句是There be 句型，television chat show… and cars…是并列。过去分词结构hosted by robots做后置定语修饰television chat shows，而限定性定语从句(that will disable them when they offend)则修饰前面的pollution monitors。分词结构作后置定语在考研中是最常见的语言现象之一，一起来看几个例子：

（1）I know the girl who comes from Beijing. Who充当从句主语，省略后后面动词为主动语态，省略为coming， 因此句子为I know the girl coming form Beijing.

（2）I have a dog which is named King. which充当从句主语，省略之后后面动词为被动语态，省略为named，因此句子为I have a dog named King.

3、【词汇】

host n.主人，主持人；v.主持---- a host of表示“许多”

disable vt. 使无能，使残废---注意写作句型中的enable sb. to do sth.使某人做某事

disabled adj. 残废的，有缺陷的

offend vt. 触怒；vi.违规

4、【译文】

届时，将出现由机器人主持的电视聊天节目以及装有污染监控器的汽车，一旦这些汽车排污超标，监控器就会使其停驶。

每日一句长难句Day2丨所谓成功，就是在平凡中做出不平凡的坚持

This phenomenon has created serious concerns over the role of smaller economic firms, of national businessmen and over the ultimate stability of the world economy.

2、【分析】

本句是简单句，全句主干是This phenomenon has created serious concerns。over是“关于”的含义，人们的担忧实际包含两个方面：一是the role (of smaller economic firms, of national businessmen) ，另一个是the ultimate stability (of the world economy) 。

3、【词汇】

concern n. 关心，顾及；v. 涉及，关系到—> concerning 关于

<写作句型> create serious concerns over引起…的极大关注

ultimate a.最终的

stability n. 稳定—> stable a. 稳定的= steady

4、【译文】

这种现象引起了人们对小型经济实体与民族商人的作用以及世界经济的最终稳定性的极大关注。

每日一句长难句Day3丨在强者的眼中，没有最好，只有更好

This does not mean that ambition is at an end, that people no longer feel its stirrings and promptings, but only that, no longer openly honored, it is less openly professed.

2、【分析】

这是一个宾语从句的并列结构，主干是this does not mean，后面接了三个并列的that从句作mean的宾语，中间用but连接。在第三个宾语从句中， no longer openly honored是插入语结构。

3、【词汇】

ambition n.雄心，抱负[谐音“俺必胜”]

stir v. & n. 激起，搅动

prompt v.鼓动，促使[注意：prompt在阅读中通常用于形容词，表示“敏捷的、迅速的”]

profess v. 表示，宣称[pro-向前+fess-说，同根词confess坦白]

4、【译文】

这并不意味着抱负已经穷途末路，人们不再感觉到它对人们的激励；而只是说明人们不再愿意公开地承认，公开以它为荣。［此处插入语翻译时变换了作用］

每日一句长难句Day4丨改变自我，挑战自我，从现在开始

The astonishing distrust of the news media isn't rooted in inaccuracy or poor reportorial skills but in the daily clash of world views between reporters and their readers.

2、【分析】

本句是由not…but… 结构构成。注意这个结构引导的是两个方式状语。其核心词分别是inaccuracy or poor reportorial skills和the daily clash of world views。本句的主干是The astonishing distrust of the news media isn't rooted。两个分词短语充当句子的状语。

3、【词汇】

be rooted in 根源在于

[写作句型] the astonishing … of … is rooted in …

例如：The astonishing ignorance of environmental pollution is rooted in too much importance attached to the results of economic development.

对于环境污染令人震惊的忽视，根源于我们过度重视经济发展的结果。

crush 压碎，碾碎 crash碰撞 clash 撞击声，冲突

world view 世界观

4、【译文】

对新闻媒介这种令人震惊的不信任，其根源并非是报道失实或低下的报道技巧，而是记者与读者的世界观每天都发生着碰撞。

每日一句长难句Day5丨瀑布跨过险峻陡壁时，才显得格外雄伟壮观

If it did, it would open up its diversity program, now focused narrowly on race and gender, and look for reporters who differ broadly by outlook, values, education, and class.

2、【分析】

本句是一个虚拟语句。If it did是从句，主句主语it后面跟了两个并列的谓语成分：一是would open up its diversity program，二是(would) look for reporters。reporters后面跟了一个定语从句。now focused narrowly on race and gender是分词结构作program的后置定语。

3、【词汇】

diversity n.多样性/ focus on聚焦于= center on

gender n.性别

outlook n. 观念

4、【译文】

如果是这样，它就应该进一步开放其目前只单纯考虑招收不同种族和性别员工的多样化项目，并进一步寻找那些世界观、价值观、教育水平和社会阶层大相径庭的各类记者。

每日一句长难句Day6丨没有失败，只有暂时停止的成功

An education that aims at getting a student a certain kind of job is a technical education, justified for reasons radically different from why education is universally required by law.

2、【分析】

句子主语是an education，后面that引导定语从句修饰主语，谓语动词是is，表语是a technical education。过去分词结构justified for reason做后置定语修饰a technical education，原本是which is justified for reasons，也就相当于前面的内容之所以合情合理是因为reasons。Reasons后面接了一个形容词结构radically different作修饰，后面的why education is universally required by law看成一个整体，因此句子的意思是前面的内容之所以合理的原因不同于后面的why引导的句子。

3、【词汇】

be justified for … 被证明合理是由于…

radically 原意为“激进”，在考研中的副词修饰形容词时通常翻译为“非常”

4、【译文】

旨在使学生胜任某种工作的教育是职业教育，它存在的理由与法律所规定的普及教育之间有很大差别。

每日一句长难句Day7丨拼尽全力，逼自己优秀一把，青春已所剩不多

Parents claimed more positive emotions and more meaning in their lives than non-parents, and a closer look revealed it was fathers who most enjoyed these benefits.

2、【分析】

Parents是主语，claimed是谓语动词，宾语是more positive emotions and more meaning in their lives的并列结构，其中more… than…构成了比较级。And构成了并列句连接，后面分句中a closer look是主语，revealed是谓语，宾语从句it was fathers who most enjoyed these benefits本身也是一个it was…who….构成的强调句。these benefits指代前方的more positive emotions and more meaning in their lives。

3、【词汇】

claim v. 声称，断言

a closer look 仔细观察

4、【译文】

相比那些还没做父母的人，为人父母者具有更积极的情感和生活也更有意义。通过更加仔细的观察，可以发现父亲在上述方面更明显。

(claim翻译中为了保持语义的通顺可以不直接翻译出来)

每日一句长难句Day8丨只要还有明天，今天就永远是起跑线

Curiously, some two-and-a-half years and two novels later, my experiment in what the Americans term “downshifting” has turned my tired excuse into an absolute reality.

2、【分析】

本句主干是my experiment... has turned my tired excuse into an absolute reality。注意其谓语是一个turn sth. into sth.的结构。前面两个逗号之间的是时间状语。主语的修饰部分in what the Americans term “downshifting”，此处的难点是term用作动词，term A. B.把…说成…，此处的A就是放置前方的what。

3、【词汇】

term n.学期，条款，术语；v.把…称为

tired excuse 老掉牙的借口

4、【译文】

奇怪的是，我在大约两年半的时间里完成两本小说之后，我这个被美国人称为“放慢生活节奏”的试验已经将我老掉牙的借口变成了确凿的现实。［由于本句截取，中文意思会有些断章取义］(some two-and-a-half years and two novels later是两个信息的的叠加，两年半之后和两本小说之后，所以翻译时组合为两年半时间内完成了两本小说，当然也是根据上下文的一些信息。)

每日一句长难句Day9丨如果要飞得高，就该把地平线忘掉

It serves directly to assist a rapid distribution of goods at reasonable price, thereby establishing a firm home market and so making it possible to provide for export at competitive prices.

2、【分析】

本句是简单句，it主语，serves….. to assist为谓语部分，a rapid distribution of goods是宾语，at reasonable price是状语，后面紧接and连接的两个分词结构，做伴随状语：第一个结构是动宾结构，第二个结构是make it adj. to do sth. 。it作形式宾语，provide for export at competitive prices是真正的宾语。

3、【词汇】

serve to 用于

distribution n.分配

4、【译文】

它能够直接帮助货物以比较合理的价格被迅速分销出去，因此可以建立一个稳固的国内市场，同时也使以具有竞争力的价格提供出口变得可能。

每日一句长难句Day10丨困难越大，荣耀也越大

In the American economy, the concept of private property embraces not only the ownership of productive resources but also certain rights, including the right to determine the price of a product or to make a free contract with another private individual.

2、【分析】

本句话结构比较简单，句首是状语，主语是the concept of private property，谓语动词是embraces，后面的宾语用not only….but also…连接，第二个宾语certain rights后面是including引导的结构作为解释，the right后面是or连接的to determine和to make构成并列。

3、【词汇】

concept n.概念 <New Concept English新概念英语>

embrace v. 拥抱，[僻义]包含

[写作句型] the environmental protection embraces not only a series of laws and regulations but also the increased awareness of the public. 环境保护不仅仅只是一系列的法律法规，还有老百姓意识的增强。

determine vt. 决定; v. be determined to do 下定决心做某事

contract n.合同；v.缩短，收紧 <区分 contact联系>

4、【译文】

在美国经济中，私有财产的概念不仅包含对生产资源的所有权，也指其他一些特定的权利，如确定一个产品价格和与另一个私人个体自由签定合同的权利。

每日一句长难句Day11丨在灾难面前不屈服，而应更加勇敢地去正视它

We have a certain conception of the American citizen, a character who is incomplete if he cannot competently assess how his livelihood and happiness are affected by things outside of himself.

2、【分析】

这个句子的难点在于a certain conception of the American citizen后面是同位语a character［一般逗号两边都是名词或名词结构，可以判断为同位语结构］，其后是一个who引导的定语从句：其中主句是who is incomplete，if引导条件从句，这个条件从句中的谓语动词assess跟了一个how引导的宾语从句。

3、【词汇】

a certain 某种

conception 观念，概念

competently 本意是胜任地、合适地，此处演化成“准确地”

assess v.评价，评估

livelihood 生活

4、【译文】

我们应该这样理解美国公民——如果他不能准确判断自身的生活和幸福是如何受到外界影响的，那么他是个不完整的个体。

每日一句长难句Day12丨用这生命中的每一秒，给自己一个不后悔的未来

The "shareholders" as such had no knowledge of the lives, thoughts or needs of the workmen employed by the company in which he held shares, and his influence on the relations of capital and labor was not good.

2、【分析】

这句话结构的突破点是and，and后面是一个简单的主系表结构，前面比较复杂。the "shareholders"主语， as such作为修饰， had no knowledge of是谓语部分， the lives, thoughts or needs of the workmen是宾语，employed by the company引导分词结构做后置定语，修饰前面的workmen， in which he held shares是定语从句修饰前面的company。

3、【词汇】

shareholder 股东

as such 这样的

have no knowledge of 对…不了解；不知道

4、【译文】

这样的"股东"对他拥有股份的公司所雇用的工人们的生活、思想和需求一无所知，而且他们对劳资双方的关系不会产生积极的影响。

每日一句长难句Day13丨生命不是要超越别人，而是要超越自己

Economists have been particularly surprised by favorable inflation figures in Britain and the United States, since conventional measures suggest that both economies, and especially America's, have little productive slack.

2、【分析】

本句是since引导的原因状语从句，主句中economist是主语，谓语部分是被动语态，宾语是favorable inflation figures。从句中conventional measures是主语，谓语suggest后面是that引导的宾语从句，逗号之间是插入语，补充说明。

3、【词汇】

favorable 利好的；非常好的

inflation n.通货膨胀

convention n. 大会，会议；[僻义] 惯例--->conventional a. 传统的= traditional

slack n. 松弛，淡季——productive slack生产滑坡

4、【译文】

让经济学家感到特别诧异的是, 英美两国的通货膨胀带来的是良性的结果, 因为传统的分析方法表明, 两国尤其是美国的经济生产几乎没有出现滑坡。

每日一句长难句Day14丨自己要先看得起自己，別人才会看得起你

The most thrilling explanation is, unfortunately, a little defective. Some economists argue that powerful structural changes in the world have upended the old economic models that were based upon the historical link between growth and inflation.

2、【分析】

第一个句子是主系表结构。第二个句子主语是some economists，谓语动词argue后面接宾语从句，从句中powerful structural changes in the world是主语，have upended是谓语，the old economic models是宾语，后面又接一个定语从句，其中were based upon是谓语部分，the historical link后面接了一个between…and…结构。

3、【词汇】

thrilling a. 毛骨悚然的，令人震惊的

defective a.有缺陷的

upend v. 颠倒，倒放

[写作句型]we can find that powerful innovative measures have upended the old lifestyle in which too little importance were attached to the environmental protection .我们发现强有力的改革措施改变了不太重视环境保护的传统生活方式。

4、【译文】

很不幸，这最令人震惊的解释有一点缺陷。一些经济学家认为世界经济结构的强有力的变化已经颠覆了以经济增长和通货膨胀的历史关联为基础的旧经济模式。

每日一句长难句Day15丨年轻不是你玩的理由，而是你奋斗的资本

His colleague, Michael Beer, says that far too many companies have applied re-engineering in a mechanistic fashion, chopping out costs without giving sufficient thought to long-term profitability.

2、【分析】逗号之间是插入语，主语是his colleague，谓语say后面是宾语从句，far too many companies是主语,have applied是谓语re-engineering是宾语， in a mechanistic fashion是状语，后面chopping引导分词结构做状语。

3、【词汇】

apply vt.应用(to); vi.申请 （for）

in a … fashion 以 ….方式

[写作句型] Many of us make use of natural resources, dumping in a random fashion without giving sufficient thought to environmental protection. 我们中很多人充分使用资源，却随意乱扔，没有充分考虑环境保护问题。

chop out 削减 = cut down

sufficient a.充分的

give thought to 考虑

long-term 长期的

4、【译文】

他的同事迈克尔.比尔说，有太多的公司采用机械的方式实行重组，没有充分考虑长期赢利能力的情况下削减成本。

每日一句长难句Day16丨成功便是站起比倒下多一次

You can make a mental blueprint of a desire as you would make a blueprint of a house, and each of us is continually making these blueprints in the general routine of everyday living.

2、【分析】

此句是用and连接的两个并列句。在前一个分句中，又用as引导了一个比较状语从句，将make a blueprint of a desire 与 make a blueprint of a house作比较。第二个分句的主干是：each of us... is making... Blueprints...

3、【词汇】

blueprint n.蓝图

continually adv.持续不断地

routine n. 常规

4、【译文】

你可以在头脑里勾画出愿望的蓝图，如同设计房屋的蓝图一样。而我们每个人在日常生活中都在不停地勾画着这样的愿望蓝图。

每日一句长难句Day17丨学的到东西的事情是锻炼，学不到的是磨练

While talking to you, your could-be employer is deciding whether your education, your experience, and other qualifications will pay him to employ you and your wares and abilities must be displayed in an orderly and reasonably connected manner.

2、【分析】

该句主干是While …, your could-be employer is deciding whether... and your wares and abilities must be displayed...。前一个分句中while引导状语从句，decide后面是whether引导的宾语从句，该从句中并列主语为your education, your experience, and other qualifications，谓语部分为pay him，后面是不定式做的状语。and后面的并列句是被动语态，其中in … manner为方式状语。

3、【词汇】

pay sb. to do sth. 干某事对某人有利

如：It will pay you to be careful.(小心谨慎对你有好处)

could-be 可能的，未来的

wares 本义为“货物，商品”，这里表示应聘者能够展示出来的资格和能力。

4、【译文】

在与你面谈时，你未来的雇主将根据你的教育背景、经验和其他的资历来确定雇用你是否值得，因此你必须把你“待售的物品”和能力以有序而合理连贯的方式呈现出来。

每日一句长难句Day18丨山路曲折盘旋，但毕竟朝着顶峰延伸

The corporation will survive as a publicly-funded broadcasting organization，at least for the time being，but its role，its size and its programmes are now the subject of a nation-wide debate in Britain.

