

# 轻松美语会话--超级英语句型（第一辑）

井上一马 编著

南海出版公司

书 名：轻松美语会话--超级英语句型(第一辑)

作 者：井上一马

出版社：南海出版公司

出版日期：2003

ISBN：7-5442-2473-2/H319.9/JS22

定 价：29.80

《轻松美语会话—超级英语口语句型》是专为英语爱好者提高英语口语能力而精心编写的一套丛书。

**适用范围:**本书所选取的句型均为美国日常会话中出现频率最高的句型,并且配有纯美音原声录音带,适合英语自学者练习口语使用,也适合口语短训班作为课堂教材使用。

**本书特点:**《轻松美语会话—超级英语口语句型第一辑》共分为衣、食、住、行、娱乐、工作等九个方面;选择的情景对话范围广泛。本书结合了日常生活中最实用的英语句型,给出了相应的会话实例,用以帮助读者更好地了解所选句型的应用范围以及使用方法。会话实例的中文翻译为初学者提供了方便,有助于读者更好地理解会话内容。对话后面的注释讲解了有代表性的成语、谚语以及日常用语,强化了重要知识点,以便广大读者使用。

**使用指南:**在学习过程中,首先要听句型,背句子,同时根据不同的场景对话熟悉所选句型的使用场景。必须把每一个句型和日常用语听熟与背熟。然后,对照书本边听边大声朗读对话,明确各个句型的适用场景,同时训练语音语调。第三步,充分发挥个人想象力,大声“读”出自己心里对每个句型的替换练习,让本书中的所有句型成为自己的知识板块,从而达到灵活应用的地步。最后,大胆与同伴对话,通过自己设计场景对所掌握的句型进行反复练习。如无同伴练习,则自己充分发挥表演天赋,进行双角色或多角色表演。

# 目 录

## Part One Life 第一部分 生活

### Unit 1 Health 健康

1. An apple a day keeps the doctor away
2. Why don't you do...?
3. How long has he been in the hospital?
4. Do you prefer morning or afternoon?
5. What's the trouble?.
6. I feel terrible

### Unit 2 Daily life 日常生活

1. We are a little overspent this month
2. I'm hurrying as fast as I can!.
3. At the moment.
4. Tell me what.
5. Be in a rut
6. Take it easy.
7. How is it going?
8. Turn to somebody for help
9. Nice of you to come to see me.
10. I wonder what it's going to be like tomorrow
11. What's the weather like...?
12. Go wrong
13. Because of...
14. I've been looking around for days
15. I'm afraid it's too expensive for us to afford.

## Part Two Dinner 第二部分 用餐

### Unit 3 Dining out 在外吃饭

1. I'd rather leave that up to you
2. Over easy
3. Make it..
4. Is that table free?

### Unit 4 Meals 一日三餐

1. Put on weight..
2. Try it out on you
3. Grab a bite
4. Call off
5. On me.
6. At last

7. I have no idea

### Part Three Job 第三部分 工作

#### Unit 5 work 工作

1. Become of
2. Better safe than sorry..
3. To get it down pat.
4. Get into a lot of trouble
5. Me neither.
6. On top of the world .
7. As soon as possible
8. In charge of.
9. Hit the books
10. Would you have him come in for an interview?.
11. Could I trouble you to
12. To be oneself.
13. It has been
14. Are you serious

#### Unit 6 Losing one 丢 job 失业

1. What a terrible thing to happen!.
2. Get rid of.
3. Defeat any efforts.
4. Bring home the bacon

### Part Four Traffic 第四部分 交通

#### Unit 7 Car 汽车

1. That 丢 the catch.
2. I 丢 I pick you up.
3. Watch out!.
4. What would you like to.
5. How did this happen?....

#### Unit 8 Plane 飞机

1. I 丢 I go get ready.
2. It 丢 a small world
3. You can 丢 miss it.
4. I 丢 I have a look at the timetable for you
5. I don 丢 think so...
6. You 丢 e a little late

