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托福聽力必考慣用語

莫平 編著

本書特色：

- 本書搜羅 1000 個托福聽力必考慣用語
- 本書將所收慣用語及所附例句以標準美式發音灌錄成三卷錄音帶
- 本書所選例句活潑生動，有助讀者拓展留美生活領域
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哈佛留學叢書

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(本書如有破損、缺頁、倒裝，敬請寄回本社更換)

爲什麼你需要看這本書？

訓練托福聽力的首先要務就是「多聽」。因爲托福聽力英語就是現代的口語化美語，是截然不同於一般的寫作英文甚至正統的英文文學。

本國學生在中學六年與大學四年裏學了這麼久的英文，在一般的讀寫方面都還差強人意，可是就是不會聽。理由就是因爲聽的訓練太少。如果和接觸本國語（母語）的時間比起來，這個理由就更明顯了。本國語是在非常充份的狀態下學習的，例如和別人談話、看電視、聽收音機，都是在練習，而聽英語節目或與美國人講英語的機會就太少了。只有使聽的機會儘可能的增加，才有可能達到學習的效果。

訓練托福聽力的另一要務就是「理解」，因爲只有理解才能使你的學習速度比較快，甚至於可以舉一反三。例如在航空公司可能聽到這樣一個問話：Round trip？或是在鐘錶店聽到這麼一句：My watch keeps gaining time. 只要聽力有些基礎的同學都能知道是由甚麼單字組合成的句子，然而句意究竟是甚麼可就不太敢遽下斷語了。若是在平時學習，還可向人請教；但遇到考試就必須要懂才行；即使聽到的句子並非恰好是學習過的，但只要你會理解過類似的慣用語，那麼在應用的時候，再配合上下文，對於所聽到的句子也就自然能瞭然於胸而應付自如了。

你應該如何使用這本書？

本書的編著即是針對「多聽」與「理解」的需要而設計的。全書搜羅了 1,000 個托福聽力範圍內常考的或是相關的慣用語，並將這些慣用語及所附例句以標準的美式發音灌錄成三卷錄音帶。

〔必須配合錄音帶練習才有實際而驚人的效果〕。

同學們在練習時需要注意方法：

- 第一步：每卷錄音帶中共劃分為 300 餘個單元，每一單元即為一個慣用語的量。同學們應先以錄音機放出數個單元來聽。此時不宜先看書中內容。
- 第二步：將所聽到的慣用語及所附例句以筆書寫出來。此時仍就不宜先看書。
- 第三步：將所寫下的慣用語及例句與書上的說明相核對，同時判別正誤並記載錯漏之處以為複習時改進。接着進行其它單元。

在進行練習步驟時，同學們可能會疑惑：“如果都聽不懂要怎麼寫呢？能不能先看書？”對這個問題最明快的答覆是「不可以」。因為本套書與錄音帶是設計來幫助同學們練習的，為求達到最大的進步效果，同學們必須先知道自己聽不懂或是聽錯的地方（弱點），然後再查閱書上的說明才能收舉一反三的效益。所以，即使是聽不懂

某些單字或片語（不可能全句都聽不懂）也只能反覆多聽二遍，然後儘量將聽懂的部份標記出來才可。這個要點須特別注意。雖然這種練習方法可能較辛苦，但是同學們務須持之以恆，才能獲得實際且驚異的進步！

哈佛在民國 67 年首創「租聽托福聽力錄音帶」受到廣大同學們的愛護，民國 80 年，哈佛以這套書與錄音帶來答謝各位，並希望能幫助大家高分通過托福！

發行人 識于台北

周天行 於台北

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AAAAAA

a babe in arms (=a babe in the woods)

babe [beɪb]

a person who has little experience in business matters, public life, etc. 涉世未深的人

You can't trust such an important task to him. He's just a babe in arms.

〔 你不能把這麼重要的工作託付給他去做。他還是涉世未深的孩子而已。 〕

a big shot

an important or influential person. 要人；具有影響力的人

Andy's father must be a big shot. He was invited to dinner at the White House.

〔 Andy 的父親一定是個要人！他被邀至白宮晚餐哩。 〕

a bit (of)

to some degree; rather 有點；些許

I'm a bit tired.

〔 我有點累了。 〕

I'm afraid your friend is a bit of a thief.