2、【分析】

该句是由but连接的两个转折关系的分句。前半句为The corporation will survive as …，其中at least for the time being的意思是“眼下，暂时”，这里做时间状语。后半句的主干可以表达为A are the subject of B（A是B的对象）。

3、【词汇】

survive v. 幸存；战胜

fund v.投资

for the time being 暂时

4、【译文】

虽然至少目前，它仍可以以公办广播机构的身份生存下去，但它的作用、规模和节目类型却成了全英国争论的话题。

每日一句长难句Day19丨不管失败多少次，都要面对生活，充满希望

With economic growth has come centralization: fully 76 percent of Japan's 119 million citizens live in cities where community and the extended family have been abandoned in favor of isolated, two-generation households.

2、【分析】

with economic growth has come centralization是倒装结构，主语是centralization,谓语是has come，with economic growth是状语。冒号后面fully 76 percent of Japan's 119 million citizens是主语，live谓语，in cities是地点状语，后面是where引导的定语从句。从句中community and the extended family是主语，have been abandoned是谓语，in favor of引导状语结构。

3、【词汇】

centralization n.集中化，中心化--->decentralize v.分散

extended family 传统大家庭

abandon v.放弃

in favor of 支持，[引申] 由…取代

isolated a.孤立的[i我，sole自己，ate动词词尾]

4、【译文】

随着经济的增长集中化已经显现：日本1.19亿公民中整整76％的人口定居城市,在这里，原来的社区和多代同堂的大家庭已被摒弃，取而代之的是与外界疏于往来的、只由两代人组成的核心家庭。

Day20丨只有不断找寻机会的人才会及时把握机会，越努力，越幸运

Luckily, if the doormat or stove failed to warn of coming disaster, a successful lawsuit might compensate you for your troubles. Or so the thinking has gone since the early 1980s, when juries began holding more companies liable for their customers' misfortunes.

2、【分析】

本句是两个句子结合。在第一个句子中，if the doormat or stove failed to warn of coming disaster是从句，指门垫或炉灶没有警示语。在第二个句子中，or 连接句子，so the thinking has gone是一个倒装结构，正常的语序应该是the thinking has gone so(人们是这么想的)，go这个词的用法很灵活，有进展，进行的意思。时间状语the early 1980s后面是when引导的定语从句，其中juries是主语，began holding是谓语，后面是宾语more companies，liable for their customers’ misfortunes是形容词结构做修饰。

3、【词汇】

fail to 未能

lawsuit n. 诉讼

compensate v.补偿

jury n.陪审团

hold v. [僻义]认为

be liable for 为…负责

4、【译文】

幸运的是，如果门垫或者是火炉没有能警告即将到来的灾难，你可以通过一场成功的法律诉讼来赔偿给你带来的麻烦。从二十世纪八十年代的早期开始人们的想法就是这样了，那时候陪审团认为商家对消费者的不幸应该负担相应的责任。

Day21丨每个不满意的现在，都有个不努力的曾经

Besides, this is unlikely to produce the needed number of every kind of professional in a country as large as ours and where the economy is spread over so many states and involves so many international corporations.

2、【分析】

这里的主语this，后面不定式短语is unlikely to produce的真正宾语是professional，前面的成分the needed number of every kind of是修饰这个词的短语，接着是地点状语in a country，其中country带了两个修饰成分：前一个是形容词性的短语as large as ours，后一个是where引导的定语从句，这个从句的主语the economy有两个谓语动词：is spread和involves。

3、【词汇】

be unlikely to 不可能

produce v.[翻译难词] 培养（人才），提供（服务），生产（商品）

professional n.专业人员

corporation n.公司

4、【译文】

另外，像我们这么一个大国，经济延展到这么多的州、涉及到这么多的国际公司，因而要按照数量培养出所需的各类专业人员是不大可能的。［句中并没有因果词汇出现，翻译时可以加上，逻辑更清晰］

Day22丨做最好的今天，回顾最好的昨天，迎接最美好的明天

But, for a small group of students, professional training might be the way to go since well-developed skills, all other factors being equal, can be the difference between having a job and not.

2、【分析】

前面for引导的状语表示的是对象，主干是professional training might be the way to go，since引导原因状语从句，从句主干结构是skills… can be the difference，all other factors being equal是一个独立主格结构，在本句中作插入语。Difference后面带了一个介词短语between… and…，and后面的not出现省略，可以补全为not having a job。

3、【词汇】

写作句型：for sb./sth., … might be the way to go 对于…，…也许是可取之路

例句：For the current environmental problem, the effective supervision might be the way to go.对于目前的环境问题，有效的监管也许是条可取之路。

4、【译文】

但是，对一小部分学生来说，职业教育也许是条可取之路。因为在其他因素相同的情况下，技能的娴熟是得到工作与否的关键。

Day23丨梦想让我与众不同，奋斗让我改变命运

I have been transformed from a passionate advocate of the philosophy of “have it all”, preached by Linda Kelsey for the past seven years in the pages of She magazine, into a woman who is happy to settle for a bit of everything.

2、【分析】

主干结构是I have been transformed，后面是一个from…into…的结构，from a passionate advocate of the philosophy of “have it all” … into a woman。preached by… magazine是过去分词短语，作the philosophy of “have it all” 的后置定语定语，插在from…into之中，也充当插入语概念。a woman后面是who引导的定语从句。

3、【词汇】

transform … from…into…将…从…变为…

passionate a. 充满激情的，积极的

advocate n.倡导者[ad-语气加强+ voc-声音]

preach v.鼓吹

be happy to settle for a bit of everything 乐于接受生活的一切-->随遇而安

4、【译文】

在过去七年里林达·凯尔西一直在《女性》杂志鼓吹 “全力以赴”的生活哲学，我已经从一个积极倡导这种生活方式的人变成一个随遇而安的女性。

Day24丨不抱有一丝幻想，不放弃一点机会，不停止一日努力

The rise of anti-happy art almost exactly tracks the emergence of mass media, and with it, a commercial culture in which happiness is not just an ideal but an ideology.

2、【分析】

此句主干是The rise of anti-happy art…tracks the emergence of mass media…and ….a commercial culture。其中track是谓语动词，and连接两个名词作宾语。with it充当状语，其中it指the emergence of mass media。另外，in which happiness is not just an ideal but an ideology是一个定语从句，修饰a commercial culture。

3、【词汇】

track v.追踪

emergency n.出现

mass media 大众媒体

not just…but… = not only…but also… = not merely… but also… = not simply…but also…

ideal n.理想

4、【译文】

反快乐艺术的兴起几乎完全与大众传媒同步出现，而随之兴起了一种商业文化，在这种文化中，快乐不仅是一个理想，而且是一种意识形态。

Day25丨因害怕失败而不敢放手一搏，永远不会成功

But this was not always the case；before it was legally required for all children to attend school until a certain age, it was widely accepted that some were just not equipped by nature to pursue this kind of education.

2、【分析】

全句由两个分句组成，前后用分号隔开。在第二个分句的主句中，before引导状语从句，主句是it的形式主语，真正的主语是some were just not equipped by nature to pursue this kind of education。

3、【词汇】

it was widely accepted 意为“人们普遍认为”。

legally adv.合法地，从法律上讲

be equipped by nature to do 天生能做…

pursue v. 追求--->pursuit n.

4、【译文】

但是情况并不总是如此；在法律要求所有儿童在一定年龄必须上学之前，人们普遍认为有些儿童天生就不适合接受这种教育。

Day26丨心随境转是凡夫，境随心转是圣贤

That means a higher proportion of what is in the sea is being caught, so the real difference between present and past is likely to be worse than the one recorded by changes in catch sizes.

2、【分析】

这是因果复合句，前半句是原因，后半句结果，so是断句标志。前半句中， that means后面是一个省略that的宾语从句，其中主语是a higher proportion of what is in the sea ，谓语是is being caught 。后半句是一个比较级结构the real difference … is likely to be worse than the one…，注意recorded by changes in catch sizes是一个过去分词结构，修饰the one。

3、【词汇】

a higher proportion of 更高比例的

catch sizes 捕获量

4、【译文】

这意味着更高比例的海洋生物正在被捕杀，因此介于现在和过去这一段时间，真正差别可能比捕获量所记录的变化更要糟糕。

Day27丨梦想是一个对未来的承诺，而不是一句空洞的口号

NBAC will ask that Clinton's 90-day ban on federal funds for human cloning be extended indefinitely, and possibly that it be made law.

2、【分析】

今天选择这个句子是为了理解一个语言现象：虚拟语气。主语是NBAC，谓语ask后面是两个并列的宾语从句。在第一个从句中，主语是Clinton's 90-day ban，谓语是be extended，ask表示“要求”，后面是虚拟语气的用法，即the 90-day ban should be extended，should被省略。在第二个从句中，it指代the ban on federal funds for human cloning， 谓语动词be前面也被省略should。

3、【词汇】

ask 要求（后面出现从句，谓语动词用should+动词原形，should可省略）

ban 禁止

federal funds 联邦资金

indefinitely 无限制地

4、【译文】

NBAC会要求将克林顿所颁布的在90天内禁止联邦基金用于克隆人的禁令无限期地延续下去，还可能要求将之立法。

Day28丨世界上最快乐的事，莫过于为梦想而奋斗

In a draft preface to the recommendations, discussed at the 17 May meeting, Shapiro suggested that the panel had found a broad consensus that it would be “morally unacceptable to attempt to create a human child by adult nuclear cloning.”

2、【分析】

主干是Shapiro suggested that＋从句。主语前面的部分是该句的介词短语作状语，其中recommendations后面接过去分词结构discussed at the 17 May meeting做修饰成分。that引导的宾语从句the panel had found a broad consensus，而从句中a broad consensus后面是同位语从句，解释consensus的内容，这个同位语从句中的it充当的是形式主语，真正的主语是后面的不定式to attempt to create a human child by adult nuclear cloning。

3、【词汇】

draft 草稿

preface 序言(pre-在…前面，face封面)

suggest 不表示建议，在这里译成“提出”

panel 专家组

consensus 共识

morally 道德地

attempt to 尝试

4、【译文】

在5月17日会议上所讨论的建议书序言草案中，Shapiro提出，专家组已经达成广泛共识，那就是“试图通过成人细胞核克隆来制造人类幼儿的做法在道德上是不可接受的”。

Day29丨当你尽了自己的最大努力时，失败也是伟大的

No clear-cut distinction can be drawn between professional and amateurs in science: exceptions can be found to any rule. Nevertheless, the word "amateur" does carry a connotation that person concerned is not fully integrated into the scientific community and, in particular, may not share its values.

2、【分析】

冒号将句子一分为二，前面分句中No clear-cut distinction是主语，can be drawn是谓语部分，后面是介词短语。后面分句是对前面的解释。Nevertheless表明两句话之间的逻辑关系，the word "amateur"是主语， does carry是谓语，同时也是强调的写法， a connotation是宾语。后面that引导同位语从句，其中is和may not share用and连接。

3、【词汇】

clear-cut 清晰的，轮廓鲜明的

distinction 区别，差别—>注意：显赫、声望的含义也是考试的重点

例如a writer of distinction一位卓越的作家

academic distinctions 学术上的荣誉

amateur a.业余爱好者

connotation 含蓄，内涵[carry a connotation 意味着]

is fully integrated into 充分融入 （integrate v. 使一体化，结合）

4、【译文】

科学领域的专业人员和业余爱好者之间划不出泾渭分明的界线：因为任何规则都有例外。然而，"业余"一词的确意味着相关人员不能充分融入职业科学界，尤其未能分享科学圈子的价值。

Day30丨环境不会改变，解决之道在于改变自己

The goal of all will be to try to explain to a confused and often unenlightened citizenry that there are not two equally valid scientific theories for the origin and evolution of universe and life.

2、【分析】

该句的主干是The goal … will be to try to explain...，explain后接的是双宾语，即explain to sb. sth.，直接宾语是that引导的从句。该从句的主干是there are not two theories for...，其中origin和evolution，universe和life都是and连接的并列名词。

3、【词汇】

unenlightened adj. 无知的，不文明的

valid adj.有效的

evolution n. 进化，发展

4、【译文】

所有（这些书）的目的是试图告诉那些迷惑不解且常常头脑不开化的普通百姓：就宇宙和生命的起源与发展问题而言，不可能存在两种同样成立的科学理论。

Day31

While warnings are often appropriate and necessary — the dangers of drug interactions, for example—and many are required by state or federal regulations, it isn't clear that they actually protect the manufacturers and sellers from liability if a customer is injured.

2、【分析】

在这个主从复合句中，while引导的从句由两个部分组成，中间用and连接。破折号之间的部分是举例说明warnings的内容，做为插入语。注意：many are required by state or federal regulations中的many是指many warnings。it isn't clear … is injured是主句，主句用了一个形式主语it，真正的主语是that引导的从句，they actually protect the manufacturers and sellers from liability是主体，之后是一个if引导的条件从句。

3、【词汇】

interaction 相互作用

federal 联邦

regulation 法规

protect…from… 保护…以免

liability 责任 (be liable for对…负责)

4、【译文】

尽管警告常常是适当而且必须的——比如对于药物相互作用的危险提出警告——许多警告还是按州或联邦政府规定要求给出的，然而(我们) 并不清楚，如果顾客受到伤害时，这些警告是不是确实可以使得生产者和销售者豁免责任。

Day32丨成功的秘诀，在永不改变既定的目的

The debate was launched by the Government, which invited anyone with an opinion of the BBC ——including ordinary listeners and viewer to say what was good or bad about the Corporation, and even whether they thought it was worth keeping.

2、【分析】

主句是The debate was launched by the Government，后面是which引导的非限定性定语从句，谓语部分比较特殊，是invited…sb. to say …破折号后面是anyone with an opinion of the BBC的解释说明。say后面是两个宾语从句，一个是what引导，一个是whether 引导。

3、【词汇】

launch 发起

viewer 观众

corporation 公司

be worth doing 值得做某事

4、【译文】

这场辩论是由政府发动的，政府请任何一个对英国广播公司有意见的人——包括普通的听众和观众——来说说这个公司好在哪里或坏在哪里，甚至要说说他们是否认为这个公司值得保留下来。

Day33丨大多数人想要改造这个世界，但却罕有人想改造自己

Additional social stresses may also occur because of the population explosion or problems arising from mass migration movements—themselves made relatively easy nowadays by modern means of transport.

2、【分析】

句子主干结构是Additional social stresses may also occur；because of后面有两个宾语the population explosion 和 problems；名词problems带有现在分词短语作后置定语arising from mass migration movements； themselves作为代词，指前面的名词短语mass migration movements，充当同位语作用，后面的过去分词短语made relatively easy是themselves的后置定语，by modern means of transport是方式状语，解释变得容易的原因。

3、【词汇】

population explosion 人口爆炸

arise from 源自于

migration 移民

means of… 的方式

4、【译文】

新的社会压力出现，是因为人口猛增或大量人口流动——是现代交通工具使人口流动变得相对容易。

Day34丨生命之灯因热情而点燃，生命之舟因拼搏而前行

A lateral move that hurt my pride and blocked my professional progress prompted me to abandon my relatively high profile career although, in the manner of a disgraced government minister, I covered my exit by claiming “I wanted to spend more time with my family”.

