

新托福听力常用惯用语

巨辉英语中心

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内 容 简 介

托福听力英语就是现代口语化美国英语, 其中含有大量惯用语。本书收录了 1000 个托福考试中经常出现的惯用语, 每条惯用语下附有英汉双解释义、例句及中译文, 帮助托福考生在多听的基础上加深理解, 加快学习进度, 并可以举一反三, 提高听力和理解能力, 获取托福考试高分。

本书配有录音带 4 盒。

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为什么你需要看这本书？

训练托福听力的首要任务就是“多听”。因为托福听力英语就是现代的口语化美语，是截然不同于一一般的写作英文甚至正统的英文文学。

中国学生在中学六年与大学四年里学了这么久的英文，在一般的读写方面还能差强人意，可是就是不会听。理由就是因为听力训练太少。如果和接触本国语（母语）的时间相比，这个理由就更为明显了。本国语是在机会非常充分的状态下学习的，例如和别人谈话、看电视、听收音机，都是在练习，而听英语节目或与美国人讲英语的机会就太少了。只有使听的机会尽可能地增加，才有可能达到学习的效果。

训练托福听力的另一主要任务就是“理解”，因为只有理解才能使你的学习速度比较快，甚至于可以举一反三。例如，在航空公司可能听到这样一个问话：“Round trip?”或是在钟表店听到这么一句：“My watch keeps gaining time”。只要听力有些基础的同学都能知道是由什么单词组合成的句子，然而句义究竟是什么可就不太敢遽下断语了。若是在平时学习，还可向人请教，但遇到考试就必须懂才行，即使听到的句子并非恰好是学习过的，但只要曾理解过类似的惯用语，那么在应用的时候，再配合上下文，对于所听到的句子也就自然能了然于胸而应付自如了。

你应该如何使用这本书?

本书的编著即是针对“多听”与“理解”的需要而设计的。全书收集了 1000 个托福听力范围内常考的或是相关的惯用语,并将这些惯用语及所附例句以标准的美式发音录成四盒录音带。

必须配合录音带练习才有实际而惊人的效果

同学们在练习时需要注意方法:

- 第一步:每盒录音带中共划分为 250 个左右单元,每一单元即为一个惯用语的量。同学们应先用录音机放出数个单元来听。此时不宜先看书中内容。
- 第二步:将所听到的惯用语及所附例句用笔书写出来。此时仍旧不宜先看书。
- 第三步:将所写下的惯用语及例句与书上的说明相核对,同时判别正误并记载错漏之处,以为复习时改进。接着进行其它单元。

在进行练习步骤时,同学们可能会疑惑:“如果都听不懂,又怎么写呢?能不能先看书?”对这个问题最明快的答复是“不可以”。因为本书与录音带是设计成帮助同学们练习的,为求达到最大的进步效果,同学们必须先知道自己听不懂或是听错的地方(弱点),然后再查阅书上的说明才能收举一反三的效果。所以,即使是听不懂某些单词或短语(不可能全句都听不懂)也只能反复多听几遍,然后尽量将听懂的部分标记出来才可。这个要点须特别注意。虽然这种练习方法可能较辛苦,但是同学们务须持之以恒,才能获得实际且惊异的进步!

巨辉希望能以这套书与录音带帮助大家高分通过托福!

发行人谨识于台北

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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; 天真幼稚的人

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

你不能把这么重要的工作托付给他去做。他只是个涉世未深的孩子而已。

a big shot

an important or influential person 要人; 具有影响力的人; 大人物; 大亨

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

Andy 的父亲一定是要人! 他被邀请到白宫晚餐哩。

a bit (of)

to some degree; rather 有点; 些许

I'm a bit tired.

我有点累了。

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

我怕你的朋友有点像小偷(有些小偷的行径)。

a blind alley **alley** ['æli]

an activity, situation, etc., that does not lead to any success or advantage 前途暗淡; 前途不乐观; 死胡同

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

我看 Ralph 该换个职业。他目前的工作前途并不乐观。

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

警方的侦查让他们走上了死胡同,前途暗淡。

above all

most important of all; especially 尤其重要的是;特别地

“What's your impression of Frank?”

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

“你对 Frank 的印象如何?”

