

热语英文手册

许安岳 编著



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An English Handbook for Hot Phrases

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先有意念,后有语言——语言产生的原理;学习语言的法则。

Intention first, languages followed—the principle of languages' origination; the shortcut to master a language.

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编辑及使用说明

本书主要为提高英语写作能力和口头表达能力而编写。阅读对象为大、中学校学生及所有英语爱好者。共收热门词语一万余条。各条目英语主要摘自于近年来 CRI 和 VOA 英语新闻报道和英文版的我国政府法规、文件。部分成语参阅了当前各汉英词典,并做了适当调整。取舍不当之处及其他缺点错误,概由本书编著者负责。

本书的编辑思路主要以动词中心词语为主,收录了少量以名词为中心的热门词语。

括号中英语为可替换词语。“\”符号为并列分隔符号。

从书面布局、空间利用考虑,有些短语用一个动词,有些用多个动词,这并不意味着该短语只能用一个动词。这一点读者能从前后相关短语中自己判断替换。

前 言

无论用什么方法学习英语,无论你的方法有多好,有一点是确定无疑的:那就是,你想要表达一个意思,你必须要知道用哪些词语。虽说这个道理极其浅显,人人都懂,但实际上众多英语学习者仍然不免走上一条歧途——老想着速成的方法。其实所有速成的方法只不过是让你在短时间内掌握一些日常用语而已,根本不可能达到你想说什么就说什么的程度。人类的思想极其丰富多彩,而表达这些思想的语言从词汇到句式,其内容又极其浩繁广大。试想:怎么可能在短时间内掌握那么多词语和句式呢?甚至我们的母语,我们也难以做到想说什么就能够说什么。所以静下心来,一个一个地去掌握各种意思的表达词语才是正理。

如果感到进步太慢,应该对自己的学习理念做些调整。学英语的人最初都有两个欲望:这个英语单词是什么意思?这个意思用英语怎么表达?然而在实际学习的过程中,第二个欲望被淡化了,甚至忘却了。从小学到中学、大学,甚至到当老师,我们学习英语的主要精力始终放在第一个欲望上面,也就是看着英语学英语。这只能提高读懂的能力,对于

表达能力的提高却帮助甚微，所学的语言很难成为自己能用的语言。学了很多，到了用的时候，却想不起来，也说不出来——哑巴英语就是这样造成的。

学英语的最终目标只有两个：第一，读懂或听懂他人的语言；第二，用英语表达自己要表达的意思（说出或写出）。读懂和听懂是一个方向的学习，会说与会写是另一个方向的学习。如果我们自始至终坚持着一个方向的学习而进步不大的话，那为什么不转换一个角度试一试呢？笔者提倡先有意念，后有语言的学习理念。就是建议把传统的看着英语学英语做一改变，也就是要加强学习英语的第二个欲望。譬如说，以前想的是：“这句英语是什么意思？”现在想的是：“这个意思用英语怎么说？”说话的欲望领先，这是回归自然的学习法则。例如，一个饥饿的孩子想吃，却不会说话，于是他哭、喊叫、做手势，用各种办法来表示“吃”的意思。如果这时候教他一个“吃”字，他将终生不忘。意念领先的法则就是要学习者先有要说的欲望或意图，再有词汇、句子。本书仅仅是为意念领先英语学习法提供一些素材，具体学习法则、训练体系在笔者《意念英语潜能开发训练程序》中有较完整的表述。

意念领先英语学习法是一项新的研究课题，有着广阔的探讨空间。愿与有兴趣的同仁、学者共同学习研究。

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A

A-A 制付费 make it Dutch\ go Dutch

挨饿受冻 suffer hunger and cold

挨打挨骂 be cursed and beaten\ take beating and scolding

挨批评 be criticized (scolded)\ suffer the criticism

矮子里拔高个 choose a giant from among dwarfs

唉声叹气 sigh in despair\ moan and groan

爱不释手 can't bear to put sth down\ fondle sth admiringly

爱出风头 like to be in the limelight\ like to show off in public

爱发脾气 be short-tempered\ easily get angry (worked up)

爱岗,敬业 be dedicated and committed to one's occupation

爱国侨胞 patriotic overseas Chinese

爱国同胞 patriotic compatriots (fellow-countryman)