2、【分析】

本句中a lateral move是主语，that hurt my pride and blocked my professional progress是a lateral move的定语从句，promoted sb. to abandon..是谓语结构，although是状语从句连接词，I covered my exit是从句主干，by引导状语，引号里的是claim的宾语，其中逗号之间的in the manner of a disgraced government minister是插入语。

3、【词汇】

lateral adj.平行的

block v.阻碍

prompt sb. to do 促使某人做某事

profile 轮廓 -->high profile固定搭配“高调的”，反义词low profile

disgrace 丢脸，耻辱

cover 掩盖

4、【译文】

一次平级的人事调动伤了我的自尊心，并阻断了我的事业发展，这促使我放弃自己相对高调的职业，当然，就像出丑的政府部长那样，我借口“我想有更多的时间与家人呆在一起”来掩饰我的离开。

Day35丨沉湎于希望的人和守株待兔的樵夫没有什么两样

I have discovered, as perhaps Kelsey will after her much publicized resignation from the editorship of She after a buildup of stress, that abandoning the doctrine of “juggling your life”, and making the alternative move into “downshifting” brings with it far greater rewards than financial success and social status.

2、【分析】

本句中as perhaps Kelsey will…a buildup of stress充当插入语，其中Kelsey will后面省略了前面出现的重复单词discover，after作为介词引导宾语her much publicized resignation做状语。本句的主体结构是I have discovered that…宾语从句中主语为abandoning…and making…并列的动名词短语；谓语为bring sth结构，只是因宾语far greater rewards than financial success and social status过长，而把with it状语提前。

3、【词汇】

resignation 离职

a buildup of stress 长期的压力

doctrine 信念

alternative 转换

social status 社会地位

4、【译文】

我发觉，放弃那种“日夜操劳的生活”信念而选择“放慢生活的节奏”会带来比金钱和社会地位更大的回报。凯尔西在长期经受巨大压力后，从惹人注目的《女性》杂志编辑部退出之后，恐怕她也将与我有同样的感觉。

Day36丨意志坚强的人，他的世界充满着无限的可能性

Tom came to believe in a sort of linguistic determinism which, in its strongest form, states that language imprisons the mind, and that the grammatical patterns in a language can produce far reaching consequences for the culture of a society.

2、【分析】

句子的主干为Tom came to believe in a sort of linguistic determinism。which引导限制性定语从句，修饰linguistic determinism。在由which引导的定语从句中，in its strongest form是插入语，谓语动词states跟了两个宾语从句：一是that language imprisons the mind，一是and that the grammatical patterns…society。

3、【词汇】

come to 逐渐

state v.阐明

imprisons the mind “禁锢思想 (或思维)”,注意不能译成“把大脑 (或思想) 关进牢房”

far reaching 深远的

consequence 影响

4、【译文】

汤姆逐步开始相信某种类似语言决定论的观点，其极端说法是：语言禁锢思维，语言的语法结构能对一个社会的文化产生深远的影响。

Day37丨通过云端的道路，只亲吻攀登者的足迹

The great interest in exceptional children shown in public education over the past three decades indicates the strong feeling in our society that all citizens, whatever their special conditions, deserve the opportunity to fully develop their capabilities.

2、【分析】

本句主语的核心词汇是The great interest in exceptional children，后面是分词结构作后置定语shown in public education over the past three decades，其中over the past three decades是时间状语。谓语动词是indicates, 宾语是the strong feeling in our society, that引导分割式同位语从句解释the strong feeling，从句中all citizens是主语，后面是插入语，谓语部分是deserve the opportunity to…。

［语法知识拓展］分割式同位语从句指的是先行词和关系词之间还带有其他成分，通常是介词短语。如何判断是不是分割式，一是看从句的动词形式，比方说I know many places in the world that have their own cultures. 从句中动词是have，显然前面的名词是places，不是world。二是根据句意。

3、【词汇】

show great interest in 对…表示强烈的兴趣

deserve the opportunity to 享有…的机会

4、【译文】

在过去的30年中，公共教育中显示的对残疾儿童的巨大关注表明了我们社会中的一种强烈的情绪，那就是所有的公民，不管其情况有多特殊，都应享有充分发展其能力的机会。

Day38丨不怕万人阻挡在前方，只怕自己先行投降

As families move away from their stable community, their friends of many years, their extended family relationships, the informal flow of information is cut off, and with it the confidence that information will be available when needed and will be trustworthy and reliable.

2、【分析】

句首是as引导的状语从句，其中move away from后面接了三个并列的宾语their stable community, their friends of many years和their extended family relationships，主句是and连接的两个句子组合而成的并列句，前面一个句子的主语是the informal flow of information，谓语是is cut off，后面一个句子中，with it是状语，主语是the confidence，后面that引导同位语从句。注意：后面分句本身结构是the confidence that…. is cut off，由于and前后并列，句尾的is cut off被省略。

3、【词汇】

stable 稳定的

cut off 切断

trustworthy 值得信赖的

reliable 可靠的

4、【译文】

随着家庭离开他们原来稳定的社区，离开他们多年的朋友和扩展的家庭关系，非正式的信息流动被切断了，随之而去的是对在需要时能获得可靠和值得信赖的信息的信心。

Day39丨萤火虫的光点虽然微弱，但亮着便是向黑暗挑战

The change met the technical requirements of the new age by engaging a large professional element and prevented the decline in efficiency that so commonly spoiled the fortunes of family firms in the second and third generation after the energetic founders.

2、【分析】

the change是主语，and并列两个谓语动词met和prevented，the technical requirements of the new age是met的宾语，by引导状语，the decline in efficiency是prevented的宾语，that引导定语从句。

3、【词汇】

engage 从事；引入或吸引

meet the requirements of the new age 满足新时代的要求

spoil 损坏 [spare the rod, spoil the child.棍棒底下出孝子。]

nergetic 充满活力的

4、【译文】

这种变化通过引入许多的专业因素从而适应了这个新时代的技术要求，并且这种变化防止了效率的降低。这种效率的降低在精力充沛的创业者之后的第二代和第三代人的时候，经常会毁掉那些家族公司的财富。

Day40丨在我们能掌控和拼搏的时间里，去提升我们生命的质量

During the discussion of rock singing verses at last month's stockholders' meeting, Levin asserted that "music is not the cause of society's ills" and even cited his son, a teacher in the Bronx, New York, who uses rap to communicate with students.

3【分析】句首是状语，其中During the discussion of rock singing verses表示对象，at表示地点，last month's stockholders' meeting是具体的地点，主干结构是Levin asserted that….and cited his son，that引导宾语从句，a teacher in the Bronx, New York是插入语，也是his son的同位语，who引导定语从句修饰his son。

4【词汇】

verse 诗篇，在这里是语境含义

stockholder 股东

assert 宣称

ill 是熟词僻义，表示问题

cite sb. 以…为例

5【译文】

在上个月的股东大会上关于摇滚歌词的讨论中，莱文宣称说："音乐不是社会问题的原因"，他甚至还以他的儿子为例。他的儿子是纽约州布朗克斯的一个教师，并用说唱音乐与学生们进行沟通。

Day41丨通往成功的道路上有一门必修课叫孤独

Instead, we are treated to fine hypocritical spectacles, which now more than ever seem in ample supply: the critic of American materialism with a Southampton summer home; the publisher of radical books who takes his meals in three star restaurants; the journalist advocating participatory democracy in all phases of life, whose own children are enrolled in private schools.

3【分析】本句的主句是we are treated to fine hypocritical spectacles。非限定性的定语从句 (which now more than ever seem in ample supply) 修饰spectacles。冒号后面的成分是三个并列的名词性短语，其核心词分别是critic，publisher和journalist。with a Southampton summer home是伴随状语修饰前面的the critic; who takes his meals in three star restaurants是定语从句修饰名词the publisher；the journalist后面有两个修饰，一是advocating participatory democracy in all phases of life做分词做后置定语，whose引导定语从句。

4【词汇】

hypocritical adj. 虚伪的

spectacle n. 场面

materialism n. 物质享乐主义

participatory adj. 参与的

democracy n. 民主

5【译文】

相反，我们面对了似乎比以前任何时候都多的精美但虚伪的景观：美国物欲主义批评家在南安普顿拥有一幢避暑别墅，激进图书的出版商在三星级餐馆就餐，倡导终生参与民主制的新闻记者把自己的子女送进私立学校。

Day42丨你的气质里，藏着你跑过的步和你读过的书

New ways of organizing the workplace——all that re-engineering and downsizing——are only one contribution to the overall productivity of an economy, which is driven by many other factors such as joint investment in equipment and machinery, new technology, and investment in education and training.

3【分析】

破折号之间是插入语，主语是New ways of organizing the workplace，谓语是are，one contribution to the overall productivity of an economy是表语，which引导定语从句，谓语是被动概念，such as后面引导三个并列名词部分解释many other factors。

4【词汇】

downsize 缩小规模

be driven by 受到…的驱使

overall 整体的

joint investment 联合投资--->joint 共同的，集合的= collective

5【译文】

企业重组的新方法——所有那些重新设计、缩小规模的做法——只是对一个经济的整体生产力做出了一方面的贡献。这种经济还受许多其他因素的驱动，比如设备和机械上的联合投资、新技术，以及在教育和培训上的投资。

Day43丨天下大事必作于细，天下难事必作于易

A survey of news stories in 1996 reveals that the antiscience tag has been attached to many other groups as well, from authorities who advocated the elimination of the last remaining stocks of smallpox virus to Republicans who advocated decreased funding for basic research.

3【分析】

主语是A survey of news stories in 1996，reveals是谓语，that引导宾语从句，其中the antiscience tag是主语， has been attached to是被动形式构成谓语，many other groups宾语结构，后面 from authorities …to Republicans…是状语，两个who分别引导定语从句修饰前面的名词。

4【词汇】

news stories 新闻报道<注意翻译>

tag 标签

be attached to 贴于，附属于

authority 权威，政府<写作中写到政府，可以用the authority>

elimination 消除

virus 病毒

advocate 倡导<此处需要转换成贬义，可以译成“鼓吹”>

5【译文】

一项关于1996年新闻报道的调查显示，反科学的标签还可以贴在许多其他团体身上——从提倡消灭最后存留的天花病毒的权威机构，到鼓吹削减基础研究经费的共和党人。

Day44丨我会努力站在万人中央成为别人的光

An invisible border divides those arguing for computers in the classroom on the behalf of students' career prospects and those arguing for computers in the classroom for broader reasons of radical education reform.

3【分析】

今天句子稍短，主要是学习一种这种独特句型的翻译。

首先先分析结构：主语是An invisible border，谓语是divides，宾语是and连接的两个those，后面都接了arguing for computers…的分词结构。

通常情况下，当句中出现and连接两个较长的并列结构，而且结构完全一致，通常译成“…两者：前者是…后者是…”。

4【词汇】

argue 主张—argue for 支持，持积极态度

on behalf of 代表

prospect 前景

radical 激进的--->彻底的

5【译文】

一条无形的界限将支持计算机进课堂的人分为两类：前者是出于对学生职业前景的考虑，后者是基于彻底的教育改革这样的一些更广泛的理由。

Day45丨所有的豪言都收起来，所有的呐喊都咽下去

If experiments are planned and carried out according to plan as faithfully as the reports in the science journals indicate, then it is perfectly logical for management to expect research to produce results measurable in dollars and cents.

3【分析】

本句是if引导的状语从句，从句中experiments are planned and carried out是主体部分，according to plan是状语，as faithfully as是比较级，the reports… indicate是比较的对象，主句结构是it is adj. for … to do…，expect …to…是固定结构，measurable in dollars and cents是形容词结构做results的后置定语。

4【词汇】

plan v.规划 n.计划<注意此处的翻译>

carry out 实施

faithfully 如实地

journal 杂志

perfectly 完全地，非常<写作句型：it is perfectly logical for sb. to do…对于某人做…是完全合理的>

produce results 产生结果

measurable 可以衡量的

5【译文】

如果试验是像科学杂志上的报告所示的那样如实地根据计划规划和实施，那么对管理层来说，期待研究能够产生可以用金钱衡量的结果是完全合理的。

Day46丨每一个不起舞的早晨，都是对生命的辜负

It is entirely reasonable for auditors to believe that scientists who know exactly where they are going and how they will get there should not be distracted by the necessity of keeping one eye on the cash register while the other eye is on the microscope.

3【分析】

本句的主体结构是it is adj. for sb. to do …., believe后面是that引导的宾语从句。从句中scientists是主语，后面是who know exactly where they are going and how they will get there定语从句修饰，谓语动词是被动语态should not be distracted by，the necessity是宾语，of keeping one eye on the cash register while the other eye is on the microscope引导结构做定语。

4【词汇】

entirely reasonable 完全有理由

auditor 审查者

distract 分散注意力

cash register 收银机

5【译文】

审查者完全有理由相信，知道自己准备做什么、怎么做的科学家不应该因为必须一只眼盯着收银机，一只眼盯着显微镜而分散了注意力。

Day47丨胸有凌云志，无高不可攀

The coming of age of the postwar baby boom and an entry of women into the male-dominated job market have limited the opportunities of teenagers who are already questioning the heavy personal sacrifices involved in climbing Japan’s rigid social ladder to good schools and jobs.

3【分析】

本句句式比较简单，主语是一个并列结构the coming of age of the postwar baby boom和an entry of women into the male-dominated job market，谓语动词是have limited，the opportunities of teenagers是宾语，后面是who引导的定语从句，从句中are questioning是谓语部分，the heavy personal sacrifices是宾语，后面是involved引导的分词结构做后置定语。

4【词汇】

postwar 战后

baby boom 婴儿潮

dominate 统治

question 质疑

the heavy personal sacrifice 巨大的个人牺牲

rigid 严格的，严酷的

social ladder 社会阶梯

5【译文】 战后婴儿潮的一代人步入成年，女性打入男性主导的劳动力市场，这些限制了青少年的发展机会。青少年已经在不停地质疑，为了爬上日本国内那通往优秀学校和体面工作的严酷的社会阶梯，他们做出的巨大个人牺牲到底值不值得。

Day48丨埋首前进，只为抬头能看见梦中最向往的地方

If the tradition of ambition is to have vitality, it must be widely shared; and it especially must be highly regarded by people who are themselves admired, the educated not least among them.

3【分析】

本句的最大难点是分号的作用，通常分号是分割两句话，但本句中if引导状语从句，主句是分号和and共同连接的并列结构，一个是it must be widely shared，一个是it especially must be highly regarded by people ，people后面是who引导的定语从句。结尾处among them表明后面是其中的一类人，the educated 是表示一类人，not least前面省略了谓语动词is。is to have在此处具有强调的意思，可以译成“就是”。

4【词汇】

vitality 生命力（vital作形容词是“重要的”）

be widely shared 广泛接受

5【译文】

如果雄心传统想要焕发生命力，那么它就应该受到广泛的认同，雄心尤其要得到那些自身得到他人崇拜的人的高度尊重，那些接受过良好教育的人也应该包括在内。

Day49丨没有年少轻狂，只有胜者为王

As Eugene Ferguson has pointed out, "A technologist thinks about objects that cannot be reduced to unambiguous verbal descriptions: they are dealt with in his mind by a visual, nonverbal process...The designer and the inventor.., are able to assemble and manipulate in their minds devices that as yet do not exist".

