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夸克英语笔记

Lesson 46 Hobbies

业余爱好 **形式主语** **并列句**

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📖 单词列表 * 需要重点掌握

gifted /'gɪftɪd/ adj. 有天才的

spasm /'spæzəm/ n. 一阵（感情）发作

insinuate /ɪn'sɪnjuːeɪt/ v. 便潜入，暗示

illumination /ɪˌluːmɪ'neɪʃn/ n. 启发，照明

grip * /grɪp/ n. 紧张

improvise /ɪm'prɒvəɪz/ v. 临时作成

vivify /'vɪvɪfaɪ/ v. 使生气勃勃

trifling /'traɪflɪŋ/ adj. 微小的

caprice /kə'prɪs/ n. 任性

frantically /'fræntɪkli/ adv. 胡乱地

boredom /'bɔːdəm/ n. 厌烦

sustenance /'sʌstənəns/ n. 生计

grudge /grʌdʒ/ v. 怨恨

banish /'bænɪʃ/ v. 排除，放弃

psychologist /saɪ'kɒlədʒɪst/ n. 心理学家

futile /'fjuːtaɪl/ adj. 无用的

convulsive /kən'vʌlsɪv/ adj. 起痉挛的

undue /ʌn'djuː/ adj. 不适当的

recuperation /rɪˌkʊ:pə'reɪʃn/ n. 休息

sedulously /'sedʒələsli/ adv. 孜孜不倦地

aggravate /'ægrəveɪt/ v. 加剧

gratify /'grætɪfaɪ/ v. 便满意

satiation /ˌseɪʃɪ'eɪʃn/ n. 满足

avenge /ə'vendʒ/ v. 替...报复

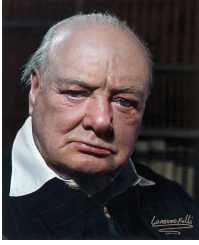
clatter /'klætə(r)/ n. 喧闹的谈话

appetite /'æpɪtaɪt/ n. 欲望

absorbing /əb'zɔːbɪŋ; əb'sɔːbɪŋ/ adj. 引人入胜的

兴趣对于生活的重要性 **难度：6级**

『 **Winston Churchill** (1874~1965) 』



British politician and Prime Minister, widely regarded as the greatest British leader of the 20th century.

His courage, decisiveness, political experience and enormous vitality enabled him to lead the country through the Second World War.

Churchill was also known for the many books on British history and politics he wrote throughout his life.

His command of the English language not only made him a great orator but earned him the Nobel Prize for literature in 1953.

※ A gifted American psychologist has said, 'Worry is a spasm of the emotion; the mind catches hold of something and will not let it go.'

『 **catch hold of ...** 抓住；握住 』

- I managed to **catch hold of** the railing just before I fell. 就在摔倒前，我设法抓住了栏杆。
- **Catch hold of** this rope when I throw it to you. 我把绳子扔给你时，抓住它。
- Are you beginning to **catch hold of** our methods now? 现在你对我们的办法有所了解了吗？
- When the news broke, the public's attention quickly caught hold of something sensational. 当新闻爆出时，公众的注意力迅速抓住了轰动性的东西。

grip 紧握；紧抓	The climber gripped the rock tightly as he moved higher. 登山者向上爬时紧紧抓住了岩石。
seize 抓住；夺取	The police officer seized the suspect by the arm. 警官一把抓住了嫌疑人的手臂。
clutch 紧紧抓住（通常由于恐惧或焦虑）	She clutched her handbag tightly in the crowded subway. 在拥挤的地铁里，她紧紧抓着自己的手提包。
clasp 紧抱；握紧	The child clasped her mother's hand while crossing the street. 过马路时，孩子紧紧握着妈妈的手。

『 **get hold of** find sb. or obtain sth. 得到；联系上；理解 』

- Where can I get hold of some stamps?
- Could you tell me how I can get hold of a doctor?
- It's hard to **get hold of** fresh produce in this remote mountain village. 在这个偏远的村庄很难买到新鲜蔬菜。

get hold of sb. 联系某人	I've been trying to get hold of the manager all morning, but her phone is busy. 我整个上午都试着联系经理，但她的电话一直占线。
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『 let ... go = release 释放；放开；解雇 』

- Please **release** me, **let** me **go**. For I don't love you anymore.
- To waste our lives would be a sin. **Release** me and **let** me love again.
- After questioning the suspect for hours, the police decided to **let him go**. 在审问了嫌疑人几个小时后，警察决定放他走。
- She became obsessed with the minor mistake and would not **let it go** for the rest of the day. 她对这个小错误变得痴迷，一整天都不肯罢休。

release 释放；发布；松开	The company will release its new product line early next month. 公司将下个月初发布其新系列产品。
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※ **It is useless to argue with the mind in this condition.**