爱护公物 care for (protect) public properties

爱莫能助 be willing to help but unable to do so

爱面子 be sensitive about one's reputation (face-saving)

爱挑毛病 be given to nagging criticism\ like to pick holes in

爱听奉承话 be accessible to flattery\ lap up flattery

爱屋及乌 love me, love my dog\ love for a person extends to the crows on his roof

爱心工程 loving care project\ affection-offering project

爱憎分明 know clearly what to love and what to hate

碍口 be too embarrassed to mention

碍手碍脚 be in the way\ be a hindrance
 碍眼 offend one's eye\ be unpleasant to look at
 碍于情面 for fear of hurting one's feelings
 安定国内环境 stabilize domestic environment
 安定团结 political stability and unity
 安分守己 know one's place\ keep one's place
 安家费 allowance for setting up a home in a new place
 安居工程 housing project for low-income families
 安居乐业 live and work in peace and contentment
 安民告示 a notice to reassure the public
 安全保证 assurances of safety
 安全措施 safety precautions\ safety measures
 安全感 sense of security (happiness\ reassurance)
 安全设施 safety devices (equipments\ installations)
 安理会改革运动 Security Council reform campaigning
 安排住宿 arrange lodging for sb\ arrange for one's lodging
 安然无恙 be safe and well\ be in a whole skin
 安身立命 settle down and get on with one's pursuit
 安慰奖 a consolation prize\ the booby prize
 安心工作 keep one's mind on the work\ work contentedly
 安于现状 offer no initiative for change\ rest on one's laurels\
 be content with one's status quo
 按比例发展 develop proportionately (in proportion)
 按兵不动 take no action\ sit and do nothing
 按部就班 follow the prescribed order\ step-by-step
 按既定方针办 comply with the established principles

按揭贷款 mortgage loan

按客观规律办事 follow the practical rules\ act according to actual state\ act in accordance with objective laws

按劳分配原则 principle of distribution according to work

按姓氏笔画为序 in the order of the number of strokes in surnames

按照贡献大小 according to one's contributions

按照国际标准 in accordance with international standards

按照国际通行的商业规则 in accordance with business rules commonly practiced in the world

按照群众意见 in accordance with the opinion of masses

按照实际情况决定工作方针 determine working policies in the light of actual conditions

按照特定要求 in accordance with particular requirements

按照预定计划 according to schedule

按照自己的喜好 on one's own likes and dislikes

按照最新规定 according to the latest regulation

按照自愿原则 on a voluntary basis

按照自己的意愿自主地选择发展道路 select a path for development with the initiative in one's own hands

按字母顺序排列 arrange alphabetically

暗地里搞鬼 play a deep game\ make trouble secretly

暗渡陈仓 do one thing under cover of another

暗箭伤人 stab sb in the back (by underhand means)

暗箭难防 hidden arrows are difficult to guard

暗杀企图 an assassination attempt

暗示 give a hint (suggestion)\ suggest
暗送秋波 make eyes at sb (give sb the glad eye) secretly
暗箱操作 do black case work
暗中操作 pull strings from behind the scenes
暗中监视 spy on\ keep watch on...secretly (in the dark)
昂首挺胸 hold up one's head and throw out one's chest
奥运兴业, 文明兴都 invigorate the economy with the Olympics and
enrich the capital with civilization
熬夜 stay up late (all night)\ keep (sit) up late
傲气十足 be full of arrogance\ be puffed up with pride

B

八九不离十 be close to the mark\ be not far out
八面玲珑 be smooth and slick in social relations
巴结领导 fawn on one's superior\ butter up the leaders
拔尖人才 tiptop (top-notch) talents
拔苗助长 spoil things by excessive enthusiasm
把……当作行动指南 take...as the guide to action
把工作重点转移到经济建设上来 shift the focus of our work
to economic development
把好质量关 guarantee the quality of products
把计划生育与发展经济相结合 integrate the family planning
with economic development
把马克思主义和中国革命实践相结合 integrate the theory of