3【分析】As引导状语从句，正如…。主句是引号部分，其中A technologist thinks about objects是主干，that 引导定语从句。冒号后面是解释说明。The designer and the inventor是另一句的主语，are able to assemble and manipulate是谓语，devices是宾语，in their minds是状语，后面是定语从句修饰devices。

4【注意】assemble and manipulate是及物动词，宾语是devices，中间插入了一个状语，这是考研翻译题中重点考察现象：动宾之间的分割结构。

5【词汇】

unambiguous 清楚的

verbal 言语的

visual 视觉的

assemble 组装

manipulate 操作

6【参考译文】 正如尤金·弗格森所指出的："一个技术专家思考的东西是无法简单地用语言清晰地描述出来的。这些东西在他的思维中是通过一种视觉的、非语言表述的过程处理的……设计者和发明者……能够在他们的脑中装配并操作那些还不存在的装置。"

Day50丨不为失败找借口，只为成功找方法

This development——and its strong implication for US politics and economy in years ahead——has enthroned the South as America’s most densely populated region for the first time in the history of the nation’s head counting.

3【分析】

破折号之间是插入语，This development是主语，has enthroned…as…是谓语结构，for the first time 和in the history of the nation’s head counting是两个状语。

4【词汇】

implication 影响

in years ahead 未来几年（写作词汇）

enthrone 登基<此处转译成“登上…的位置”>

head counting 人口普查=census

5【参考译文】

这种发展——以及其对美国政治、经济在未来几年的潜在的强有力的影响一一使得南部在全国人口普查历史中第一次成为人口最密集的地区。

Day51丨如果放弃太早，你永远都不知道自己会错过什么

Having succeeded as a convenient vehicle for every conceivable political and commercial slogan, the threads themselves are becoming the newest message, logically enough.

3【结构分析】

本句为分词作状语的句型结构。主句中的主语与从句中的主语一致，从句中省去主谓，我们可以还原为since the threads have succeeded as…主句部分是the threads themselves are becoming the newest message,句末的 logically enough是状语，在翻译时，我们可以转译为be becoming the newest message的补充部分。

4【词汇】

vehicle 媒介物，传达手段

conceivable 可以想象的

commercial 商业的

slogan 口号

5【译文】

对于任何一个可以想到的政治和商业口号，衣服已经成功成为一种便捷媒介物，当然衣服本身也正在成为最新的信息，这种情况(的发生)合乎逻辑。

Day52丨任何的限制，都是从自己的内心开始的

Some of the biggest venture capital firms are raising large funds, targeting more established companies, and increasingly setting their sights abroad.

3【结构分析】

本句结构清晰，主句为Some of the biggest venture capital firms are raising large funds,两个现在分词结构targeting more established companies和increasingly setting their sights abroad由and并列，作全句的伴随状语。

4【词汇】

venture 冒险---joint venture合资企业

区分：adventure冒险，advent到来---with the advent of…随着…的到来

raise funds 筹集资金

set one’s sights 投射目光

5【参考译文】

某些大的风险投资公司正在筹集大量的资金，他们的目标是已经稳定的企业，并且日益将目光投向海外市场。

Day53丨再长的路，一步步也能走完，再短的路，不迈开双脚也无法到达

It is only when the environment demands our attention—a dog barks, a child cries, a telephone rings—that our mental time machines switch themselves off and deposit us with a bump in the here and now.

3【结构分析】

本句是破折号做插入语，由三个并列的名词短语构成，举例说明前文the environment的具体情况。原句是强调句型，被强调的部分是when引导的状语从句。主句中our mental time machines是主语，switch…of和deposit…with构成并列谓语。

4【词汇】

demand one’s attention 需要某人的注意

switch…off 关闭

deposit 原义：堆放，堆积，存钱---此处转译为“给某人某物”

5【参考译文】

只有在环境需要我们的注意的时候——狗在吠，孩子哭，电话铃响——我们的精神时间机制才会自动关闭，且让我们在此时此地受到一击。

Day54丨有志者自有千计万计，无志者只感千难万难

Nokia, which has made emerging markets a priority, continues to introduce low-cost phones designed for markets where many users do not have access to reliable electricity, and may not even be able to read.

3【结构分析】

本句是逗号分隔，也是非限制性定语从句。which has made emerging markets a priority分隔了主谓部分，去掉分隔，得到Nokia continues to introduce low-cost phones，后面是分词结构 designed for markets，markets后是一个关系副词where引导的定语从句，其中 do not have access to reliable electricity和may not even be able to read构成并列，where在从句中作状语，相当于in which。

在翻译时，which has made emerging markets a priority因为时态是完成时态，而主句是时态是一般现在时，说明定语从句先发生，因此可以转译为全句的状语，并根据其使用了完成时态翻译为“……后”。

4【词汇】

emerging markets 新兴市场

priority 优先权

have access to 可以获得

5【参考译文】 在新兴市场中取得了优先地位后，诺基亚继续引进低成本的手机，这些手机是针对不能获得可靠电力甚至可能是不识字的使用者构成的市场而设计的。

Day55丨成大事不在于力量多少，而在能坚持多久

Car drivers can buy electro-petrol hybrids but aircraft are, for now, stuck with kerosene, because its energy-density makes it the only practical fuel to carry around in the air.

3【结构分析】

以连词but为切入点，将句子分割成两个并列分句。第二个并列分句中for no是时间状语，aircraft are stuck with kerosene是主句, because its energy-density makes it the only practical fuel to carry around in the air是原因状语从句，其中使用了make it sth.(使它成为……)结构。

4【词汇】

hybrid 混合物

be stuck 停止不动---此处为“依旧使用”

density 密度

fuel 燃料

5【参考译文】

小汽车司机可以购买电力汽油混合动力的汽车，但是飞机到目前只能用煤油，因为它的能量密度使其成为唯一可以在空中携带的燃料。

Day56丨成功需要付出代价，不成功需要付出更高的代价

The Aswan Dam, for example, stopped the Nile flooding but deprived Egypt of the fertile silt that floods left——all in return for a giant reservoir of disease which is now so full of silt that it barely generates electricity.

3【结构分析】

本句长度一般，但是结构混乱。for example插入语，The Aswan Dam主语，谓语是but引导的并列结构stopped…. but deprived…。that floods left是定语从句修饰silt。破折号后面是解释说明，which引导定语从句修饰a giant reservoir of disease，而其中so…that…构成固定结构。

4【词汇】

deprive…of… 剥夺

fertile 肥沃的

silt 淤泥

in return for 置换

generate 产生--->generate electricity 发电

5【参考译文】

例如，阿斯旺大坝使得尼罗河不再洪水泛滥，但是它也夺去了埃及洪水留下的肥沃淤泥——这些换来的就是这么个疾病滋生的水库，现在这个水库积满了淤泥，几乎不能发电了。

Day57丨好事尽从难中得，少年勿向易中求

The teachers who took part in the program also told me of their worries that they might be force-feeding their pupils information rather than stimulating the discussion necessary to ensure they grasped the importance to them of what they were being taught.

3【结构分析】

主语The teachers 后跟who引导的定语从句。also told me of their worries是谓语部分，their worries后跟that引导的同位语从句that they might be force-feeding their pupils information rather than stimulating the discussion说明worries的具体内容。necessary to ensure是形容词结构修饰discussion。ensure后面的宾语是一个省略了引导词that的宾语从句they grasped the importance of what they were being taught。to them是插入语，“对他们”。

4【词汇】

tell sb. of sth. 告知某人某事

force-feed 强行灌输(force-feed sb. sth.)

stimulate 激发

grasp the importance of…掌握…的要领，关键内容

5【参考译文】 参与节目的老师们还告诉我，他们担心自己可能是在向学生强行灌输知识与信息，而不是激励他们讨论，这些讨论非常必要，因为可以保证他们能掌握他们所学知识的要领。

Day58丨欲望以提升热忱，毅力以磨平高山

The trouble with that approach is that consumers tend to prefer devices that require simply plugging them in, without complicated setups of wireless channels, security, and other features common to home networks.

3【结构分析】

The trouble with that approach是主语，注意此处的that相当于the，不是引导从句。表语部分由that引导的表语从句that consumers tend to prefer devices…充当。device后是that引导的定语从句 that require simply plugging them in…,关系代词that在从句中作主语。逗号后的介词短语 without complicated setups of wireless channels, security, and other features…作从句中的状语，句末的形容词结构common to home networks后置作features的定语。

4【词汇】

approach 方法，方式；

plug in 插入；

home network 家庭网络

5【参考译文】

这一方式的问题在于，消费者喜欢的装置通常是可以简单插入，不需要创立复杂的无线电频道、安全保护以及家庭网络所共有的其他特性。

Day59丨天下之事常成于困约，而败于奢靡

In its 16 years of operation it has found the first convincing evidence for the existence of black holes, made observations supporting the theory that the universe’s expansion is accelerating and confirmed that dark matter exists.

3【结构分析】

句首In its 16 years of operation作时间状语，以and为切入点，得到主句it has found…, made…and confirmed…其中made后的宾语中，包含现在分词结构supporting the theory…作后置定语，修饰observations，而其中that引导同位语从句that the universe’s expansion is accelerating解释说明theory的内容；而confirmed后的宾语由that引导的名词性从句that dark matter exists充当。

4【词汇】

convincing evidence 令人信服的证据

accelerate 加速

confirm 确认

5【参考译文】

在它运行的16年中，首次发现了关于黑洞的令人信服的证据，很多观测都支持宇宙加速膨胀的理论并确认暗物质的存在。

Day60丨宿命论是那些缺乏意志力的弱者的借口

The trouble is, as soon as you’ve been given a clean bill of health you’re back at your desk, facing the same situation that led to depression and compulsive behavior problems in the first place.

3【结构分析】

本句的最大难点是容易将逗号之间看成是插入语。逗号前是is, 后面是facing，如果是插入语的话不可以将进行时态拆开，而是放置在主语the trouble和谓语is之间。主干是一个主系表结构The trouble is facing the same situation。逗号结构中 as soon as引导时间状语从句as soon as you’ve been given a clean bill of health，翻译为“一……就……”。you’re back at your desk是主句。关系代词that引导的定语从句 that led to depression and compulsive behavior problems in the first place修饰先行词the same situation。

4【词汇】

bill of health 健康证明

compulsive behavior 强迫性行为（compulsory course必修课）

5【参考译文】

问题是，你一得到清楚的健康证明，就得立刻回到你的办公桌，首先就要面对曾导致沮丧和强迫性行为问题同样的情形。

Day61

Adding a Bluetooth chip to a phone now costs very little—around $2, down from $20 in 2001—but allows the manufacturer to increase the price of the handset by far more, and opens up a new market for high-margin accessories.

3【结构分析】

破折号之间是插入语，作上文costs very little的具体解释说明。Adding a Bluetooth chip to a phone是非谓语动词作主语，costs…but allows…, and opens up…是并列结构。

4【词汇】

opens up a new market for 开辟…的市场

high-margin 高利润

accessory 配件，配饰

5【参考译文】 在手机里添加一个蓝牙芯片的成本很低——只需要2美元左右，而2001年是20美元——但能使制造者远远提高手机现有的价格，并且打开一个高利润附件的新市场。

Day62丨用行动祈祷比用言语更能够使上帝了解

It was refreshing, across the age groups of the children I met, to see how quickly they grasped the whole idea of human rights and how, with a little bit of prompting from their teachers and me, they saw how relevant they were to their daily lives.

3【结构分析】

across the age groups of the children I met是插入语。去掉可以得到It was refreshing to see…是主句，see后面的宾语是and连接的两个how引导的句子充当：how quickly they grasped the whole idea of human rights and how…。其中with a little bit of prompting from their teachers and me作插入语，也是句子的伴随状语。将插入语去除完整的句子是It was refreshing to see how quickly they grasped the whole idea of human rights and how they saw how relevant they were to their daily lives。第二个从句中，谓语say后仍然是由how引导的名词性从句how relevant they were to their daily lives充当宾语。

4【词汇】

refreshing 提神的，凉爽的(在此处理解为“让人高兴的”

prompting 促进，激励（此处是“提示”的含义）

be relevant to 与…有关

5【参考译文】

看到我遇到的同年龄段孩子们那么迅速地领会人权的整体观念，并且在我和他们的老师只给了一点儿提示的情况下，认识到人权与他们的生活如何密切相关，这让人感到兴奋。

Day63丨学的到东西的事情是锻炼，学不到的是磨练

What was interesting was how quickly, by using relevant and local examples where possible, the pupils cottoned on to how the interplay of rights and responsibilities could affect their lives, and so became active and engaged participants in the classroom debates.

3【结构分析】

主语部分由what引导的名词性从句充当，was是谓语，表语由how引导的从句充当，by using relevant and local examples where possible方式状语做插入语。表语从句由and so连接了两个谓语cottoned on to和became active and engaged participants，并且cottoned on to后的宾语也由how引导的从句充当。

4【词汇】

cotton on to 理解

interplay 相互作用

engaged 此处是形容词，与active并列，译成“投入的”

5【参考译文】

有意思的是，通过讲述可能发生在身边与自己息息相关的例子，学生们很快地理解了权利与责任间的相互作用是怎样影响他们的生活，然后更积极主动地参加课堂讨论。

Day64丨人生就像钟表，可以回到起点，却已不是昨天

The energy used to separate oxygen from air before burning is almost as great as that needed to filter out nitrogen afterwards, leading to a similar loss of efficiency.

3【结构分析】

本句是一个简单句，为一个主系表结构The energy is almost as great as that needed to filter out nitrogen afterwards，使用了as…as…结构。主语energy由过去分词结构used to separate oxygen from air before burning 作后置定语，比较的对象that needed to filter out nitrogen afterwards中，that指代上文的energy，过去分词结构needed to…作后置定语。句末的现在分词结构leading to a similar loss of efficiency作全句的结果状语。

4【词汇】

separate...from… 将…分离

filter out 过滤

5【参考译文】

燃烧前将氧气从空气中分离所需的能源几乎不亚于上述将氮气过滤所需的耗费，这就使得两者在效率损失上不相上下。

Day65丨成功的秘诀就是每天都比别人多努力一点

Some great manufacturers and great service companies may have become too lean in their relentless drive to reduce costs, outsourcing not just their non-core activities but essential ones too.

3【结构分析】

本句是一个简单句，首先分析一下结构：逗号前为主句，Some great manufacturers and great service companies是主语，may have become是谓语部分， too lean in their relentless drive to reduce costs是表语，其中too…to…结构，句末的现在分词结构outsourcing not just their non-core activities but essential ones too作伴随状语，进一步补充说明reduce costs的具体内容，其中not just…but…为连接结构。

4【词汇】

manufacturer 生产商

lean adj.瘦的，贫瘠的，v.倾斜

relentless adj.无情的

in one’s drive to do 驱动做某事

此处翻译难点：too..to…太…不能…+ lean具有否定意思，因此抵消之后可以理解为“热衷于”，与be keen to do同义。

outsource外购

5【参考译文】

有些大的制造商和服务供应商热衷于降低成本，不仅把非核心业务外包，而且连核心业务也不放过。

Day66丨所有的限制，几乎都是从自己的内心开始的

The study shows that nearly half the organizations featured in the Times Top 100 Graduate Employers plan to expand their graduate programs this year, increasing the total number of vacancies available for new graduates by more than 10 percent compared with 2006 recruitment levels.