『 It is useless to do / doing ... 做.....是没有用的 』

- **It is useless to argue** with someone who refuses to listen to reason. 与不讲理的人争论是没有用的。
- **It is useless to speculate** why he did it. 对他为什么这么做妄加猜测毫无用处。
- **It is useless to fight** with him. 和他抵抗是没有用的。
- **It is useless to flog** a dead horse. 鞭死马无益；勿旧调重弹。
- When someone is emotionally overwhelmed, **it is useless to argue** with them logically. 当某人情绪激动时，与他们进行逻辑争论是徒劳的。

it is futile to do / doing ... 做...是徒劳的	The prisoners realized it was futile trying to escape from the high-security fortress. 囚犯们意识到试图从这座戒备森严的堡垒中逃跑是徒劳的。
it is pointless to do / doing ... 做...是没有意义的	It is pointless to worry about things that are completely out of your control. 担心那些你完全无法控制的事情是没有意义的。
it's a waste of time doing ... 做...是浪费时间	It's a waste of time trying to convince him; he never changes his mind. 试图说服他是浪费时间；他从不改变主意。
it's no use doing ... 做...没有用	It's no use crying over spilt milk. 覆水难收（为打翻的牛奶哭泣是没有用的）。
there is no use (in) doing ... 做...没有用处	There is no use in complaining about the weather if you can't change it. 如果你无法改变天气，抱怨它也是徒劳。
it's no good doing ... 做...没好处/没用	It's no good worrying about the exam results now; they have already been posted. 现在担心考试结果也没用，成绩已经公布了。

there is no good doing ... 做...没什么好处	There is no good staying up so late every night; it will ruin your health. 每晚熬夜到这么晚没好处；这会毁了你的健康。
there is no point (in) doing ... 做...没有意义	There is no point in arguing further when we already agree on the main issues. 既然我们已经在主要问题上达成一致，再争论下去就没有意义了。

※ The stronger the **will**, the more futile the task. 意志越强，任务越徒劳

The stronger the will **is**, the more futile the task will **be**. 补全谓语

- The stronger the will, the more futile the task of trying to force a change in opinion through sheer force. 试图通过纯粹的力量来强行改变意见，意志越强，任务越徒劳。
- The paradox of grief is that the stronger the will, the more futile the task of suppressing the memories. 悲伤的悖论在于，意志越强，压抑记忆的任务就越徒劳。

※ One **can only gently insinuate** something else into its convulsive grasp.

『 **insinuate A into B** 使A巧妙地进入B；使A潜入B 』

- The spy managed to **insinuate himself into the enemy's organization** by using a false identity. 那个间谍通过使用假身份，设法混入了敌方组织。
- The therapist advised the patient to gently **insinuate** something else **into** their thoughts to distract from the anxiety. 治疗师建议患者温和地将别的东西悄悄引入他们的思绪中，以分散对焦虑的注意力。
- He tried to **insinuate himself into** the boss's favor. 他设法巧妙地渐渐取得老板的欢心。

※ **And if this something else is** rightly chosen, **if it is** really attended by the illumination of another field of interest, gradually, and often quite swiftly, the old undue grip **relaxes** and the process of recuperation and repair **begins**.

『 并列的2个条件状语从句 』

if this something else is rightly chosen,	if it is really attended by the illumination of another field of interest,	gradually, and often quite swiftly,
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条件状语从句 1	条件状语从句 2	时间/方式状语并列 (描述动作发生的节奏)
并列排比, 交代“康复”的前提(被动语态)		

『 attend v.出席, 参加; 注意, 专心; 处理, 照料; 致力于 』

- All department heads are required to **attend the meeting** scheduled for tomorrow morning. 所有部门负责人必须参加定于明天上午举行的会议。
- She plans to **attend college** in the fall to study architectural design. 她计划秋季入学上大学, 攻读建筑设计专业。
- She **is attended by** a 24-hour nursing staff.

attend to sth. = deal with sth. 处理某事; 照顾某事	I have some urgent matters to attend to before I can leave the office. 在离开办公室之前, 我有几件急事要处理。
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『 attend v.随同, 陪同; 伴随.....而至, (作为结果) 伴随 』

- The queen **was attended by** her ladies-in-waiting.
- The occasion **was attended by** an air of sadness.
- The difficult problem in physics **was** finally solved, **attended by the** illumination of another field of interest, specifically, advanced mathematics. 这个困难的物理问题最终得到解决, 伴随着另一个兴趣领域, 特别是高等数学的启发。

『 双 if 条件状语主句 』

the old undue grip	relaxes	and	the process	of recuperation and repair	begins.
主语 1	谓语	并 列	主语 2	后置定语	谓语
主句A(压力放松)			主句B(恢复与修复的过程开始)		

如何培养兴趣 难度: 6 级

※ The cultivation of a hobby and new forms of interest is therefore a policy of the first importance to a public man.

『 cultivation 耕作; 培养; 教养 』

- **The cultivation of** organic vegetables requires a lot of patience and specific knowledge. 有机蔬菜的耕作需要大量的耐心和专业知识。

- Historian Paul Lovejoy relates that **the cultivation of** kola nuts in West Africa is hundreds of years old. 历史学家保罗·洛夫乔伊提到，在西非，可乐果已有数百年的种植历史。
- The cultivation of crops has expanded into **progressively** drier regions as population densities have grown. 随着人口密度的增长，农作物的种植已经扩展到了越来越干旱的地区。

cultivate v.耕作；培养（关系/素质）	<ul style="list-style-type: none"> • Most of the world's fertile land is already cultivated. • She has worked hard to cultivate a positive relationship with her new neighbors. 她一直努力与新邻居培养良好的关系。
cultivate vegetables / peonies 种植蔬菜/牡丹	Modern farmers use advanced irrigation systems to cultivate vegetables in the greenhouse. 现代农民利用先进的灌溉系统在温室里种植蔬菜。
cultivate v. develop / build up 培养；建立	It takes many years to cultivate a deep understanding of traditional Chinese medicine. 建立对中医的深度理解需要很多年的时间。

