

外教社

英汉 常用习语词典

An English-Chinese Dictionary of
Common Idiomatic Expressions



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前 言

要掌握英语自然会想到背单词、学语法,然而,习语也是英语学习中不可忽略的一个重要内容。这是因为在英语中,习语的使用非常广泛,如果不掌握一定量的习语,即使掌握的单词量再大,也不足以正确理解文章的含义,不足以在写作、翻译和口语中确切表达所要表达的意思,往往会词不达意,用词不够贴切或不够简洁。因此,要学好英语,除了要掌握大量的单词和扎实的语法知识外,习语的学习和积累同样重要,不可或缺。

针对广大学生在英语学习中重单词、语法,轻习语、搭配的现象,我们编写了《英汉常用习语词典》,旨在帮助学生积累大量的英语习语,从而真正提高阅读理解能力,提高写作和翻译能力及口语表达能力。在编写过程中,我们参阅了国内外出版的许多权威词典以及目前中学、大学使用的英语教科书,从中精选最常用的习语和短语,提高了本词典的全面性、实用性和可靠性。

本词典共收习语 4,400 余条,内容丰富,释义精确,例证实用,贴近生活,可记性强,易于应用,不仅适合大、中学生学习的需要,而且也是其他中等英语水平以上学生的良师益友。读者既可以在阅读中查阅学习,也可以利用零星时间翻阅。只要持之以恒,习语的知识就会日积月累,英语水平自然会提升一个台阶。

借此机会,感谢上海外语教育出版社辞书事业部主任张春明先生对本词典编撰工作的关心和指导,感谢陈飘平先生在编辑工作中的认真仔细、高度负责的编辑工作。

编者水平有限,本词典中不妥之处,诚望读者及同行不吝指正。

编 者

2009 年 3 月

于华东师范大学

使用说明

1. 习语、短语条目按字母顺序排列,以 be 起始的习语将 be 置于词条末尾,如 be about to 处理为: about to, be。空格和标点不参与排序。

2. 如两个习语、短语意思相同,则以其中一习语、短语立条,另一习语、短语以“同…”的形式设参见,如:

black in the face (因情绪激动或用力)脸色发青,怒容满面
blue in the face 同 black in the face

3. 习语、短语条目中的斜线号“/”表示替换词,如:

bank on /upon(既可用 bank on 也可用 bank upon)

4. 习语、短语条目中圆括号里的词表示:

① 该词可用可不用,不改变该习语的意义,如:

make (both) ends meet(既可用 make ends meet, 也可用 make both ends meet)

② 表示该习语、短语可单独使用,也可和括号里的词一起构成习语、短语,并在后面接其他成分,如:

back out (of): 食言,收回(允诺等)

He agreed to help us but *backed out* at the last moment. 他本来答应帮助我们,可在最后一刻却变卦了。|She *backed out of* her engagement. 她取消了她的婚约。

5. 方括号用于括注该习语、短语的用法、比较或衍生信息,如:

a little 1. 少量,一点[修饰不可数名词] 2. 少许,一点儿[修饰动词、形容词、副词等]

in good health 身体好[反义: in poor health]

make fun of 嘲笑,取笑,捉弄[同义: poke fun at]

6. 尖括号用于括注文体标注,如:

a bit (of) <非正式>有点,稍微

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a A a

abandon oneself to 纵情于, 沉湎于

She **abandoned herself to** grief. 她沉浸在悲伤之中。| He **abandoned himself to** a life of pleasure. 他沉湎于享乐的生活。

abide by 信守, 遵守

If you make a promise, **abide by** it. 许下的诺言一定要信守。| The contestants promised to **abide by** the rules of the contest. 参赛者承诺遵守竞赛规则。

a bit (of) <非正式> 有点, 稍微[a bit 修饰形容词或副词, 修饰名词用 a bit of]

I'm **a bit** tired; I think I'll go home. 我有点累, 我想回家了。| The film was **a bit of** disappointment. 那部影片有点令人失望。| I think he is **a bit of** a bighead. 我认为他有点自高自大。

abound in 富于, 有很多

The lake **abounds in** fish and shrimp. 这湖里有很多鱼虾。| The English language **abounds in** proverbs. 英语里谚语很丰富。

about to. be 即将, 正要, 打算[后接动词原形]