#### Unit 9 Asking directions 问路

1. Give some direction
2. Try to locat
3. By the way

### Part Five Intercommunication 第五部分 交际

#### Unit 10 Introduction 介绍

1. I 扞 like you to mee
2. It 担 very considerate of
3. It 担 time tha

#### Unit 11 Greetings 问候

1. What 担 up?
2. How is your father?.
3. Be in a hurry.
4. A fortnigh

#### Unit 12 Offering one 担 help 主动提出帮助

1. A flat tire
2. Be eager to do wel l
3. Bring down the fever
4. Me, too.

#### Unit 13 Making an appointment 定约会

1. Have an appointment.
2. Be at a meeting.
3. Have a look at one 担 schedule.

### Part Six Amusement 第六部分 娱乐

#### Unit 14 Shopping 购物

1. On special
2. Come on. .
3. Take someone for a tide
4. In the market for.
5. Let someone down
6. Please don 扞 keep me guessing
7. Pay for somebody
8. How much does it cost?
9. I 扞 like to see some dresses
10. What seems to be the problem with it?

#### Unit 15 Games 游戏

1. Quite a bit.
2. Say.
3. Evenly matched
4. Do you think...?
5. Active-type things.
6. Promise to

### Part Seven Emotion 第七部分 情感

#### Unit 16 Love 爱情

1. The mighty has fallen.
2. I 柄 serious
3. All ears
4. Cross one 担 fingers..
5. Pay through the nose

6. Stand someone up
7. No big deal.
8. Under a lot of pressure.

#### Unit 17 **Relatives** 亲人

1. Drive someone nuts...
2. Paint the town red
3. Pull oneself together..
4. Sleep on
5. A feather in one 摺 cap.
6. Sooner or later
7. Be like looking for a needle in a haystack

#### Unit 18 **Neighbor** 邻居

1. All sweetness and light to your face
2. My own business
3. Go with the flow

#### Unit 19 **Friends** 朋友

1. ...if you ask me
2. Be on vacation
3. Go beyond speech.
4. One 摺 cup of tea.
5. Trade in
6. Chew the fat
7. That makes two of us.
8. At least.
9. In order to
10. Would you please do me a favor?
11. What wind blew you over here? .

### **Part Eight Entertainment** 第八部分休闲

#### Unit 20 **Sports** 体育

1. Quite a bit...
2. Top dog
3. Put off.

#### Unit 21 **Journey** 休假

1. Take a vocation.
2. Have a good trip
3. Now what?
4. Get one 摺 feet we
5. Go ahead
6. Thanks for telling me..
7. May I interrupt you

### **Part Nine Party** 第九部分聚会

#### Unit 22 **Party** 聚会

1. Eyes were bigger than one 摺 stomach
2. Linda and I would be very pleased if you could join us
3. Be well informed
4. I抔 afraid I can 挟 accept it.

# Part One Life

## 第一部分 生活

### Health (健康)

#### 1. An apple a day keeps the doctor away.

每天吃苹果，不用上诊所。

#### **An apple a day keeps the doctor away.**

每天吃苹果，不用上诊所。在西方国家，人们普遍认为苹果有利于身体健康，因此就有了这种说法。

#### 【会话实例】

**A:** My, you 疹 e not looking well.

**B:** I 捱 e felt tired lately.

**A:** I 柄 sorry to hear that. What 担 the matter?

**B:** I don 抉 know.

**A:** You 扞 better eat some apples everyday. You see, **an apple a day keeps the doctor away.**

**B:** Yes, I will. It 担 very kind of you. Many thanks.

**A:** Not at all.

#### 【会话实例中文译文】

**A:** 啊，看来你不大舒服。

**B:** 近来我觉得疲倦。

**A:** 听到这个消息我非常遗憾。怎么了？

**B:** 不知道。

**A:** 你最好每天吃些苹果。你知道，每天吃苹果，不用上诊所。

**B:** 好的，我会的。你真好，多谢你了。

**A:** 不用客气。

1. look well: 看起来不错。
2. lately: 近来，最近。
3. What 担 the matter?: 怎么了？究竟如何？
4. You 扞 better: 你最好……(是在给别人建议时经常使用的语句)
5. Not at all: 没什么，不必客气。
6. An apple a day keeps the doctor away: “每天吃苹果，不用上诊所。”(名谚)