『 cultivate v.(衍生出)培养 』

- Harmonious relationships are what many companies aim to **cultivate**. 许多公司都致力于培养和谐的关系。
- We must **cultivate** compassion for ourselves, for others and for our survival. 我们必须为了自己，他人及我们的生存去培养怜悯之心。
- The word "culture" comes from the Latin "colere", which literally means "to **cultivate**". "文化"这个词来自拉丁语"colere"，字面意思是"培养"。
- We encourage the cultivation of a hobby and new forms of interest to prevent professional burnout. 我们鼓励培养爱好和新形式的兴趣，以防止职业倦怠。

cultivate hobbies 培养兴趣爱好	Parents should encourage their children to cultivate hobbies like music or painting. 父母应该鼓励孩子培养像音乐或绘画这样的兴趣爱好。
cultivate a love of art 培养对艺术的热爱	Regular visits to museums can help students cultivate a love of art . 经常参观博物馆可以帮助学生培养对艺术的热爱。
cultivate good study habits 养成良好的学习习惯	Teachers work hard to help students cultivate good study habits early in life. 教师们努力帮助学生在生命早期养成良好的学习习惯。

『 policy n.(处事) 原则，策略；做法 』

- Honesty is the best **policy**.
- We are not about to change our editorial policy. 我们打算改变我们的社论方针。

『 importance n.重要，重要性；傲慢；名望 』

- This is a mission **of importance**.
- The discovery of this document is **of great historical importance**. 这一文件的发现具有重大的历史重要性。
- This is a matter **of the utmost importance**. 这是个极其重要的问题。

of the first importance 头等重要	When designing a bridge, safety is of the first importance . 在设计大桥时, 安全是头等大事。
of leading / primary / paramount importance 首要的/最重要的	Protecting the environment is of paramount importance to the future of our planet. 保护环境对我们星球的未来至关重要。
of vital / crucial importance 至关重要的	Timely medical intervention is of vital importance in treating heart attacks. 在治疗心脏病发作时, 及时的医疗干预至关重要。
of secondary importance 次要的	For some people, salary is of secondary importance compared to job satisfaction. 对某些人来说, 与工作满意度相比, 薪水是次要的。
of equal importance 同等重要	In a balanced diet, proteins and vitamins are of equal importance . 在均衡饮食中, 蛋白质和维生素同等重要。

※ But this **is not a business that can be undertaken in a day or swiftly improvised by a mere command of the will.**

『 **swiftly improvised** 迅速地即兴创造/仓促地应付 』

- The value of any financial asset can change **swiftly**. 任何金融资产的价值都会迅速发生变化。
- However, some actors can **improvise**. 而且有的演员还会即兴发挥。
- The unexpected presentation had to be **swiftly improvised** due to a last-minute change in the agenda. 由于议程的临时变动, 这份意料之外的演示不得不迅速地即兴创造。

※ The growth **of alternative mental interests is a long process.**

『 **alternative** adj. different from the one you have and can be used instead 其他的, 另外的 』

- Have you any **alternative** suggestions?
- After retiring, he developed **alternative mental interests**, such as learning philosophy and painting. 退休后, 他培养了其他的精神寄托, 比如学习哲学和绘画。
- For retired professionals, the growth of **alternative mental interests** is key to maintaining cognitive health. 对于退休专业人士来说, 替代性心智兴趣的成长是保持认知健康的关键。

<p>alternative to sth. ...的替代方案/选择</p>	<ul style="list-style-type: none"> • Is there a viable alternative to surgery? • Solar power provides a clean alternative to fossil fuels for energy production. 太阳能为能源生产提供了一种替代化石燃料的清洁方案。
<p>have no alternative but to do... 别无选择, 只好.....</p>	<ul style="list-style-type: none"> • I have no alternative but to report him to the police. • Since the last bus had already left, we had no alternative but to take a taxi home. 由于末班车已经开了, 我们别无选择, 只好打车回家。
<p>alternate adj. 轮换的, 交替的</p>	<ul style="list-style-type: none"> • I visit him on alternate Sundays. • The team consists of alternate layers of experienced professionals and enthusiastic trainees. 该团队由资深专业人士和热情的实习生交替组成。

※ The seeds **must be** carefully **chosen**; they **must fall** on good ground; they **must be** sedulously **tended**, if the vivifying fruits are to be at hand when needed.

