Translation ReadMe

Because of the way we are doing translations (within the constraints of Python), there are a couple things we should all pay attention to:

- There doesn't seem to be any difference on the use of _("").format() syntax or _("".format()) syntax
- The best practice may be to put a semantically helpful keyword for each variable, like this:

```
_("{name} Dictionary and Orthography Checker").format(name=self.program['name'])
```

- Otherwise, there doesn't seem to be any way to bring the format items into the translation, so we're stuck hopefully understanding more or less what each {} means.
- The following formats work:
 - format()ed string on one line:

```
_("Language with code [{}]").format(xyz)
```

- format()ed strings, with format on line after reference

```
_("{} doesn't look like a well formed lift file; please "
"try again.").format(filename)`
```

 format()ed strings with multiple references to the same format item, given at the end

```
_("Your regular expressions look OK for {0} (there are "
"no segments in your {0} data that are not in a regex)."
"Note, this doesn't \nsay anything about digraphs or "
"complex segments which should be counted as a single "
"segment --those may not be covered by \n"
"your regexes.".format(lang))`
```