“他很可靠,也实际,尤其重要的是,工作非常勤奋。”

a breath of fresh air

someone or something different and fresh that makes people feel happier 一股清风,令人愉快;使人耳目一新的人

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

当Nora 和 Emily 搬进来的时候,他们正似一股清风,令人为之心神一爽,我们很快就成了好朋友。

a bunch of bunch [ˈbʌntʃ]

a group of 一群;许多;一伙

There is a nice bunch of girls.

那儿有一群不错的女孩子。

I have a bunch of friends.

我有一伙朋友。

according to

as stated or shown by 根据; 依照

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

依照 John 的说法, 世上没有比瑞士奶酪更好的奶酪了。

According to the papers, our exports increase every year.

据报纸所载, 我们的出口额每年都在增加。

Achilles' heel

a weak point in something that is otherwise without fault, e. g. in a person's character 个性上的瑕疵; 惟一致命的弱点

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

他个性上的瑕疵就是他的骄傲。如果有人批评他的工作, 他就会生气。

a couple of couple [ˈkʌpl]

a few; several 几个; 数个

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

我先喝上几杯酒, 然后就回家。

I have a couple of things to do.

我有几件事要办。

across the board board [bɔ:rd]

from or to everyone or everywhere equally 人人有份; 全面的

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

他们要求每个人加薪 5%。

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

举止适合身份、年龄；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.

听到这个消息，Fanny 突然大哭起来。她丈夫告诉她不要哭，要注意身份。

add fuel to (fan) the flames/fire **fuel** [ˈfjuəl]

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

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

当她担心起来的时候，什么事也帮不了她。鼓励她的话也不过徒然是火上浇油而已。

add insult to injury **insult** [ˈɪnsʌlt] **injury** [ˈɪndʒəri]

cause offence to someone after one has already caused harm to him in some other way 伤害别人之后再加以侮辱

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!

你怎么可以在害她等了这么久、心都碎了的时候，又用这么粗鲁的态度来对她呢！你真是伤了人还要再欺侮人！

after all

when all things are considered 毕竟

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

你不必因为没有帮助他而觉得内疚，毕竟以前你也帮过他许多

次了。

after/when all is said and done

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

整个考虑过后；深思熟虑之后

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 一家固然是可以找银行借钱还债, 不过就整个状况考虑, 他们情况还是很糟!

against (all) the odds odds [ˈɑdz]

in spite of the difficulties that would usually make something impossible 尽管形势不利

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

虽然有种种不利的情况, 我还是在截止日期前完成了期末报告。

a great/good deal (of)

much 许多; 大量; 非常

I had a great deal of support from John.

我从 John 那儿得到许多支持。

He runs a good deal faster than I.

他比我跑得快多了。

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

互不相让之余,同意不再争论,仍各报原意;同意保留不同意见

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 在政治方面总是意见不同,我们试图使他们答应各执原意,不再争论,以消弭长期的争论不休。

ahead of

in advance 预先;在…之前

above 超过

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

哥伦布相信地球是圆的,他这种信念走在了时代的前面。

Output is ahead of estimates.

产量超出了原先的估计。

airs and graces

proud behavior, esp. in order to impress other people 盛气凌人

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

Anna 因为她盛气凌人的态度,已经失去了许多朋友。

a knight in shining armor **knight** [naɪt] **armor** [ˈɑrmə]

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

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

在她不成功的婚姻终告结束之后, Henry 就像一位救星似地走

进了她的生活之中。

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

very or exactly alike 一模一样

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 两人真像,你简直分不出哪个是哥哥,哪个是弟弟,他们真的就是一模一样。

all along

all the time 一直;自始至终

I knew the truth all along.

我打从头就知道实情了。

all and sundry sundry [ˈsʌndri]

every person without exception; anyone and everyone 每个人; 大众; 所有的人; 全部

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

他不喜欢在报纸上公开他的私生活,使尽人皆知。

all ears

keen to listen to what is about to be said 侧耳倾听; 竖耳倾听

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

当Henry 说他有令人兴奋的消息时,我们都竖起耳朵倾听。

all eyes

watching keenly and attentively 目不转睛地注视

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

当老师在黑板上写下答案时,我们全都目不转睛地看着。

all in all

when everything is considered 整体地衡量得失之后;整体而言

the thing or person of greatest importance or value (to someone) 对某人而言,最重要的人或物

All in all, that was a pretty successful party.

整体而言,那还算是相当成功的舞会。

His wife is all in all to him.