Marxism with the practice of the Chinese revolution
把农业放在发展国民经济的首位 give top priority to agriculture in national economic development
把任务委托给某人 entrust duty to sb\ entrust sb with task
把社会主义现代化建设放在一切工作的首位 give socialism modernization the highest priority of all our work
把失败归咎于客观 ascribe failure to objective conditions
把市场需求与资源优势结合起来 combine market demands with resources advantages
把问题复杂化 complicate (sophisticate) the issues (matters)
把握大局 grasp the overall situation
把握机会 seize opportunities\ snatch at any chance
把握市场 keep one's hold on the market
把握时代特点 try to understand the characteristics of the times
把握时机和节奏 weigh carefully the timing and the tempo
把握调控力度 maintain appropriate intensity of regulation
把中国建设成富强民主文明的现代化国家 transform China into a strong, prosperous, democratic and culturally advanced modern state
把自己看作是人民的主人，而不是公仆 regard oneself as masters rather than servants of the people
罢免某人官职 remove sb from office\ throw sb overboard
霸道 be overbearing (high-handed\ arbitrary\ bossy)
白费口舌 waste one's breath\ waste one's words
白费力气 beat the air\ fish in the air
白开水 plain boiled water

白日梦 castle in the air\ daydream

白手起家 starting from scratch\ build up from nothing

白纸黑字 in black and white

百般刁难 create (put up) all sorts of obstacles

百般抵赖 try to deny by every means

百废俱兴 all neglected tasks are being undertaken

百花齐放,百家争鸣 letting hundreds of flowers bloom, hundreds of schools of thought contend

百里挑一 one in hundred\one in a million

百年不遇的特大洪水 the severest floods in a century\the huge floods that rarely occur once in every 100 years

百年大计 major project of vital and lasting importance

百思不解 remain perplexed despite much thought

百万爱心行动 One Million People's Love Movement

百依百顺 be docile and obedient

百折不挠 keep on fighting in spite of all setbacks

摆出一副受委屈的样子 put on (assume) an aggrieved look

摆架子 put on airs\ ride the high horse

摆阔气 be ostentatious and parade (display) one's wealth

摆老资格 put on the airs of a veteran\ flaunt one's seniority

摆脱精神枷锁 cast off the mental shackles

摆脱困境 get out of the embarrassment (predicament)

摆脱贫困 cast off (shake off) poverty

摆脱约束 release from the restraints\ cast off the trammels

摆样子 make (do) sth for show

摆在我们面前的中心任务 central task confronting us

败坏名誉 discredit (disgrace) sb\ damage reputation
败坏社会风气 corrupt (ruin) social values
拜某人为师 take (acknowledge) sb as one's master
拜年 pay a New Year call
班门弄斧 display one's slight skill before an expert\ teach your grandmother to suck eggs\ teach fish to swim
颁布法律法规 enact (issue) laws and regulations
颁发奖章 award (bestow\ confer) a medal
搬弄是非 sow discord\ make mischief
搬起石头砸自己的脚 lift a rock to drop it on one's own feet
板着脸 put on a stern expression\ keep a straight face
版权侵权 copyright infringement
版权所有 all rights reserved
办公 handle official business
办公时间 office hours\ work hours
办公自动化系统 office automation systems (OAS)
办理登记 check in \ book in
办理手续 go through the procedure (formalities)
办事高明 play one's cards well
办事公道 be impartial (fair and just) in handling affairs
办事管理人员 clerical and managerial office workers
办事果断 handle affairs in a decisive manner
办事牢靠 be dependable (reliable) in handling matters
办事拖拉,不讲效率 be dilatory and inefficient
办学方针 guiding principles for running schools
办针对性短期培训班 run short-term training classes with aims

半成品 semi-manufactured goods\ semi-finished products
半封建,半殖民地社会 semi-feudal, semi-colonial society
半价销售 sell at half price
半开玩笑 say sth half jokingly
半路出家 switch to a job one was not trained for
半途而废 give up halfway\ leave sth unfinished
扮演双重角色 play the dual roles
绊脚石 stumbling block\ ball and chain\ obstacles
帮传带 help, guide and pass on experience to the young
帮倒忙 try to help but cause more trouble\ help sb by rocking the boat\ be more of a hindrance than a help
帮凶 accessory\ accomplice
帮助尽可能多的下岗失业人员实现再就业 assist as many laid-off and jobless people as possible in finding new jobs
帮助困难学生 assist students with financial hardships
帮助再就业 help to find reemployment
帮助灾民恢复生产 assist the victims to resume their production
傍大款 lean on a moneybags\ find a sugar daddy
包办婚姻 arranged and coerced (forced) marriage
包办代替 do things all by oneself without consulting others
包藏祸心 harbor evil intentions
包机 charter flight\ a chartered plane
包罗万象 covering all the issues\ be all-inclusive
包庇坏人坏事 screen (harbor) wrongdoers (evildoers) and cover up their evil deeds
包产到户 fix farm output quotas for each household