〔 我怕你的朋友有點像小偷（有些小偷的行徑）。 〕

a blind alley

alley ['æli]

an activity, situation, etc., that does not lead to any success or advantage 前途暗淡；前途不樂觀

I think Ralph should switch careers. His present job seems to be a blind alley.

〔 我看 Ralph 該換個事業。他目前的工作前途暗淡。 〕

The police's inquiries were leading them up a blind alley.

〔 警方的偵訊讓他們走上了死胡同，前途不樂觀。 〕

above all

most important of all; especially 尤其重要的是；特別地

“What’s your impression of Frank?”

“He is trustworthy and practical, but, above all, very hard-working.”

〔 “ 你對 Frank 的印象如何？

他很可靠，也實際，尤其重要的是，工作非常勤奮。 ” 〕

a breath of fresh air

someone or something different and fresh that makes people feel happier 一股清風，令人愉快

When Nora and Emily moved in, they were like a breath of fresh air to us, and we soon became good friends.

〔 當 Nora 和 Emily 搬進來的時候，他們正似一股清風，令人爲之心神一爽；我們很快地就成了好朋友。 〕

a bunch of bunch ['bʌntʃ]

a group of 一群；許多

There is a nice bunch of girls.

〔 那兒有一群不錯的女孩子。 〕

I have a bunch of friends.

〔 我有一群朋友。 〕

according to

as stated or shown by 根據；依照

According to John, there's no better cheese than Swiss cheese.

〔 依照 John 的說法，世上沒有比瑞士起斯更好的起斯了。 〕

According to the papers, our exports increase every year.

〔 據報紙所載，我們的出口每年都在增加。 〕

Achilles' heel

a weak point in something that is otherwise without fault, e.g. in a person's character 個性上的瑕疵

His Achilles' heel was his pride. He would get very angry if anyone criticized his work.

〔他個性上的瑕疵就是他的驕傲。如果有人批評他的工作，他就會生氣。〕

a couple of couple [`kʌpl]

a few; several 幾個；數個

I'll just have a couple of drinks and then I'll go home.

〔我先喝上幾杯酒，然後就回家。〕

I have a couple of things to do.

〔我有幾件事要辦。〕

across the board board [bɔ:rd]

from or to everyone or everywhere equally 人人有份

They asked for a pay increase of 5% across the board.

〔他們要求每個人加薪百分之五。〕

act/be one's age

to behave in the way expected of anyone of one's age, esp. not to behave in a childish or foolish way

行動適合身份年齡；不要太幼稚可笑！

Hearing the news, Fanny suddenly burst into tears. Then her husband told her to stop it and act her age.

add fuel to (fan) the flames/fire

fuel [ˈfjuəl]

to make an already difficult situation worse by one's actions or words 火上澆油；在旁煽火

Nothing can help her when she gets worried. Words of encouragement just add fuel to the flames.

〔當她擔心起來的時候，什麼事也幫不了她。鼓勵她的話也不過徒然是火上澆油而已。〕

add insult to injury

insult [ˈɪnsʌlt]

injury [ˈɪndʒəri]

cause offence to someone after one has already caused harm to him in some other way 傷害別人之後再加以侮辱

How could you treat her so rudely when you've already broken her heart by keeping her waiting so long. You're only adding insult to injury!

〔你怎麼可以在害她等了這麼久，心都碎了的時候，又用這麼粗魯的態度來對她呢！你真是傷了人還要再欺侮人！〕

after all

when all things are considered 畢竟

You shouldn't feel guilty for not helping him; after all, you have helped him many times in the past.

〔你不必因為沒有幫忙他而覺得內疚；畢竟，以前你也幫過他許多次了。〕

after/when all is said and done

after all the various opinions, arguments, etc., have been taken into account; when everything has been considered

整個考慮過後；深思熟慮之後

I suppose the Jones could ask the bank to lend them money to help them pay their debts; but after all's said and done, they're still in a difficult situation.

〔我看 Jones 一家固然是可以找銀行借錢還債，不過就整個狀況考慮，他們情況還是很糟！〕

against (all) the odds

odds [`adz]

in spite of the difficulties that would usually make something impossible 儘管情勢不順

Against all the odds, I finished my term paper before the deadline.

〔雖然有種種不利的情況，我還是在截止日期前完成了期末報告。〕

a great/good deal (of)

much 許多；大量；非常

I had a great deal of support from John.

〔我從 John 那兒得到許多支持。〕

He runs a good deal faster than I.