『 at hand 触手可得; 近在手边 』

- I always keep a dictionary close **at hand**. 随时可用
- The signature must be given **by hand**. 用手
- The work is **in hand**, and will soon be completed. 正在进行中
- They are always **on hand** whenever you need them. 有空, 有时间
- I can't remember his phone number **off hand**. 立即; 一时之间

<p>at hand 近在手边; 即将到来</p>	<p>Don't worry about the future; just focus on the task at hand. 别担心未来; 只专注于眼下的任务。</p>
<p>by hand 手工地; 用手工</p>	<p>The invitation cards were all written by hand to make them feel more personal. 请柬全是手工书写的, 以显得更有亲切感。</p>
<p>in hand 在手头; 在处理中; 受控制</p>	<p>We still have some money in hand for emergency expenses. 我们手头仍留有一些钱以备急用。</p>
<p>on hand 在场; 现有的; 可供使用的</p>	<p>A team of medical experts was on hand to provide assistance during the race. 赛跑期间, 有一组医学专家在场提供协助。</p>
<p>off hand 即兴地, 未经准备地</p>	<p>I can't think of any off hand. 我一下子什么也想不起来。</p>

offhand 未经准备地; 随口地; 傲慢的

I can't tell you the exact number **offhand**, but I'll check the records for you. 我没法随口说出确切数字, 但我会为你查阅记录。

选择适合的爱好 难度: 5 级

※ To be really happy and really safe, one ought to have at least two or three hobbies, and they must all be real.

『 to be + adj. 做目的状语 』

- He exercises every day **to be healthy**. 他每天锻炼是为了 (保持) 身体健康。
- **To be really happy and really safe in the digital age**, understanding cybersecurity is crucial. 要在数字时代真正快乐和真正安全, 了解网络安全至关重要。
- Check the flight status again **to be sure** of the departure time. 再次检查航班状态, 以确保起飞时间无误。
- We arrived at the theater early **to be ready** for the opening act. 我们早早到达剧院, 以便为开场演出做好准备。
- Companies must innovate **to be competitive** in the global market. 企业必须创新, 以便在全球市场中保持竞争力。
- **To be brief**, the project was a total success. 简单地说, 这个项目非常成功。

※ It is no use starting late in life to say: 'I will take an interest in this or that.'

『 it is no use doing ...是没有用的 』

- **It's no use crying** over spilt milk. 覆水难收
- When planning for retirement, **it is no use starting** late in life to say you will save enough money. 在规划退休时, 在晚年开始说你会存够钱是没有用的。

『 take an interest in = be interested in ... 对...产生兴趣;开始关注 』

- Recently, many young people have started to **take an interest in** traditional crafts. 最近, 许多年轻人开始对传统手工艺产生兴趣。
- It is encouraging to see young people **take an interest in** local politics and community service. 看到年轻人对地方政治和社区服务产生兴趣是令人鼓舞的。

be interested in ... 对...感兴趣 (侧重状态)

He has **been interested in** astronomy since he was a child. 他从小就对天文学感兴趣。

lose interest in ... 对...失去兴趣

She gradually **lost interest in** the project after several failed attempts. 在几次失败的尝试后，她逐渐对那个项目失去了兴趣。

※ Such an attempt only **aggravates** the strain of mental effort.

『 **strain** stress / tension / pressure n.压力 』

- The long hours of computer work put a severe **strain** on his eyes. 长时间的电脑工作给他的眼睛带来了严重的负担。
- When you are already exhausted, such an attempt only aggravates **the strain** and leads to burnout. 当你已经筋疲力尽时，这样的尝试只会加重负担，并导致倦怠。
- Taking regular breaks is vital for reducing **the strain of** mental effort during long work sessions. 定期休息对于减少长时间工作期间的精神努力负担至关重要。

stress (精神) 压力; 强调	Modern life can cause a lot of stress for many people. 现代生活会给许多人带来很大的精神压力。
tension (局势的) 紧张; 张力	There is growing tension between the two neighboring countries. 这两个邻国之间的紧张局势正在加剧。
pressure (外界的) 压力; 压迫感	He is under a lot of pressure to finish the project on time. 他承受着按时完成项目的巨大压力。

※ A man may **acquire** great knowledge of topics unconnected with his daily work, and yet **get** hardly any benefit or relief.

『 **relief** n.宽慰, 减轻, 缓解 』

- The booklet contains information on pain **relief** during labour. 这本小册子介绍了减轻分娩疼痛的知识。
- **Relief** workers are still searching through collapsed buildings. 救援人员仍在塌了的建筑物里搜寻。
- A shortage of funds is preventing the UN from monitoring **relief**. 资金短缺使得联合国无法监督救济工作。
- Despite the minor adjustments, the team still got hardly any benefit or **relief** from the excessive workload. 尽管做了微小的调整，团队仍然几乎得不到任何益处或解脱于过重的工作量。

find a temporary relief 寻求暂时的缓解	Taking a short walk may help you find a temporary relief from the stress of work. 短时间散步可能会帮你暂时缓解工作压力。
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permanent relief 持久的 缓解；永久的解脱	The doctor is looking for a way to provide permanent relief for her chronic back pain. 医生正在寻找一种能持久缓解她慢性腰痛的方法。
to my great relief 令我大感宽慰的是	To my great relief , the test results showed that the tumor was benign. 令我大感宽慰的是，检查结果显示肿瘤是良性的。
give immediate relief from pain 立即止痛	This new medication is designed to give immediate relief from pain after surgery. 这种新药旨在术后立即缓解疼痛。

※ It is no use doing what you like; you have got to like what you do.

