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夸克英语笔记

Lesson 37 The process of ageing

衰老过程 定语从句 情态动词

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单词列表 (点击单词可以查看详细笔记)

likelihood /'laɪklihʊd/ n. 可能性

vulnerable /'vʌlnərəbl/ adj. 脆弱

steep /sti:p/ adj. 急转直下

odds /ɒdz/ n. 可能性

robust /rəʊ'bst/ adj. 强健的

thermodynamics /θɜ:məʊdaɪ'næmɪks/ n. 热力学

run-down /rʌn daʊn/ adj. 破旧的

infant /'ɪnfənt/ n. 婴儿

imperceptible /,ɪmpə'septəbl/ adj. 感觉不到的

ageing /'eɪdʒɪŋ/ n. 老化

virtual /'vɜ:tʃuəl/ adj. 实际上的

organism /'ɔ:gənɪzəm/ n. 有机体

moot /mu:t/ adj. 争论未决的

friction /'frɪkʃ(ə)n/ n. 摩擦

围绕 ageing 展开 难度：5 级

※ At the age of 12 years, the human body is at its most vigorous.

『 at one's + 形容词最高级 处于某人最...的状态 』

- When are you **at your best / worst / most effective / most vulnerable**?
- The garden is **at its most beautiful** in June.
- Caesar was **at his most powerful** when he conquered Gaul.
- The garden is **at its most beautiful** in early spring. 花园在早春时节处于它最美的状态。
- The garden is **at its most vigorous** in the spring. 花园在春天处于最旺盛的状态。
- The economy was **at its most vigorous** right before the downturn. 经济在低迷期前正处于最旺盛的状态。

at one's best 处于巅峰状态；表现最好	She is always at her best when working under pressure. 她在压力下工作时总是能发挥出最佳水平。
at one's worst 处于最糟糕的状态	The traffic in this city is at its worst during rush hour. 这个城市的交通在高峰时段处于最糟糕的状态。

『 at + 最高级 』

at most 至多；最多	The journey will take at most forty minutes. 这段路程最多需要四十分钟。
at least 至少	You should brush your teeth at least twice a day. 你每天至少应该刷两次牙。
at best 充其量；在最好情况下	The current plan is at best a temporary solution. 目前的计划充其量只是一个临时解决方案。
at worst 在最坏情况下；最糟的是	At worst , we will have to start the project all over again. 最坏的情况下，我们将不得不重新开始整个项目。

『 be + on + 状态名词 (表状态会持续) 』

- He was constantly **on the move**.
- He is always **on the go**.
- The patient is **on the recovery**.
- The program is **on the air** at 7 o'clock.
- Crimes are **on the rise**.
- The dog is **on the alert**.
- The workers are **on strike**.
- Today I'm **on duty**.
- The nurse is **on call**.
- I'm here **on business / vacation**.

『 under + 状态名词 (处于某种状态) 』

- The car is **under repair**.
- The castle is **under attack**.
- The subject is **under discussion**.
- The matter is **under consideration**.
- You are **under arrest**.

- The patient is **under observation**.
- The case is **under investigation**.
- The bridge is **under construction**.
- The building is **under renovation**.

※ It has yet to reach its full size and strength, and its owner (has yet to reach) his or her full intelligence; but at this age the likelihood of death is least.

『 **has yet to do** 尚未 .../还没有...;还没有...; 有待于... 』

- I **have yet to** make a decision.
- The bank **has yet to** respond to our letter.
- The Da Vinci Code, starring Tom Hanks, **has yet to** open next month.
- The committee **has yet to reach a final decision** on the proposal. 委员会尚未就该提案做出最终决定。
- The new technology **has yet to fully realize its potential**. 这项新技术尚未完全实现其潜力。

『 **have only to do ... to do** ...只需.....就可以..... 』

... and we **have only to turn to** that extraordinary discovery of echo-location in bats **to see** a case in which the voice plays a strictly utilitarian role.

- You **have only to press** the button to call the nurse.

『 并列句的省略 』

... and its owner (**has yet to reach**) his or her full intelligence.