包产指标 targets stated in a contract for fixed output
包工 contract for some work (a project)
包容 inclusiveness\ be inclusive (tolerant)
包销 have exclusive selling rights\ be the sole agent for...
包扎伤口 bind up the wounds
包治百病 guarantee to cure all diseases
饱尝艰辛 taste to the full the hardship and bitterness of life
饱汉不知饿汉饥 the well-fed don't know what hunger is
饱经风霜 experience the hardship of life\ weather-beaten
饱食终日 eat three square meals a day and do nothing
饱眼福 feast one's eyes on sth\ enjoy to the full watching
宝贵意见 valuable suggestions
保安人员 security personnel\ security men
保持长期稳定和谐的社会环境 safeguard a long-term, stable and harmonious social climate
保持沉默 button up one's mouth\ keep silence
保持党员先进性教育 the education to maintain the advanced nature of Party members
保持道德操守清廉 maintain integrity and ethical bearings
保持国民经济发展的良好势头 maintain a good momentum of growth in the national economy
保持国民经济稳定持续快速健康发展 maintain a steady, sustained, healthy and fast development of the national economy
保持汇率稳定 maintain a stable exchange rate
保持积极心态 maintain a positive mental attitude
保持艰苦奋斗作风 preserve the style of plain living and hard

struggle

保持经济增长 sustain growing economy

保持竞争优势 retain one's competitive edge

保持警惕 be on guard against\ keep alert to\ watch out for

保持冷静 stay calm (cool)\ keep a cool (clear) head

保持上升趋势 keep an upward tendency

保持社会稳定 maintain social stability

保持适当的发展速度 maintain a proper rate of growth

保持同……的血肉联系 keep the flesh-and-blood ties with

保持完好 keep intact\ keep...in perfect condition

保持晚节 maintain (preserve) one's late integrity

保持先进性和纯洁性 keep up the advanced nature and purity

保持消费与发展的平衡 maintain a balance between

consumption and development

保持下降的趋势 keep a declining trend (downward tendency)

保持中立 maintain neutrality\ remain neutral

保持主动地位 maintain (keep) the initiative

保持尊严 stand upon one's dignity\ maintain self respect

保存实力 preserve one's strength\ conserve one's forces

保护措施 safeguard measures

保护妇女和未成年人合法权益 protect the legitimate rights

and interests of women and minors

保护历史文化遗址 protect historical and cultural sites

保护全球气候 protect the global climate

保护人民利益 safeguard the people's interests

保护人权 protect human rights

保护私有财产 protect private property
保护投资者利益 protect interests of investors
保护威信 preserve one's own prestige
保护现场 keep intact the scene of a crime
保护正常宗教活动 safeguard normal religious activities
保护资源再生能力 protect the regenerative capacity of resources
保护作恶者受到惩处 protect perpetrators from justice
保留索赔权利 reserve the right to lodge a claim for loss
保留学籍 keep (reserve) one's name on the books
保守秘密 button up one's lip\ keep a secret
保守思想 conservative ideas
保卫边疆 defend the frontiers
保卫国家主权、统一、领土完整和安全 safeguard (defend)
state sovereignty, unity, territorial integrity and security
保险公司 insurance agent (agency\ company)
保障措施 guarantee (safeguard) measures
保障公民的民主权利 guarantee citizens' democratic rights
保障社会稳定与安全 ensure social stability and security
保障合法权益 guarantee the legal rights and interests
保障基本人权 guarantee basic (fundamental) human rights
保障老年人的经济供养和医疗保健 ensure the access to the
economic supply and medical care for the aged
保障现代化建设事业的顺利进行 guarantee the smooth prog-
ress of the modernization drive
保证党的绝对领导 ensure absolute leadership of the Party
保证金 caution money\ deposit