3【结构分析】

本句是复合句。逗号前为主句，是主谓宾结构，其中谓语shows的宾语由that引导的名词性从句，其中nearly half the organizations是主语， featured in the Times Top 100 Graduate Employers是分词做后置定语，plan to expand是谓语，宾语为their graduate programs充当。现在分词结构increasing the total number of vacancies available for new graduates by more than 10 percent compared with 2006 recruitment levels作状语，我们可以理解其为结果状语，注意增加的幅度用介词by表示。句末的过去分词结构compared with 2006 recruitment levels作比较状语。

4【词汇】

feature v.特写

vacancy 空缺(的职位)

compared with 与…比较

recruitment n.招募

5【参考译文】 研究表明，《时代》排名前100名的毕业生雇主单位中有将近一半计划今年将扩大毕业生接收规模，为新的毕业生增加可利用的空缺职位数量，这个数量与2006年的新成员水平相比，会增加10%以上。

Day67丨光阴给我们经验，读书给我们知识

It can be plugged into a hand-held device (such as a mobile phone, music player or portable games console) to power or recharge it, and has sufficient capacity to provide around 30 hours of talk-time on a mobile phone, or 60~80 hours of playback time for an iPod music player.

3【结构分析】

去掉括号内的举例补充说明，以and为切入点，得到It can be plugged into a hand held device to power or recharge it, and has sufficient capacity to provide…, and并列了两个谓语，前一谓语使用了被动语态can be plugged，后一谓语是has，后面的宾语补足语to provide后的宾语由or并列，分别为around 30 hours of talk-time on a mobile phone和60~80 hours of playback time for an iPod music player。

4【词汇】

plug…into… 将…插入…

device 设备；装置

portable 便携式，可搬动的---->portable computer笔记本电脑

power v.提供能源

have sufficient capacity to do sth. 有足够的能力做….

5【参考译文】 它可以放入手持设备(比如手机、音乐播放器或便携式游戏机)给其提供能源或充电，足以供一部手机通话30小时，或者一台iPod音乐播放器播放60到80小时。

Day68丨觉得自己做得到和做不到，只在一念之间

Questions are increasingly being asked by the councils about how they can be sure that misconduct is not taking place on the grants they provide.

3【结构分析】

本句使用了被动语态的现在进行时结构，主干为Questions are increasingly being asked …，施动者by the councils，介词about后的宾语由how引导的从句how they can be sure…充当，这里又包含一个特殊的结构“主语+be +adj.+从句”，that引导的名词性从句 misconduct is not taking place on the grants they provide中，grants后是一个省略了关系代词that/which的定语从句，关系代词在从句中作provide的宾语。

4【词汇】

increasingly 越来越

council 委员会

misconduct 不当行为

provide the grants 赞同，认同

5【参考译文】

各委员会越来越多地提出问题——关于他们如何能够确保在他们同意的情况下避免发生处理不当的行为。

Day69丨现在过的每一天，都是余生中最年轻的一天

It's much easier to say “Great idea!” when a terrific solution has been put forward by someone on your team, than it is to take the time to explain why an employee’s favorite brainchild isn’t going anywhere except the circular file.

3【结构分析】

以逗号为切入点，得到一个比较结构It’s much easier to say “Great idea!”…than…。it是形式主语，前半部分的真正主语由不定式结构to say “Great idea!”…充当，这里包含一个when引导的时间状语从句when a terrific solution has been put forward by someone on your team，使用了被动语态的现在完成时。后半部分真正主语为to take the time to explain…，explain后的宾语是why引导的宾语从句 why an employee’s favorite brainchild isn’t going anywhere except the circular file。

4【词汇】

terrific 极佳的，极好的---->区分terrible糟糕的

put forward 提出

take time to do sth. 花时间做某事

brainchild 独创的观念；点子

circular file 比喻表达=waste basket废纸篓

5【参考译文】 当团队中的某个人提出了极好的解决方案时，说“好主意”要比花时间解释为什么一个职员最喜欢的想法最终被抛弃要容易得多。

Day70

If it decides in favour, the whole industry will feel the impact, for it will affect not just European airlines but all those that fly into and out of the EU.

3【结构分析】

以连词for为切入点，得到两个并列结构，分别为If it decides in favour, the whole industry will feel the impact和it will affect not just European airlines but all those that fly into and out of the EU。前一分句中，if引导从句If it decides in favour作条件状语，the whole industry will feel the impact是主句。后一分句中，谓语affect的宾语部分使用了not just…but…结构，句末的定语从句that fly into and out of the EU修饰先行词those。

4【词汇】

in favor 同意

Airline 航线

5【参考译文】

如果意见是肯定的，那么整个行业将受到影响，因为它不仅影响欧洲的航线，同样也对到达欧洲和飞离欧洲的航线产生作用。

Day71丨人生总会有雨天和晴天，但总会雨过天晴的(视频有答疑)

The business director concentrates on planning and practicality, whether it’s deciding how to change a company’s business strategy or ensuring that everyone attending a meeting can see the overhead projector.

3【结构分析】

本句的主句在逗号前The business director concentrates on planning and practicality，后面的让步状语从句由whether引导。在从句中，由or并列了两个谓语be deciding 和ensuring。decide的宾语由how to do的形式充当，ensure的宾语由that引导的名词性that everyone attending a meeting can see the overhead projector构成，注意everyone的后置定语是一个现在分词结构，我们可以还原成一个定语从句，who is attending…或是who attends…。

4【词汇】

concentrate on 集中于

practicality 实用

strategy 策略

overhead 头上的

projector 幻灯机；放映机

5【参考译文】 商业导演集中于计划和实用，要么是决定如何改变一个公司的商业战略，要么是保证每位参加会议的人都能看到头顶的放映机。

Day72丨努力向前走一步，离梦想就更近一步

Some jobs require specific qualifications but most top employers will take any degree discipline provided you’ve got a first or an upper second from a decent university.

3【结构分析】

以but为切入点，拆分本句为两个并列分句Some jobs require specific qualifications 和most top employers will take any degree discipline…句末部分的provided引导条件状语从句provided you’ve got a first or an upper second from a decent university，在此处看成是同位语作用。

4【词汇】

specific 具体的

qualification 资格

any degree 此处作用为形容词，某种程度的

provided 如果

decent 优秀的

5【参考译文】 有些工作需要特别的资格，但大多数的一流雇主会采取某种程度的原则，即你要在一个不错的大学获得一流或上流的成绩。

Day73丨逆着光旳从来只是过去，而不是未来

Even if the actual instances of mailroom-to-boardroom ascendancy are one in a million, it’s pleasant to think that somewhere out there is a person pushing a mail cart or answering phones who will one day run the company.

3【结构分析】

逗号前为even if引导的让步状语从句，主句为it’s pleasant to…，其中it作形式主语，真正的主语是后面不定式结构。在不定式中，think 的宾语由that引导的名词性从句充当。在此从句中，使用了there be句型there is a person…，person后有两个现在分词短语作的后置定语 pushing a mail cart和 answering phones…这两个定语由or并列。

特别注意：句末的定语从句 who will one day run the company也修饰先行词person，关系代词who在从句中代替person作主语，构成分割式定语从句。

翻译中somewhere out在此处可以略去

4【词汇】

ascendancy 优势，支配地位= predominance

5【参考译文】 尽管从传达室转到董事会的实际例证只有百万分之一的几率，但一想到有个开邮车的人或是接电话的人某天会掌管一个公司还是件令人高兴的事。

Day74丨努力从今天开始，成功从“零”开始

Keep in mind, though, it’s much more important to be able to show your manager how you contributed to the company’s results (such as increased revenue or reduced cost) than just a difference in pay between you and someone else.

3【结构分析】

句首keep in mind为祈使句, 宾语由省略了that的名词性从句充当。在此从句中，使用了it作形式主语，不定式结构to be able to show your manager …作真正主语的形式，show后是双宾语结构，than并列了比较的两端，为(show your manager) how you contributed to the company’s results和just a difference in pay between you and someone else。

4【词汇】

keep in mind 记住

contribute to 为…做贡献

revenue 收入

5【参考译文】

尽管如此，要记住向你的上司展示你对公司业绩的贡献(比如，提高收入降低成本)要比仅仅展示你和其他人的工资差别更为重要。

Day75丨成功最重要的就是不要去看远方模糊的，而要做手边清楚的事

It’s much better for the manager to offer a pay increase, beaming with pride over his or her good judgment in hiring you, than for you to get the same pay increase by having to ask for it.

03【句型分析】

本句仍是比较结构。主干为It’s much better for the manager to…than for you to…注意两个逗号之间的分词结构beaming with pride over his or her good judgment in hiring you作前文It’s much better for the manager to offer a pay increase的目的状语。

04【词汇】

pay increase 加薪

beam --- a beam of light一束光线 a beam of delight笑颜逐开

05【参考译文】上司为你加薪——为他或她录用你的判断而自豪高兴——要比自己要求获得同样的加薪更好。

Day76丨努力向前走一步，离梦想就更近一步

Women’s control over the number of children they have is an unqualified good—as is the average person’s enjoyment, in rich countries, of ten more years of life than they had in 1960.

03【结构分析】

本句主句为Women’s control over the number of children they have is an unqualified good，其中they have为省略了关系代词的定语从句，修饰先行词children，破折号部分as is the average person’s enjoyment…为as引导的定语从句，修饰先行词an unqualified good，注意这里good作名词用；句末的比较结构of ten more years of life than they had in 1960整体作从句中表语the average person’s enjoyment的后置定语。

04【词汇】

unqualified 绝对的，没有限制的

good 此处为名词，可以译成“优势”

enjoyment 快乐---此处须与上文构成语义衔接，因此译成“优势”

05【参考译文】 女人拥有一种绝对的优势，那就是对自己生孩子的数量的掌控。在发达国家，对普通人而言，能比1960年的人多享受十年的生活也同样是种绝对优势。

Day77丨只要能收获甜蜜，荆棘丛中也会有蜜蜂忙碌的身影

Not only does a green thing look different from a red thing, remind us of other green things and inspire us to say “That’s green”, but it also actually looks green: it produces an experience of sheer greenness that isn’t reducible to anything else.

03【结构分析】

该句子中， not only放在句首，使用了部分倒装。正常语序为：a green thing looks not only different from a red thing，reminds us of other green things and inspires us to say “That’s green”。这是并列了三个谓语(look different…，remind us…and inspire us…)。But also之后为递进部分，其中冒号后为具体的解释说明，并且这里包含一个定语从句that isn’t reducible to anything else，关系代词that指代先行词sheer greenness，在从句中作主语。

04【词汇】

inspire 刺激，激励

sheer 完全的

be reducible to 简化为= be simplified to

05【参考译文】 一件绿色的东西不仅仅看起来与红色的东西不同，使我们想起其他绿色的东西并刺激我们说：“那是绿色”，而且它确实看起来是绿色的：它产生了一个完全的绿色的经验，那不能简化成任何其他事情。

Day78丨时间是治疗心灵创伤的大师，但绝不是解决问题的高手

Clever though this is, it is just a stepping stone towards the direct incorporation of fuel cells into portable devices and, in particular, laptops—the application that remains the industry’s Holy Grail.

03【结构分析】

本句句首是though构成的部分倒装，还原后应为though this is clever。主句为it is just a stepping stone，towards引导短语结构 the direct incorporation of fuel cells into portable devices and… laptops修饰前面的a stepping stone。破折号后面的the application是同位语作用， that remains the industry’s Holy Grail是定语从句。

04【词汇】

a stepping stone 垫脚石

incorporation 合并，整合

portable 可携带的，可搬运的

laptop 笔记本电脑

05【参考译文】 虽然这很聪明，但它只能算是通往直接将燃料电池与便携设备——特别是笔记本电脑——整合的道路上的垫脚石，这一技术运用现在仍是工业界的圣杯。

Day79丨旁观者的姓名永远爬不到比赛的计分板上

The engines would have variable nozzles, which would be fully opened on take-off and landing, so that the exhaust would be slow and relatively quiet, and narrowed when the aircraft was cruising, providing the necessary speed.

03【句型分析】

本句是主从复合句。主句为The engines would have variable nozzles。其后的定语从句比较复杂，以逗号后and为切入点，得到which would be fully opened…and narrowed…，关系代词which指代先行词nozzles在从句中作主语。其中so that引导的结果状语从句so that the exhaust would be slow and relatively quiet说明(nozzles)would be fully opened on takeoff and landing情况发生时所产生的结果，句末的现在分词结构providing the necessary speed 作(nozzles)would be narrowed when the aircraft was cruising情况发生时的伴随结果。

04【词汇】

engine 引擎

variable 各种各样的

exhaust n.排气---exhausted 筋疲力尽的

cruise 巡航，巡游

05【参考译文】 引擎配有各种各样的尾喷管，在起飞和降落时它们会全部打开，这样喷气速度会下降，噪音也会更小；而在飞机巡航过程中，尾喷管将变小以保证必要的飞行速度。

Day80丨松驰的琴弦，永远奏不出时代的强音

In each case the pattern is the same: young people adopt a new form of entertainment, older people are spooked by its unfamiliarity and condemn it, but eventually the young grow up and the new medium becomes accepted—at which point another example appears and the cycle begins again.

03【句型分析】

冒号将句子分为两部分，冒号后面对前面进行解释，其中 以but为切入点，得到并列结构“…，…，but…and…”即young people…, older people…, but eventually the young…and…其中第二个并列结构older people are spooked by its unfamiliarity and condemn it中又由连词and并列两个谓语。破折号后面使用定语从句，其中which指代上文的一整句the new medium becomes accepted，其中从句中又由and并列两个分句another example appears和 the cycle begins again。

04【词汇】

spook 惊吓

condemn 指责

medium 媒体

at..point 此刻

05【参考译文】 每一个实例都有着相同的模式：年轻人接受了一种新的娱乐形式，年长的人因陌生而受惊，于是对其批评指责。最终，年轻人长大成人，于是新媒体被社会承认——此时，另一种娱乐形式出现，循环模式再次开始。

Day81丨总有人比你好看，比你聪明，比你年轻，但没人能取代你

If you are a person as I am, who is perfectly delighted for the average people to go happily about their average people’s business, but who also believes in elites—not only believes in them, but thinks they ought to be cherished, that the Today programme and Newsnight, as it were, are more worthy of our licence fee than average people’s television, regardless of audience figures—then the whole subject becomes complicated.

03【句型分析】

本句主干为if you are a person as I am…… then the whole subject becomes complicated。if引导的条件状语从句中包含两个并列平行的定语从句，分别为who is perfectly delighted for…以及but who also believes in…。破折号之间的部分为对elites的补充说明，这里又出现了not only…but…表现的并列平行结构，but引导的第二个并列分句中，谓语动词thinks后有they ought to be cherished及that…两个并列的宾语从句，只是they ought to be cherished前面的that被省略。

04【词汇】

business 此处是事情--->it is none of your business关你何事。

elite 精英 cherish 珍视 as it were 可以说 be worthy of 值得

regardless of 不管

05【参考译文】 假如你是像我一样的人，为普通人快乐地追求普通人自己的生活而特别高兴，但也相信精英——不仅相信他们，而且认为他们应该受到珍视，甚至认为不管收视率如何，可以说《今日》节目和《晚间新闻》在某种程度上比普通人看的电视节目更有花钱收看的价值——那么整件事就变得复杂了。

Day82丨人的梦想没有止境，人的力量用之不尽

Call me incredulous but I find that very difficult to believe, which means we are back to the wrongheaded kind of political correctness that mulishly refuses to identify excellence in some children and in doing so damages them and robs them of any chance to better themselves or feel any pride in their achievements—all in the name of head teachers’ “ideology”.