- Spiders are not insects, as many people think, nor (are they) even nearly related to them.
- Such inns as there were were generally dirty and flea-ridden; the food (was) simply local cheese accompanied by bread often twelve months old, all washed down with coarse wine.
- During these tests **she was able to** read a newspaper through an opaque screen and, stranger still, by moving her elbow over a child's game of Lotto **she was able to** describe the figures and colours printed on it; and, in another instance, wearing stockings and slippers, (she was able) to make out with her foot the outlines and colours of a picture hidden under a carpet.
- But, if this world **is not merely** a bad joke, life (is not merely) a vulgar flare amid the cool radiance of the stars, and existence (is not merely) an empty laugh braying

across the mysteries; ...

It is said that in England **death is** pressing, in Canada (death is) inevitable and in California (death is) optional. Small wonder. Americans' life expectancy has nearly doubled over the past century. Failing hips **can be** replaced, clinical depression (can be) controlled, cataracts (can be) removed in a 30-minutes surgical procedure.

『最高级可省略 the 的情况』

- Vegetables are **best** when they are fresh.
- We are **busiest** on Mondays.

... but at this age the **possibilities** of death are **fewest**. 课文替换

※ Earlier, we **were** infants and young children, **and** consequently more vulnerable; later, we **shall undergo** a progressive loss of our vigour and resistance **which, though** (the loss is) imperceptible at first, (it) **will** finally **become** so steep that we **can live** no longer, however well we **look** after ourselves, and however well society, and our doctors, **look** after us.

『并列句的省略』

- Earlier, **we were** infants and young children, and (we were) consequently more vulnerable;
- ... though (the loss is) imperceptible at first, ... 从句里的省略

『undergo v.经历, 经受』

- Although mankind has **undergone** no general improvement in intelligence or morality, ...
- Fans may **undergo** body searches by security guards. 仰慕者们可能要接受保安人员的搜身。
- Some children **undergo** a complete transformation when they become teenagers. 一些儿童进入少年期会完全变成另一个人。
- The old buildings will **undergo a progressive renovation** over the next decade. 这些旧建筑将在未来十年内经历逐步翻新。
- The patient will **undergo a series of medical tests** before the surgery. 患者在手术前将接受一系列的医学检查。

『progressive adj.进步的, 先进的; 逐步发生的』

- One prominent symptom of the disease is **progressive** loss of memory.
- The reactionary policemen broke and arrested many **progressive** students. 反动警察打垮并逮捕了许多激进学生。
- Have a "**progressive**" dinner together. 共进一次“循序渐进的”晚餐。

progressive ideas 进步的思想	The university is known for fostering progressive ideas among its students. 这所大学以在学生中培养进步思想而闻名。
a progressive party 进步政党	He decided to join a progressive party to advocate for social reform. 他决定加入一个进步政党以倡导社会改革。
progressive decline / reduction 渐进的衰落/减少	There has been a progressive decline in the population of wild tigers. 野生虎的数量出现了持续性的减少。
progressive increase / loss 渐进的增加/损失	The patient suffered a progressive loss of vision over several years. 这位病人的视力在几年间逐渐丧失。

※ This decline in vigour with the passing of time is called ageing.

『 **decline in** ...的衰退/下降(注意介词用in) 』

- The team showed a noticeable **decline in vigour** during the second half of the game. 球队在比赛的下半场表现出明显的活力下降。
- The doctor noted a gradual **decline in** the patient's physical **vigour**. 医生注意到患者体力的逐渐衰退。
- There will be **an increase in** the range of 0 to 3 per cent. 将会有0到3个百分点的增长幅度。

※ It is one of the most unpleasant discoveries which we all make that we must decline in this way, that if we escape wars, accidents and diseases we shall eventually 'die of old age', and that this happens at a rate which differs little from person to person, so that there are heavy odds in favour of our dying between the ages of 65 and 80.

