

## 地道英语口语 500 句

1. Hold on 等一下 (口语中, 人们不太用 wait a minute) 如果两人辩论, 吵架, 抬杠, 你要别人“打住”, 可以说, hold it right there.

2. I hate his guts. 我最讨厌他。也有说 I hate him guts. Guts 是肠子, 相当于“恨之入骨”的意思。He doesn't have much guts. 他是个胆小鬼。ut feeling 直觉

3. Nuts, 果仁, 核, 为复数时, 意为“疯子”, He is nuts. 他有神经病。He went nuts and killed a guy.他发疯了, 结果杀了一个人。You are driving me nuts. 你真是要把我逼疯。a tough nut to crack, 一项艰巨的任务, 一个难解之题

4. How is everything? (还好吗?) I am just stuck in a rut, doing the same things every day. I wish I could do something different. (烦死了, 每天都是干同样的活, 我真想换个活法。) rut 日常的, 每天都如此, get in a rut, 日复一日, 天天如此

5. I have totally sold out to your idea. 我 100%地赞同赞同你的意见。类似的话还有 If you are not careful enough, you will buy into his bad idea. 如果你不小心的话, 你就会采纳他的这馊主意。

6. I am just ecstatic about going to visit you soon. 马上要见你, 我高兴死了。

7. A dap and dip 打个照面, 露下脸就走。

Matt: Are we going to Jon's party?我们去琼的聚会吗?

Darryl: Yeah, but I don't want to stay long, so let's make it a dap and dip.那就去吧, 不过我可不想多呆, 顶多就打个照面就走人。

8. I would like to get a job within couching distance. 我想找个不用走路就可以上班的工作。Couching distance,沙发距离, 就是坐在沙发上不起身也能够得着。这是那种 couch potato 喜欢做的美梦。

9. Yukky 难吃, 说这个词时还要做一个难吃的表情。Where did you get this food? It was yukky. 你从哪里弄了这吃的? 那么难吃。

10. 与 yukky 相反的词是 yummy, 好吃极了。说这个词时, 要不然就把音拖一下, 要不然说它两次, 表示你真的喜欢主人做的这道菜。

11 I cannot take it any more. 我再也无法忍受了。前面还可以加上一句: don't push me. 不要再逼我呀。同样意思的句子还有: I cannot stand him any longer.

12 Don't take it out on me! 不要把气出在我身上。

13 You have my word. 我向你保证（是这样）。

14 Look, I have got going. 就这样了，我还得干活呢（还得赶路）。这是向人告辞的说法。

15 You talk crazy. 你满嘴胡言。相当于 you talk nonsense 之意。从语法上看，将形容词放在动词后不是很正规，但人家都这么说，也就可以将就了。

16 I don't mean to cross the line. 直译是“我不想越界”。这句话的意思是，我并不是想管闲事呀，只是随便问问。“I don't mean to cross the line, is she your new girl friend?”

17 Thank you for ....(the tea, and so on), and everything else. 谢谢你的（茶水款待），以及一切。当你向人道谢时，你一下只想起了一件具体的事，但又接受了不止一项的好处，就加上一句 and everything else，这样就不会漏谢什么了。

18 I won't take that crap.我才不会信那套鬼话。也可以说：I won't buy that beef.同样的意思。

19 Calm down. 不要激动好不好？

20 sick 恶心 you make me sick. 你叫我恶心。 People do sick things to young girls nowadays. 现在总有人对小女孩做那些恶心的事。 He is sick. 如果你把 sick 一词念得很重，意思就是“他令人恶心。”如果念得不重，意思就只是“他病了。”所以要小心。

21 You look concerned. What's on your mind 你看上去有点心思沉沉，在担心什么呢？

22 I've got to quiet down and get focused. 我该冷静下来，集中注意力。

23 I know he has the blues(He is feeling very down!), but it doesn't mean he can vent his anger on me. 我知道他心情不好，但他也不能把气发在我身上呀。the blues 心情不好，If a girl is sad, an ice-cream cone can normally chase the blues away. 如果女孩心情不好的话，给她一个冰淇淋，她就会转哭为笑了。也可说，an ice-cream cone can normally help shake off the blues.

24 I'm up to my neck in work.这句话的意思就是 I am quite busy. 我太忙了，这工作把我忙得晕头转向。I have got a pretty tight schedule today. 我今天的日程安排得很紧。

25 Easy! 悠着点；不要性急；轻一点；也可以说：Go easy. Go easy on it(省着点用). Easy-going, 很容易相处：She is caring and easy-going.

26 Crush 原意为“粉碎”，现常指“暗恋”，又常指青涩少年的那种爱，并不稳定，例如，小女生对老师的爱恋，过一阵就烟消云散。Peter has a crush on Jenny.

27 Ask somebody out 与人约会，谈恋爱：He doesn't have the guts to ask her out because he is afraid she will turn him down. 他不敢告诉她他爱她，因为他生怕会遭到她的拒绝。类似的有 go out with somebody: I heard you're going out with Jane. 我听说了你在与 Jane 谈恋爱。

28 Mr. Right: 白马王子，He's gentle, patient, successful, and MATURE. I think He's my Mr. Right! 他温柔体贴，有耐心，成功又成熟。我知道他就是我的意中人(我未来的丈夫非他莫属；也可以说是真命天子)。(白马王子的另一个说法：prince charming)

29 Jack 对朋友 John 说，他刚刚与 Esther 拜拜了，(I just broke up with Esther.) John 安慰 Jack 说，I don't know what to say to comfort you, but cheer up! There's plenty of fish in the sea and you'll find your soul mate, your perfect match!

30 My relationship with her is already a history.我与她的关系早已成历史了。

31 我们赞扬儿童时最常用的话有：Isn't he cute He is so cute. He is adorable. Beautiful baby! 逗一两岁的小孩时，人们常说：Peek-a-boo, I see you.给小孩说再见：See you later, alligator!