#### 2. Why don 抉 you do...? ? 你为什么不做……？

#### **Why don 抉 you do ?**

在日常生活中给别人提意见时的常用句型，语气比较委婉有礼貌。类似的句型表达还有：

1. **What(How) about going** for a swim?  
去游泳怎么样？

2. **You 抃 better put on your overcoat.**  
你最好穿上你的大衣。
3. **What do you think if we stay here for another day?**  
咱们在这里再呆一天，你觉得如何？
4. **I suggest you go first.**  
我建议你先走。

#### 【会话实例】

- A:** What did you say?  
**B:** I said it 抃 a lovely day. Why don 抃 we go for a walk?  
**A:** Well, I feel a little tired.  
**B:** Come on! *A little labor, much health.*  
**A:** Then can you wait a few minutes? I want to finish writing this letter.  
**B:** Don 抃 take too long. It would be a shame not to take advantage of such lovely weather.  
**A:** I won 抃 be long. No more than ten minutes. **Why don 抃 you go on ahead** and I 拘 I meet you in the park?  
**B:** Believe I will. Look for me near the lake.

#### 【会话实例中文译文】

- A:** 你说什么？  
**B:** 我说天气这么好。我们何不去散散步呢？  
**A:** 嗯，我觉得有点累。  
**B:** 嘿，来吧，生命在于运动。  
**A:** 那你能等我几分钟吗？我想把这封信写完。  
**B:** 别太久了，这么好的天气不出去走走，太遗憾了。  
**A:** 一会儿就写完。要不了十分钟。**你何不先走一步**，我待会儿到公园找你吧？  
**B:** 我是得先走。你到湖边找我吧。

1. A little labor, much health: 生命在于运动。
2. Don 抃 take too long: 不要耽搁太久。
3. shame: 令人遗憾的事情。
4. take advantage of: (趁机)利用某人、某事 = make use of ; advantage: 利益, 好处。
5. look for: 寻找 (某人或某物)。

### 3. How long has he been in the hospital? 他住院多久了？

#### How long has he been in the hospital?

**How long** 是用来询问持续时间的一个句型。在日常的对话中经常使用，例如：

1. **How long** have you been here?  
你来这里多久了？
2. **How long** does it take to get to the nearest park?  
去最近的公园要多长时间？

#### 【会话实例】

- A:** What 抃 the last news about Sam?  
**B:** I talked to him last night on the phone and he said he 抃 feeling a little better.  
**A:** **How long has he been in the hospital?**  
**B:** Nearly two weeks. He was really sick. The doctors thought he was going to die.  
**A:** I guess he 抃 pretty tough.  
**B:** He is, but he also got excellent care. The nurses were just super, and his family doctor gave him a lot of special attention.  
**A:** Some of these modern drugs can perform miracles, I guess.  
**B:** That and the expert care he received pulled him through.  
**A:** Does he have any idea when he 拘 I be able to go back to work?  
**B:** He 抃 not certain, but the doctor is saying, now, that it might be another three weeks.

**A:** It sure will be good to see old Sam back on the job again. I really miss him.

**B:** Um-m. Yeah. So do I.

### 【会话实例中文译文】

**A:** 汤姆最近情况如何？

**B:** 昨天晚上我和他通了电话，他说他感觉好些了。

**A:** 他在医院呆了多久？

**B:** 将近两个星期了。他真的病得不轻。当时医生们以为他活不成了。

**A:** 我看他真是条硬汉。

**B:** 是的，但他也得到了极好的照料。护士们特别好，而且他的家庭医生对他进行了特别的护理。

**A:** 我看有些新药真能起死回生。

**B:** 那些药和精心的护理挽救了他的生命。

**A:** 他知不知道他什么时候能回来上班？

**B:** 他说不准，但现在医生说还得三个星期。

**A:** 看到老汤姆回来工作，一定让人高兴。我的确很想念他。

**B:** 可不，我也很想念他。

1. tough: = strong

2. his family doctor: 按西方的惯例，人们总是固定找自己信任的某个医生看病，所以病人称医生为 my doctor, 或者叫 family doctor.