『 **decline** v. deteriorate (健康、品质等) 恶化; 衰退 』

- His health has been **declining / deteriorating** progressively for several months.
- The patient's condition began to **decline** rapidly after the surgery. 手术后, 病人的情况开始迅速恶化。

- The weather continued to **deteriorate** throughout the afternoon. 整个下午天气都在持续恶化。

decline an invitation 谢绝邀请	I had to decline an invitation to the party because of a prior engagement. 由于事先有约，我不得不谢绝了参加聚会的邀请。
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『 “if”引导让步状语从句 1、= even if ... 』

- **If** he noticed the fact, he didn't care.
- ... **even their sagas, if they had any, are forgotten.**
- This result merely confirms earlier American and British studies: **if there is any effect of noise upon mental health, it must be so small that present methods of psychiatric diagnosis cannot find it.**

“if”引导让步状语从句 2、= although perhaps	<ul style="list-style-type: none"> • Donald's essays are always interesting, if sometimes poorly written. • She understood his meaning, if not his words, and took his advice.
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『 **differ little** 几乎没有区别(hardly) 』

- The two versions of the document **differ little** in their core arguments. 这两版文件的核心观点几乎没有区别。

differ a little 有一点区别	The custom-made suit may differ a little from the original design. 这件定制西装可能与原始设计有一点点出入。
differ greatly / significantly / enormously 有极大/显著的区别	Opinions on the new policy differ greatly between the two political parties. 两党对这项新政策的看法大相径庭。

『 **from person to person** 人际之间 (form ... to ... 零冠词) 』

- The need for sleep varies considerably **from person to person**. 不同的人对睡眠的需要差异相当大。
- The symptoms of the common cold differ little **from person to person**. 普通感冒的症状人与人之间差别不大。
- The average response time differs little **from person to person** in this test. 在这项测试中，平均反应时间人与人之间差别不大。

vary from person to person 因人而异	The symptoms of the disease vary from person to person . 这种疾病的症状因人而异。
improve from day to day 逐日改善；一天天好起来	After the surgery, his health began to improve from day to day . 手术后，他的健康状况开始一天天好起来。
read sth. from cover to cover 从头到尾读完某书	The book was so Rexciting that I read it from cover to cover in one sitting. 这本书太精彩了，我一口气从头到尾读完了。
sell sth. from door to door 挨家挨户推销	He used to sell cleaning products from door to door to pay for college. 他以前挨家挨户推销清洁用品以支付大学学费。

『 There are **heavy / overwhelming odds in favor of / against** ... 很可能... 』

- The team had **heavy odds in favour of winning** the championship this year. 该队今年赢得冠军的可能性非常大。
- Given the success of the pilot program, there are **heavy odds in favour of the full rollout**. 鉴于试点项目的成功，全面推广的可能性非常大。

heavy / overwhelming odds 极大的可能性；压倒性的胜算/阻力	Despite the overwhelming odds against them, the underdog team won the championship. 尽管面临压倒性的阻力，这支不被看好的球队还是赢得了冠军。
heavy odds in favor of ... 极大的胜算；非常有利	There are heavy odds in favor of the project being completed on schedule. 该项目极有可能按预定计划完成。
overwhelming odds against ... 极大的阻力；极不可能	In the early stages of the war, there were overwhelming odds against their survival. 在战争初期，他们生存下来的希望极其渺茫。

『 **life expectancy** 人口预期寿命 』

- Prevention of heart disease and stroke will increase **life expectancy**. 对心脏病和中风的预防将延长预期寿命。
- **The life expectancy** for men in Harlem was less than that of men in Bangladesh. 哈莱姆区男性的预期寿命低于孟加拉国男性。
- Scientists estimate that smoking reduces **life expectancy** by around 2 years on average. 科学家们估计，吸烟使预期寿命平均缩短了大约两年时间。

『 **die of old age** 死于年老/老死 』

- The great artist finally **died of old age** in his sleep. 这位伟大的艺术家最终在睡梦中老死。
- In a healthy society, most people should expect to **die of old age**. 在一个健康的社会里，大多数人应该期望老死。

※ Some of us will die sooner, a few will live longer -- on into a ninth or tenth decade.

