**Day 1**

1. 反义疑问句的回答都根据事实回答，肯定的答案就用 yes + 肯定结构，否定的答案就用 no + 否定结构。

          e.g. There isn’t a computer in the room, is there?

                — Yes, there is. 不,有电脑。

                — No, there isn’t. 是的，没有电脑。

1. Nor 的基本用法：用来连接否定中的并列成分，放在not\no\never等否定词后，表示“也不”，和or的用法相似。

           e.g. He must never be startled by what he sees, nor speak to other horses, nor bite, nor kick, nor have any will of his own.

1. 单词：
   * dreadful 糟糕的 （可代替terrible）
     + e.g. We’ve had some dreadful traffic lately since it snows. 因为下雪最近我们这里的交通糟透了。

**Day 2**

1. I must not forget to mention（我不该忘记的一点是）one part of my training, which I have always considered a very great advantage(认为是非常有用的) 我必须要提一下的是我认为我的训练是非常有用的。
2. fall into good hands 落入好人之手

          fall into wrong hands 落入坏人之手

1. in the course of the day 在一天时间里
2. It is all chance for us. 全都看我们的运气。
3. good name 美名

**Day 3**

1. She is very particular about her clothing. 她对衣着特别挑剔。
2. He pulled up a little and looked. 他（指马）只是停下来看了看。停住（车、马等）
3. He has not been ill-used when he was young. 他小时候没有被虐待过。
4. I never wish to have a better partner. 我从来没想过会有这么好的伙伴。
5. What do you say to calling him Black Beauty? 我们叫他黑美人你觉得怎么样？
6. She did her full share. 她尽职尽责（某人做了自己该做的那部分）

**Day 4**

1. bones and flesh 骨肉
2. Not only do the nurses want a pay increase, they want reduced hours as well. 护士们不仅要求提高工资，还要求缩短 工作时间。
3. One would be just as sensible as the other. 应该将心比心。
4. give order 给……定规矩
5. talk against 说坏话，抱怨
6. in such a place 以这种方式，像这样
7. might (just) as well 最好还是……，语气比had better do委婉一些。
8. wrong作名词表示“不公平，冤屈”
9. have the full use of sth. 充分利用
10. take the same tone. 风格一致

**Day 5**

1. Toll Gate 收费站
2. I wish we were well out of this wood. 我希望我们能顺利走出这片林子（不受这场暴风雨影响）。
3. 虚拟语气：
   * 表示与现在事实相反的愿望，用过去时：I wish I remembered her address.
   * 表示与过去事实相反的愿望，用过去完成时：I wish I had seen him off at the station, but I was too busy.
   * 表示与将来事实相反的愿望，用could / would / might + 动词原形：I wish you would come at once.
4. The game had hardly begun when it started raining. 比赛刚一开始就下起雨来。
5. He was brought up to think critically. 他从小就被教育要批判地思考。
6. narrow escape 死里逃生 、 narrow victory 险胜、 narrow margin 细微的差距
7. a dead stop 突然停止、over my dead body 除非我死了
8. give way 坍塌；垮掉

**Day 6**

1. touch his cap 脱帽礼
2. I want to know if you have anything to say against（相反，对抗） James. 我想知道你对James有什么不满意的地方吗？
3. turn one’s back 当我看不见你的时候

          e.g. He works hard even when my back is turned. 我不在场的时候他工作也很卖力

1. I really don’t like to get on Henry’s back all the time. 我真的不想一直唠叨Henry.
2. Which side do you want your hair parted? Middle or right? 你想让头发往哪边分？中分还是向右分？
3. right hand 得力助手 left hand 勉强的、非法的
4. I would not stand in his light （阻挡光线，比喻阻挡前程）for the world. 我不想耽误他的大好前程。