3. perform miracles: 创造奇迹。

4. Does he have any idea...?: = Does he know ... ? when 所引导的从句是 idea 的同位语，补充说明 idea 的内容。

5. pull ... through: 脱离危险。直译是“使某人脱离了危险”，或者是“使某人恢复了健康”。一般在讨论别人疾病时使用这个短语。

## 4. Do you prefer morning or afternoon?

### 你上午方便还是下午方便？

**Do you prefer ... ?**

这是为别人提供选择时的常用句。语气很委婉，有征求别人意见的意思。在 or 的前后加上两个并列关系的词，表示可供选择，例如：

1. **Do you prefer coffee or tea?**

你想喝茶还是想喝咖啡？

2. **Do you prefer going out now or later?**

是现在走还是等一会儿走？

3. **Does he prefer by bus or on foot?**

他想坐车还是想步行？

### 【会话实例】

**A:** Doctor Lee 担 office, may I help you?

**B:** Yes. I 扞 like to make an appointment for a dental checkup.

**A:** Are you one of the doctor 担 regular patients?

**B:** No, I 扞 not. I recently moved to this area and a friend of mine recommended Dr. Lee.

**A:** I see. Dr. Lee can see you next Monday. **Do you prefer morning or afternoon?**

**B:** Morning is best for me.

**A:** Would 9:00 be all right?

**B:** That would be fine.

**A:** Good. We 扞 I expect you then at 9:00 on Monday .

**B:** Thank you very much.

### 【会话实例中文译文】

**A:** 李大夫诊所，有什么事吗？

**B:** 是的，我想预约检查牙齿。

**A:** 你是固定在李大夫这里看牙的病人吗？

**B:** 不，我不是。我最近才搬到这个区，我的一个朋友推荐我到李大夫这儿来的。

**A:** 好吧，下个星期一李大夫可以为你检查。你上午方便还是下午方便？

**B:** 上午最合适。

A: 上午九点行吗?  
B: 行。  
A: 好, 下周一上午九点等你来。  
B: 谢谢。

1. Dr. Lee 的 office: =This is Dr. Lee 的 office. 这是李大夫的诊所。正式办公处的工作人员接电话时一般都先报明自己的单位。这是文明服务的一个标志。
2. make an appointment: 约定。在讲究工作效率的美国, 工作、访友、请客都要事先 make an appointment。“突然袭击”式的安排是不为人们所接受的。守约叫 keep an appointment, 失约叫 break an appointment。
3. regular patients: 固定的病人。按照西方的惯例, 人们总是固定找自己信任的某个医生看病, 所以叫做 regular patients。

## 5. What 的 the trouble?

怎么了?

What 的 the trouble?

怎么了? 一般是朋友见面询问健康状况或者医生询问病人时的常用语。类似句型还有:

1. What 的 wrong with you?  
你怎么了?
2. What 的 the matter?  
怎么了?

### 【会话实例】

A: What 的 the trouble, Mike?

B: I 的 e got a headache, a sore throat and I 的 coughing and sneezing constantly.

A: Do you feel a bit tired?

B: Yes, not a bit tired but exhausted. My whole body feels weak. I really feel terrible.

A: Do you have a temperature?

B: I think so. I feel feverish.

A: 的 sorry to hear that. Now put the thermometer in your mouth, and 的 try to be more scientific. When did you begin to feel ill?

B: 的 been feeling uncomfortable recently for about a week. I felt really bad this morning when I got up.

A: Yes, I see. Now let me take a look at your temperature. Ah, just as I expected, it stands at one hundred and one. Oh, it isn't very serious. But you have the symptoms of flu. You have a sickness that is very common at a time like this. 的 have to give you an injection.

B: Couldn't you give me some tablets?

A: I think an injection is better than tablets. If I only give you some tablets, you probably stay in bed for a few days, but if I give an injection, you'll be better in twelve hours. Come on, you need a skin test.

B: Are you sure? You know, I hate an injection.

A: Yes, 的 sure. Penicillin is an effective injection. You won't get better soon unless I give you one.

B: Will I be able to go to work tomorrow?

A: Probably, if you have a good rest today. 的 prescribe some medicine for you.

B: Thank you, doctor.

### 【会话实例中文译文】

A: 哪里不舒服, 迈克?

B: 我头痛, 喉咙痛, 一直在咳嗽和打喷嚏。

A: 有没有觉得有些疲劳?

B: 有。不是有点疲劳, 而是非常疲劳。我全身无力, 真的很难受。

A: 发烧吗?

B: 我想是的。我觉得发烧。

A: 很抱歉听你这样说。来, 把体温表放到嘴里, 我要更准确一些。你什么时候开始发病的?