『 on into a... decade 持续到...的十年/进入...的十年 』

- The author continued writing **on into his eighth decade**. 这位作者持续写作直到他八十多岁。
- The ancient tradition has continued **on into the third millennium**. 这个古老的传统已经持续到第三个千年。

※ But the chances are against it, and there is a virtual limit on how long we can hope to remain alive, however lucky and robust we are.

『 the chances are against it 可能性很小/机会渺茫 』

- The following day, however, the doctor consoled him by telling him that **his chances of being able to leave hospital in time for new year celebrations were good**.
- As she is not rich, **the chances that** she will ever be able to afford such purchases **are remote**; but she is never sufficiently strong-minded to be able to stop the practice.
- She is still hoping for a promotion, but **the chances are against it** this year. 她仍在希望升职，但今年机会渺茫。
- They tried to fix the old machine, but **the chances were against it** working again. 他们试图修理这台旧机器，但它再次工作的可能性很小。

one's chances of doing ...	are good / high.	<ul style="list-style-type: none"> • His chances of winning the game are remote. 他赢得这次比赛的可能性很小。 • The chances that he will win the game are remote.
the chances that ...	are small / slight / remote.	

『 virtual limit on... 对...的实际限制 』

- There is **a virtual limit on** how fast we can run.
- There is **a virtual restriction on** the rate of economic growth in a specific country.
- There are **strict limits / restrictions on** presidential power.

- The budget imposed a **virtual limit on the number of staff** they could hire. 预算对他们可以雇佣的员工数量施加了实际的限制。
- Currently, **there is a virtual limit on** the number of participants allowed in the hall. 目前, 大厅里允许的人数受到了实质性的限制。

there is a virtual restriction on ... 对...存在事实上的约束

In this remote area, **there is a virtual restriction on** high-speed internet access. 在这个偏远地区, 高速网络访问实际上是受到限制的。

原因:人的生命为什么是有限的? 难度: 6 级

※ Normal people **tend** to forget this process **unless and until** they are **reminded** of it.

『 **tend to do sth.** 倾向于/往往会做某事 』

- He **tends to arrive late** for meetings, so we start without him. 他往往会迟到开会, 所以我们不等他了。
- The weather **tends to be quite warm** in this region during the summer. 夏季该地区的天气往往相当暖和。

『 **unless and until** 除非/直到 』

Some people believe that a society has to place its overall success before the well-being of its members to achieve prosperity, whereas others believe that the only benchmark of the well-being of a society is the general welfare of all its people. Admittedly, a society should pursue its overall success, but from my perspective this goal will never be attained **unless and until** the well-being of all its individual citizens is properly respected. GRE范文

- No credits will be awarded **unless and until** we receive official notification from the testing service.
- The building will remain closed **unless and until** the safety inspection is complete. 这座建筑将保持关闭, 除非安全检查完成。
- We will not release the funds **unless and until** we receive final authorization. 除非我们收到最终授权, 否则我们不会发放资金。

『 **be reminded of sth.** 被提醒某事 』

- I was suddenly **reminded of my appointment** by a phone call. 一个电话突然提醒了我我的预约。

- The familiar scent **reminded her of her childhood home.** 这熟悉的香味让她想起了她的童年故居。

※ We **are so familiar with the fact that man ages, that people have for years assumed that the process of losing vigour with time, of becoming more likely to die the older we get, was something self-evident, like the cooling of a hot kettle or the wearing-out of a pair of shoes.**

『 **(the) more ... the older** 句中可省略the;越...越... (先翻译后面) 』

- I play the piano (the) **better the more** I practice.
- **The more** I practice, **the better** I play the piano.

『 **self-evident** (adj.) 不言而喻的/自明的 』

All truth passes through three stages. First, it is ridiculed. Second, it is violently opposed. Third, it is accepted as being **self-evident**. — Arthur Schopenhauer

We hold these truths to be **self-evident, that** all men are created equal, **that** they are endowed by the Creator with certain unalienable rights, **that** among these are life, liberty, and the pursuit of happiness. — Thomas Jefferson(Declaration of Independence)

- It is **self-evident** that proper funding is necessary for the project's success. 很明显, 适当的资金对项目的成功是必要的。
- The importance of clean water should be **self-evident** to everyone. 清洁水的重要性对每个人来说都应该是不言而喻的。

