

## 第一部分

### Hot Section

#### (热辣篇)

快记吧！这是英美口语中每天挂在嘴边的成语。学会后，老外对你的英语也会竖起大拇指，“Great”！

◆ **brush up on something**  
(*something to make it fresh again in one's mind*)

温习 温故

I'm going to give a speech tomorrow, so I have to brush up on my notes.

我打算明天做一次演讲 因此我要熟悉一下我的稿子。

◆ **all of a sudden**  
(*something happening*)

突然, 忽然

*quickly, without advance warning* )

It started out to be a beautiful day. Then, all of a sudden, it became cloudy and began to rain.

一开始是个好天气。接着 突然间乌云密布并开始下起了雨。

◆ **Had better (rather)**  
( *should do something; ought to do something* )

最好...

I'd better go now or I'll be late for class.

我最好现在就走，不然上课就迟到了。

◆ **About to** ( *on the point of doing something* )

就要 正要

Tom was about to leave when the telephone rang.

汤姆正要离开时，电话铃响了。

◆ **what's the matter** ( *what is wrong* )

什么事 怎么了

What's the matter with Alice? She looks angry.

艾丽斯怎么了？她看上去很生气

◆ **every now and then**

有时

(*occasionally*)

Every now and then, I like to take a walk in the country.

有时，我想在乡村走一走。

◆ **in advance** (*before, ahead of time*)

预先,提前

If you want to see that play, you should buy your tickets in advance.

如果你想看那场戏，你应该预先买票

◆ **be broke** (*be without money*)

没钱 身无分文

I'd like to go to the concert with you, but I'm broke.

我想和你一块去听音乐会，可是我没钱了。

◆ **do without** (*live without something*)

无须

If there's no butter for our bread, we'll do without.

如果我们的面包没有黄油的话，我们就不要黄油了。

◆ **feel up to** (*feel able (health or ability) to do*)

能够

something)

I ought to go to Jane's party, but I just don't feel up to it now.

我应该去参加简的聚会，但是现在我不能去了。

◆ **every other** (*alternate*)

每隔一天

This class meets every other day, not every day.

这个班的碰头会是隔天一次，不是每天一次。

◆ **see about** (*take the responsibility to do something; make arrangements for*)

负责 安排

Let's have a picnic on Sunday. I'll see about the food.

星期六我们去郊游，我负责准备食物。

◆ **all along** (*all the time*)

始终，一直

I knew all along that Jack wasn't telling us the whole story.

我一直都知道杰克并没有告诉我们事实的全部。

◆ **be to blame** (*be responsible for something bad*)

有责任的 应负责的

or unfortunate)

Don't punish Billy for breaking the window. He's not to blame.

不要因打破窗户的事情处罚比利，他是无辜的。

◆ **to say the least** ( *to make the minimum comment about something or someone* )

至少这样说

It's a boring novel, to say the least.

至少可以这样说，这是一本无聊的小说。

◆ **do someone good** ( *be beneficial for someone* )

对某人有益

Go to the seashore for a few days. The fresh air will do you good.

到海滨呆几天吧。那儿的新鲜空气会对你有益处的。

◆ **be up to one's ears** ( *have too much to do* )

深深陷入

Helen would like to go with us but she can't. She's up to her ears in work.

海伦很想和我一块出去，但是她不能，她工作太忙了。

◆ **keep an eye on**

当心 照看

something (someone)  
(*watch in the sense of; take care of*)

Will you keep an eye on my baby while I go to the store?

当我去商店的时候，你能照着我的宝宝吗？

◆ **be up to something**  
(*doing something that one shouldn't do*)

Henry's been smiling to himself all morning. I think he's up to something, but I don't know what it is.

不正常

亨利整个上午都对着自己笑，我觉得他有点不正常，但我说不出什么原因。

◆ **just as soon** (*prefer one thing rather than another*)

My wife wants to attend that lecture, but I'd just as soon stay home.

更喜欢...

我老婆想去参加讲座，但我更喜欢呆在家里。

◆ **have one's heart set on something** (*want something very much*)

一心想要...

I don't know what to do.  
My wife has her heart set on  
a new coat for her birthday,  
but I don't have enough  
money to buy it.