When you called, I **was about to** leave. 你打电话的时候, 我正要离开。| I **was about to** get undressed and go to bed when there was a knock on the door. 我刚要脱衣服睡觉, 这时有人敲门。

above all 最重要的是, 尤其[比较: in the first place]

We must work, and **above all**, we must believe in ourselves. 我们必须工作, 而最重要的是, 我们必须相信自己。| We must **above all** pay attention to the problem of unemployment. 我们必须首先对失业问题加以关注。

above (the) average 在平均水平以上

His work at school is **above (the) average**. 他在学校的学习成绩处在平均水平以上。| The amount of rain this month was **above (the) average**. 这个月的降雨量超过平均水平。

above measure 同 beyond measure

above price 极贵重的, 无价的, 千金难买的

We all agree that good health is **above price**. 我们都认为健康是无价之宝。

above reproach 无可指责的,完美无缺的

The speech was **above reproach** and received bursts of applause. 这场演讲精彩绝伦,引来阵阵掌声。| His reputation and character are **above reproach**. 他的声望和品格完美无缺。

above sb's reach 同 beyond sb's reach

above suspicion 不容怀疑的

His conduct has always been **above suspicion**. 他的行为一直是无可置疑的。

absent from, be 缺席,不在

Why is your name **absent from** this list? 你的姓名为什么不在这份名单上? | I **was absent from** school only once last semester. 上学期我只缺课一次。

absorbed in, be 全神贯注于,专心于[同义: be engrossed in]

He **was totally absorbed in** his book. 他全神贯注在看书。

abstain from 1. 戒除,回避 2. 弃权,不投票

You should **abstain from** smoking for the sake of your health. 为健康起见你应该戒烟。| Some neutral countries **abstained from** voting. 一些中立国家放弃了投票权。

according to 根据,按照,依照

We must live **according to** our income. 我们必须量入为出。| **According to** the Bible, the world was created in seven days. 根据《圣经》所述,世界是在七天之内创造出来的。| He will be punished **according to** the seriousness of his crime. 他将按他罪行的严重性受到惩罚。

according to one's lights 尽某人所能,按某人自己的见解

He worked **according to his lights**. 他尽自己所能工作。

accord with 与...一致,与...相符合

His behavior doesn't **accord with** his principles. 他的行为与他的原则不相符。| His story does not **accord with** the witnesses' statements. 他的说法与目击者的陈述不一致。

account for 1. 解释,说明...的原因 2. (数量、比例上)占

How did John **account for** being late today? 约翰对他今天的迟到是如何解释的? | How do you **account for** the sudden disappearance of all the money? 这么多钱突然不见了,你对此作何解释? | Students **accounts for** the vast majority of our customers. 我们的顾客当中,学生占绝大多数。

accuse ... of 指控,告发[用法: accuse sb of sth]

The police **accused** him of taking bribes. 警方指控他受贿。| Robert **was accused of** carrying a deadly weapon with intent to endanger life. 罗伯特被指控携带致命武器有危害他人生命的意图。
accustomed to. be 习惯于[后接名词、代词或动名词]

She **was accustomed to** a life of comfort. 她习惯于舒适的生活。| Americans **are accustomed to** drinking coffee with their breakfast. 美国人习惯于早餐时喝咖啡。| He lives on a farm, so he **is accustomed to** getting up very early. 他生活在农场, 因而习惯了早起。

acknowledge ... to be as 认为...是, 承认...为

He **was acknowledged as** their leader. 他被看做是他们的头儿。
a couple of 两个; 几个, 一些 [在英国英语中往往指“两个”, 在美国英语中可指“两个”, 也可指“几个, 一些”]

I have **a couple of** things to discuss with you. 我有些事要和你商讨。
acquainted with. be 知道, 熟悉, 认识

Are you acquainted with the works of Beethoven? 你熟悉贝多芬的作品吗?

