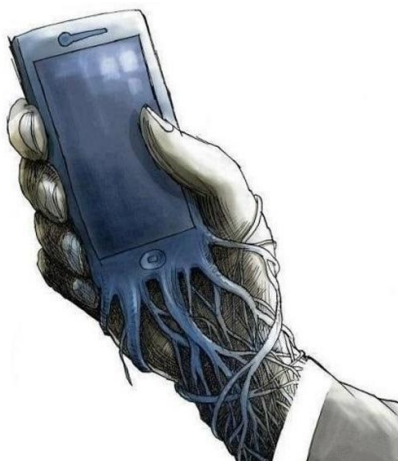


## 第 112 弹



原文：人们对手机如此上瘾以至于忽视了吃饭、睡觉、锻炼这样生命中更为重要的东西。

翻译：People have become so addicted to smartphones that they often neglect more important things in their lives such as meals, sleep and exercise.

分析：

1.人们对手机如此上瘾以至于…

People have become so addicted to smartphones that…

1) “对…上瘾”：be addicted to, 请记住这个句型，比如：我

表弟对网友上瘾 (my cousin is addicted to online games.)

2) “以至于”：在英文中，用 so...that...；或者 so that...，引导结果状语从句

3) “手机”：请用 smartphones，现在人们上瘾的都是移动互联网时代下的智能手机，用 smartphones 比较好。cellphone 更多指那种单纯通话的，上一个时代的那种手机。

2. ...以至于忽视了吃饭、睡觉、锻炼这样生命中更为重要的东西。

...that they often neglect more important things in their lives such as meals, sleep and exercise.

1) “以至于忽视了...” :...so addicted to smartphones that they often neglect... (so...that...引导结果状语从句，that 后面的从句要主谓宾完整，that 不能充当任何的成分)

2) “吃饭、睡觉、锻炼这样生命中更为重要的东西。”：这句话的核心名词是“更为重要的东西”，“(如) 吃饭、睡觉、锻炼这样生命中”是定语，因为这个定语有点复杂，英文中尽量后置，便写成：more important things (核心名词) in their lives (后置定语

1) such as meals, sleep and exercise (后置定语 2) .

**最后再对照学习一遍：**

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