... **as** a hot kettle **cools down** or a pair of shoes **wears out.** 本文替换

※ **They have also assumed that all animals, and probably other organisms such as trees, or even the universe itself, must in the nature of things 'wear out'.**

『 **in the nature of things** 根据事物的本性/自然而然地; 必然 』

- It is **in the nature of things** that time wrecks all love.
- It was expected, **in the nature of things**, that the old system would eventually fail. 根据事物的本性, 人们预计旧系统最终会失败。
- Such mistakes happen **in the nature of things** when dealing with complex data. 在处理复杂数据时, 此类错误自然而然地会发生。

in the nature of ... 具有...性质的; 类似于...	<ul style="list-style-type: none"> • His speech is in the nature of an apology. • The statement is in the nature of an ultimatum. • The request was in the nature of a command rather than a suggestion. 这个请求带有一种命令的性质, 而不是建议。
similar to ... 与...相似	The new model is similar to the previous one but with better battery life. 新机型与前代相似, 但电池续航时间更长。

『 **of a ... nature** 某一种类的 』

- treaties of a political nature
- questions of an academic nature
- It is true that during their explorations they often faced difficulties and **dangers of the most perilous nature**,...

『 **wear out** 耗损/磨损殆尽 』

- I need a new coat because my old one has completely **worn out**. 我需要一件新外套, 因为我旧的那件已经完全磨损了。
- The batteries of the remote control **wear out** quickly with heavy use. 遥控器的电池在大力使用下很快就会耗尽。

※ Most animals we commonly **observe do** in fact **age as** we do, **if given the chance to live long enough**; **and** **mechanical systems like a wound watch**, or the sun, **do** in fact **run out of energy in accordance with the second law of thermodynamics (whether the whole universe does so is a moot point at present)**.

『 **run out of sth.** ...耗尽;用完 』

- We have **run out of** milk, so I need to go to the store. 我们的牛奶喝光了, 所以我得去趟商店。
- The hikers had to stop when they suddenly **ran out of energy**. 徒步旅行者突然能量耗尽时不得不停下来。
- Our car almost **ran out of gas** before we reached the next town. 在到达下一个城镇之前, 我们的车几乎燃油耗尽。

use up 用完; 花掉	Don't use up all the hot water; I need to take a shower. 别把热水都用光了, 我还要洗澡呢。
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exhaust 使精疲力竭； 耗尽	The long trek exhausted our supply of clean water. 长途跋涉耗尽了我们的净水储备。
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『 **in accordance with...** 根据/与...一致 』

- All company procedures must be executed **in accordance with** the safety regulations. 所有公司程序必须根据安全规定执行。
- The judge made the ruling **in accordance with** established legal precedent. 法官根据既定的法律先例做出裁决。
- The funeral was conducted **in accordance with** his final wishes. 葬礼是按照他的遗愿举行的。

in line with ... 与... 一致；符合	<ul style="list-style-type: none"> • Pensions will be increased in line with inflation. • The company's new policy is in line with international safety standards. 公司的新政策符合国际安全标准。
in compliance with ... 遵守；符合	<ul style="list-style-type: none"> • In compliance with your wishes, we have withdrawn our suggestion. • All residents must act in compliance with the local regulations. 所有居民必须遵守当地法规。
in (the) light of ... 考虑到；鉴于	<ul style="list-style-type: none"> • It has been said that everyone lives by selling something. In the light of this statement, teachers live by selling knowledge, philosophers by selling wisdom and priests by selling spiritual comfort. • We have revised our plans in light of recent economic developments. 鉴于最近的经济的发展，我们修改了计划。

Reading is thought to be a kind of conversation between the reader and the text. The reader puts questions, as it were, to the text and gets answers. **In the light of** these he puts further questions, and so on. 阅读真题

He explores such problem consciously, articulately, and frankly, first by asking factual questions, then by asking moral questions, finally by suggesting action which seems appropriate **in the light of** the factual and moral information which he has obtained. 考研英语译汉