32 Yes, 这是现在的小学生都会的单词。但是大学英语专业的人有时也搞错，例如，对于对方的否定句表示赞同时，很多时候，很多人仍旧会回答 yes，而不会说 no。英语中表示同意的词很多，如果实在无法立马反应过来，不妨用其他的词。Absolutely, OK, you are right, exactly, certainly, yep, aye, just so, sure, right, correct, you said it. I agree with you, 常用的还有 sweat, you bet. 或者你可以说：I hear you.你说的我明白。说 no 的词也有好几个：nope, I don't think so,等等。

33 有个人说：A 82 year-old man married a 28 year-old woman. That is the most bizarre thing that has ever happened recently. (一个 82 岁的老头娶了 28 岁的姑娘，这是近来最为离奇的事。)另一个人蛮有同情心，他可能会说：Well, age shouldn't be something that comes in the way of a person's marriage. As long as they love each other, age is not an issue.(嗯，年龄在婚姻中应该不是障碍，重要的是他们爱着对方，年龄不是问题。)bizarre 是一个美国人喜欢用的词，意思是“稀奇古怪，不正常的”；That is a bizarre story.(这个故事太荒唐。) The nine-head-bird is really bizarre. (九头鸟是不可能有的事。)这是一句中国俗话，上、下联是什么呢？comes in the way of 的意思是“成为绊脚石”。

34 有个朋友要我每到一地就给她写几个字，这英语的表达法可以用“drop me a line”：Don't forget to drop me a line when you visit a new place. 我则可以回答：“Trust me. I won't. I'll keep you posted.”(没问题，我不会忘记的，我会随时让你知道我的近况。)post 当动词用，则是“邮寄，转递”，keep someone posted 意思是 keep in touch with someone, or touch base with someone often. 只是很可惜，现在的中国邮局大部分都不办理邮政业务，而是成为银行了，所以信也没法寄。Drop by 的意思是，顺便访问(没有计划的那种访问。)

Please drop by sometime for a drink. - I dropped by my best friend's house to see if he was home. 不要朋友写信，就叫朋友打电话好了：Give me a buzz. or Give me a ring. 都可以。

35 上一篇中提到了一个词 soul mate, 是那种心灵感应的朋友, 也可以用 heart, 例如说, sweat heart, 但这指恋人或关系特别密切的人。a heart to heart chat 很诚恳的沟通。I tried to have a heart to heart chat with him on this issue, but it didn't work. 我费了一番力气想与他坦诚沟通, 但没有有什么用。

36 他喝醉了。英文有好些说法, 很口语化的是: He is loaded. 就是 drunk 的意思。"When I talked to the president, he was loaded." Kissinger said about Nixon. 基辛格谈到尼克松时说: “我跟总统谈话时, 他已经喝得烂醉。”under the influence of alcohol 也是喝醉了的意思, 但这是个法律词汇, 意思是犯法了, 尤其是在开车时, 如果查出了司机是 under the influence of alcohol 则可能要坐牢。而 drunk, loaded 虽是醉酒, 但不违法。很书面语的词汇是“intoxicated, intoxication”。写到这里, 我想起了昆明巫家坝机场的一副广告: 令人陶醉的地方--云南(大意), 旁边的英语是: Intoxication: Yunnan. 这是典型的中式英语, 外国人看了不知所云, 听上去好像是云南人都是酒鬼一样。正确的英文应该是: The most attractive place: Yunnan; 也可以说: Breathtaking scenery: Yunnan.

37 He is a little bit punchy. 如果一个人晚上睡眠不足, 早晨起来睡眼惺忪的样子, 我们可以说他 punchy. 所以可以接着说: He needs a cup of coffee to wake up. 一个人看上去云里雾里的样子都是 punchy, 与喝醉酒貌差不多。

38 与 load 还有一个相关的口语词: freeloading, 揩油, 滥用别人的慷慨。My roommate won't pay anything for the grocery. I end up feeding him three meals. I am really fed up with his freeloading. (他这样揩我的油我实在是受不了。)揩油的人就叫“freeloader”, 就是那种喜欢免费的午餐的人 (those who enjoy free lunch)。

39 市场上有很多关于学英语诀窍的书, 但实际上, 学英语就是一个背单词、与遗忘作斗争的过程。记忆力好的人总是少数。I cannot think of these English words off hand. One of the effective ways is to brush up on grammar rules a little bit everyday. There is simply no short cut. Off hand, 我无法一下子就能想起这些英文单词。Brush up on 常常复习, short cut, 捷径。学英语最好是每天学一点, 坚持不懈, 集腋成裘: “Precept upon precept, here a little and there a little, idea by idea,” (一次学个概念, 这里学一点, 那里学一点, 一次接触一个思想)。或者我们可以说 A little at a time, we can eat up an elephant eventually. (一次吃一口, 我们最终可以把头大象给吞了。) It is a big job, but we can get it done. 这个工作巨大, 但我们可以把它做好。所以不要相信那些 100 天就可以把英语学好的广告。如果有学生或一位网友 100 天可以学好英语的话, 那我不就要失业了?

41 Hang 是个常用的单词, 几本意思是“挂, 吊”。口语中加上 in 或者 on 后, 其意思是坚持。Hang in there, OK? 再在那里坚持一会。Everybody hanging on. 每个人都再坚持一下。Stay on. 也是“再坚持一会”

All relationships go through rough times. You just have to hang in there. 每种关系都

会经历难关，所以你坚持下去就好了。

Just hang on in there. The physical training is tough but it's worth it. 你一定要坚持下去，体育训练难度较大，但这代价是值得付的。

Hang around 的意思是闲逛。你进商店，老板会问：What can I do for you? 你则可以回答：I am just hanging around.我只是随便看看。

Most husbands hate hanging around with their wives in the mall. It's so boring! 大部分的先生都不喜欢跟老婆去逛商场，太无聊了。

I don't like to hang around here after dark. 天黑后我不喜欢在这里逛了。

He had stupidly hung around — just to see what the cops were doing — and ended up being arrested!他在这里看热闹实在是笨，他就是想看看警察在干什么，结果把自己给弄抓起来了。

Hang up with 是约会的意思。He is hanging up now with Jane.

42. 如果有人无所事事，你就可以说：Get a job. 去做点正事吧。

43.No need to panic. Don't panic 不要慌张。

44.You made your point. 我明白你的观点（意见）了。或者：I heard you.

45.You are nasty. 你真是可恶。nasty weather; a nasty trick nasty 是个常用词，表示厌恶。

46.Stay cool, man. 老兄，多多保重。相当于 Take care.