『 **Antimetabole** 回环 / 倒复 』

- **Eat to live**, not **live to eat**. — Socrates
- Forty is **the old age of youth**, fifty is **the youth of old age**. — Victor Hugo
- Where there is **marriage without love**, there will be **love without marriage**. — Benjamin Franklin
- The reasonable man adapts **himself to the world**, the unreasonable man persists in trying to adapt the **world to himself**. Therefore, all progress depends on the unreasonable man. — G. B. Shaw
- So let us begin anew —remembering on both sides that civility is not a sign of weakness, and sincerity is always subject to proof. Let us never **negotiate out of fear**, but let us **never fear to negotiate**. — John F. Kennedy
- And so, my fellow Americans, ask not what your country **can do for you**; ask what you **can do for your country**. — John F. Kennedy

※ Broadly speaking, human beings may be divided into three classes: those who are toiled to death, those who are worried to death, and those who are bored to death.

『 **broadly** adv. generally 大体上；概括地说 』

- **Broadly speaking**, there are two main schools of thought on this issue. 总的来说，关于这个问题主要有两种流派。
- **Generally speaking**, people are more likely to succeed if they stay consistent. 通常而言，如果人们能保持一致，就更容易成功。
- **Broadly speaking**, the new legislation aims to improve both environmental and public health standards. 广义上讲，这项新立法旨在改善环境和公共卫生标准。

broadly defined 宽 泛定义；广义上的	The term "culture" is broadly defined to include traditions, languages, and social habits. “文化”一词被宽泛地定义为包括传统、语言和社交习惯。
smile broadly 灿烂地 微笑；由衷地微笑	She smiled broadly when she heard the news of her promotion. 当她听到晋升的消息时，灿烂地笑了起来。
agree broadly 基本 同意；大致赞同	The committee agrees broadly with the proposals outlined in the report. 委员会基本赞同报告中所列的提议。

『 状语主语无需与主语一致的情况 (习语；宏观与旁观...) 』

- **Strictly speaking**, the whale isn't a fish.
- **Judging from** his face, he must be ill.
- **To make a long story short**, he wanted money, and tried to get it without working.
- **But as they are about to return**, an unprecedented storm descends on the area and blocks their way home.
- **To make things worse** something unexpected happens.

『 **toil** v. to work very hard for a long period of time 长期辛苦工作，苦干 』

- Farm laborers have to **toil** in the fields all day.
- He was **toiled** to death.
- I have nothing to offer, but blood, **toil**, tears and sweat.

Broadly speaking, leaders may **be divided into two classes**: those who are created by demands placed upon them, and those who are 'self-created' through hard work and achievements. **Fortune's favored children** belong to the former, whereas the latter, I believe, **are the majority**. GRE写作范文 (分类句型)

※ It is no use offering the manual labourer, tired out with a hard week's sweat and effort, the chance of playing a game of football or baseball on Saturday afternoon.

『 **be tired out / exhausted** 精疲力竭；筋疲力尽 』

- By the end of the marathon, the runners **were completely tired out**. 马拉松结束时，跑步者们都已精疲力竭。
- After working in the fields all day, he was **physically exhausted** and fell asleep immediately. 在田里干了一整天活后，他体力耗尽，立刻睡着了。
- Preparing for the final exams left the students **mentally exhausted**. 准备期末考试让学生们感到心力交瘁。

『 offer sb. sth. / sth. to sb. 向某人提供某物/ 把某物提供给某人 』

- The company decided to **offer him the job** because of his impressive experience. 因为他出色的经验，公司决定向他提供这份工作。
- She **offered some coffee to the guests** as soon as they arrived. 客人们一到，她就给他们端上了咖啡。

※ It is no use inviting the politician or the professional or business man, who has been working or worrying about serious things for six days, to work or worry about trifling things at the weekend.

『 working or worrying about 正在工作或担心（动名词形式） to work or worry about 去工作或担心（不定式形式） 』

- The habit of **working or worrying about** tasks late at night can lead to insomnia. 深夜工作或担心任务的习惯会导致失眠。
- You need to find time to relax instead of continuing **to work or worry about** your career. 你需要找时间放松，而不是继续为事业工作或操心。
- The executive needed to disconnect entirely, not **work or worry about** trifling things at the weekend. 这位高管需要完全脱离工作，而不是在周末工作或担心琐碎的事情。

提出解决方案 难度：4 级

※ As for the unfortunate people who can command everything they want, who can gratify every caprice and lay their hands on almost every object of desire -- for them a new pleasure, a new excitement is only an additional satiation.

『 command v. 掌管，掌握 』

- **command** great wealth
- **command** a large vocabulary

『 gratify v. satisfy 使满意；使高兴；满足（愿望等） 』

- It **gratified** him to see his students succeed in their careers. 看到学生们在事业上取得成功让他感到很欣慰。
- The new product was designed to **satisfy** the needs of professional photographers. 这款新产品旨在满足专业摄影师的需求。

gratify one's curiosity 满足某人的好奇心	He peered through the window just to gratify his curiosity . 他透过窗户往里看，只是为了满足自己的好奇心。
satisfy the requirements 符合要求；达到标准	Applicants must satisfy the requirements for the scholarship to be considered. 申请人必须符合奖学金的要求才能被予以考虑。

『 **get / lay one's hands on sth.** obtain sth. 得到某物 』

- I would read any book I could **get / lay my hands on**.
- I've been trying to **get my hands on** a copy of that rare book for years. 多年来我一直试图弄到那本稀有书籍。
- I know the contract is in this office somewhere, but I can't **lay my hands on** it right now. 我知道合同就在这个办公室的某个地方，但我现在找不着。

『 **get / lay one's hands on sb.** to catch sb. you are angry with 抓住惹你生气的人 』

- Just wait till I **get / lay my hands on** you!
- Wait until I **get my hands on** him; he will have to explain where he went. 等我捉住他，他必须解释清楚去哪儿了。
- He warned the bully never to **lay his hands on** his younger brother again. 他警告那个恶霸再也不准碰他弟弟一下。

※ In vain they rush frantically round from place to place, trying to escape from avenging boredom by mere clatter and motion.