『 **the law of thermodynamics** 热力学定律 』

指描述能量转化和传递的三条原则。热力学第一定律（能量守恒定律）规定系统内能的变化等于系统所吸收的热量和对系统所做的功之和。热力学第二定律规定在系统内，热量不

能从一个温度较低的物体传递到一个温度较高的物体，而不引起系统内其他物体的净变化；在任何不可逆过程中，熵总是增加的。热力学第三定律（内尔斯特热定理）规定在有限次数的步骤中，不可能将系统的温度降低到绝对零度。

- the first law of thermodynamics = the law of the conservation of energy

『 a moot point 有争议的问题/悬而未决的问题 』

- Whether the early dismissal of the CEO was legal remains a **moot point**. 提前解雇首席执行官是否合法仍然是一个有争议的问题。
- The success of the long-term strategy is a **moot point** until the market changes. 长期战略的成功是一个未决的问题，直到市场发生变化。
- It's a **moot point** whether building more roads reduces traffic congestion.

be open to question / debate ...尚有争议;值得商榷

- It's **open to question / debate** whether the new government is any better than the old one.
- Whether the new law will actually reduce crime is **open to question**. 新法律是否真的能降低犯罪率尚有争议。

※ But these **are not analogous to** what happens when man ages.

『 be analogous to 与...相似/可类比 』

His function is **analogous to** that of a judge, who must accept the obligation of revealing in as obvious a manner as possible the course of reasoning which led him to his decision. 英译汉

- Hypnotism **is** in a sense **analogous to** drunkenness.
- The human brain **is** sometimes **analogous to** a highly sophisticated computer. 人类大脑有时被比作一台高度精密的计算机。
- The financial crisis of 2008 was **not analogous to the crash of 1929**. 2008年的金融危机与1929年的崩盘不相似。
- His problem **is not analogous to yours**; the circumstances are completely different. 他的问题与你的不相似；情况完全不同。

be similar to ... 与...相像

Your problem **is very similar to** the one I had last year. 你的问题和我去年遇到的非常相似。

<p>be comparable to / with ... 比得上; 可与...相提并论</p>	<ul style="list-style-type: none"> The threat it poses is comparable to / with smoking just one cigarette every year. The quality of this local wine is comparable to the best French vintages. 这款当地葡萄酒的品质可与最优质的法国名酒相提并论。
<p>be akin to ... 类似于; 近似于</p>	<ul style="list-style-type: none"> What he felt was more akin to pity than love. Taking a leap of faith is akin to jumping into the unknown without a safety net. 采取这种冒险的行动类似于在没有安全网的情况下跳入未知。
<p>be equivalent to ... 等同于; 相当于</p>	<ul style="list-style-type: none"> The volcanic eruption had an explosive power equivalent to 20,000 tons of TNT. Changing your mind now would be equivalent to admitting you were wrong. 你现在改变主意就等同于承认你错了。

※ A run-down watch is still a watch and can be rewound.

『 **run-down** (adj.) (机器) 停止运转的/ (人) 疲惫不堪的 』

- The hospital staff were completely **run-down** after the intense week. 医院工作人员在紧张的一周后完全疲惫不堪。
- The old factory building looked very **run-down**. 那座旧工厂大楼看起来非常破旧。

『 **be rewound** 被重新上发条/重新卷绕 』

- The old projector tape needs to **be rewound** before the next viewing. 旧投影机胶带需要在下次观看前被重新卷绕。
- I **rewound** the cassette and played her voice back to her. 他倒好磁带, 又播放了几小段录音。
- Only new or **rewound** rotors may be used as finished goods. 只有新的或重新缠绕的转子可以作为完好产品。

※ An old watch, by contrast, becomes so worn and unreliable that it eventually is not worth mending.