03【句型分析】

以连词but为切入点，主句由两个并列分句构成。第一个分句Call me incredulous是祈使句，第二个并列分句I find that very difficult to believe，后面是一个由which引导的非限制性定语从句which means…，关系代词which在从句中作主语。在此从句中，又包含一个that引导的定语从句修饰先行词the wrongheaded kind of political correctness。that从句中谓语动词refuses，damages和robs由两个and并列，in doing so是状语to better themselves or feel any pride in their achievements是不定式修饰前面的any chance。句末破折号后是对前文的补充说明。

04【词汇】

incredulous 表示怀疑的，不相信的 mulish 固执的，执拗的

identify 识别，认出 excellence 优秀，成就

robs them of 剥夺 in the name of 以…的名义 ideology 思想意识

05【参考译文】 你可以说我多疑，但我还是觉得难以让人相信，这意味着我们在政治正确性上又出现错误的判断——固执地拒绝承认某些孩子的优秀品质，这样做的结果伤害了他们，剥夺了他们提升自己、或为自己取得的成绩感到骄傲的机会——所有这一切就是校长们所谓的“思想观念”。

Day83丨海到无边天作岸，山登绝顶我为峰

It’s not every day that you get to witness the birth of a new social system. But General Motors’ June 1 bankruptcy, and the company’s likely reorganization under the ownership of the U.S. Treasury, does suggest the arrival of a novel relationship—at least for the United States—between the citizen and his government.

03【句型分析】

本句使用了强调句型的否定式It is not…that…。every day是所强调的内容。But后的句子又使用了do强调句子谓语的强调结构，句中表现为用does强调suggest即does suggest…。主语General Motors’ June 1 bankruptcy后面是插入语and the company’s likely reorganization under the ownership of the U.S. Treasury，对主语起补充说明的作用，宾语是the arrival of a novel relationship，破折号之间是插入语。

04【词汇】

witness 见证

bankruptcy 破产

the U.S. Treasury 美国财政部

novel 创新的

05【参考译文】 不是每天人们都可以见证一个新社会体系的诞生。但是通用6月1日宣告破产，它将在美国财政部的掌控下进行可能的重组，这一事件正是暗示了一种新关系的到来——至少是在美国——公民与政府之间的新型关系。

Day84丨激流勇进者方能领略江河源头的奇观胜景

Americans spend more on fast food than they do on higher education, PCs or new cars—worrying, when a single meal at a KFC of less than a pound-weight of food plus a large Pepsi can top 1,600 calories, not far short of the daily intake recommended by the government for adults doing only “light physical activity”.

03【句型分析】

破折号前面是比较级结构more…than…，worrying是形容词对前面的总结，when引导状语从句，主语是a single meal of …. plus….，谓语是can top，1600 calories是宾语。后面是形容词结构作定语，recommended by the government for adults是后置定语修饰the daily intake， doing only “light physical activity”是分词结构修饰adults。

04【词汇】

short of 缺乏，达不到

intake 摄入量

recommend 推荐

05【参考译文】 美国人花在快餐上的钱远远多于高等教育、个人电脑或新的车型——这很令人担忧。在肯德基快餐店光吃一顿不到一磅重的餐点，再喝一大杯百事可乐，摄入热量就可能超过1600卡路里，这比美国政府为仅从事“轻度体力活动”的成人所推荐的每日摄取量并不低多少。

Day85丨世界上那些最容易的事情中，拖延时间最不费力

When Princeton, the University of Virginia, and Harvard announced last fall that they would drop their early admission options because they gave an unfair advantage to affluent students, many college counselors held their breath.

03【句型分析】

前面是由when引导的时间状语从句其中主语是Princeton，the University of Virginia and Harvard三者并列。Announced后面是that引导的是宾语从句,该从句有一个由because引导的原因状语从句解释取消降低的原因。

04【词汇】

option 选择

affluent 富裕的

hold one’s breath 感到紧张

05【参考译文】 普林斯顿大学、弗吉尼亚大学和哈佛大学去年秋天宣布将取消提前入学选择，因为这是给富裕学生的一种不公平的优待，许多大学顾问都紧张了起来。

Day86丨成功的唯一秘诀——坚持最后一分钟

At Rensselaer Polytechnic Institute in Troy, N.Y., for example, faculty and staff can log concerns about academic problems or behavioral issues on a website, which is monitored by an intervention team of representatives from the dean's office, faculty, housing staff, campus police, and counseling center.

03【句型分析】

句首是介词短语做状语，句子的主体是Faculty and staff can log concerns … on a website…，后面which引导的非限定性定语从句修饰前面的website,谓语是被动语态。

04【词汇】

academic 学术的

monitor 监控

intervention 干预

counseling center 咨询中心

05【参考译文】 比如，在纽约州特罗伊的Rensselaer工学院，全体教职员工可以将学术和行为问题放在网站上，该网站由院长办公室、教职员工、住宅职员、校园警察和咨询中心的代表组成的干涉小组来监控。

Day87丨拒绝严峻的冶炼，矿石并不比被发掘前更有价值

Best known as a destination for honeymooners in search of perfect white beaches and swaying palms, the Seychelles islands rarely make any sort of headlines. Few tourists would even have noticed the presidential election on April 30th, in which James Michel, leader of the Seychelles People’s Progressive Front, was returned with 54% of the ballot.

03【句型分析】

句首Best known as…是分词做状语状语，主语是the Seychelles islands，被动语态被省略了are。后一分句中，使用否定代词few体现否定，译为“很少”，其中包含了in which引导的定语从句in which James Michel，leader of do the Seychelles People’s Progressive Front, was returned with 54% of the ballot修饰先行词election。leader of the Seychelles People’s Progressive Front为同位语，补充说明James Michel此人的身份。

04【词汇】

destination 目的地 in search of 寻找 swaying 摇曳的

make any sort of headlines 成为头条 ballot 投票

05【参考译文】 说起塞舌尔群岛，许多人只知道它是度蜜月者找寻美丽的白色沙滩和摇曳的棕榈树的目的地之一。除此之外，几乎没有媒体对其进行报道，就连游客们也很少有人注意到4月30日该国举行的总统选举。在这次选举中，塞舌尔人民进步阵线领导人詹姆斯\*米歇尔获得了54%的选票。

Day88丨经过大海的一番磨砺，卵石才变得更加美丽光滑

One day, he said, everyone would have a secure and private website on the internet on which their doctors could post their “scans, lab results, test results, visit minutes”, and to which the owner could grant certain people access, to view some or all of that information.

03【句型分析】

主体句式是He said everyone would have a … website … on which…and to which…，两个引导which的定语从句都用来修饰website；在which引导的后一个定语从句中，to view …是目的状语。

04【词汇】

post 张贴

grant 许可

05【参考译文】 他说，有那么一天，每个人在互联网上都会拥有安全的私人网站，医生可以将他们的“扫描图、化验结果、检查结果、来访时间”等信息贴在网站上，而用户自己也可以赋予某些人访问权利，使他们可以看到部分或全部信息。

Day89丨要跟成功者有同样的结果，就必须采取同样的行动

Big names including the American Heart, Diabetes and Lung Associations, the New York-Presbyterian Hospital, and Omron and Texas Instruments, in addition to various firms devoted to the craze for “wellness”, are all now on board, and are expected to announce products and services shortly.

03【句型分析】

主体句式是Big names are all now on board and are expected to announce products and services shortly。主语中，including…和in addition to…都是big names的定语。devoted to the craze for “wellness”是分词结构做various firms的后置定语。

04【词汇】

big names 名气很大

association 协会

be expected to 期待

05【参考译文】 除了全力追求“健康”狂热的各种公司外，一些有名的机构如美国心脏、糖尿病、肺部协会，纽约长老会医院、欧姆龙和德克萨斯器械公司现在都是榜上有名，近期有望宣布其产品和服务。

Day90丨活着的目的不在于永远活着，而在于永远活出自己

For some he was the leading figure of the Modernist movement who redefined what poetry was and could be; and who, in his role as cultural advocate, gave vital impetus to the literary careers of T.S. Eliot, James Joyce and Wyndham Lewis, among others.

03【句型分析】

这是一个复合句。主干部分是he was the leading figure of the Modernist movement，两个who引导的定语从句都是修饰表语the leading figure的；后一个定语从句中，in …介词短语是从句的状语，也可以看成是插入语。

04【词汇】

leading figure 领导人

advocate 倡导者

give vital impetus to 给予巨大的推进、促进

05【参考译文】 对于一些人来说，他是现代主义运动的领导人，他重新定义了什么是诗歌及诗歌应该如何等问题。而作为文化倡导者，他大力推进了T.S. Eliot、James Joyce和Wyndham Lewis等人的文学事业。

Day91丨你们的梦想与热情，是你兴航行的灵魂的舵和帆

Judith Herrin, a professor at King's College London, sets out to show that there are far better reasons to study and admire the civilization that flourished for more than a millennium before the conquest of Constantinople in 1453, and whose legacy is still discernible all over south-east Europe and the Levant.

03句型分析】

句子主干是Judith Herrin sets out to show that…，其中主语后面是同位语也是插入语。宾语从句中，that引导的定语从句和whose引导的定语从句都用来修饰the civilization。

04【词汇】

flourish 繁荣

millennium 千年

conquest 来自于conquer，征服

legacy 遗产

discernible 可以识别的

05【参考译文】伦敦国王学院教授Judith Herrin表示该文明值得研究和敬仰，该文明在1453年被君士坦丁堡征服之前已经兴盛了一千多年，其遗迹在整个东南欧洲和（地中海东部的）累范特地区还是可以看出来的。

这个文明在1453年君士坦丁堡被攻克之前繁荣了千年。

1453年被攻克的是君士坦丁堡，所以应该是君士坦丁堡被征服之前。

Day92丨设立目标，然后把目标细化为每一步的实际行动

And in his late 30s, at the height of his fame, he ran a double life, conducting a largely secret affair with the woman who eventually became his second wife, while his first was gradually succumbing to tuberculosis.

03【句型分析】这是一个复合句，前面的in his late 30s是句子的状语；at the height of his fame是修饰late 30s的。主干是he ran a double life。句子后面的现在分词结构是句子的伴随状语；while引导的状语从句做该句伴随状语的时间状语。

04【词汇】

at the height of one’s fame 富有盛名

succumb to 屈服于

05【参考译文】

他30多岁时富有盛名，但却过着双面生活，与一位女士有着秘密的交往，这位女士以后成为他的第二任妻子，但他的发妻却慢慢被肺结核所吞噬。

Day93丨眼泪不是答案，拼搏才是选择

Though that approach has gained a reputation for confrontation and tough-mindedness, Kristene Doyle, associate executive director of the Albert Ellis Institute in New York City and a clinical psychologist specializing in REBT, says that collaboration between the therapist and patient, a patient's complete self-acceptance, and the therapist's unconditional acceptance of the patient are also essential to REBT.

03【句型分析】句子的主干是Though that approach has gained a reputation…, Kristene Doyle says that ….。associate executive…是做Kristene Doyle的同位语，that引导的宾语从句中collaboration between the therapist and patient和a patient's complete self-acceptance以及 the therapist's unconditional acceptance of the patient构成并列结构。

04【词汇】

gain a reputation 获得名气

confrontation 对抗

collaboration 协作

05【参考译文】然该疗法因为对抗和严格而闻名，但是纽约市Albert Ellis 研究所主任即REBT临床心理学者Kristene Doyle认为医生和患者之间的协作、患者完全的自我接受以及医生无条件的接受患者对于REBT是非常重要的。

Day94丨积极进取，机遇总喜欢光顾有准备的头脑

In a significant tightening of legal controls over the press, Lord Irvine, the Lord Chancellor, will introduce a draft bill that will propose making payments to witnesses illegal and will strictly control the amount of publicity that can be given to a case before a trial begins.

03【句型分析】句首是状语， Lord Irvine是主语，后面是同位语，will introduce是谓语，宾语后面接了that引导的定语从句，从句中谓语是and连接的并列结构，后面结构中宾语publicity后面又是that引导的定语从句。句首的状语可以看成是To significantly tighten of legal controls over the press，表示目的；此处的significant不再作为重要的，而是表示程度。

04【词汇】

press n. 媒体

draft n.草案

publicity n.公开

05【参考译文】为了加强对报界的法律控制，大法官埃尔温勋爵将要提出一个法案的草案。这一法案将提议把报界付款给证人的做法定为非法，并且，法案还严格对案件在开庭前的公开程度加以限制。

Day95丨世界是真的，付出都是值得的

It is generally recognized, however, that the introduction of the computer in the early 20th century, followed by the invention of the integrated circuit during the 1960s, radically changed the process, although its impact on the media was not immediately apparent.

03【句型分析】句首it是形式主语，that引导真正的主语从句，主语从句中主语the introduction of the computer in the early 20th century后面是过去分词结构做后置定语，也可以看成是插入语，radically changed是谓语，the process是宾语，although引导让步状语从句。

04【词汇】

it is generally recognized that…. 人们普遍认为

integrate v.合成，结合

radically adv.极大程度地

05【参考译文】然而，人们普遍认识到二十世纪初期计算机的出现，及随后六十年代集成电路的发明，在极大程度上改变了这一进程，虽然它对媒体的影响并没有立竿见影。

Day96丨不自是者博闻，不自满者受益

Because they are adjusting to their new bodies and a whole host of new intellectual and emotional challenges, teenagers are especially self-conscious and need the confidence <that comes from achieving success and knowing that their accomplishments are admired by others.

3、【句型分析】本句是because引导的原因状语从句，主句主语是teenagers，谓语是are和need的并列，that引导定语从句修饰名词confidence，achieving和knowing是介词from 的并列宾语。

4、【词汇】

adjust to 适应

a host of 许多

accomplishment n.成就

5、【参考译文】因为青少年正在适应新的身体状况、心智和情感方面的诸多挑战，所以他们的自我意识很强。他们需要有成功后的自信，并且需要自己的成就受到别人的钦佩。

Day97丨去做你害怕的事，害怕自然就会消失

However, the typical teenage lifestyle is already filled with so much competition that it would be wise to plan activities in which there are more winners than losers, for example, publishing newsletters with many student-written book reviews, displaying student artwork, and sponsoring book discussion clubs.

3、【句型分析】本句结构比较简单，是so …that…句型，in which引导定语从句修饰名词activities，for example引导例子解释activities，例子中是三个动名词结构的并列。

4、【词汇】

be filled with 充满

sponsor v.组织

5、【参考译文】然而，典型的青少年生活中已经充满了竞争，因此策划一些胜者多败者少的活动是十分明智的。例如，出版有许多学生撰写书评的通讯，展示学生的艺术作品，组织读书研讨俱乐部等。

Day98丨求学将以致用，读书先在虚心

These letters are filled with his wrestling with the consequences of being the part-private, part-public creature that he became, desperate to devote himself to his writing, and yet subject to endless invasions of his privacy.

3、【句型分析】These letters are filled with his wrestling是句子的主题，后面with结构是状语，that he became是修饰creature的定语从句，难点在于最后两个形容词词组的成分（desperate to devote himself to his writing, and yet subject to endless invasions of his privacy）。这两个形容词词组用来修饰前面的名词creature。

4、【词汇】

wrestling n.挣扎，斗争

be desperate to do 强烈渴望做

be subject to 遭受

invasion n.入侵

5、【参考译文】这些信中处处都显现出他因为自己成为半私人、半公开这样一个人物反复挣扎的心理，他渴望将自己奉献给文学，但又时时受到私人空间受到侵袭的威胁。

Day99丨成功在优点的发挥，失败是缺点的累积

While that eased previous eligibility rules, which required freelancers to work for 52 weeks before becoming eligible, it would have required all freelancers not yet eligible for benefits to start the waiting period over again on Jan. 1.