B: 最近一直感到不舒服, 有一个星期了。今天早上起来感觉很难受。

A: 明白了。我来看看你的体温。啊, 正像我所预料的那样, 是华氏一百零一度。哦, 情况还不算太糟。可是你有流感的症状, 你的病在这个季节很常见。我得给你打一针。

B: 不能给我开些药吗?

- A: 我认为打针比吃药要好。如果我只给你开药, 你可能得卧床几天才能好转。但如果给你打针, 十二小时后就会有好转。来做皮试吧。
- B: 你有把握吗? 你知道我讨厌打针。
- A: 是的, 我有把握。青霉素是一种有效的注射剂, 不注射不会好得快。
- B: 我明天能上班吗?
- A: 如果你今天好好休息的话, 就有可能。我给你开一些药。
- B: 谢谢你, 医生。

1. sore: 疼痛的, 痛心的, 剧烈的。
2. exhausted: 疲惫的, 耗尽的。
3. thermometer: 体温计, 温度计。
4. feel ill: 感觉不舒服。
5. take a look: 看一下, 检查一下。
6. symptom: 症状, 征兆。
7. give you an injection: 给你打针。 injection: 注射。
8. prescribe: 规定, 处方, 开药。

## 6. I feel terrible. 感觉糟透了。

### I feel terrible.

感觉糟透了。当医生询问病人的病情时, 如果病人很不舒服, 可以做这样的回答。相当于 I feel very bad, 表示情况很糟糕。

#### 【会话实例】

- A: Good morning. You are the new patient, aren't you? What do you complain of?
- B: I sometimes feel cold and sometimes hot. I have a headache and a stomachache.
- A: Yes, you look a bit off-color. Any vomiting?
- B: No, but I feel a bit dizzy.
- A: What did you eat at lunch?
- B: A hamburger and a cup of coffee.
- A: I see. How do you feel now?
- B: I feel terrible. I think I'm going to die.
- A: You won't. Don't worry. Open your mouth and say ninety-nine.
- B: Ninety-nine.
- A: I don't think things are as you imagine. Let me examine you. Well...Everything is all right with your heart, chest and lungs. You are suffering from indigestion.
- B: Do I have to keep a diet, doctor?
- A: Yes. Have regular meals and keep to a diet of salad and fruit, and very little meat. Take plenty of water every day.
- B: Do I need an injection?
- A: No, but you need plenty of rest. I think you must have been overworking.
- B: Yes, I am under great pressure, for I always want to be the best.
- A: If you don't take good care of yourself, you'll break down. My advice is that you get plenty of sleep. Here is a prescription for some medicine. Take it every three hours, three tablets a time.
- B: Thank you, doctor.

#### 【会话实例中文译文】

- A: 早上好。您是新病人吧? 哪里不舒服?
- B: 我感到时冷时热, 头痛, 胃也痛。
- A: 是的, 你看上去脸色有些不好。呕吐吗?
- B: 不, 但我有点头晕。
- A: 午饭吃了什么?
- B: 一个汉堡包和一杯咖啡。
- A: 知道了。现在感觉如何?
- B: 我感觉很难受。我想我快要死了。
- A: 不会的, 别担心。张开嘴, 说九十九。
- B: 九十九。

**A:** 我认为事情并不像你想象的那么严重。我来给你检查一下。嗯……你的心脏、胸和肺 都正常，你患的是消化不良症。

**B:** 要忌食什么吗，医生？

**A:** 是的。饮食要正常，可以吃沙拉、水果和少量的肉。每天要多喝水。

**B:** 需要打针吗？

**A:** 不用，但你需要多休息。我想你一定工作过头了。

**B:** 是的，我的压力很大，因为我总想做得最好。

**A:** 如果你不好好注意身体，你会垮下来的。我建议你睡眠要充足。这是药方，每三小时服一次，每次三片。

**B:** 谢谢你，医生。

1. vomit: 呕吐。
2. complain: 抱怨，悲叹。
3. stomachache: 胃痛。
4. off-color: 脸色不好，面色苍白。
5. lung: 肺。
6. have regular meals: 有规律的饮食。
7. be overworking: 过度劳累，超负荷工作。
8. prescription: 药方。
9. tablet: 药片，便签。