47.That is a wishful thinking. 想得美。也可以说是 day dream 白日梦。You are day dreaming. "He lives in a dream that has nothing to do with reality"

48.Let us keep it that way. 还是原样吧。就这么办吧。

49.Can you drop it? 能不能不谈这事了？

50.What is there for me (you)?两个人谈合作，你看了半天，都是对方得益，于是你就可以说这句话了：我的好处在哪里？也可以说：Where is my cut?

51.Back To Basics 从头来，回到起点，回到基础的东西。

This is really complicated for me now, please get back to basics, OK? 这真的有点复杂了，我搞不懂，能不能从头说一遍？

又可以说：**Back To Square One** 这是一个美式足球的术语，球又从新开始。

**Voters send tax relief back to square one.** 投票人将缓税计划打回原宫。

表示“基本”的另一个词组是 **the nuts and bolts**

**The nuts and bolts of college writing** 大学写作初阶

**nut** 是螺帽， **bolt** 螺钉，螺帽螺钉是最基本的的东西，合在一起就是“基础”。

52. **Licking good** 味道好极了，**licking** 是舔的意思，例如手抓羊肉，吃完后，再舔舔手，证明好吃。 **It is licking good.**

53. **My toes feel very itchy. It's really irritating. I think I have an athlete's foot.** 我脚趾痒得很，真烦人，我想我是得了香港脚气。夏天还一个常常弄得皮肤很痒的是痱子 **Heat rash** 或 **heat burns**，中暑是 **heat stroke**，那就不是痒的问题了，搞不好要命。

54. **I really miss my good old days. Now age has set in.** 我真怀念以前那些美好的日子，现在是年岁不饶人呀。

55. **I owe you.** 我欠你一次情。

56. **Do they buy it?** 他们买帐吗？

57. **Don't just talk to his mind, talk to his heart.** 不仅要诉之于理，更是要动之以情。

58. **That psycho scared me.** 美国曾有部恐怖片，片名就是是《**psycho**》，主角是一个连环杀手，患有精神病。所以那些行为古怪的人也叫 **psycho**。

59. **You need to get yourself together.** 你得清醒清醒。

60. **Guru** 这个词最近几年最流行，原意是指印度教、佛教里的教师，现在也指新兴的宗教里的老师，进而泛指大师，也可译成大鳄。有时有戏称的味道。**Diet guru** 营养大师

61. **It's a pro-democracy movement. And it's not only Chinese, it is global.** 这是一场民主化运动，这不仅是中国人的追求，而是世界性的运动。在谈到民主化时，在 **democracy** 前要加 **pro** 这个前缀，表示拥护。

62. **Genuine pro-democracy movements are always profoundly threatening to those with their polished boots on the necks of the poor.** 真正的民主运动势必会从根本上动摇那些骑在穷人身上作威作福人的利益。**Polished boots** 擦得锃亮的靴子，**the neck of the poor** 穷人的脖子，这个词组很形象，就是富人阶层把穿了靴子的脚架在穷人的脖子上。

63. China will not move forward towards the ultimate goal of universal suffrage without the active participation of the citizens. 没有公民的积极参与，中国就不能进步，达到普选的最终目标。 Universal suffrage 人人都投票。

64. States scramble to find funds to fix roads and bridges. 各州都在竭力寻找资金来修路补桥。 His campaign scrambled to defuse possible damage. 他的竞选班子在竭尽全力来挽回可能的损失。 Scramble 通常意思是“搅拌”，例如：scrambled egg，这里的意思是“竭力干一件事”。

65. Without human rights and political freedoms, we are simply a bunch of pigs. Without checks and balance, man will surely abuse power and concentrate power, and eventually dictatorship is born. abuse power 滥用权力， concentrate power 抓权

66. Finally he got his wish. 终于他如愿以偿。

67. We're learning to reach out across borders and many other barriers, finding out how to affirm our common humanity while struggling against the dictatorship. 我们在渐渐地学习如何跨越各团体之间的界限、打破各团体之间的障碍，学习寻找如何来追求我们普遍的人类价值，同时一起与专制作斗争。

71. She's really pretty, isn't she? Her skin looks so baby smooth! 她太靓了。你看她的皮肤，看上去就像婴孩一样光滑。

72. It is no good to put lots of make-up and notion on your face. It is better to look natural. 把那么多化妆品往脸上堆实在不好，自然美看起来更好。

73. It is good to put cucumbers on your face every night. These are natural skin soothers, natural healers of the skin. They soften the skin, wipe out the roughness, remove lines and age signs. 每晚在脸上贴些黄瓜效果不错。这是一种天然润肤、天然理疗皮肤的方法。黄瓜能使皮肤细嫩，使皮肤光滑，消除皱纹，让人显得更年轻。

74. My darling, if my breasts were saggy, would you still love me? 这是女人最担心的一个问题。

75. My forehead is wrinkled, the eyes are puffy, the sacks under the eyes are dark, and the skin is no longer as resilient as it was. I need a plastic surgery, and a breast enlargement. (我额头满是皱纹，眼睛浮肿，眼袋发黑，皮肤也不再像以前那么光亮，我要去做美容手术和隆胸。)

76. Darling, Beijing Mall is having a big sale this weekend. You wanna go? But we are broke this month. Well, we still can do window shopping. Women, women. 亲爱的，这个周末北京商厦大甩卖，你要去吗？可是这个月我们已经破产了呀。那也不要紧，我们去饱饱眼福就行了。女人呀，女人。 Window shopping 就是去商场逛逛，什么也不买。

77. I am a woman in love. And I do anything to get you into my world. 这是一首歌里的歌词。

78. I really love him to death. I am head over heels in love with him. Head over heels 翻了一个跟头，晕头转向，爱得死去活来，神魂颠倒。He was running so fast that when he jumped and got hit he went head over heels. 也可以说：I have been head over heels about my girlfriend since the day I met her.