3、【句型分析】主体句式是While that … it would have…。前半分句中有一个which 引导的非限定性从句修饰previous eligibility rules，后半分句中是require…to ….，其中not yet eligible for benefits 是后置定语用来修饰all freelancers。

4、【词汇】

ease v.缓解，放松

eligibility n.资格

freelancer n.自由职业者

benefit n.补贴，福利

5、【参考译文】虽然这样一来放宽了以前的资格规定（该规定要求自由职业者必须工作52周后才能成为合格员工），但却要求所有尚无资格享受福利的自由职业者从1月1日重新开始计算等待期。

Day100丨百日长难句，内戳有惊喜

Moreover, a study carried out eight years ago by researchers at the University of Aarhus, in Denmark, revealed that women who suffered the death of a child or spouse from some catastrophic illness around the time they conceived were much more likely to give birth to girls than to boys.

3、【句型分析】主语a study后面是一个过去分词短语做定语；revealed后面的宾语从句比较复杂，从句的主体句式为women or spouse were likely to …，who suffered the death of a child是定语从句修饰women，状语from some catastrophic illness around the time they conceived修饰spouse，其中they conceived是省略that的定语从句修饰time。

4、【词汇】

spouse n.配偶

catastrophic adj.灾难性的

conceive v.怀孕

give birth to 生育

5、【参考译文】而且，八年前奥尔胡斯大学研究者们做的一项研究也表明，经过头胎死亡经历或配偶在其怀孕期间患上一些灾难性疾病的妇女更有可能生女孩。

Day101丨凡是自强不息者，最终都会成功

As is true of any developed society, in America a complex set of cultural signals, assumptions, and conventions underlies all social interrelationships.

3、【句型分析】句子主干是... a complex set of cultural signals, assumptions, and conventions underlies ... interrelationships。 As引导状语从句意思为“正如任何发达的社会一样”。

4、【词汇】

complex adj.复杂的

convention n.惯例、习俗

underlie v.处于….下方

5、【参考译文】任何发达国家的情况都一样，在美国，一系列复杂的文化特征、想法和习俗构成了美国所有社会相互关系的基础。

Day102丨生活充满了选择，而生活的态度就是一切

But it is the arrival of new satellitechannels—funded partly by advertising and partly by viewers’subscriptions—which will bring about the biggest changes in the long term.

3、【句型分析】此句的主干是it is the arrival ... which...，是一个强调句，被强调的部分为主语the arrival of new satellite channels。破折号中间的内容是过去分词结构，置于所修饰的名词之后，做定语。

4、【词汇】

fund v.投资

subscription n.订阅

in the long term 长期

5、【参考译文】但从长远来看会引起最大变化的是新的卫星频道的出现，这些卫星电视的资金一部分来自广告收入，一部分来自用户的收视费。

Day103丨每一次发奋努力的背后，必有加倍的赏赐

The paid manager acting for the company was in more direct relation with the men and their demands, but even he had seldom that familiar personal knowledge of the workmen which the employer had often had under the more patriarchal system of the old family business now passing away.

3、【句型分析】

该句的主干是The paid manager …was in … relation with …, but …he had … knowledge …，是but连接的转折关系的两个分句。前一分句的主语The paid manager 后是现在分词结构对其进行解释。but 后的分句的主干是he had knowledge，which引导的定语从句对knowledge进行修饰；now passing away 则是对the old family business的修饰成分。

4、【知识点补充】

pass away意思是“停止，消逝”。如：Lots of wise old men were killed and lots of wisdom pass away with them.（许多有才智的老人被杀害，大量的智慧财富亦随之一起消失）。

5、【词汇】

have familiar knowledge of…对…有熟悉的了解

patriarchal adj.家族式的

6、【参考译文】 代表公司经营的经理与工人以及工人需求的关系更加直接，但甚至他也不像正在被淘汰的旧式家族企业的家长制中的雇主那样熟悉了解工人的情况。

Day104丨人不怕走在黑夜里，就怕心中没有阳光

Given this optimistic approach to technological innovation, the American workers took readily to that special kind of nonverbal thinking required in mechanical technology.

3、【句型分析】

句子的主干是…, the American workers took readily to that special kind of nonverbal thinking…，Given…是过去分词作条件状语的结构，required为过去分词做后置定语修饰that special kind of nonverbal thinking。

4、【词汇】

given 为介词，意思是“考虑到…”

take to 意为“适应，对…做出反应”。

如：He took to Latin as a duck takes to water.（他学拉丁文就像鸭子嬉水一样毫不费力）。

5、【参考译文】有了这种对技术革新的乐观态度，美国工人很快便习惯了机械技术需要的那种特别的非语言的思维方式。

Day105丨不幸往往来自比较，而幸福也是来自比较

Some economists argue that powerful structural changes in the world have up-ended the old economic models that were based upon the historical link between growth and inflation.

3、【句型分析】

句子主干是Some economists argue that ...；that后是宾语从句，从句中的主干是... changes ... have up-ended ...models ...。在宾语model后又跟了一个that引导的定语从句。

4、【词汇】

up-end 打破，终结

inflation 通货膨胀

5、【参考译文】

一些经济学家认为，旧的经济模式以经济增长和通货膨胀的历史联系为基础，但是世界经济结构所引起的强有力的变化已经打破了这种模式。

Day106丨雄心壮志是茫茫黑夜中的北斗星

But because Colonial Williamsburg offers not a segment of the history of a fine art, but a model of an ongoing community, it is intelligible and interesting to nearly everybody.

3、【句型分析】

句子主干是Williamsburg offers not a segment... but a model...主要语法结构是not---but---，难点在于后面的限定成分，segment of the history of a fine art，model of an ongoing community。

4、【词汇】

segment 环节; 部分，段落; 分段; 节片; 分割，划分; 使分裂

ongoing 不间断的，进行的

intelligible 可理解的，明白易懂的，清楚的

5、【参考译文】由于殖民时代的威廉斯堡呈现的不是极品艺术的某一片段，而是呈现一个正在进行的艺术模型，它对每个人来说几乎都是可以理解和有趣的。

Day107丨瀑布对悬崖无可畏惧，所以唱出气势磅礴的生命之歌

Now there is in America a curious combination of pride in having risen to a position where it is no longer necessary to depend on manual labor for a living and genuine delight in what one is able to accomplish with one's own hands.

3、【句型分析】

句子的主体是there is in America a curious combination of…,后面是 pride和genuine delight 的并列结构，in having risen to a position修饰pride，where引导定语从句修饰a position，in what one is able to accomplish with one's own hands修饰genuine delight。

4、【词汇】

manual adj.手工的

genuine adj. 真正的，由衷的

5、【参考译文】

现在美国有一个奇怪的现象：人们一方面为地位上升不再需要靠体力劳动谋生而感到自豪，另一方面又对能够亲自动手做一些事而由衷地感到高兴。

Day108丨目标不是都能达到的，但它可以作为瞄准点

It should be designed to take us beyond the campus to a life of ongoing, pragmatic learning that finds inspiration in unexpected sources, and increases our capacity to understand and contribute to the world—and reshape it, and ourselves, in the process.

3、【句型分析】

主句是情态动词should+被动语态，it是主语，代指前面提到过的事物。动词不定式短语to take us beyond the campus to a life of ongoing, pragmatic learning作目的状语，表示设计的目的，可以翻译成“宗旨”；短语中的第二个to是介词，take...to...带...到...，后面跟名词短语a life of ongoing, pragmatic learning；

that finds inspiration in unexpected sources, and increases our capacity to understand and contribute to the world—and reshape it, and ourselves, in the process.是that引导的限定性定语从句，修饰that前面的learning。that作定语从句的主语，后面是两个谓语+宾语结构，第一个是finds inspiration...；第二个是increases our capacity...由and连接起来；

increases our capacity to understand and contribute to the world—and reshape it, and ourselves, in the process.动词不定式短语to understand and contribute to the world—and reshape it, and ourselves作后置定语，修饰前面的capacity。reshape it中的it代指前面的the world。

4、【词汇】ongoing 持续的 pragmatic 实用的 reshape 重塑

5、【参考译文】 素质教育的宗旨应当是引导我们超越校园，走向一种持续和务实的学习生活，这种学习能让我们从未知的资源中找到灵感，并增强理解世界和为世界做贡献的能力，并在这一过程中重塑这个世界和我们自己。

Day109丨思想如钻子，必须集中在一点钻下去才有力量

After Galileo’s work feeling grew that there were universal laws governing the motion of bodies and that these laws might apply to motion in the heavens as well as on earth.

3、【句型分析】

句首是after Galileo’s work的状语，feeling是主语，grew是谓语动词，后面是两个that引导的同位语从句解释feeling，其中governing the motion of bodies是分词结构作后置定语修饰前面的名词laws。

4、【词汇】

work 著作

feeling 认识

universal 普遍

govern 支配

body 物体

laws 规律

apply to 应用于

as well as 也

5、【参考译文】 在伽利略著作之后，这样的认识加强了，即认为存在着支配物体运动的普遍规律，这些规律不仅适用于地球上物体的运动而且也适用于天体的运动。

Day110丨立志在坚不欲锐，成功在久不在速

He is referring to the upsurge of interest in mobile television, a new industry at the intersection of telecoms and media which offers new opportunities to device-makers, content producers and mobile-network operators.

3、【句型分析】

本句是一个复合句。句首部分He is referring to the upsurge of interest in mobile television是主句，其后的a new industry at the intersection of telecoms and media…作mobile television的同位语，句末的关系代词which引导定语从句which offers new opportunities to device-makers, content producers and mobile-network operators来修饰先行词a new industry，关系代词which在从句中作主语。

4、【词汇】

refer to 谈论，谈及

upsurge n.上升

intersection n.交叉

5、【参考译文】 他谈到了众人对移动电视的巨大兴趣，这是一个在电信和媒体领域有交叉的新兴产业，它给设备制造商、电视内容制作者以及移动网络运营商提供了新的机遇。

Day111丨智者一切求自己，愚者一切求他人

Meanwhile, Apple Computer, which launched a video-capable version of its iPod portable music-player in October, is striking deals with television networks to expand the range of shows that can be purchased for viewing on the device, including “Lost”， “Desperate Housewives” and “Law & Order”.

3、【句型分析】本句使用了分隔结构，体现了非限制性定语从句分隔，从句which launched a video-capable version of its iPod portable music-player in October修饰主语Apple Computer(关系代词which在从句中作主语)分隔了主语和系动词。连接后得到Meanwhile, Apple Computer is striking deals with television networks to expand the range of shows…其中that又引导定语从句that can be purchased for viewing on the device…修饰先行词shows(关系代词that在从句作主语，从句中使用了被动语态)，句末的分词结构including “Lost”， “Desperate Housewives” and “Law & Order”作伴随状语，表明range of shows的具体内容。

4、【词汇】

version n.版本

portable adj.便携式

purchase v.购买

5、【参考译文】与此同时，苹果电脑公司在10月发售了一款可以观看电视的便携式音乐播放器iPod，同时正和电视网络商商谈，来扩大可以供用户购买的、在设备上观看的节目范围，包括《迷失》、《绝望的主妇》以及《法律与秩序》。

Day112丨凡事要三思，但比三思更重要的是三思而后行

Some technologies do indeed improve at such a predictable pace that they obey simple formulae such as Moore’s law, which acts as a battle plan for the semiconductor industry.

3、【结构分析】本句结构清晰，主句为Some technologies do indeed improve at such a predictable pace that they obey simple formulae such as Moore’s law，使用了such…that…结构；关系代词which引导定语从句which acts as a battle plan for the semiconductor industry，修饰前面的整个句子，which在从句中作主语。

4、【词汇】

formula n. 公式

act as 扮演

battle plan［比喻］设计图纸

5、【参考译文】的确，有些技术的进步是以一种可预测的节奏进行着，它们遵循摩尔定律般简单的公式，好比是半导体工业的设计图纸。

Day113

Visit many online sites to research a car, and they will sell your name immediately to local dealerships which will then harass you in the old-fashioned way.

3、【结构分析】以and为切入点，本句包含两个并列分句。注意前一分句是祈使句。后一分句中，they will sell your name immediately to local dealerships是主句，关系代词which引导定语从句which will then harass you in the old-fashioned way。

4、【词汇】

dealership n.经销商

harass v.困扰

5、【参考译文】

你通过访问大量的网站去寻找一部车，然后他们就会把你的名字提供给当地的经销商，这又会让你重回到以前那种模式所带来的困扰中。

Day114

Even China’s population will be declining by the early 2030s, according to the UN, which projects that by 2050 populations will be lower than they are today in 50 countries.

3、【句型分析】

本句结构清晰，是一个复合句。主句为Even China’s population will be declining by the early 2030s, according to the UN，其后的定语从句which projects that by 2050 populations will be lower than they are today in 50 countries修饰先行词UN，关系代词在从句中作主语，注意这里project作动词用，译为“指出”，且从句里使用了比较级。

4、【词汇】

project v.［僻义］指出

5、【参考译文】 联合国有关报告指出，即便是中国到二十一世纪三十年代初期人口也将开始递减。这份报告同时还指出，到2050年，将有50个国家的人口低于今天的水平。

Day115

That is surely how history will judge modern criticism of video games, which are accused of turning young people into violent criminals.

3、【句型分析】

本句的主句That is surely how history will judge modern criticism of video games是主系表结构，其中表语由how引导的名词性从句充当，定语从句which are accused of turning young people into violent criminals修饰先行词video games，关系代词which指代先行词video games在从句中作主语，这里使用了被动语态be accused of，在翻译时我们译成主动。

4、【词汇】

accuse v.指责；控诉

5、【参考译文】

对于当今时代那些控诉电视游戏使年轻人变成暴力罪犯的批评者们，历史最终也将对他们作出同样的批判。

Day116

Management and HR groups spend a lot of time talking about "engagement"， which comes down to getting employees excited about the work they’re doing and its contribution to the company.

3、【句型分析】

本句的主干一目了然：Management and HR groups spend a lot of time talking about “engagement”，which引导的定语从句which comes down to getting employees excited about…。修饰先行词engagement，关系代词which在从句中作主语。介词about后有两个宾语the work and its contribution。

4、【词汇】

come down to 归结起来

5、【参考译文】

管理和人力资源群体花费大量的时间来谈论“参与”—— 激发雇员对工作产生兴趣，并为公司做出贡献。

Day117丨人的理想志向往往和他的能力成正比

To make the technology as simple as possible, Sony, HP, and other vendors are finally creating software that can be used across all their devices—be it PCs, TVs, or set-top boxes.

3、【句型分析】

本句结构比较清晰，是一个复合句。句首的不定式短语To make the technology as simple as possible作全句的目的状语。主句为Sony, HP, and other vendors are finally creating software…。关系代词that引导的定语从句that can be used across all their devices修饰先行词software，that在从句中作主语，并且使用了被动语态。第一个破折号后面是对across all their devices的具体说明，注意这里采用了whether…or…引导的让步状语从句省略whether的特殊形式be it PCs, TVs, or set。第二个破折号后top boxes是对software的最终阐释，我们去掉中间让步状语作的分隔成分，可以连接全句为Sony, HP, and other vendors are finally creating software that can be used across all their devices—top boxes。（119有订正）

4、【词汇】

vendor n.摊贩；供应商

5、【参考译文】 为了让科技尽可能的简单，索尼、惠普和其他销售者最终开发了可以在所有装置上使用的软件——不论是个人电脑、电视机或是数字解码器——这种软件就是机顶盒。

Day118丨行动是成功的阶梯，行动越多，登得越高

On the face of it, that doesn’t seem especially surprising: we feel strong emotion at important events, which are obviously more memorable than ordinary moments.