**Day 7**

1. We’ll see about that. 看看再说，等着瞧吧。（口语常用）
2. be alarmed in sth. 对某事感到恐慌
3. get one’s breath （恢复）呼吸

**Day 8**

1. I wish I may ever be like you. 真希望我可以像你一样。
2. He always came whistling to his work. 他总是吹着口哨来工作。

**Day 9**

1. draw breath 呼吸
2. keep a low profile 保持低调
3. eye contact 眼神交流
4. have affairs with sb. 与……有绯闻
5. mumbling 含糊不清
6. hold the door 扶着门，为了让别人通过
7. over-sharing 啰嗦
8. force yourself to… 强迫自己……

**Day 10**

1. Only don’t make too much for me to bear. 不要做的太绝咯（对某人来说太多了，引申为“非某人所能忍受”）
2. What sort of place ours was 我们这儿是什么样的地方
3. well off 富有的、境况良好的
4. be reasonable about sth. 对……公道

**Day 11**

1. It would be safer to bring them to it by degrees. 逐渐地
2. be scared of 害怕
3. burst out crying 突然大哭起来
4. You should have a good idea of what to do next. 你应该做到心中有数。（清楚地了解）
5. before long 不久 、 long before 很久以前
6. now and then 偶尔
7. a match for sb. 和某人旗鼓相当

**Day 12**

1. over the moon 引申为“欣喜若狂”，升职、加薪、生娃、结婚都可以来一句这样的感叹
2. draw out 拔出、抽出
3. burn out 烧尽、燃尽
4. burn oneself out （某人）耗尽体力、筋疲力尽

**Day 13**

1. We both felt in ourselves that we were not what we had been. 我们都打心眼里知道，我们再也不是之前的我们了。
2. talk sb. into doing sth. 说服某人做某事

          talk sb. out of doing sth. 说服某人不做某事

1. pass time 消磨时光

**Day 14**

1. tell upon sth. 对……产生不良影响
2. in a very decided tone 用非常坚定的语气说
3. keep up my condition 保持我的状态
4. be civil to sb. 对某人有礼貌
5. A storm in a teacup 小题大作
6. A piece of cake 小菜一碟
7. heart in your mouth 心提到了嗓子眼

**Day 15**

1. before or since 空前绝后
2. for your own good 为了你自己好
3. run a risk 冒着风险
4. upper second 二级甲等 lower second 二级乙等

**Day 16**

1. sit up for 不睡觉等某人
2. 时间的表达：
   * 在半小时之内 ：“分钟 + past + 小时”  e.g. ten past six   6:10
   * 在后半小时之内：“（相差的）分钟 + to + (下一）小时” e.g. ten to six   5:50
3. bronchitis 支气管炎
4. turn one way or another 或者变好，或者变坏，全凭造化了
5. play card 打牌
6. be wanted safe enough 一定会被需要的
7. I don’t count 我不算数

**Day 17**

1. better part of the fair 市集好的一部分
2. put in one’s word 说好话，美言
3. in answer to sth. 回应……

**Day 18**

1. a brush with death 与死神擦肩而过
2. Don’t worry, help is at hand! 别担心，随时有人可以帮你！（表示很近，手边的）
3. Peter turned his attention to the task at hand. 彼得将注意力转移到手头的工作上。
4. We can but try 我们不妨试试（作副词用，表示仅仅，只能）
5. Beauty is but skin deep. 美丽只是肤浅的
6. Your good words would go a long way with me. 你的美言对我大有帮助。
7. have sth. on trial 试用
8. talk to oneself 自言自语
9. mildly spicy 微辣
10. hot pot soup 锅底
11. dipping sauce 蘸料

**Day 19**

1. It didn’t take long for me to finish training about IoT Cloud Operations. 对某人来说做某事不需要花太久
2. I was fascinated（被……吸引 ）by the appearance of （……的出现）new job opportunity.
3. of that I was sure 我确信。常用在一段声明之后

          e.g. More practices on learning will be effective, of that I was sure.

          e.g. Persistence on learning is a key to success, of that I was sure.