『 **in vain** without success in spite of your efforts 徒劳地/白费力气地 』

- Obviously all her complaints were **in vain**.
- Police searched **in vain** for the missing boy.
- They searched for the lost keys for hours, but their efforts were **in vain**. 他们找了丢失的钥匙好几个小时，但他们的努力是徒劳的。

to no avail 徒劳无功；毫无效果	<ul style="list-style-type: none"> • He rebooted my systems several times, but to no avail. • They tried everything to start the engine, but to no avail. 他们尝试了各种办法发动引擎，但都无济于事。
work to no avail 白忙一场；工作没有成效	The rescue team worked for hours to no avail as the storm grew worse. 随着风暴加剧，救援队工作了几个小时也徒劳无功。
shout to no avail 大喊也无济于事	He shouted to no avail because the noise of the waterfall drowned out his voice. 他大声呼喊也无济于事，因为瀑布的轰鸣声淹没了他。

※ For them discipline in one form or another is the most hopeful path.

『 discipline in 在...方面的(自律/学科) 』

- Success in long-distance running requires great **discipline in** training and diet. 长跑的成功需要在训练和饮食方面的高度自律。
- Successful artists understand that **discipline in** one form or another is essential for consistent creative output. 成功的艺术家明白, 某种形式的纪律对于持续的创造性产出至关重要。
- The teacher can't keep **discipline in** her classroom. 这位教师无法维持她的课堂纪律。

self-discipline in 在.....方面的自我约束	She shows remarkable self-discipline in her studies, never missing a deadline. 她在学习上表现出非凡的自律, 从未错过任何截止日期。
a discipline in 某领域的一门学科	Genetics is a relatively new discipline in the field of biology. 遗传学是生物学领域中一门相对较新的学科。
maintain discipline in 在.....中维持纪律	It is essential to maintain discipline in the classroom to ensure effective learning. 在课堂上维持纪律对于确保有效学习至关重要。

结论 难度: 5 级

※ It may also be said that rational, industrious, useful human beings are divided into two classes: first, those whose work is work and whose pleasure is pleasure; and secondly those whose work and pleasure are one.

『 It may also be said ... 也可以这样说;也可以说; 同样可以说 』

- **It may also be said** that true success is measured by happiness, not just wealth. 也可以说, 真正的成功是以幸福来衡量的, 而不仅仅是财富。
- **It may also be** a good move to suggest she talks things over. 建议她仔细讨论一下这些事情可能也是一个好的做法。
- **It may also** depend on your relationship with the other person. 这也可能取决于你和对方的关系。

It may also be said that... 还可以说... (用于补充观点)	It may also be said that the environment plays a crucial role in child development. 还可以说, 环境在儿童成长中起着至关重要的作用。
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※ Of these the former are the majority.

『 the majority 大多数 』

- **The majority of** the population is Protestant. 这里的人大多数都信奉新教。
- **The majority of** men have hair on their chest. 大多数男人长有胸毛。
- **The majority of** the time, I brown-bagged my lunch. 大多数时间, 我都是自带午餐。

sweeping majority 压倒性多数	The proposal was passed by a sweeping majority of the committee members. 该提议获得了委员会成员压倒性多数的通过。
overwhelming majority 势不可挡的多数; 绝大多数	The overwhelming majority of students voted in favor of the new policy. 绝大多数学生投票赞成这项新政策。
absolute majority 绝对多数 (超过半数)	No single party won an absolute majority in the general election. 没有任何政党在普选中赢得绝对多数。
vast majority 极大多数	The vast majority of people prefer to work from home if given the choice. 如果有选择的话, 极大多数人更喜欢在家工作。
small majority 微弱多数	The bill was approved by a small majority , with only a few votes to spare. 该法案以微弱多数票获得批准, 仅多出几票。
narrow majority 勉强多数	The government maintained its power with a narrow majority in parliament. 政府凭借议会中的微弱多数优势维持了政权。

『 be (in) the majority ...是大多数 』

- Surveys indicate that supporters of the treaty **are still (in) the majority**.
- Of course, the former **are (in) the majority**. 本句的简单表达

predominate v. (数量上) 占优势, 占大多数	<ul style="list-style-type: none"> • In older age groups women predominate because men tend to die younger. • Of course the former predominate. 本文替换
the latter 后者	Given a choice between tea and coffee, I'll take the latter . 如果要在茶和咖啡之间选择, 我要后者。
majority 大多数, 大部分	The majority of students passed the exam with high scores. 大多数学生以高分通过了考试。
minority 少数, 少数民族	Only a minority of people disagreed with the proposal. 只有少数人不同意这个提议。

※ They **have** their compensations.