3、【句型分析】

这是典型的冒号前为主句，冒号后作解释说明的实例。句首部分On the face of it为全句的状语，主句部分为that doesn’t seem especially surprising，这里seem采用了系动词的用法。注意形容词surprising指物的-ing使用。冒号后we feel strong emotion at important events是对主句的解释说明，非限制性定语从句which are obviously more memorable than ordinary moments使用了比较结构，关系代词which在从句中作主语。注意which后的be动词使用了复数形式are，联系上文，我们不难判断出它指代 important events。

4、【词汇】

memorable 印象深刻的

5、【参考译文】

乍看起来，那似乎不会使我们特别吃惊：在重大事件上我们会感到强烈的感情冲击——重大事件显然比平常日子让人记忆深刻。

Day119平静的湖面锻炼不出精悍的水手 安逸的生活打造不出生活的强者

An animal that can remember the significance of that large, nasty-looking thing with the big teeth and sharp claws will survive longer and produce more offspring.

3、【句型分析】

本句是复合句，句子的主干为An animal will survive longer and produce more offspring。主语animal后接关系代词that引导的定语从句，关系代词代替animal在从句中作主语。在从句里，谓语动词 remember的宾语是the significance，它的后置定语为that large, nasty-looking thing with the big teeth and sharp claws；介词短语with the big teeth and sharp claws补充说明thing的特点。

4、【词汇】

offspring 后代＝descendant

5、【参考译文】

一种动物只有记住了长相丑恶(具有巨大牙齿和锋利爪子)且身体庞大的重要性，才能生存长久并繁殖更多的后代。

Day120

Women who live in areas of high air pollution, exposed to invisible particles from traffic fumes, coal-fired power stations and wood fires, are at increased risk of heart disease and death, according to a study.

3、【句型分析】

本句是主系表结构。主语Women后是定语从句 who live in areas of high air pollution，关系代词who在从句中代替women作主语，系表部分are at increased risk of heart disease and death被分词结构(表被动)作的后置定语exposed to invisible particles from traffic fumes, coal-fired power stations and wood fires分隔，由于定语部分较长，在翻译时我们可以译为并列结构；句子末尾的according to a study作全句的状语。

4、【词汇】

be exposed to 暴露于，接触

invisible 不可见的

traffic fume 汽车尾气

5、【参考译文】 一项研究表明，生活在严重空气污染地区的女性，暴露在车辆尾气、燃煤发电厂、森林火灾所产生和排放的无形的微小颗粒中，越来越容易患心脏病，甚至会因此直接导致死亡。

Day121丨不要为现在的努力喊累，黎明前的夜总是最黑

The console can determine how the controller is moving in space and what it is pointing at, and uses that information to control what is happening on screen.

3、【句型分析】以逗号后and为切入点，得到主句部分的并列平行结构The console can determine…, and uses that information to control…，uses与can determine一起作该句的谓语。其中determine的宾语也以and切入，得到how引导的名词性从句how the controller is moving in space和what引导的名词性从句what it is pointing at(how在从句中作状语，what在从句中作宾语)；在use的宾语补足语to control…中，control的宾语使用了what引导的名词性从句what is happening on screen充当，what在从句中作主语。

4、【词汇】

determine 决定，判定

5、【参考译文】

游戏机能测出手柄的移动轨迹，识别手柄指着屏幕上的什么东西，然后根据得到的信息控制屏幕上的游戏。

Day122丨其实每一条都通往阳光的大道，都充满坎坷

If I ever had any doubts about how demanding a teacher’s job is, it would have disappeared for good when I spent some time recently in schools.

3、【句型分析】

本句的结构清晰，为主从复合句。it would have disappeared for good when I spent some time recently in schools为主句部分，其中包含一个when引导的时间状语从句when I spent some time recently in schools。If引导的条件状语从句中，had any doubts about后的宾语由how引导的名词性从句how demanding a teacher’s job is充当，how与形容词demanding相连作从句的表语。

4、【词汇】

demanding 要求高的

5、【参考译文】

如果说我以前还曾怀疑教师的工作有多吃力，那么当我最近在学校中待了一段时间后，我永远改变了原来的想法。

Day123丨胸怀临云志，莫负少年时

Davies says guidance must strike a balance between being flexible enough to take account of the differences between disciplines and providing enough detail to be of use.

3、【句型分析】

本句不难，主句谓语says后是省略了that的宾语从句guidance must strike a balance between being flexible enough to take account of the differences between disciplines and providing enough detail to be of use。注意两个between的使用。第一个between与后面的and 相连，构成being flexible enough to…and providing enough detail to…结构，第二个between后跟disciplines表示“各学科之间”，并且前后都使用了be enough to do的形式。

4、【词汇】

take account of 考虑

discipline 学科

5、【参考译文】

戴维斯说，指导规范必须在足够灵活考虑各学科的不同点和提供充足的可操作的细节之间寻求一种平衡。

Day124丨水不撩不知深浅，人不拼怎知输赢

Those working overtime were being paid at the normal hourly rate instead of the time-and-a-half required by the law and by Amazon’s own supplier code of conduct.

3、【句型分析】

本句主干为Those were being paid 。working overtime为现在分词作后置定语，修饰those，“加班工作的人”；required by…为分词结构做后置定语，修饰time-and-a-half。

4、【词汇】

time-and-a-half 高出原标准半倍的工资

rate n. 费用，价格

code n. 行为准则，道德规范；密码，代码

conduct n. 〔尤指在公共场合、工作岗位上等的〕行为，举止

5、【参考译文】

加班的人按照正常时薪付酬，而不是法律和亚马逊的供应商行为准则所要求的1.5倍酬劳。

Day125丨没有遇到挫折，永远不会懂得自己的力量有多大

The company added that it “works hard to comply with all relevant laws and regulations” in the markets where it operates and that “if infractions are identified, we work to immediately rectify them.”

3、【句型分析】

本句中两个that从句为并列的宾语从句，做add的宾语，表示说话的内容。第二个宾语从句包含if引导的条件状语从句，where引导定语从句，修饰前边的markets。

4、【词汇】

comply with 服从，遵守

regulation n. 法规; 条例

infraction n. 违规行为，违法行为

rectify v. 纠正，矫正

5、【参考译文】

该公司补充说，它在所运营的市场“努力遵守所有相关法律和法规”，并且“如果发现违规行为，我们立即想办法纠正。”

Day126丨没有一劳永逸，每一天都是新的挑战

Italy’s new populist prime minister, Giuseppe Conte, the only G-7 leader who supported Mr. Trump’s call to readmit Russia to the group, was shown on his Instagram account standing beside him reading a document.

3、【句型分析】

本句主干为Italy’s new populist prime minister was shown standing beside him，其中standing beside him为主语补足语，补充说明主语所发出的动作。Giuseppe Conte, the only G-7 leader who supported Mr. Trump’s call to readmit Russia to the group为prime minister的同位语，进一步解释说明prime minster的身份，reading a newspaper为伴随状语。

4、【词汇】

populist adj. 平民主义的; 民粹主义的 n. 平民主义者; 民粹主义者

call n. 号召，呼吁

readmit n. 重新接纳; 被重新接纳

5、【参考译文】

意大利新任民粹主义总理朱塞佩·孔特(Giuseppe Conte)是唯一支持特朗普重新邀请俄罗斯加入该组织的建议的G7领导人，他在Instagram账户上的照片显示他当时正站在特朗普旁边阅读一份文件。

Day127丨年轻是我们唯一拥有权利去编织梦想的时光

Making the United States more like Scandinavia would entail costs that collide with the tax-cutting fervor that has dominated American politics in recent decades.

3、【句型分析】

本句主干为Making the United States more like Scandinavia would entail costs…。Making为动名词结构作主语，would entail为谓语，costs做宾语。两个that均引导定语从句，分别修饰前边的costs和fervor。

4、【词汇】

entail v. 使成为必需，使成为必然；使承担，使负担

collide v. （偶然）碰撞；冲突，抵触

fervor n. 热情，热忱

dominate v. 支配；控制；成为最重要（或最显要）的人（或物）

5、【参考译文】

让美国变得更像斯堪的纳维亚半岛国家必然要承担一些成本，而这与近几十年来主导美国政坛的减税热潮相抵触。

Day128丨不要让周围的聒噪言论蒙蔽你内心的声音

At a time when the European Union is facing pressing problems, the possibility of political instability in a normally reliable Germany sent tremors through the continent.

3、【句型分析】

本句主干为the possibility sent tremors，when引导定语从句，修饰time。

4、【词汇】

pressing adj. 紧迫的；紧急的

tremor n. (身体或声音不由自主的)震颤，颤抖；波动，风波

5、【参考译文】

正当欧盟面临紧急问题之时，向来稳定的德国却有可能政局不稳，这令欧洲感到不安。

Day129丨一个人至少拥有一个梦想，有一个理由去坚强

The authors of the study, one of the most closely watched overviews of the global high-end retail market, predicted that such expansion would drive up growth across the global luxury market by as much as 8 percent.

3、【句型分析】

本句主干为The authors predicted that…，其中that 引导宾语从句， one of the most closely watched overviews of the global high-end retail market为study的同位语，起说明解释study的作用。

4、【词汇】

overview n. 概述；概要

high-end adj. 高档的，高端的

drive up 迫使…上去(或上升)；使(价格)上涨，抬高

5、【参考译文】

该研究是最受关注的关于全球高端零售市场的概述之一。这项研究的作者预计，这种扩张将推动全球奢侈品市场增长8%。

Day130丨山穷水尽处，水落而石出

Its 19 buildings, in one of the city’s busiest retail areas, house some of the world’s biggest brands — Versace, Balenciaga and a two-story Apple store that was once pelted with eggs by customers angry over a botched iPhone launch.

3、【句型分析】

本句主干为Its 19 buildings house some of the world’s biggest brands，house为谓语，some of the world’s biggest brands为宾语， in one of Beijing’s busiest retail areas 做地点状语。that引导的定语从句修饰Apple store。angry over意为“对……不满的”。

4、【词汇】

house v. 给…提供场地或住房

botch v. （因不经心或缺乏技术而）把…做得拙劣

5、【参考译文】在这个城市最繁忙的一个零售区内，十九栋大楼里有着世界上最大的品牌：范思哲(Versace)、巴黎世家(Balenciaga)，和一座两层楼的苹果(Apple)门店——曾经有一次iPhone开售活动出现意外，消费者朝这里扔过鸡蛋。

Day131丨今天由过去决定，明天由今天决定

As employers prosper, workers have consistently gained a proportionate slice of the spoils — a stark contrast to the United States and Britain, where wages have stagnated even while corporate profits have soared.

句型解析

本句主干为workers have gained a proportionate slice of the spoils。破折号后对前边句子内容进行解释说明，where引导定语从句修饰前边的the United States and Britain，从句中又包含由while引导的时间状语从句。

重点词汇

proportionate adj. 成比例的；相称的（等于proportional）

spoil n. 成功的附带好处；战利品 v. 破坏，糟蹋；溺爱

stark adj. (对比)鲜明的；(选择、陈述等)严峻的，令人不快的

stagnate v. 停滞; 不发展

soar v. (数量、价值、水平、规模等)急升，猛涨；翱翔

参考译文： 雇主们生意兴隆，员工也不断获得相应的好处，这与美国和英国形成了鲜明的对比。在这两个国家，企业利润虽不断飙升，但工资水平却停滞不前。

Day132丨努力吧，世上没有比今天更年轻的你了

Ingvar Kamprad, a Swedish entrepreneur who hid his fascist past and became one of the world’s richest men by turning simply-designed, low-cost furniture into the global Ikea empire, died Saturday at his home in Smaland, Sweden.

句型解析： 本句主干为Ingvar Kamprad died，中间冗长的部分均为同位语，解释说明Ingvar Kamprad的身份和历史，who引导的定语从句修饰前边的entrepreneur，who在句中做主语，定语从句中的and引导两个并列的谓语。

重点词汇

entrepreneur n. 企业家

fascist adj. 法西斯主义的 adj. 法西斯分子

读书分割线

参考译文 ： 瑞典企业家英格瓦·坎普拉德将设计简单、价格便宜的家具打造成全球性商业品牌宜家，借此掩盖了自己曾经是法西斯的黑历史，并且成为世界顶级富豪。周六，他在瑞典斯莫兰的家中去世。

Day133丨羡慕别人得到的，不如珍惜自己拥有的

Before he was found dead on Friday, in what the authorities were treating as a suicide, he was the witty, connected guide who, in memoirs, cookbooks and television shows, would tell you things that others wouldn’t.

句型解析

本句主干为 he was the guide。句首的before引导一个时间状语从句。what the authorities were treating as a suicide为介词in的宾语从句。who引导定语从句，修饰guide。

重点词汇

authority n. 当局（常用复数）

witty adj.说话风趣的；妙趣横生的

connected adj. 交游广的，有人脉的

参考译文

周五，他被人发现死于酒店房间里——当局认定该案为自杀。而在此之前，他一直是意为风趣、交际广泛的人生向导，通过回忆录、烹饪书和电视节目告诉你一些其他人不会说的东西。

Day134丨成功的唯一秘诀——坚持到最后一分钟

One person from the Midwest devised a quick formula to calculate the price of a house in the Bay Area: See how much a similar house would cost in Minnesota and then add a million dollars.

句型解析

本句主干为One person devised a quick formula。to calculate the price of a house in the Bay Area为不定式作目的状语，表明devised a formula的目的。冒号后的内容是对formula的解释说明，说明formula的内容。

重点词汇

devise v. 想出，设计，发明（新的方法）

formula n. 公式；方案

参考译文

一个来自中西部地区的人设计了一个计算湾区房价的便捷公式：看看类似的房子在明尼苏达州要花多少钱，然后再加一百万美元。

Day135丨思路决定出路，高度决定深度

Every few weeks there seems to be another story in the California news media about a dilapidated shack in an ordinary neighborhood selling for seven figures, just to be torn down.

句型解析

本句主干为there seems to be another story，selling for seven figures 为分词结构作后置定语，修饰neighborhood。just to be torn down为不定式做结果状语，“结果只是为了拆除”。

重点词汇

shack n. 棚屋，小屋

neighborhood n. 社区，住宅小区；四邻，街坊

tear down 拆除; 拆毁

参考译文

似乎每隔几周加州新闻里就会出现这样一则报道，某普通地段的破旧棚屋以七位数成交，买下来就夷为平地了。

Day136丨只要有信心，人永远不会挫败

Even among its booming neighbors, though, California, which saw 3 percent growth last year, stands out for the diversity and sheer size of its economy.

句型解析

本句主干为California stands out…。which引导非限制性定语从句，修饰California。Though位于句中前后有逗号时作副词，表示“但是”。

重点词汇

booming adj. 兴旺的，繁荣的

sheer adj. （某物）之重/之大等（用于强调）

参考译文

但即便如此，在经济繁荣的邻州中，去年增速3%的加州也因为多元化和经济规模而格外抢眼。

Day137丨观念的新旧，意味着能否接受新生事物

Financial services and real estate led the pack, and even manufacturing, often said to be in decline in America, grew significantly, contributing $10 billion in output to the $127 billion the state added over all.

句型解析

本句由and引导的两个并列分句组成，and后分句主干为manufacturing grew，为主谓结构。often said to be in decline in America作后置定语，修饰manufacturing。contributing…为分词做结果状语，表明制造业的贡献。

重点词汇

lead the pack/be ahead of the pack 处于领先地位，占据优势

output n. 产量；产品

参考译文

金融服务和房地产行业遥遥领先，甚至连经常被称为美国夕阳产业的制造业也有显著增长，该州1270亿美元总产值中的100亿美元来自制造业。