acquaint ... with 使...熟悉

You must **acquaint** yourself **with** your new duties. 你必须熟悉你的新职责。| You should **acquaint** yourself **with** the rules of the game. 你应该熟悉比赛规则。

act as 充当, 担任

Many students **acted as** guides and interpreters during their vacation. 许多学生在假期里担任导游和翻译。

act for 代理, 代表

A solicitor **acts for** his clients. 律师代表他的当事人。| He is temporarily **acting for** me during my absence. 我不在时他临时代理我的职务。

act on upon 1. 按...行事 2. 对...起作用

I gave him some advice on the matter, but he didn't **act on** it. 就那件事我给他出了点主意, 可他没听我的。| **Acting on** impulse can give rise to a lot of trouble. 凭冲动行事有时会引起很多麻烦。| The acid **acts on** the metal and a gas is given off. 酸对金属发生作用, 散发出一种气体。

act one's age 举止与年龄相称, 表现成熟

Stop sticking your tongue out at that man. Why don't you **act your age**? 别再对那个男人吐舌头了, 你举止不能成熟些吗?

act out 1. 用表情、动作、谈话描绘出 2. 付诸实施, 实践

He tried to **act out** a story that he had read. 他设法绘声绘色地讲述

他读过的那个故事。| Please **act out** your dreams immediately. 请马上行动起来,去实现你的梦想。

act up 1. 举止不良,行为无礼 2. 出毛病,运转不好 3. 不守规矩,不乖

The boy often **acts up** with his mother when she keeps him from smoking. 遇到他妈妈禁止他吸烟时,那个男孩经常对妈妈粗暴无礼。| My car **has been acting up** all week. 我的汽车这个星期一直出问题。| If you **act up** one more time, you shall not go out and play for the rest of the week. 如果你再次捣蛋的话,这个星期就不许你出去玩了。

act up to 履行,实行(诺言、原则等)

If you **act up to** your promise, we'll resume cooperating with you. 如果你履行诺言的话,我们将与你继续合作。

adapt ... for 把...改编(改写)成,把...改作(它用)

This book is **adapted for** beginners. 这本书被改写以适合初学者使用。| We can **adapt** the barn **for** use as a garage. 我们可以把这谷仓改作车库用。

adapt ... to 使...适应

When you go to a new country, you must **adapt** (yourself) **to** new customs. 每到一个新的国家,都要使自己适应新的风俗习惯。| The manufacturers tried to **adapt** their products **to** the needs of their consumers. 制造商尽力使他们的产品适应消费者的需求。

add fuel to the fire / flames 火上浇油

Explaining to her now only **adds fuel to the fire**. She is already angry with you. 现在向她解释只是火上加油,她已经生你的气了。

addicted to, be 对...有瘾,对...上瘾

He **was addicted to** drugs and had to go to a special clinic for treatment. 他吸毒上了瘾,只好去特别诊所治疗。| My children **are addicted to** video games. 我的孩子们玩电脑游戏上了瘾。

add ... in 包括,加入,插入

When you calculate the problem, the errors should **be added in**. 当你计算这道题时,应该把误差加进去。

add insult to injury 1. 伤害之外又加以侮辱,在伤口上撒盐 2. 更糟糕的是

Paul **added insult to injury** when he said Mary was fat. Earlier, he said she had ugly hair. 保罗说玛丽体胖无疑是错上加错。此前他就说过她的头发难看。

add on 加上,添上

Add the other items **on** at the bottom of the page. 把另外几项加到

这一页的末尾处。

add to 增添, 增加

This **adds to** our difficulties. 这增加了我们的困难。| Vague explanations of her illness only **added to** her fear and anxiety. 对她的病情含糊其辞越发加重了她的恐惧和焦虑。| The balloons **added to** the festive atmosphere. 气球增加了节日气氛。

add up 求和, 把…加起来

Let's **add up** the cost of all our purchases. 我们把购物的花销加在一起吧。

add up to 1. 总计达 2. 〈非正式〉含义是, 表示

His debts in a year **added up to** \$4,000. 他一年的债务合计达4 000美元。| The store manager complained that shop-lifting could **add up to** 5% of the sales. 商店经理抱怨说商店里的偷窃可达销售额的5%。| Your long answer just **adds up to** a refusal. 你长篇大论的回答无非表示你拒绝而已。

add wings (to) 同 **lend wings (to)**

adequate for, be 充足的, 足够的

He doesn't earn a large salary, but it **is adequate for** his needs. 虽然他工资挣得不多, 但还是够用的。

adhere to 1. 黏附在 2. 坚持, 固守(意见、信仰等)