『 **in / by contrast** 相比之下/对照地; 与此相反 』

- The company's profits plummeted this year. **By contrast**, their main competitor saw a record increase. 公司今年的利润大幅下跌。相比之下, 他们的主要竞争对手却见证了创纪录的增长。

- His brother is very outgoing; **by contrast**, he is quite reserved. 他的哥哥非常外向；相比之下，他相当内向。
- The north side of the island is rocky and wild; **by contrast**, the south side is sandy and calm. 岛的北侧多岩石且荒凉；相比之下，南侧多沙且平静。

by / in comparison 相比之下	The first smartphone was revolutionary; in comparison , the newer models offer only incremental updates. 第一款智能手机是革命性的；相比之下，更新的型号只提供了微小的升级。
be worth doing 值得做	The exhibition is definitely worth visiting if you have any interest in modern art. 如果你对现代艺术感兴趣，那个展览绝对值得一去。
require / need / want doing 需要被... (主动形式表被动含义)	The engine needs repairing before we can take the car on a long trip. 在我们开车长途旅行之前，发动机需要修理。
require / need / want to be done 需要被... (标准被动形式)	These documents require to be signed by the manager by the end of the day. 这些文件需要经理在下班前签字。

『 **be worth doing** 值得... 』

- The damage to the roof was so extensive that it was **not worth mending**. 屋顶的损坏是如此严重，以至于不值得修理。
- He concluded that the broken bicycle was **not worth mending**. 他断定这辆坏了的自行车不值得修理。

require / need / want doing 需 要被... (主动形式表达被动意义)	<ul style="list-style-type: none"> • The watch requires / needs / wants mending / to be mended. • If it is not a question of resting the body, then perhaps it is the brain that needs resting? • The garden needs watering, as it hasn't rained for a week. 花园需要浇水了，因为已经一周没下雨了。
require / need / want to be done 需要被... (标准被动结构)	The application requires to be submitted before the deadline on Friday. 申请书需要在周五截止日期前提交。

worth doing 值得做 (主动形式表达被动意义)	The museum is definitely worth visiting if you are interested in history. 如果你对历史感兴趣, 这个博物馆绝对值得一去。
deserve doing / to be done 值得/应受...	His hard work deserves praising (or deserves to be praised) by the manager. 他的努力工作值得经理的表扬。

※ But a watch **could** never **repair** itself -- it **does not consist** of **living parts**, only of **metal**, which **wears away** by friction.

『 **repair itself** 自我修复 』

- The human body has an amazing ability to **repair itself** after injury. 人体在受伤后具有惊人的自我修复能力。
- The new building material is designed to **repair itself** when small cracks appear. 这种新的建筑材料设计成在出现小裂缝时可以自我修复。

『 **wear away by friction** 因摩擦而磨损 』

- The constant movement caused the rope to **wear away** by friction. 不断的运动导致绳子因摩擦而磨损。
- The stone steps were **worn away** by centuries of footsteps. 石阶被数百年的脚步磨损。

※ We **could**, **at one time**, **repair** ourselves -- well enough, at least, **to overcome all but the most instantly fatal illnesses and accidents**.

『 **at one time** 曾经/一度 』

- This ancient city was **at one time** the capital of a vast empire. 这座古老的城市曾经是一个庞大帝国的首都。
- He was **at one time** a very successful businessman, though he is retired now. 他曾经是一位非常成功的商人, 尽管他现在退休了。

『 **overcome all but...** 克服除...之外的所有一切 』

- The athlete managed to **overcome all but the final hurdle** in the race. 这位运动员设法克服了比赛中除最后一个障碍之外的所有一切。
- The new security system is designed to **overcome all but** the most sophisticated attacks. 新的安全系统旨在克服除了最复杂的攻击之外的所有一切。

all but adv. = almost 几乎；差不多

- The research was **all but** forgotten.
- His left arm is **all but** useless.

※ Between 12 and 80 years we gradually lose this power; an illness which at 12 would knock us over, at 80 can knock us out, and into our grave.