1. Affairs about Li Xiao lu is on everyone’s lips. 大家都在议论
2. I put all thoughts of my children to one side and accepted the task immediately. 把……放到一边

**Day 20**

1. It is important for me to improve english skills of speaking and listening quickly. 对……来说做……很重要
2. The economy is on course for breakdown. 经济正在下滑(航向、路线)

**Day 21**

1. cry 呼喊、喊叫
2. I made preparation for coping with incident or alert when I’m on call alone.为……做好准备
3. all is lost 全完了

**Day 22**

1. make efforts to do sth. 努力做某事

**Day 23**

1. Bravo! 大赞

**Day 24**

1. Whatever we did, it changed nothing. 无论我们做什么，什么也改变不了了。
2. could have done 表示虚拟语气的用法“与过去的事实相反”

**Day 29**

1. What a spectacle! 多么壮观的场面呀！
2. No pen can describe the emotions I felt at that moment. = Words are not enough. 无法用言语来表达
3. What a feast it was for the eyes! 视觉盛宴
4. Second in command 二把手

**Day 30**

1. Is hot water available any time? 随时都有热水供应吗？
2. What time is breakfast served? 早餐几点供应？
3. I’d like to check out. 我要退房。
4. Is there a duty-free shop? 这有免税店吗？
5. Let me look around a little more. 让我自己看看
6. May I have the form for tax refund? 能给我张退税表吗？
7. Hi, we need a table for two, please. 你好，我们有两位。
8. May I order, please? 我可以点餐了吗？
9. When we get there?  我们几点可以到那儿
10. What time does it leave? 几点发车？
11. When can I get a ticket? 我可以在哪里买票？

**Day 31**

1. I will help her if only to make her feel better. 我会帮助她哪怕是让她好过一点。

**Feb 05**

1. I kept hearing the noise of the savages. 我一直能听到野人的噪声。
2. At six in the morning, I got up, went to library and studied, waiting for 2:40 pm to arrive.
3. In ten minutes it would be high tide. 十分钟后涨潮。
4. If not, she would have to wait many months for another chance to break free. 挣脱
5. It didn’t matter to me anymore if the ship was my prison 船是否是我的监狱对我来说已经不重要了
6. The sea was rough, because of the strong wind, and it seemed that a storm was coming. 大风让海面波涛汹涌，似乎暴风雨就要来了。
7. I need you to honor the promise you made me. 我需要你来履行你给我的承诺。
8. My phone is dead and I need to charge it. 充电
9. Learning English matters to every student.
10. He is nothing more than a kid. 他仅仅是一个孩子。
11. Yao Ming is more than a basketball player. 姚明不只是一个篮球选手。

**Feb 06**

1. There was no point in insisting. 我继续坚持是没有意义的。
2. The door shut behind us. 我们身后的门关闭了。
3. I knew that death was inevitable. 我知道死亡已经不可避免了。
4. What is your opinion of this situation? 这种情况下你有什么办法？
5. He began to practice law after graduation. 毕业后他从事法律。

**Feb 09**

1. Shark against man. 鲨鱼攻击人类

**Feb 10**

1. It was not long before that … 不久之后，很快
2. I would go film rather than watch a film. 我宁愿回家也不想去看电影。
3. if that were the case, 如果真是那样的话……

**Feb 11**

1. The hero is never to be forgotten. 这个英雄永远不会被人遗忘。
2. We are long for a win in the game. 我们渴望获得胜利。
3. best value 性价比高
4. You will receive a warm welcome. 人们很热情。
5. Great blue sky and clear starry nights 纯净的蓝天和星光瑰丽的夜空
6. low-cost 便宜

**Feb 13**

1. I want to reach out to people in poverty 我想去帮助那些贫困的人

**Feb 23**

1. We need to take the cost of the trip into account. 我们要考虑一下旅游的成本
2. I haven’t even set foot in the house yet. 我还没有踏入家门。