She found it hard to remove the dirt **adhering to** the kitchen floor. 她发现黏附在厨房地面上的污垢很难除去。| They failed to **adhere to** (the terms of) the contract. 他们未能遵守合同(的条款)。| She **adheres to** her ideas even when they are proved wrong. 即使她的看法被证明是错误时, 她也会坚持。

adjust (...) to 调整, 调节, 使适合…之用, (使)适应于

These desks can **be adjusted to** the height of any child. 这些书桌可以调节以供不同身高的孩子使用。| He **adjusted** (himself) very quickly **to** the life style in the United States. 他很快(使自己)适应了美国的生活方式。| He has found it difficult to **adjust to** retirement. 他发现难以适应退休生活。

admire ... for 赞赏, 羡慕

I **admire her for** her bravery and learning. 我钦佩她的胆量与学识。

admit of 容许, 有…的余地

His problem did not really **admit of** any solution. 他的困难没有真正的解决办法。| These facts **admit of** no contradiction. 这些事实不容反驳。| The new electrical appliance **admits of** improvement. 这种新电器还可以改进。

admit to 1. 承认[to为介词, 后接名词或动名词] 2. 允许进入,

使进入

He **admitted to** taking these goods without paying for them. 他承认未付款就取走这些货物。| This ticket will **admit you to** football field. 凭此券进入足球场。

a few 少数, 几个, 一些[修饰可数名词复数]

We don't need to go shopping. There are **a few** eggs in the fridge. 我们不用去买东西, 冰箱里有几个蛋。

afraid of, be 害怕

The little girl **is afraid of** dogs. 那个小女孩怕狗。| When Jane was a small girl, she **was afraid of** the dark. 当简还是个小女孩的时候, 她怕黑。| Many people **are afraid of** investing in stocks and shares. 许多人害怕投资股市。

afraid of one's shadow, be 怕自己的影子, 非常胆小

She **is afraid of her own shadow**. 她胆子小得要命。

after a fashion 差强人意地, 不大好

He speaks English **after a fashion**, but his sister speaks it much better. 他英语说得不怎么好, 可他妹妹说得要好得多。| He plays the violin **after a fashion**. 他小提琴拉得不怎么样。

after all 毕竟, 终究

He failed **after all**, in spite of all that had been done. 尽管尽了很大努力, 他毕竟还是失败了。| Joe shouldn't be punished for breaking that vase. **After all**, he's only five years old. 不应当因打碎花瓶而惩罚乔, 他毕竟只有五岁。

after all is said and done 一切结束后, 事过境迁之后

I was worried that the wedding was going to be in chaos. But **after all was said and done**, everything turned out perfectly. 我当时非常担心婚礼会搞得一团糟。结果发现一切还做得挺完美的。

after dark 天黑之后

Her parents do not allow her to go out **after dark**. 她父母亲不准她天黑之后出去。

after hours 规定服务时间以外, 下班以后

For emergency cases, doctors can be reached **after hours**. 如有急病, 下班后也能找到医生。| I often play tennis **after hours**. 我业余时间经常打网球。

after one's own heart 合乎自己心意的

This is a walkman **after his own heart**. 这个随身听蛮合他心意的。| They managed to purchase a house **after their own hearts**. 他们终于买到了自己中意的房子。

again and again 反复, 再三

No one can avoid mistakes, but it's inexcusable to make the same mistake **again and again**. 没有人不犯错误,但同样的错一犯再犯就不可原谅了。

against a rainy day 未雨绸缪,以备不时之用

We must set aside some money every month **against a rainy day**. 我们必须每月存点钱以备急用。

against one's will / wish 违心地,不情愿地

He said he had signed the agreement **against his will**. 他说他当时违心地在协议上签了字。

against the clock / time 抢时间地,以最快的速度,争分夺秒地

I'll have to work **against the clock** to finish the task before the schedule. 我得抓紧时间,赶在规定日期之前完成任务。| They worked **against time** to get the bridge repaired. 他们以最快的速度把桥梁抢修好。| The rescue team raced **against time** to save the people trapped in the rubble. 救援小组争分夺秒地营救压在瓦砾下的人们。

a good / great deal of 许多,大量[修饰不可数名词,作状语时用 a good/great deal]

