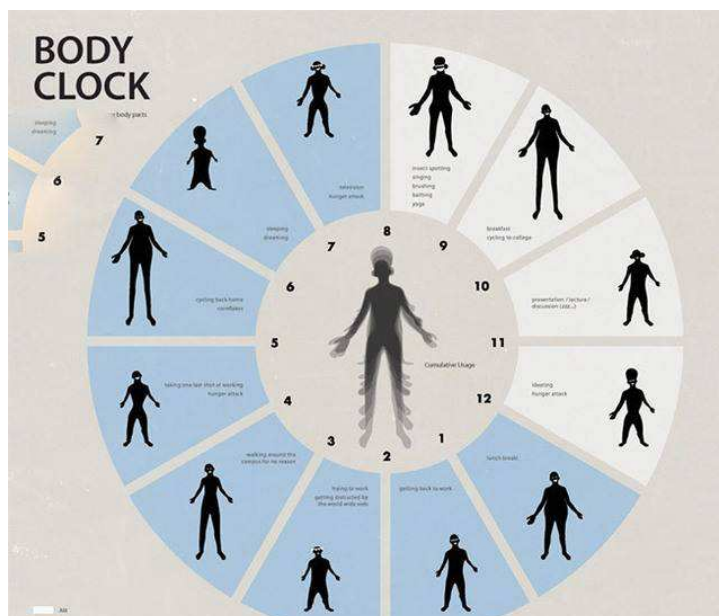


## 第 100 弹



原文：生理节律（Circadian rhythm）也称为生物钟，控制着每个人活跃和休息的周期。很难想象如果我们体内没有生物钟，我们会变成什么样子。

翻译：Circadian rhythm, also known as the internal body clock, controls everyone's periods of activity and rest. It is hard to imagine what we would be like without the internal body clock.

分析：

1. 生理节律（Circadian rhythm）也称为生物钟，控制着每个人

活跃和休息的周期。

Circadian rhythm, also known as the internal body clock, controls everyone's periods of activity and rest.

1) 这句话可以提炼出这样的结构“A, 也成为 B, (做某事)” : A, also known as B, (do…), 这种结构很精简。

2) “每个人活跃和休息的周期” : everyone' s periods of activity and rest, 把“活跃和休息”调至 periods (周期) 后面, 用 of 结构作为后置定语 (很多人写 resting, 其实 rest 就可以表达一个名词了)

2. 很难想象如果我们体内没有生物钟, 我们会变成什么样子。

It is hard to imagine what we would be like without the internal body clock.

1) “很难想象…” : 这是一个固定搭配了, it is hard to imagine… 或者 hard 也可以换成 difficult

2) “如果我们体内没有生物钟, 我们会变成什么样子” : 这句话最要紧的是它是一个“虚拟语气”, 因为这是一种假设, 一种与事实相反的情况, 不能全部写成一般现在时。应该用 if there were no internal body clock, what would we be like? (从句用 were, 主句用 would+动词原形); 或者用陈述语序: It is hard to imagine what we would be like without the internal body clock.

### 最后再对照学习一遍：

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