对他而言,他太太就是最要紧的人。

all over the place

everywhere 到处

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.

我一直到处在找,想买双新鞋,可是就是找不着一双我喜欢的。

all/other things being equal equal { 'ikwəl }

if all other facts, having been taken into consideration, make no difference 在其他事项都没有特殊差别的时候

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

别的有关事项都没有什么太大差别的时候,我当然要选择薪水给得较多的工作。

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.

当我数这些书的时候,我发现精装的与平装的全算上,架子上共有 50 本书。

all well and good

fine; quite acceptable (often used when one has a reason for finding the thing mentioned unsatisfactory) 也不错;还好
My grandmother says that washing machines are all well and good, but she prefers to wash by hand.

我祖母说洗衣机固然也不错,可是她还是宁可用手洗。

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.

我是比较喜欢你来到我们这逗留几天,但是,如果你只能来吃顿晚餐,也可以啦!

along with

together with 一道;一起

There was a bill along with the package.

跟包裹一道来的,还有一张账单。

answer a/the call of nature

to go to the toilet 上厕所

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

很抱歉,我离开一下,我们走以前要先上一次洗手间。

any minute

very soon 马上;很快(形容时间很紧迫)

My teammates will be here any minute, so I must hurry.

我的队友马上就要来了,所以我得赶快才行。

argue the toss **toss** [tɒs]

to oppose or argue with a decision that has already been taken and that cannot be changed 反对或抗议一些已经无法挽回的决定

There's nothing to be gained by arguing the toss. You'll just have to accept that the job's been given to someone else.

既然决定已是如此,争之无益。你还是好好接受事实,差事是鉴定给别人了!

as a result (of)

because (of); therefore 因为…;因此

He was late as a result of the snow.

他因为大雪之故而迟到了。

He lost his sight as a result of trauma in a terrible accident.

他因为在一次严重的车祸里受伤而失明了。

as good as

almost (the same thing as) 差不多;几乎就是

He as good as refused.

他几乎是拒绝了。

I can repair it, and make it as good as new.

我可以把它修好,而且弄得跟新的一样。

a shoulder to cry on **shoulder** [ˈʃəldr]

a person who offers kindness and sincere sympathy in times of trouble 患难时可依靠的有同情心的人

sympathy or kindness offered in times of trouble

患难时及时施予的同情或安慰

Bob is a real pal; he's really a shoulder to cry on.

Bob 真是个够朋友的人,是个在患难时可依靠的人。

Whenever Jane has any trouble, she returns home, knowing that her mother will always provide a shoulder to cry on.

只要 Jane 一有麻烦,她总是回家去,因为她知道她的母亲总是会给予她安慰的。

as if (= as though)

as it would be if

好像;就像;似乎(语气不十分肯定,是一种推论)

有时当作连接词 *that* 用,连接从句

It was as if we were on the sun.

热得就像我们在太阳上一样。

Why didn't he buy me a drink? It wasn't as if he had no money.

他为什么不买杯酒请我喝?他又不是没有钱。

ask for it

to behave in a way that causes trouble, anger, etc., that causes another person to be violent 自找麻烦;自找的

You're really asking for it if you come to school so late when the teacher has already warned you not to.

你真的是自找苦头!老师已经警告你不能再迟到了,你还是这么晚来!

as/so long as

if; on condition that 只要;假如

We're planning on spending the weekend in the country as long as

the weather stays nice.

只要天气保持良好,我们计划在乡间度周末。

as well (= as well...as)

in addition; also; too 也;同样的

I'm going to London and my sister's coming as well.

我要去伦敦,我妹妹也要去。

You might as well throw your money away as lend it to him.

你把钱借给他,不啻把钱丢弃。

at loose ends

having nothing to do 没事可做

Can I help you? I'm at loose ends this morning.

我能给你帮忙吗?今天早上我没事。

at it

doing something that the speaker disapproves of, esp. something one has done before 明知故犯

"Eric is late again. It's 8:45, and he's still not here."

"So he's at it again, isn't he? I'm afraid he won't be able to keep the job for long."

"Eric 又迟到了。现在已经 8 点 45 分了,他还没有到这儿呢!"

"所以他又明知故犯了,对不对?我看他的这份工作是保不了多久了。"

at someone's request

because someone asked 依...所请(请求);在...的要求下

I bought the book at your request.

我是因你的要求,才买的这本书。