I'm afraid I've given you **a good deal of** trouble. 恐怕我给你添了许多麻烦。| There's **a great deal of** hard work still to do. 还有许多艰苦的工作要做。| He used to talk **a good deal** about his childhood abroad. 他过去常大谈自己小时候在国外的经历。| It costs **a great deal** to live in a big city. 住在大城市花销很大。

a good / great many 很多[修饰可数名词复数]

I have **a good many** things to do today. 今天我有很多事要做。

agree on / upon 就...取得一致意见

The two sides finally **agreed on** a cease-fire. 双方最终达成停火协议。

agree to 同意,接受(想法、计划等)

I fully **agree to** the plan you put forward at the meeting. 我完全赞成你在会上提出的计划。| The bank **has agreed to** a loan so I can buy a house. 银行已同意贷款,这样我可以买房子了。

agree with 1. 同意,赞成(某人或某人的意见) 2. (气候、食物等)适合,适宜 3. 相符,相一致

I can't **agree with** you on this matter. 在这件事上我不能同意你的意见。| I **agree with** you about his lack of confidence. 你认为他缺乏自信,这我同意。| The damp climate doesn't **agree with** me. 潮湿的气候对我不适宜。| Rich food doesn't **agree with** him. 他不宜吃油腻的食物。| Your story **agrees with** what I have heard. 你的说法跟我已经听到的完全一致。| Your figures don't **agree with** mine. 你的

数字和我的不符。

a handful of 一小撮,少数

Only *a handful of* people came to the meeting. 只有少数人到会。

ahead of 在…前面,超过

Mr. Li was a quick walker, so he soon got *ahead of* the others. 李先生步速很快,一会儿就走到别人前面去了。

ahead of schedule / time 提前

The whole work was completed 20 days *ahead of schedule*. 全部工作提前 20 天完成了。

ahead of the game 提前

With your help, we can finish the work *ahead of the game*. 有了你的帮助,我们就可提前把工作做完。

aim at 1. 瞄准 2. 以…为目的或目标

He *aimed at* the boar and fired, but missed it. 他瞄准野猪开了枪,但没击中。| The visit *is aimed at* promoting the friendship between the two countries. 出访的目的在于促进两国之间的友谊。| This promotion *is aimed at* people in the 40~50 age bracket. 这次晋升针对 40 岁到 50 岁这一年龄档的人。| The government launched a five-year plan *aimed at* diversifying the economy. 政府发起一项五年计划旨在使经济多样化。

air one's dirty laundry in public 家丑外扬

Jane is always telling everyone about her problems with her husband. She should never *air her dirty laundry in public*. 简逢人便大讲她跟老公的问题,她不该家丑外扬。

a kind of 有点儿,有几分[同义: a sort of]

He had *a kind of* feeling that they would have the misfortune. 他似乎有些感觉到了他们将遭此厄运。| *A kind of* coughing noise could be heard in the next room. 可以听到在隔壁房间有一种类似咳嗽的噪声。

a little 1. 少量,一点[修饰不可数名词] 2. 少许,一点儿[修饰动词、形容词、副词等]

Would you like *a little* whisky? 你要喝点威士忌酒吗? | I'm feeling *a little* tired. I feel like a rest. 我感到有点累,我想休息一下。

alive and kicking. be 生龙活虎的,生气勃勃的

The fish we caught *are alive and kicking*. 我们捕到的鱼活蹦乱跳的。

all at once 突然[同义: all of a sudden]

While we were talking, Mary *all at once* screamed. 我们谈话时,玛丽突然大叫起来。

all at sea. be 茫然, 困惑, 不知所措

He seemed to **be all at sea** when we talked about transcendentalism.