## Daily life(日常生活)

### 1. We are little overspent this month. 这个月我们超支了一点。

**We are little overspent this month.**  
这个月我们超支了一点。这里的 **overspent** 是过去分词，是用来表明情况而不是表示被动语态。

#### 【会话实例】

**A:** Did you lock the doors?  
**B:** All except the back door. I left that open for John. He took the dog for a walk.  
**A:** Well, I 柄 going on to bed. I 柄 bushed.  
**B:** Okay. I 柄 going to stay up a while. I 掘 e got to go over the household budget. **We 疹 e a little overspent this month.**  
**A:** Please tell John to close the door to the basement. I don 抉 want the dog down there tonight.  
**B:** Okay. Good night. See you at breakfast.

#### 【会话实例中文译文】

**A:** 你把门都锁上了吗？  
**B:** 除了后门都锁上了。我给约翰留着后门，他溜狗去了。  
**A:** 嗯，我要睡觉了。我累极了。  
**B:** 好吧，我再呆一会儿。我得把家里的帐算一算。**这个月我们有点超支了。**  
**A:** 让约翰关上储藏室的门。我不想让狗今晚跑到那儿去。  
**B:** 好吧，晚安，明天早饭时候见。

1. bushed: 疲惫不堪的（形容词）。
2. stay up: = not go to bed
3. household budget: 家庭收支帐目，也叫 family budget。

### 2. I 柄 hurrying as fast as I can! 我已经尽量赶快了！

As as ...

象……一样。As fast as I can 就是说尽可能地做某事。As as 的应用范围很广，两个 as 中间可以是形容词、副词等。下面是几个例子：

1. He studies English **as well as** Han Guang.  
他学英语跟韩光学得一样好。
2. Her notebook is **as beautiful as** mine.  
她的笔记本和我的一样漂亮。
3. Run **as fast as** you can, or you 均 I miss the bus.  
快跑，不然你就错过这辆公交车了。

#### 【会话实例】

- A:** We don't have much time.  
**B:** I'm **hurrying as fast as I can!**  
**A:** Well, try to hurry a little bit more, will you? I don't want to be late.  
**B:** Oh, we won't be late. You know how these affairs are. They never start on time.  
**A:** Maybe so. But I always like to get there on time.  
**B:** Oh, you're such a fuddy-duddy. Don't worry. I'll get you there with time to spare.  
**A:** Is that a promise?  
**B:** It's a promise. Now leave me alone while I finish getting ready.

#### 【会话实例中文译文】

- A:** 我们的时间不多了！  
**B:** 我已经尽量赶快了！  
**A:** 请你再快点好么？我不想迟到。  
**B:** 嗨，我们不会迟到的。你是知道情况的。他们从来没有准时过。  
**A:** 可能是这样吧，但我总是喜欢准时到。  
**B:** 噢，你可真多事儿，别担心，我包你早早就到。  
**A:** 你说话算数吗？  
**B:** 当然算数。我这就准备好了，你甭催我了。

1. affairs: 泛指情况、事态。例如: How do affairs stand? 情况如何?
2. on time: 准时。与 in time 意思有别, in time 是及时的, 不迟的。
3. with time to spare: 还有时间宽余。
4. leave me alone: 固定短语, 意为不要管我, 不要打扰我。

### 3. At the moment 目前, 眼下

**At the moment**  
目前, 眼下, 此时此刻。

#### 【会话实例】

- A:** Is there anything I can do? I'd like to help in some way if I can.  
**B:** I can't **think of anything at the moment.**  
**A:** Well, maybe I could *run errands* or something.  
**B:** You could if I needed something.  
**A:** I feel so useless just hanging around with nothing to do.  
**B:** Don't worry. In a couple of days there'll be too much to do. Then you'll want to be back in these lazy days.  
**A:** I guess I'm just a workaholic. I never was very good at doing nothing.  
**B:** Maybe you should learn how to relax and enjoy yourself more.