『 **gradually lose this power** 逐渐失去这种能力 』

- The organization has been **gradually losing its influence** over the past decade. 该组织在过去十年中一直在逐渐失去影响力。
- Elderly people may **gradually lose their sense of taste**. 老年人可能会逐渐失去他们的味觉。

『 **knock sb. over** 使某人病倒/击倒某人 』

- A car **knocked** him **over**.
- He was **knocked over** by fever.
- The cyclist accidentally **knocked** a pedestrian **over** on the narrow path. 骑行者在狭窄的小路上不小心把一名行人撞倒了。
- The severe flu **knocked him over** for two weeks. 严重的流感使他病倒了两周。

knock sb. down 把某人撞倒/击倒	He was knocked down by a bus while crossing the street. 他在过马路时被一辆公共汽车撞倒了。
knock sth. over 把某物碰倒/打翻	The cat knocked over the vase while jumping onto the table. 猫跳上桌子时把花瓶碰倒了。
knock sth. down 拆除（建筑等）；调低（价格）	The old factory is scheduled to be knocked down next month. 旧工厂定于下个月拆除。

『 **knock sb. out** 击垮某人/使某人失去意识(K.O.) 』

- Tyson **knocked out** his opponent in round 2.
- He was arguing with his girlfriend and she **knocked** him **out** with a frying pan.
- The three drinks **knocked** him **out**.
- The intensity of the training session completely **knocked** the new recruits **out**. 训练课程的强度彻底击垮了新兵。
- The boxer was **knocked out** in the first round of the fight. 这名拳击手在比赛的第一回合就被击倒了。

『与得病相关的表达』

- Luke **has** measles. He must have **picked it up** at school. I hope I don't **catch** it.

have / get ... 患有; 得了 (最常用)	I think I'm getting a cold, as my throat feels sore. 我觉得我要感冒了, 因为我喉咙痛。
come down with... 染上 (感冒、流感等不太严重的病)	Half of the class came down with the flu last week. 上周班里有一半的人都染上了流感。
catch / pick up ... (无意中) 染上/ 传染上	Children often pick up bugs (germs) at school. 孩子们经常在学校里传染上小病 (病菌)。
develop ... (逐渐) 患上; 形成 (长期/ 慢性疾病)	He developed lung cancer after smoking for thirty years. 他在抽烟三十年后患上了肺癌。
contract ... 患上; 感染 (正式用语, 常指重病)	The doctor contracted pneumonia while treating patients. 这位医生在治疗病人时感染了肺炎。

※ **If we could stay as vigorous as we are at 12, it would take about 700 years for half of us to die, and another 700 for the survivors to be reduced by half again.**

『stay as vigorous as... 保持像...一样旺盛』

- The athlete manages to **stay as vigorous as** he was ten years ago. 这位运动员设法保持得像十年前一样旺盛。
- The company's mission is to **stay as vigorous as** a start-up, despite its size. 该公司的使命是尽管规模很大, 但仍保持得像一家初创企业一样旺盛。

『be reduced by ... 减少了... (表示减少的幅度/差额)』

- The price of the laptop has **been reduced by** 20%. 这台笔记本电脑的价格降低了 20% (即打了八折)。
- After the drought, the crop yield was **reduced by half**. 干旱之后, 作物产量被减少了一半。
- The meeting time was **reduced by half** due to a late start. 由于迟到, 会议时间被减少了一半。

be reduced by half 减半; 减少了一半	The production costs have been reduced by half since we updated the machinery. 自更新设备以来, 生产成本已减少了一半。
be reduced to ... 减少到... (表示减少后的最终状态)	After the heavy rain, the village was reduced to ruins. 大雨过后, 村庄化为一片废墟。
be reduced to doing sth. 沦为...; 不得不做... (尤指陷入窘境)	He lost his job and was reduced to begging in the streets. 他失业了, 沦落到街头乞讨。



Yellow dog

卑鄙的人

课后练习题 (解题方法与答案需要在“ncego.com”笔记官网查看)

1. M: Hey, John! John! W: Save your breath. He's out of earshot. Q: What does the woman mean? (单选)

- A、John is too far away to hear. B、John is out of money.
C、John hasn't left yet. D、John doesn't hear well.

2. I'm afraid that you have to alter your _____ views in light of the tragic news that has just arrived. (单选)

- A、indifferent B、distressing C、optimistic D、pessimistic

请发送邮件至: hibenba@gmail.com 或通过 (ncego.com) 页面底部“举报错误”。

一场孤独的修行, 需要相信积累的力量。专注当下、珍惜时间、顶峰相见。