79. Shop until you drop. Drop 这里的意思是，你买东西多得都拿不下了，东西直掉，所以可以译为：“手不塞满，采购不停”。“只要还能提得动，采购一路就不停”。She is type of woman of shop until you drop. 她是那种采购狂女人。（她进了商店就什么都想买。）

80. Isn't my baby the most beautiful baby in the world? 每个母亲都有权力吹这个牛。

81. I am fed up! 受够了。I am fed up with 脑白金's commercial. It is on TV all the time. 我真是有点厌恶脑白金的广告了，电视节目里老是它的广告。“受够了某人”也可以说：I have had enough of Shi, he made a fortune by selling snake oil. 这个史真是让我烦，他靠卖狗皮膏药发了大财，or I have had enough of his bad behavior.

82. I have been there. Or I have been around. 这事我经历过。I have been there, so I know how you feel. 这些事我都经历过，所以我能明白你的感受。I have been around long enough to know this kind of guys. I can rip him to pieces in a second. 这种场合我经历多了，对这类人我太了解，我可以瞬间就把他给打得落花流水。（直译：把他撕得粉碎）My brother has always been there for me. 我(有困难时)哥哥是我随时的帮助。

83. We are at bingo. 成功了，干完了。如果你赢了，就大喊一声：Bingo。

84. If you make a mistake, just fess up to it. Take your licks and we'll press on. 如果你犯了错，承认就好了，忍住伤痛，然后我们继续进行下去。Lick 通常的意义是“舔”，这里作“打击”。

85. I am swamped. 我太忙了。

86. I am tired. My legs are giving out, my brain is going to neutral, I need to take a shower and go to bed. 我累了，脚也走不动，头脑也昏沉，我要洗个澡然后睡觉。

87. 口语中说没有考好可以用 flunk, “fail” 相对来说比较正规了点。He flunked all of his courses. 如果门门课都不及格的话，就会被学校开除，因此可以说“flunk out”: It is kind of sad, after Jason flunked out of high school, it is hard for him to find a job.

88. 说一个学生全面发展：“He is fully dimensional.”dimension 的基本意思是“面”，例如“三维”：three dimensions. 说一个人优秀，比平常人多了点才华，可以说：He is excellent,



and has the extra dimension.

89. **Cookie** 本意是“饼干”，口语中指你特别喜欢的人。**That is my girl, that is my cookie.** 她就是我的，正是合我口味的姑娘。**A clever cookie,** 一个聪明的伙计，**a lawyer who was a tough cookie** 一个难对付的律师

90. 说一个人很紧张我们一般会说“nervous”，口语里可说“edgy”，**you are so edgy. Relax, man.** 你太紧张了，放松一点，老兄。**The performers were edgy as they waited for the show to begin.** 演出开始前，演员们紧张得要命。

91. **He is a stud.**他很帅，他是个帅哥。注意 **stud** 只能用于男性，而且是那种具阳刚气、棱角分明、健壮的人（**well-cut**）。女性相对应的词是 **bombshell**，美得像炸弹，她一出现，就要炸翻一片男士。**She is a sure-fire bombshell.** 以前江南一带形容女孩漂亮的俚语也有“她很炸”。不知道现在说女孩漂亮的俚语是什么了。还有一个类似的说法：**She is a knock-out.****knock-out** 是拳击词汇，一拳把对手打出圈外。

92. **Lighten up!**不用那么紧张。**Lighten up on yourself.**

93. **Knuckle-head,** 笨蛋，傻。**He is really a knuckle-head.**

94. **He has a strong ego. He believes he is a big shot, and beats his chest. A strong ego,** 很强烈的自我优越感，**Big shot,** 大腕，重要的人物。**Beat one's chest,** 那些篮球运动员灌篮后都要捶打自己的胸脯，表示得意自豪。**Do you wanna try another shot. Shot** 在这句的意思是“试试”，“想再试一次吗？”**It is your shot.**这是你的工作了。

95. **Goofy** 是个很有用的词，意思有点像 **silly**。**Goofy** 是个卡通狗，长长的耳朵，表情古怪，引人发笑。**If you do something goofy, you will gain children's attention. You are acting goofy. They were worrying about their goofy kids.** 傻，不懂事。

96. **Spooky** 可疑，可怕。**He is trying to sell something to me, but it looks spooky to me.** 他想向我推销东西，不过看起来可疑。**It is dark down the ally, quite spooky.**小巷子很暗，有点可怕。

97. **Fishy,**不诚实，可疑。**It sounds fishy.** 听起来不可信。

98. **Buff** 原意是牛皮，口语中指“对某事务有强烈爱好，知识丰富的人”**a Civil War buff** 内战史迷。**He happens to be a genealogy buff. Those who are not beef buffs can order something else. Buff** 又指那种肌肉发达的人：**Some buff athletes lifting weights at the gym.**

99. **It may be a cock-and-bull story. Cock-and-bull** 没有书对的事。**He is good at telling cock-and-bull stories.** 他最会胡编乱讲。

100. **That will crank you up.** 意思是“**That will cheer you up.**

101. I have a fire in my belly to do something for this village. 我有一股强烈的愿望，能为这个村庄做点什么。特别注意，这个成语与“一肚子火”没有关系，是表示有一种正面的强烈愿望。

I love this desire which comes from a fire in my belly.

一首歌的歌词： Fire in my heart, fire in my belly too Got a heart and a mind and a fire inside And I'm crazy about you You, you on your high flying cloud You, you when you're laughing out loud.

Have a yen for 也是口语，同样表示“I have a desire for”： I have a yen for a thick juicy steak. He has a yen for this girl.

102. Digital cameras are cheap now, you can get one for peanuts. 最便宜的东西莫过于花生，用买花生的钱就能买的东西，那当然是很便宜了。以前美国南部产棉花，但棉花对土地有结板块的作用。后来农民发现棉花收割后种花生对土地有帮助，于是开始种花生。那时花生不过像杂草一样，农民任其烂在田里。直到发明了花生酱后，花生才渐渐地成为人们喜欢的食物。

103. Blow out 与 blow away

With this dress, you are going to blow away everybody at your party.

I am blown out to find out that she would not come.

104. You are so jumpy. 你真是有点神经质。一个人兴奋得乱蹦乱跳,所以显得有点神经质.

105. Are you getting the picture You are going to get the whole picture.

106. Tough, 这个词是口语中使用频率比较高的, a tough guy,

It is pretty tough to get a reservation. 这里的 tough 就是 difficult 得意思。You just have to tough it out.