#### 【会话实例中文译文】

- A:** 我能做点什么吗？只要我能做的，我很愿意帮帮忙。

- B:** 眼下我想没有什么事情要做。  
**A:** 哦，或许我能跑跑腿儿什么的。  
**B:** 如果我需要什么的话我会叫你去的。  
**A:** 这样闲荡着没有事做，我觉得很不自在。  
**B:** 别担心，一两天内就会有做不完的事情。到那时候你就会想回过头来过这种懒散的日 子了。  
**A:** 我想我可能闲不住，我从来不会过悠闲的日子。  
**B:** 或许你应该学会怎么把日子过得舒服些。

1. feel useless: 感到无聊，无所事事。
2. hang around: 闲荡无事，与 hang about 同义。
3. workaholic: 过分卖力工作，不知休息的人。
4. be good at...: 擅长于做某事。
5. relax: 休息，娱乐。如: Have a break and let your mind relax.
6. enjoy yourself: 固定说法，意为过快活日子，娱乐一番。
7. run errands: 这是个固定成语，专门指送信，采购，接送客人等跑腿的差事。

#### 4. Tell you what. 这样吧。

##### Tell you what

这样吧。用于引出自己想法、意见的短语。多用于口语，类似的句型还有：

1. **To tell you the truth**, I 柄 going to move away.  
告诉你，我要搬走了。
2. **OK**, let me think if there is any other thing I need.  
嗯，让我想想我还需要点什么。

##### 【会话实例】

- A:** Hi! I 柄 glad I ran into you.  
**B:** Why? What 扭 up?  
**A:** How do you like to go on a hike this weekend?  
**B:** All weekend?  
**A:** Well, just Saturday and Sunday.  
**B:** I 柄 not sure I can be gone all weekend. I promised to help my brother move Saturday.  
**A:** How about Sunday, then? We could start early in the morning.  
**B:** I might be able to do that. **Tell you what**. Let me check and I 拘 I call you at home tonight.  
**A:** Great! I 拘 I talk to you later.  
**B:** So long.

##### 【会话实例中文译文】

- A:** 你好！很高兴在这儿碰见你。  
**B:** 怎么啦？有什么事儿吗？  
**A:** 这个周末去远足怎么样？  
**B:** 整个周末？  
**A:** 嗯，只是星期六和星期天。  
**B:** 整个周末都出去我恐怕不行。我已经答应我哥哥星期六帮他搬家。  
**A:** 那么星期天怎么样？我们可以清早就出发。  
**B:** 那可能没有问题。**这样吧**，我落实一下，今晚我打个电话到你家。  
**A:** 那太好了。回头再谈。  
**B:** 再见。

1. run into: = meet by chance 是指偶尔碰见。
2. What 扭 up: = What 扭 going on? 怎么了？
3. go on a hike: 徒步旅行，远足。类似短语还有 go on a trip / go on a journey / go on a visit.
4. weekend: 周末。西方多实行五天工作制，所以周末实际上从星期五傍晚开始算起。
5. be gone: (口语) 不在，走开。gone 是 go 的过去分词，这里做表语。
6. move: 搬家。
7. check: 指核查一下自己的日程安排，看看是否自己有约会。

## 5. Be in a rut 感到生活单调乏味

**Be in a rut**  
感到生活单调乏味,没意思。

### 【会话实例】

- A:** What shall we do today?  
**B:** Did you have something special in mind?  
**A:** No. Not really. I just thought that it might be fun to do something we 掘 e never done before.  
**B:** Well, are you feeling adventuresome? Do you want to do something dangerous or exciting?  
**A:** It doesn't 挟 have to be dangerous or exciting 柵 ust something different. I need a change. **I feel like I 柄 in a rut.**  
**B:** I know the feeling. Usually I get it every spring. I feel I have to get away from it all, you know, seek new horizons, new beginnings.  
**A:** I thought that was just spring fever! What I 柄 talking about is change, change from the humdrum, the mundane.  
**B:** Sounds like the same thing to me! You 珍 e just getting spring fever in the fall!  
**A:** Well, anyway, can we discuss what we 珍 e going to do today? Maybe we 拘 l come up with some kind of a terrific idea.  
**B:** Okay by me.