〔他比我跑得快的多了。〕

agree to differ

(of two or more people) to agree not to argue about or discuss something any longer because neither will change his opinion.

互不相讓之餘，同意不再爭論，仍各執原議

Jack and Ted have always disagreed about politics, so we try to make them agree to differ just to stop them arguing all the time.

〔 Jack 和 Ted 在政治方面總是意見不同，我們試圖使他們答應各執原議，不再爭論，以消弭長期的爭論不休。 〕

ahead of

in advance 預先；在…之前

above 超過

Columbus was ahead of his times in his belief that the world was round.

〔 哥倫布相信地球是圓的，他這種信念走在他時代的前面。 〕

Output is ahead of estimates.

〔 產量超出了原先的估計。 〕

airs and graces

proud behavior, esp. in order to impress other people 傲氣凌人

Anna has lost many friends because of her airs and graces.

〔 Anna 因為她傲氣凌人的態度，已經失去了許多朋友了。 〕

a knight in shining armor

knight [naɪt] armor [ˈɑrmə]

a person without faults who is expected to improve a bad situation 能力挽狂瀾的完美人物

When her unsuccessful marriage had come to an end, Henry came into her life like a knight in shining armor.

〔 在她不成功的婚姻終告結束之後，Henry 就像一位救星似的走進了她的生命之中。 〕

(as) alike as two peas (in a pod) peas [pi z]

very or exactly alike 一模一樣

Peter and Paul are so much alike that you won't be able to know which is the older brother and which the younger. They're as alike as two peas in a pod.

〔 Peter 和 Paul 兩人真像，你簡直分不出那個是哥哥，那個是弟弟，他們真的就是一模一樣。 〕

all along

all the time 一直；自始至終

I knew the truth all along.

〔 我打從頭就知道實情了。 〕

all and sundry sundry [`sʌndri]

every person without exception; anyone and everyone

每個人；大眾

He did not like his private life being made known to all and sundry in the newspaper.

〔 他不喜歡他的私生活在報紙上公開，讓人盡皆知。 〕

all ears

keen to listen to what is about to be said 側耳傾聽；豎耳傾聽

When Henry said he had exciting news, we were all ears.

〔 當 Henry 說他有令人興奮的消息，我們都豎起耳朵傾聽。 〕

all eyes

watching keenly and attentively 目不轉睛的注視

We were all eyes as the professor wrote the answer on the board.

〔 當老師在黑板上寫下答案時，我們全都目不轉睛的看著。 〕

all in all

when everything is considered

整體的衡量得失之後；整體而言

the thing or person of greatest importance or value (to someone)

對某人而言，最重要的人或物

All in all, that was a pretty successful party.

〔整體而言，那是還算相當成功的舞會。〕

His wife is all in all to him.

〔對他而言，他太太就是最要緊的人。〕

all over the place

everywhere 到處

I've been looking for a new pair of shoes all over the place; but I just couldn't find a pair I take to.

〔我一直到處在找想買雙新鞋子；可是就是找不着一雙我喜歡的。〕

all/other things being equal

equal [`ikwəl]

if all other facts, having been taken into consideration, make no difference 在其他事項都沒有特殊差別的時候

All things being equal, I would certainly choose the job that pays more.

〔別的有關事項都沒有什麼太大差別的時候，我當然要選擇薪水給得較多的工作。〕

all told

including everything or everybody 全算上

When I counted the books I found that, all told, there were 50 on the shelf, including paperbacks.

〔當我計算這些書的時候，我發現精裝的與平裝的全算上，架子上共有 50 本書。〕

all well and good

fine; quite acceptable (often used when one has a reason for finding the thing mentioned unsatisfactory) 也不錯；還好

My grandmother says that washing machines are all well and good, but she prefers to wash by hand.

〔我祖母說洗衣機固然也不錯，可是她還是寧可用手洗。〕

I'd prefer that you come and stay with us for a few days, but if you can only come for dinner, all well and good.

〔我是比較喜歡你能來到我們這逗留幾天，可是如果你只能來吃頓晚餐，也可以啦！〕

along with

together with 一道；一起

There was a bill along with the package.

〔跟包裹一道來的，還有一張帳單。〕

answer a/the call of nature

to go to the toilet 上洗手間

Excuse me for a minute, I must answer a call of nature before we leave.

〔抱歉我離開一下，我們走以前，我要先上一下洗手間。〕