107. Rough, 注意, rough 与 touch 意思不同, 容易混淆。

I have some rough patches with my wife. 我有好些地方得与老婆去磨合磨合了。

108. I am here now, I need to get in a swing of it. 我已经到了, 该投入行动了。

109. More brawn than brain 四肢发达, 头脑简单 Nowadays, pop-culture icons are

more brawn than brain. 现在流行文化中的偶像都是些四肢发达，头脑简单的家伙。

110. Once you get to the meat of the subject, you will start to enjoy it. Meat 肉，这里做“精髓”解。Nub 也有这个意思：the nub of the story

111. Watch out for bait-and-switch tactics. 街头骗子常用的手法就是快速地掉包，先用一个诱饵，乘你不注意掉包。

112. Ball 这个词人人都识，就是球的意思。但在口语里，还有三个其他的含义。The little girl had a ball at school today. 这个小女孩今天在学校参加了一个舞会。

另外 on the ball 的含义是，有知识，有才华，懂行，办事利索。

He is a teacher who is really on the ball. 他是个了不起的老师。a manager who has a lot on the ball 很懂行的经理; a student who has nothing on the ball 学得一塌糊涂的学生

另一个说法表示一个人“能干”，可以说 hot-shot: The boss would like to hire a hot-shot employee 能干的职员 a hot-shot teacher, 能干的老师，

Ball 的第三个用法是 having sex: They met, they clicked, they are having a ball.

I am glad you have started the ball rolling. 很高兴你把这事推动起来了。补充：

The ball is in your court now.现在球已到你那边了。（意即得由你作次决定了，作出回应了）

Fireball: 火球，例如像原子弹爆炸一般，引申为“成功、热情、精力旺盛”之意。I hope John will join us, he is a fireball.(or he is a ball of fire.)我希望约翰能加入我们，他是个热情旺盛的人。

113. Blur 模糊，Taiwan talk is just a blur. 台湾问题的讨论不过是在搅混水。The next hour is a blur to me.接下来的一个小时我就稀里糊涂了。

114. I have worked my butt out.我干活干得筋疲力尽了。中国人“我干这活都掉了两斤肉。”英语里是累得屁股都掉了。

115. Snake oil 江湖郎中开的药 a snake oil salesman, 一个骗子推销商，传销卖的东西基本上都是 snake oil。中国的保健品基本上也都是 snake oil，中国最有名的 snake oil 恐怕是脑白金了。

116. I saw several old geezers walking in the street. old geezer 老人，老头子（有幽默味道，并不含贬义），表示老头子还有另两种说法：old chap, old stick，这只能熟人之间用，

117. She is angry with me, but I stick to my guns.她对我很愤怒,但我决不让步。stick to one's guns 表示坚持原则。坚守原则的另一说法是: You need to hold your ground even if some people oppose you. 就算有人攻击你,你也一定要坚守立场。

118. A night owl 熬夜的人 He is a night owl. 相当于 He likes to burn night oil.

119. Mr. Li never throws anything away, he is a pack rat. 李先生从不扔掉任何东西,他简直是垃圾收藏家。

120. He has been my sidekick for several years.他是我多年的好友。Sidekick 可以是老朋友,也指在关系中处于小弟的位置: I have been his sidekick for many years, now it is time that I break into my own business. 我作他的跟班已经好些年了,现在我该自己创业了。

121. Close but no cigar. 差不多就答对了,但尚不能获奖。(大概是答对了就会奖励一支雪茄吧)同样的结构有 Thanks but no thanks.如果你谢绝别人要给你提供的帮助或东西时,你可以这么说,“谢谢,但不需要。”

122. three strikes, you are out. 这是一句棒球语,但也开始用在日常生活中,往往意思为:“如果你犯三次,就把你开除。”好些年前,美国曾讨论一个叫“three strikes law”,又叫“habitual offender laws”,该法律主要是针对那些刑事犯罪惯犯,如果一连犯了三次重罪,刑期就得自动延长,甚至是终生监禁,有点中国“严-打”的味道,但也有人指出这法律不合宪法,因为宪法中规定,一罪不二罚。

123. The returns are good but the stakes are high. 回报诱人,但风险极高。

124. Every year, four hundred Americans die from heat stroke. Heat stroke 就是中暑,今年中暑的人特别多。

125. I need some back-up from you. 我需要你的支持。Support 是书面语,backup 是口语。Police: I need backup, I need backup.请求支援,请求支援。Back off, 让开。

126. get out of here. 直接的意思是,滚到一边去吧。也可以意为:得了吧。如果你不同别人的话,也可这么说。

127. I am pulling an all-nighter. 熬夜

128. Let me get my head around this. 让我把这件事想清楚。

129. you need to get your head straight. 你得头脑清醒清醒。

130. the sticks, 这里的 sticks 是“树林,深林”的意思。He is a guy in the sticks, how could you expect him to know that? 他住深山老林,他怎么可能知道这事? stick-thin, 或者 as thin as a stick 骨瘦如柴 I remember her as a stick-thin teenager. 我的记忆里,她是个

骨瘦如柴的青少年。比较: out of the woods 脱离深林, 意即“脱离危险”。

131. Streamliner 高速列车, 我国最近开通的 D 字头车就可称为 streamliner, 另一个词是子弹头车 bullet train, 赛车也可以说是 streamlined cars;

132. I try to fix Michael up with my sister's classmate Mary. 我想要撮合 Michael 与我妹妹的同学 Mary 成一对。

133. One for the books 值得记一笔的事件, 难以置信的事件。

134. You should bypass the mind and go straight to the bloodstream of your listeners. 你不要跟听众讲大道理, 而应该直接去打动他们的心。 Or say: go straight to their gut feeling

135. Many Chinese people like to play devil's advocate in politics. 许多中国人最喜欢在讨论政治时唱反调。 play devil's advocate 就是“抬杠”的意思。

136. I don't like his devil-may-care attitude. 我不喜欢他那毫不在乎的态度

137. “恶搞”如何说? spoof, spoofing attack, “When a good product gets spoofed, that is too bad.”