### 【会话实例中文译文】

- A:** 我们今天做些什么呀?  
**B:** 你有没有什么特别的事情想做?  
**A:** 没有,没有什么特别的事情,我只是在想要是我们做些以前从未做过的事情一定挺有趣。  
**B:** 好啊!你是不是想冒险?想干一些危险性的,有刺激性的事吗?  
**A:** 不一定非得危险或者刺激,只要是不同的事情就行。我需要改变。我觉得生活单调无味。  
**B:** 我理解你这种感觉。每年春天我都有同样的感觉。我觉得我得从这种烦躁的生活中解脱出来。开拓新的视野,新的开端。  
**A:** 我想那只是春季热病。我现在说的是改变一下生活方式,摆脱单调无聊、平淡无奇的生活。  
**B:** 在我看来都是一回事儿。你只是在秋季发了春季热病。  
**A:** 嘿,不管怎么说,我们能不能商量一下今天干点什么事儿呢?也许我们能想出一个什么妙主意。  
**B:** 我看没问题。

1. adventuresome: 爱冒险的。
2. get away from it all: it在这里笼统的指“单调乏味的日常生活”。
3. horizons: 眼界,见识。
4. spring fever: 春热病。指春季突然天气转暖,一些人感到懒散的现象。
5. humdrum: 单调乏味的。= dull/ monotonous/ boring
6. mundane: 世俗的,平庸的。
7. fall: 秋天,在英国多用 autumn。
8. come up with: = think of
9. terrific: = wonderful

## 6. Take it easy. 不要紧。

**Take it easy.**  
不要放在心上,没什么,别紧张。

### 【会话实例】

- A:** Good morning, Tom. I heard you bought a used computer yesterday, didn't 挟 you?  
**B:** ...  
**A:** What 担 wrong? You seem to have gotten up on the wrong side of the bed. Come on, tell me what

担 on your mind.

**B:** I was thinking I must have been out of my mind yesterday when I paid an arm and a leg for a white elephant like that.

**A:** **Take it easy, Tom.** Don't be so hard on yourself, you are still wet behind the ears. You can expect everything to turn out to be perfect all the time.

**B:** I guess you are right.

### 【会话实例中文译文】

**A:** 汤姆，你早。听说你昨天买了一台二手电脑，是吗？

**B:** .....

**A:** 怎么啦？你好像一起床就气呼呼的。来，告诉我你在想什么？

**B:** 我想我昨天一定是疯了，花了那么多的价钱，买了这样一个大包袱。

**A:** **不要紧，汤姆。**不要对自己太苛刻了。你还很嫩，不要指望什么时候都能把每一件事做得完美无缺。

**B:** 我想你说得对。

1. get up on the wrong side of the bed: 一起床就气不顺。例如: He got up on the wrong side of the bed and didn't have his breakfast. 他一起床就气呼呼的，连早饭都没有吃。
2. on one's mind: 在某人头脑里，老想着什么，关心着什么。
3. out of one's mind: 发疯，举止错乱。
4. pay an arm and a leg for sth: 为……付出过高的价格。
5. a white elephant: 无用的累赘。
6. take it easy: 沉住气，慢慢来。
7. be hard on sb: 对……要求苛刻。
8. turn out to be: 结果是，原来是。
9. wet behind one's ears: 乳臭未干。

## 7. How is it going?

### 进行得怎么样？

#### How is it going?

进行得怎么样？是询问事情进展的一种用法，类似的句型还有：

1. **How about your work?**  
你的工作进展得怎么样了？
2. **How is going with the plan?**  
计划进行得怎么样了？
3. **What is going about you?**  
你最近怎么样？

### 【会话实例】

**A:** **Mary, how is our tax return going?**

**B:** I fell on top of it. I fell behind last week because our accountant left me high and dry at the last minute. But I was lucky that I kept track of all our expenses by myself.

**A:** Do you know how much our insurance expenses cost last year?

**B:** They are about eight hundred dollars, give or take.

**A:** I don't want you to give me an answer off the top of your head. Can you double check and give me an exact number this afternoon? I need to get it straight before I renew our insurance policy.

### 【会话实例中文译文】

**A:** 玛丽，咱们的退税工作进行得怎么样了？

**B:** 一切都在控制之下。上个星期咱们的会计师最后不做了，导致我孤立无援。但幸运的是我记录了咱们所有的花费。

**A:** 你知道咱们去年的保险费是多少吗？

**B:** 八百元左右。

**A:** 我不需要你马上回答。你能否再检查一下，今天下午给我一个准确的数字？我需要把它弄清楚后再更新咱们的保险计划。