我不知道该怎么办，  
我老婆一心想为她的  
生日买一件新外衣，  
但是我没有足够的  
钱。

◆ **for the time being** (*for  
the present time*)

现在 目前

I need a new car, but for  
the time being, this one will  
have to do.

我需要一辆新车，但  
是现在还要开这一  
辆。

◆ **a close call** (*a situation  
in which something bad  
almost happened*)

差点出事

I had a close call. A big  
truck almost hit me!

我差点出事，一辆大  
卡车差点撞到我。

◆ **make oneself at home**  
(*be comfortable, as if in  
one's own home*)

随便，不客气

When people come to our  
house, we like them to  
make themselves at home.

当有人来我家时，我  
希望他们随便一些。

◆ **get rid of something**  
(*destroy; throw away; sell*)

When Ella told Frank she didn't like his hat, he got rid of it.

扔掉 除去

当艾拉告诉弗兰克她不喜欢他的帽子时，他把它扔掉了。

◆ **not to mention** (*omitting to say anything about something*)

I can't go to Steve's party. I've got to do my homework, prepare a speech for tomorrow, and study for an exam, not to mention take my little brother to the dentist.

更不用说了

我不能去参加史蒂夫的聚会，我要做家庭作业，准备明天的演讲，准备考试，更不用说带我的弟弟去看牙医了。

◆ **make something do** (*use what one has, instead of getting something else that would be better*)

If there isn't cream for our coffee, we'll have to make milk do.

凑合

如果我们的咖啡里没有奶油的话，就拿牛奶凑合一下吧。

◆ **be hard on something**  
( *treat roughly* )

很快消耗

My son is hard on shoes.  
Look at this pair, these were  
new a month ago.

我儿子穿鞋很废，看  
这一双，上个月还是  
新的。

◆ **as long as** ( *because  
something else is happening at  
the same time* )

只要

As long as you're going to  
the drugstore anyway, buy  
me some aspirins.

只要你去药店，就给  
我买些阿司匹林。

◆ **take advantage of  
something** ( *to use something  
for one's own benefit* )

利用

Let's take advantage of this  
wonderful weather and go to  
the seashore.

让我们利用好的天气  
去海滨吧。

◆ **would rather** ( *I'd rather* )  
( *prefer* )

宁愿 喜欢

Would you like pancakes for  
breakfast? No, thank you.

早点你愿意吃煎饼  
吗？不，谢谢。我喜

I'd rather have bacon and eggs.

欢吃熏肉和鸡蛋。

◆ **take turns** ( *do something alternately with other persons* )

轮流

There was only one dictionary, so the students had to take turns using it.

只有一本词典，因此学生们只能轮流使用。

◆ **look forward to something** ( *anticipate with pleasure* )

期待

I've been working hard. I look forward to my vacation this year.

我努力工作，并期待着今年的假期。

◆ **make the most of something** ( *do the best one can in a situation; get as much as possible out of it* )

充分利用

You made the most of your three days on Paris. I think you saw everything there.

你充分利用在巴黎的三天，我想你在那儿会看到各种各样的东西。

◆ **stand a chance** (*have the possibility*)

Phillip wants a scholarship to Harvard, but he doesn't stand a chance of getting one.

有希望,有把握

菲利普想得到哈佛的奖学金,但是他没有把握。

◆ **do one's best** (*make the greatest effort that one can*)

I'm not sure I can be there tonight, but I'll do my best. It all depends on how much work I finish this afternoon.

尽力

我不敢保证今晚到达那里。但我将尽力,这取决于我今天下午完成工作的多少。

◆ **take after someone** (*resemble in appearance personality, or character*)

Peter takes after his mother in personality and his father in appearance.

和..(某人)相像

彼得和他妈妈的性格相像,和他爸爸的外表相像。

◆ **by heart** (*by memorizing*)

In elementary school I learned several of

背诵

在小学的时候我背诵了几首朗费罗的诗。

Longfellow's poems by  
heart.

◆ **quite a few** (*many*)

很多

I haven't any recordings by  
Tom, but I have quite a few  
by the Beatles.

我没有任何汤姆的唱  
片，但是我有许多甲  
壳虫的唱片。

◆ **on the other hand**  
(*looking at the other side of  
the question*)

另一方面

Bert is extremely intelligent.  
On the other hand, he's a  
very lazy student.