138. "I wouldn't vote for him for dogcatcher" or "He couldn't run for dogcatcher in this country". Dogcatcher 捕狗员, 如有流浪狗在街上, 捕狗员的工作就是抓这些狗, 这是最低贱的活了。“连捕狗员我都不会选他去当。”(实际意思是: 他又如何可以竞选当县长?)

139. 出血大甩卖 deep discount, blowout sale, 清仓大甩卖 closing sale, clearance sale, 减价 on sale, slashed by half,

140. Turnoff, 本意是“关灯”, 如果一个人一来就关灯, 这个人就是“turnoff”(扫兴): One of the girls' biggest turn-offs is guys who are indecisive. 女孩最不喜欢的人就是那些老犹豫不决的男子。 A woman who is aggressive is a turnoff to men. 什么事都抢先争赢的女人不受男人的欢迎。 Zhang Yimou's movies are always turnoffs. 张艺谋的电影都叫人看不下去。

141. Gotcha. 是 got you 的口语形式, 意思就是“明白”。

142. She can really turn a phrase. 她的语言文字能力极强。又可以说: a turn of phrase, She has a nice turn of phrase which should serve her well in journalism. 她善于文字表达, 因此适合从事新闻业。又作“表达法”解释: Significant other', meaning 'partner', now that's an interesting turn of phrase.

143. there is a lot of ground work to do. 还有好多预备工作要做。这大概是源于航空业, 在飞机起飞前, 要做很多的地面工作。

144. That is the real deal. 这才是真正的目的，真正的实惠所在。

145. I don't mean to cry over your shoulder, but here is my reality, I have lots of bills to pay. 我并不是想赚取你的同情，但我的实际情况是，我真的有好多账单还没有付。

146. Net Gestapos track down and punish offenders for even some minor perceived rule-breaking offense. Track down 追踪，哪怕是那些微不足道的犯规，网盖都会要穷追不舍把犯规者法办。

147. 他是代课老师。可以说 a temporary teacher, 不过口语的说法是 He is a fill-in teacher. Fill-in 临时替代。

148. He is quite spunky today. Spunky, 兴高采烈，情绪好。From the spunky look on his face you could tell he must have done well in the test. 从他有精神的表情上可以得出他一定考得不错。

149. They beat us fair and square. 我们输得心服口服。Everyone wants to get rich overnight, they don't care if they will earn something fair and square.

150. I want you to get your room in shipshape. 请把房间收拾好。Everything is shipshape. 一切都好，一切准备就绪。Shipshape 指的是军舰上一切都是有条不紊。

151. that really gets under one's skin 意思是 It really upsets me. 钻到了某人的皮肤下，就是很令人厌烦的意思。She really gets under my skin now. 她真的有点令我生厌了。还有一个类似的说法：To be honest it is starting to get on my nerves. 讲老实话，我对这事很不感冒了。

152. 一个人要大小便了如何说？最通常的说法是：Excuse me, I need to use bathroom. 如果一定要表明是小便还是大便，可以说 I want to pee, or I want to poo. pee and poo 都是儿童用语，poo 大人一般会避免不用，因为听起来太粗俗。小便大便的正式说法是：urine and bowel movements. 肚子不舒服拉稀为：I have some loose stools, 这是比较口语的说法，正规说法是 diarrhea. 便秘是 constipation. I have urge to go to bathroom. 尿胀了。irregular bowel movements: 大便不正常

153. He is a rather layback person. 他是一个平和的人。也就是不会容易激动的人，反义词是 jumpy. I'm enjoying the lay back culture of Lijiang. 我很喜欢丽江的安逸的环境。

154. He looked at his laptop and said: "I am afraid I don't have much juice now." 这里的 juice 的意思是电池电量很低了。

155. She is a chatter box. 她的话匣子从来关不住。

156. She is nosy. 她喜欢多管闲事。

157. We have to start from scratch again. 我们又得从头开始了。现在流行说 ground zero。例如美国世贸大厦被炸后就成了 Ground Zero。

158. The doctor told me that I had to slow down- or else. “or else” 表示比较严重的事会发生。医生叫我放慢节奏，否则的话.....。这个结构可以比较英语口语第二题中的第七句的结构：Thank you for .....(the tea, and so on), and everything else.

159. Study hard, pass the exams or bust. Bust 是“失败，出局”的意思。“要好好学习、考试及格，要不然就玩完了。”or else, 和 or bust 都属于同样的结果，表示更严重的后果。

160. 与“座位”有关的几个口语词组：I am very fortunate to get the ringside seat to the event. 靠近比赛台的座位，比喻为近距离观察。The consumer is in the driving seat due to the huge range of goods on the market. driving seat 表示“掌控大局”，You must rent this video. It keeps you on the edge of your seat right up to the end. 你得去租这部电影看看，从头到尾都会让你聚精会神。还有一个常用的词组：back seat driver 坐在后面喜欢告诉开车的人如何开车，意思就是幕后操纵，垂帘听政。邓小平就是一个 back-seat driver

161 口语中一些描绘人物的词汇：上次提到了 layback, 意为“与世无争的”，He is a rather layback person. Spunky: 很活泼、很有生气的样子，She is quite spunky。这词也有生气的意思：Nobody knows why my father has been spunky lately. Jumpy 有神经质的样子，一惊一乍的，He is jumpy. (high-strung)。She has bubbly personality. Bubble 有气泡的，形容人热情。Sassy, 没有教养，说话粗鲁，例如小孩子顶嘴。也有活泼的含义。与 sassy 有关的东西一般都是青少年类的。

162. every nook and cranny 每个角落，The story surely has reached every nook and cranny in the city. 这件事传遍的大街小巷。Every nook and cranny has brought back memories. This house is where I grew up. I know every nook and cranny of it. Law books were stuffed into every nook and cranny of his office.