They have their **compensations** for their hard work. 补充说明

『 **compensation** 补偿, 弥补 』

- The low salary is a heavy burden, but the interesting work serves as a good **compensation**. 工资低是一个沉重的负担, 但有趣的工作是一种很好的补偿。
- They were offered financial **compensation** for the inconvenience. 他们获得了因不便而提供的经济补偿。
- Hard work often comes with a great sense of achievement as a **compensation**. 努力工作往往伴随着一种巨大的成就感作为回报。

make up for 弥补, 补偿	He tried to make up for his mistake by working overtime. 他试图通过加班来弥补他的错误。
recompense 报偿, 赔偿	The company will recompense you for all your travel expenses. 公司将报销你所有的差旅费用。

※ The long hours in the office or the factory **bring** with them as their reward, not only the means of sustenance, but a keen appetite for pleasure even in its simplest and most modest forms.

『 **bring with them** 带来 』

- Changes often **bring with them** new challenges. 变化常常带来新的挑战。
- The new policy **brings with it** both benefits and risks. 新政策带来了益处和风险。
- Difficult times often **bring with them** opportunities for growth. 困难时期常常带来成长的机会。

『 **means of sustenance** 生计手段, 维持生计的方式 』

- Farming was traditionally the primary **means of sustenance** for the village. 农业传统上是这个村庄主要的生计手段。
- Finding a stable **means of sustenance** is a priority for many people. 找到稳定的生计手段是许多人的首要任务。
- She relies on her writing as her main **means of sustenance**. 她依靠写作作为她的主要生计手段。

keen appetite for 对...强烈的渴望/兴趣	He has a keen appetite for adventure and exploration. 他对冒险和探索有强烈的渴望。
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modest 适度的, 朴素的	They live in a modest house on the outskirts of the town. 他们住在镇郊的一栋朴素的房子里。
not only... but also... 不仅...而且...	She is not only talented but also hardworking. 她不仅有才华, 而且工作努力。
lively interest in 对...浓厚的兴趣	The student showed a lively interest in ancient history. 这位学生对古代历史表现出浓厚的兴趣。

※ But Fortune's favoured children belong to the second class.

『 **favour / favor** vt. 喜爱偏爱 = prefer 』

- She **favours** her youngest child.
- The father tried not to **favour** one child over the other. 这位父亲尽量不偏爱其中任何一个孩子。

favour sb. with sth. 恩赐; 给某人(某物)以帮助	Would you favour us with a song? 你愿意赏光给我们唱首歌吗?
be favoured by 受到...的青睐/喜爱	Warm, sunny weather is favoured by most tourists. 温暖晴朗的天气受到大多数游客的青睐。
prefer vt. 更喜欢; 宁愿	I prefer coffee to tea in the morning. 早上比起茶, 我更喜欢喝咖啡。

『 **Fortune's favored children** 天之骄子; 命运的宠儿 』

- As a Nobel laureate, she is considered one of **Fortune's favoured children** in the scientific community. 作为诺贝尔奖获得者, 她在科学界被认为是命运的宠儿之一。
- He seems to be one of **Fortune's favoured children**; everything goes well for him. 他似乎是命运的宠儿之一; 一切对他都很顺利。
- Not everyone can be **Fortune's favoured children**; most people have to work hard for success. 不是每个人都能成为命运的宠儿; 大多数人必须为成功努力工作。

※ Their life is a natural harmony.

『 **harmony** 和谐, 融洽 』

- The colors in the painting work in perfect **harmony**. 这幅画中的颜色完美和谐。
- The group is working in complete **harmony** on the project. 这个小组在项目上完全和谐地工作着。
- They strive to live in **harmony** with nature. 他们努力与自然和谐相处。

in accord 一致, 和谐	The plan is in accord with the company's long-term goals. 该计划与公司的长期目标一致。
concord 和谐, 一致	They lived together in peace and concord . 他们和平和睦地生活在一起。

※ For them the working hours are never long enough.

『 **long enough** 足够长 』

- The break was not **long enough** for everyone to relax completely. 休息时间不够长, 不能让每个人都完全放松。
- Make sure the rope is **long enough** to reach the ground. 确保绳子足够长, 能到达地面。
- The meeting lasted **long enough** for all issues to be discussed. 会议持续了足够长的时间, 讨论了所有问题。

※ Each day is a holiday, and ordinary holidays, when they come, are grugged as enforced interruptions in an absorbing vocation.

『 **be grugged as sth.** 被当做...而耿耿于怀, 拒绝接受 』

- He is spending his precious vacation in a country retreat and any visit now will **be grugged as** disturbance to his privacy.
- He **grugged** the time he had to spend on administrative tasks. 他舍不得花在行政工作上的时间。
- They secretly **grugged** her success and happiness. 他们暗自嫉妒她的成功和幸福。
- I don't **grudge** him his promotion; he truly deserves it. 我不嫉妒他的升职; 他确实应得的。

『 **enforce** v. 强迫人们服从, 执行 』

- The main role of the police is to uphold and **enforce** the law.
- In practical terms this law may be difficult to **enforce**. 从实际的角度来看, 这项法律可能难以执行。
- It's not yet clear who will actually **enforce** the blockade. 目前还不清楚到底谁会来执行封锁。

『 **enforced** adj. 被迫的, 自己无法控制的 』

- **enforced** absence
- **enforced** isolation
- The strict security measures were **enforced** after the incident. 事件发生后, 严格的安全措施被强制执行。
- We had to take an **enforced** detour due to the road closure. 由于道路封闭, 我们不得不进行一次被迫的绕行。