伯特很聪明，另一方  
面，他是一个非常懒  
惰的学生。

◆ **take a dim view of  
something** (*have a poor  
opinion of something;  
disapprove of something*)

对...评价不高 不赞  
同

Mrs. White takes a dim  
view of the way her sister is  
raising her family.

怀特太太对她妹妹养  
家的方法不太认同。

◆ **talk something over**  
(*discuss*)

讨论

Jim always talks things over with his parents before he makes an important decision.

吉姆在做重大决定之前总是先和他父母商量一下。

◆ **on time** ( *at that hour designated; not before or after that hour* )

准时 及时

Bill's very punctual, and he's always on time for everything.

比尔很守时，他什么事情都很准时。

◆ **till one is blue in the face** ( *until one can say no more in trying to convince someone of something* )

费尽口舌

Bob's father talked to him till he was blue in the face, but it did no good, the boy quit school anyway.

鲍勃的父亲费尽口舌劝说他，还是没用，他还是退学了。

◆ **in time to** ( *be at a place, at the right time to do something* )

及时做(某时)

George couldn't come for

乔治没能赶来吃饭，

dinner, but he arrived in time to have dessert and coffee with us.

但是他赶来和我们一块吃甜点和喝咖啡。

◆ **out of the question**  
( *impossible; beyond consideration* )

不可能的

Your suggestion that we go swimming is out of the question, it's much too cold today.

你提出今天游泳的提议是完全不可能的，今天太冷了。

◆ **waste one's breath**  
( *speak uselessly, to no purpose* )

白说

If you tell Jeff not to go, you will just be wasting your breath, he'll go anyway.

如果你劝说杰夫别去 那将是徒劳的 他无论如何也会去的。

◆ **no wonder** ( *it isn't surprising* )

难怪

No wonder you're tired. You walked ten miles today!

难怪你会累，你今天步行了 10 英里的路程。

◆ **right away** (*immediately*) 马上 立刻

I am sorry I forgot to get that medicine for you. I'll take care of it right away.

很对不起，我忘了给你带药了。我马上去给你办。

◆ **put something off**  
(*postpone*)

Because of the weather, we have to put our picnic off until next Sunday

推迟 (某事)

由于天气原因，我们不得不把我们的郊游推迟到下个星期六。

◆ **get cold feet** (*become very cautious; be afraid to do something*)

John want to ask Dora to marry him but he got cold feet.

非常谨慎 害怕做某事

约翰想求多娅嫁给他，但是他很谨慎。

◆ **be better off** (*be better on a longterm basis*)

Do you think I'd be better off quitting my present job and going to New York?

从长远看...更好

从长远看，你认为我辞掉工作去纽约会更好吗？

◆ **might as well** [ *it is a good idea ( to do something ) although not of major importance* ]

If you're going to the library, I might as well go with you and return these books.

◆ **in charge of something** ( *responsible for something, such as one department of a large company or an activity for which arrangements that must be made* )

Alex is in charge of the publicity committee for the school again.

◆ **little by little** ( *gradually* )

Frank broke his leg and couldn't walk for a long time, but little by little he began to use it again.

也

如果你去图书馆的话，我也和你一块去并归还这些书。

照管 负责( 某事 )

阿里克斯再次负责学校宣传委员会的工作。

逐渐的

弗兰克弄断了他的腿，很长时间不能行走，但是渐渐地他又开始下地了。

◆ **make friends** (*form friendships with people*)

交朋友

Alice is very lonely, and I think her problem is that she doesn't know how to make friends.

艾丽斯很孤独，我认为主要原因是她不知道怎样去交朋友。

◆ **hit upon something** (*to discover something that will help make progress in a certain cause or situation*)

想出(办法)

The scientist worked for a long time but could not solve his problem, then, after many hours, he hit upon the right solution.

科学家研究了很长时间，但是还是不能解决问题。好几个小时以后，他想出了正确的解决办法。

◆ **show promise** (*give the impression having the ability to do something in the future*)

显露前途 或希望 筹

Betty has a beautiful voice and shows promise of being a great singer.

贝蒂有一副好嗓子并显露出成为一名伟大歌唱家的希望。

◆ **hold one's own** (*to*

把握住,保持