163.tidy 很可观，巨大，She sold it for a tidy profit.说“钱多”还可以说 handsome, handsome profit 也是利润可观的意思。Tidy 另一个意思是整洁：the room is clean and tidy. 还有一个口语词表达巨大的：colossal, Tis really a colossal success. a colossal waste of time,

164.be off one's rocker, rocker 是摇椅，一个人坐在摇椅上得意忘形就摇到地上去了，意思就是 crazy。Spending that much on a car! He must be off his rocker! Have you gone totally off your rocker? Rocker 又叫 lazy chair。Off the wall 也是不可思议的意思。

165.台湾人说“呛阿扁”怎么说？可以用 hoot, They hooted at the speaker. 他们对做报告的人发出呛声。The audience hooted the actor. 观众都向这个演员喝倒采。Before too long, they hooted the singer off the stage.很快他们就把这个歌手轰下了台。

166. 垃圾文章, trashy articles, or junk articles, 垃圾小说也可以这么说: trashy novels,

junk novels,

167. It is toasty outside. 外面很热。

168. a curve ball, curve 意为“曲线”，棒球投手 (pitcher) 投出难接的曲线球，意为“意外的难题”， The weather threw a curve at their outdoor picnic and they had to eat indoors. 天气忽然变得很糟糕，他们不得不中断室外的野餐，而到室内吃。函数表格中常常出现曲线，表示两个点之间的关系，现在也喻事务中间的关系：the learning curve, progress curve, cost improvement curve, gradual learning curve (学习要循序渐进) 等等，都有这个意思。

169. She got him in her back pocket. Back pocket, 裤后面的口袋，意思是“囊中物，跑不了”，这句话的意思因此是“她已经把他驯得对她死心塌地。”

170. whack 狠狠揍了。。。一顿，或干掉了谁。He got whacked. 他被狠揍了一顿。但注意 They have all had a whack. 这里的 whack 意思为 cut, 一份：他们大家都得到了一份。

171. I am not a sugar daddy. 我可不是要什么给什么的人。甜爸爸，非常慷慨的意思。

172. It is obvious that he doesn't have all of his marbles. Marble 的意思是大理石，但口语中为“理智”。这句话的意思是：很显然，他头脑（或思维）有点问题。He completely lost his marbles after the stock market crashed. 股市崩盘后，他差点跳楼。

173. huffy 形容词，生气的，骄傲的，脸皮薄的。If they get all huffy, you know they are not humble people. 如果他们老是动辄生气，你就知道他们根本没有什么涵养。She stayed huffy a good while. 她气了好一阵。

174. Got the picture? 明白了吗？ I just can't get the picture. Picture 指事物的真相。

175. It was a great venture. It was going great guns. 这是非常值得的投资，很成功。I'm not worried about our company's future — we're going great guns, and I expect it to continue. 我根本就不为我们公司的将来去担忧，我们发展得很好，我觉得还会一直很好地发展。

Stick to his guns 不放弃，坚持 David's family were against him becoming an actor but he stuck to his guns. 大卫的家人都反对他去当演员，但他却不放弃。Stand by your guns and don't let them talk you into working full time if you don't want to. 坚持你自己的方式，如果你不想全时间工作，就不要听他们这样的建议。

Shotgun marriage 奉子成亲（来源：女子未婚怀孕，女子父亲拿枪逼男子与女子成婚），胁迫婚姻（forced marriage），

Their cohabitation led to a shotgun wedding and a bitter divorce before too long. 他们同居后，女方怀孕，不得不结婚，然后很快就离了婚。



A shotgun political marriage (民进党与国民党) 两个政敌迫不得已的联手

176. **throwback** 生物学上返祖现象。这是进化论的观点。比如有人肝门部位突出了一点，进化论者就说那是返祖现象，说明人是猴子变的。当然这情况不常有，常有的倒是不少人有六个指头，但从来没有听到进化论者说那是返祖现象。不过这个词在日常生活中的意思是“旧派、守旧”，例如我一位朋友，在大学教书，那里人人都为当教授争得头破血流，而她却厌恶为了教授的席位去争风吃醋。这样的人在现今的年代已几乎绝迹了，可以说她是个返祖现象。

She is a throwback to an era when people would not sell out. 她还是属于不出卖灵魂时代的人。

His sentiments were a throwback to the old communist days. 他的观点属于从前过时的共产党时代。

Being a sort of throwback to the Victorian age, she won't go against her old dad's wishes. 她具有维多利亚时代的气质，不会跟老爸的意愿过不去。

177. **put on the back burner**, 意为“将一项事延后”(可能是不重视) I don't think we will have time to complete it this year. Let's put it on the back burner. 我觉得今年是没有时间完成这项工作了，我们就把它延后一点吧。

Plans for a new sports complex have been put on the back burner. 修建一座体育馆的计划不得不延后。

178. **lay a finger at** 碰.....一下，但这个词组一般只用在否定句中。Don't lay a finger at him. 不要打他。Dare you lay a finger at him, I will kill him. 只要你敢碰他，我就宰了你。You'd better not lay a finger on those documents! 这些文件你最好碰都不要碰。If you lay a finger on me, I'll sue. 如果你敢碰我，我就把你告上法庭。

179. 如果一个人收到一份请帖，如婚礼请帖，后面会有几个字母：R.S.V.P. 这几个字母是法文“répondez, s'il vous pla&icirc;t;”的缩写，意为“请回答”。按照礼节(Etiquette rules)，收信人应该在当天就回信。有时有人会把缩写转为动词用：Have you R.S.V.P.ed to that invitation?

180. They are fighting for crumbs. Crumb 是面包渣。他们在为生存苦苦挣扎。

181. It is a family business. 这是家传生意。Family business 就是爷爷干了，传给爸爸，爸爸再传给下一代，因此又可称是祖传生意。Family restaurant 家庭餐厅，这个餐厅里干活的都是一家人，因此不大，但温馨、有特色。主要是与连锁店相比较的一个概念。

182. **pep talk**, 比赛前，教练给队员们的鼓舞士气的讲话。现在可以泛指了，例如老师每天给学生鼓舞斗志的讲话也是 pep talk。安慰人也可以说是 pep talk。pep rally, 啦啦队的人带领全场的人为自己的队伍呼喊鼓气。例如：老师鼓励学生：“Life is not measured by

the number of breaths we take, but by the moments that take our breath away.” - George Carlin

Pep 一词从 pepper 发展而来，人困了时，咬口辣椒可以提神。

183. tough, 坚硬的，(肉)很老的，也表示一件事不容易。That will be a tough sale. 要让人接受你这个方案不会那么容易。I toughed it out 我硬挺过来了。