- The government imposed an **enforced** period of quarantine. 政府实施了一段强制隔离期。

compelled 被迫的

He felt **compelled** to resign under pressure. 他感到在压力下被迫辞职。

『 **absorbing** 引人入胜的, 极有趣的 』

- The lecture was so **absorbing** that no one looked at their phone. 讲座如此引人入胜, 没有人看手机。
- She and Ned sat silently for a moment, **absorbing** the peace of the lake. 她和内德默默地坐了片刻, 享受着那湖泊的宁静。
- It became the **absorbing** topic of village talk immediately. 这立刻成为全镇人谈论的热门话题。

『 **vocation** 职业, 使命 (认为特别适合自己的) 圣职; 天职; 使命感 』

- Teaching is not just a job for her, but a true **vocation**. 对她来说, 教学不仅仅是一份工作, 而是一个真正的使命。
- Nursing is more than just a job to her; it is a **vocation**. 护理对他而言不仅仅是一份工作, 更是一种天职。

job n. 职业; 工作 (通常指具体的、赚钱的活)	He is looking for a part-time job to earn some extra money. 他正在找一份兼职工作来赚点外快。
profession n. (需要专业训练或高学历的) 职业; 专业	Entering the medical profession requires years of dedicated study. 进入医疗行业需要多年专注的学习。
occupation n. 职业; 日常事务 (正式用语, 常用于表格)	Please state your name, age, and occupation on the application form. 请在申请表上填写您的姓名、年龄和职业。
vacation n. 假期; 休假	We are planning to go to Hawaii for our summer vacation . 我们正计划去夏威夷度暑假。

※ Yet to both classes, the need of an alternative outlook, of a change of atmosphere, of a diversion of effort, is essential.

『 **diversion** n. change in the direction or use of sth. 改变 (方向或用途) 』

- the **diversion** of a ship
- the **diversion** of a stream
- This would result in massive **diversion** of funds.

『 **alternative outlook** 另一种观点/看法 』

- We should always be open to considering an **alternative outlook** on a situation. 我们应该始终对考虑一个情况的另一种观点保持开放态度。
- Seeking an **alternative outlook** can lead to better solutions. 寻求另一种观点可以带来更好的解决方案。
- The debate presented two contrasting and **alternative outlooks**. 这场辩论提出了两种对比鲜明的替代观点。

『 **diversion of effort** 精力的转移 』

- A hobby can provide a necessary **diversion of effort** from stressful work. 一个爱好可以提供从压力大的工作中必要的精力转移。
- He found fishing to be a beneficial **diversion of effort**. 他发现钓鱼是一种有益的精力转移。
- The crisis required a complete **diversion of effort** toward relief operations. 这场危机要求将全部精力转移到救援行动上。

essential 基本的, 必要的	Water is essential for all forms of life. 水对所有生命形式都是必要的。
crucial 至关重要的	Timing is crucial for the success of this project. 时机对这个项目的成功至关重要。
indispensable 不可或缺的	A good dictionary is indispensable for language learners. 一本好的词典对于语言学习者来说是不可或缺的。

※ Indeed, it may well be that those whose work is their pleasure are those who most need the means of banishing it at intervals from their minds.

『 **it may well be that** 很可能, 很可能是 』

- **It may well be that** the meeting will be postponed due to the weather. 很可能是因为天气原因会议会被推迟。
- **It may well be that** the old building contains some valuable historical documents. 很可能那座老建筑里藏有一些有价值的历史文件。
- Considering the evidence, **it may well be that** the suspect is innocent. 考虑到证据, 嫌疑人很可能是无辜的。

Indeed, it may well be that those who ... are those who most need ... at intervals ... 实用句型

- Indeed, it may well be that those who hardly see a doctor are those who most need take time off from their work at intervals to have a thorough checkup. 其实, 很可能那些平时

几乎不看病的人最需要每隔一段时间从工作中抽空做一次全面的体检。

『 banish from 驱逐出, 排除出 』

- Try to **banish** negative thoughts **from** your mind before you sleep. 在睡觉前试着将负面想法从你的脑海中排除。
- The general managed to **banish** the invaders **from** the country. 将军设法将入侵者从国家驱逐出境。
- He tried to **banish** the memory of the accident **from** his consciousness. 他试图将事故的记忆从他的意识中排除。

at intervals 间歇地, 不时地	The lighthouse flashed its beam at intervals throughout the night. 灯塔整晚间歇地闪烁光束。
in all likelihood 很可能	In all likelihood , the train will arrive on time. 火车很可能会准时到达。
be likely that 很可能	It is likely that the market will recover soon. 市场很可能会很快复苏。
from time to time 偶尔, 有时	She visits her grandparents from time to time . 她偶尔会去看望她的祖父母。



playing with fire

玩火自焚; 冒险行事

课后练习题 (解题方法与答案需要在“ncego.com”笔记官网查看)

1. W:I wish I hadn't hurt Mary's feelings like that. You know I've never meant to.M:The great thing about Mary is that she doesn't hold a grudge. (单选)

- A、 She has a bad memory. B、 She's quick to forgive people.
C、 Her feelings are easily hurt. D、 She doesn't get angry very often.

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。