我们谈论超验主义时, 他似乎很困惑。| I can't understand this problem; I **am all at sea**. 我弄不明白这个问题, 感到一头雾水。

all but 几乎, 差一点

The child was **all but** run over by the car. 这孩子差一点儿被汽车轧过去。| I am **all but** ready. 我差不多准备好了。

all day long 整天

You seem to be busy **all day long**. What are you doing? 你似乎整天都在忙, 在干些什么?

all ears. be 全神贯注地听, 洗耳恭听

Tell me about it. I'm **all ears**. 快把那件事给我讲讲, 我正听着呢!

all eyes. be 目不转睛; 急切地看

At the dinosaur exhibition, the children **were all eyes**. 在恐龙展览馆里, 孩子们看得目不转睛。

all in 精疲力竭 [英国英语]

He was **all in** at the end of the marathon. 马拉松赛跑到最后, 他精疲力竭。

all in all 总的来说, 总共 [比较: in all]

All in all, the criticism seemed fair. 总的来说, 这种批评似乎还算公平。| He has made a lot of mistakes, but **all in all** he has made a great contribution to our country. 他犯了许多错误, 但是总的来说他为我们国家做出了很大贡献。

all in the day's work 正常的, 不足为怪的

It is just **all in the day's work** for him to stay up. 对他来说, 熬夜已习以为常。

all of a shake 浑身发抖

She was **all of a shake** when she met the ugly thug. 她遇上那个凶恶的暴徒时浑身发抖。

all of a sudden 突然 [同义: all at once]

All of a sudden, the lights went out. 灯突然熄了。

all one's life 一生, 一辈子

All his life he lived in the slums. 他在贫民区生活了一辈子。

all out 全力以赴, 竭尽全力

The competition was very tough; we went **all out** to win the game. 竞争非常激烈, 我们全力以赴去赢得比赛。

all over 1. 到处, 遍及 2. 完了, 结束

We've been hunting for her **all over**. 我们一直在到处找她。| It's **all over** with us now [= We are ruined.] 现在我们一切都完了。

allow for 考虑到,顾及

You'd better start earlier; you should **allow for** traffic delays. 你们还是早些出发为好,应该考虑到路上可能有耽搁。| They **had not allowed for** the heavy traffic and got to the station too late. 他们没有考虑到交通拥堵的情况,到车站时已经太晚了。

allow of 容许,容得,容许有…的可能

This rule **allows of** no exceptions. 这条规定不容例外。| The business **allows of** no delay. 这事情刻不容缓。| His income **allows of** no extravagance in his way of living. 他的收入不足以供他挥霍。

all right 1. 好,可以 2. 顺利地,圆满地 3. (健康)良好

All right, I'll come at 7 tomorrow. 行,我明天七点来。| Just a few words of explanation, and he'll understand **all right**. 只要稍加解释,他就会明白。| I've not been very well, but I'm **all right** now. 我的身体一直不太好,但现在好了。

all round around 各方面,在…周围

I've looked **all round** for the missing book but in vain. 我到处寻找那本丢失的书,但是没找到。

all the day 同 all day long

all the more 更加,越发

I told her to stop crying, but she only cried **all the more**. 我叫她不要哭,她反而哭得更厉害了。

all the same 1. 尽管如此,仍旧 2. 一样,毫无区别

The doctor said that there was nothing wrong with him, but he took the medicine **all the same**. 尽管医生说他没病,他还是照旧吃药。| It is **all the same** to us whether you like it or not. 你喜欢不喜欢对我们都一样。

all the way 全程,一路

He climbed **all the way** to the top of the mountain. 他一路爬到了山顶。

all the year round 一年四季,一年到头

It's spring in Kunming **all the year round**. 昆明四季如春。

all through 始终,一直

He stayed with the villagers **all through** that summer. 那年整个夏天他都和那些村民住在一起。

all thumbs 笨手笨脚

When she is around, he is nervous and seems to be **all thumbs**. 每当她在场时,他就会很紧张,显得笨手笨脚。

all up (with) 结束,完了

It is **all up with** him now. 他现在全完了。