184. I have been totally sold out to your idea. 我 100%地赞同赞同你的意见。我完全为你的主意所折服。类似的话还有 If you are not careful enough, you will buy into his bad idea. 如果你不小心的话，你就会采纳他的这馊主意。

185. killer, 杀手, a serial killer 连环杀手。口语中 killer 有好几个意思, 1.“迷人的”, a lady killer, 叫女性痴迷的人, 如 007 类的人。2. Killer career, 成功的事业: As women started to build killer careers of their own, males started to feel the pressure. 当女性开始建立起她们自己成功的事业时, 男性也就开始感到了压力。He has really lots of good Ideas and tactics for a killer career. 3. 不错, 好看 That laser light show was killer! 现在好些网虫给自己起网名为 killa, killah, killor, 等。

186. Bigwig 有钱人, 老板 This is a retreat only for bigwig. 那是给有钱人玩的度假村。

187. edge 是个常用词, “边缘, 刀刃”, 口语中有另外几个意思: take the edge off, 减轻, Have an apple. It'll take the edge off your hunger for a while. 先吃个苹果, 垫垫底。His apology took the edge off her anger. 他道了欠后, 她的怒气也就消了不少。This music collection will take the edge off summer heat. 这个歌集会给你的酷暑带来凉意。

The memorial service didn't bring my husband back to life, but it took the edge off my sorrow. 追悼会没有让我丈夫死而复活, 但给了我很大的安慰。

on the cutting edge: 处于最前端, The young people are on the cutting edge of this tecknology.

on edge, 直译是站在悬崖处, 意思是“很紧张”, The players were all a little on edge before the big game. 在大赛前, 选手个个都显得很紧张。

have the edge on (over someone/something ) Democrats now have the edge in the Senate. 民主党在参议院里现在略有优势。

On a knife edge: 处境艰难, 危险 She's been living on a knife-edge since her ex-husband was released from prison last month. 从他前夫上个月从监狱释放后, 她的生活就一直受到极大的威胁。The theatre is on a financial knife-edge and must sell 75% of its seats every night to survive. 这个剧院处于财务危机, 每晚必须卖掉 75% 的座位方能坚持下去。

复习：这句话在前面一节里提到过：You must rent this video. It keeps you on the edge of your seat right up to the end.

188. ruffle someone's feathers 引起不快，引起争论

He wasn't asked to speak at the conference, and I know that ruffled his feathers a bit.

Her book ruffled a lot of feathers and put the idea of "beauty as bondage" on the fast track of social issues.

这个成语不能直接翻译成中文里的“一地鸡毛”。

189. "a blessing in disguise" 伪装的祝福，或因祸得福，有塞翁失马之意。

My computer broke down again, but maybe it was a blessing in disguise; I've been wasting too much time online chatting anyway. 我的电脑又坏了，不过可能会因祸得福，因为我太沉溺于网上聊天，虚度光阴。

Persecution by the government on Christians is a blessing in disguise; it actually strengthened the body of Christ. 政府给基督徒的逼迫实际上是一种伪装的祝福，逼迫使基督的教会更加坚强。

190. a piece of cake, 很容易就能完成的事，易如反掌。Do you think you can win the game? A piece of cake. 你觉得能赢吗？小菜一碟。

191. cookie-cutter 同样的模式的，千篇一律的

The architects were determined that it wouldn't be just another cookie-cutter mall.

Management too often uses a cookie-cutter approach to solving problems.

192. You can be loose in our house. I am loose. 在我家你可以很随便，我是一个随便的人。还有一个成语：loose as a goose, 进而发展出 loosey-goosey: "Despite the pressure, he was loosey-goosey throughout the game." 尽管压力很大，他整个球赛打得都轻松自如。They are having a loosey-goosey time.

193. I would like to touch base with you. 我想跟你保持联络。

194. the end of one's rope, = out of options: Having tried everything he could think of to get admitted to law school, Robert finally found himself at the end of his rope. 也可以说：at my wits' end,

195. plug sb/sth in 把。。排进来(时间表、或其它)；参加 You tell me when you are available, I will plug you in. 告诉我你什么时间有空，我就给你排上。The best way to study

English is to plug in a program. Pull plug on 对付 The net police is pulling plug on those pro-democracy articles on net.

196. sure thing 可以，肯定可以。表示赞同，有人也会说：sweet.

197. “他退步了，后来有了很大的转变”英文如何说？He got backslidden, but he has had a great turn. Backslide 退步，下降，堕落。

198. suck: suck up 这个栏目里已经提到了好几个拍马屁的词汇，suck up 是另一个：She's always sucking up to the boss, telling him how wonderful he is.

The public school sucks. 公立学校最烂。This bike sucks. 这辆自行车不好骑。I don't want to get sucked in that scheme. 我才不想给弄到那个鬼计划里去呢。

In winter, this area will be sucked in heavy snow.

199. This costs only five bucks, you cannot beat that. 这才五块钱，你无论如何也不可能找到比这更低的价了。

200. Blip 在雷达显示屏显出的一个小点

It appears to be a one-time blip in the historic trend.

201. Are you two ganging up on me? 你们两人是不是在串通来整我呀？gang 作动词就是串通一气，例如打牌，几个人串通一气来对付一个人。You should not gang up on the weak ones. gang 的本来意思是帮派，街上的那些混混在一起就是 gang。中国几十年前流行的一个词组，“gang of four”（四人帮），这个译法总有点让人感到不严肃。应该译为“The Extremists Four”，“Four Extreme Leftists” or “Mao's Four”。

202. He beat his brains out studying but could not keep up with the rest of his class. Beat one's brains 意思是用工努力，“他已经绞尽脑汁，但是赶不上同班同学。”“绞尽脑汁”还有一个说法：rack up one's brain, 例句：I am racking my brain, but I can't imagine why you'll make this up. 我绞尽脑汁也弄不明白你为什么要编这瞎话。No-brainer 名词：根本就不必用脑去想都能明白的事，Learning Chinese can be a no-brainer if you know the right method. 如果方法得当，学中文不过是小菜一碟。The exam is a no-brainer. 这次考试闭了眼也能答出。No-brainer 也可以做形容词：a no-brainer action movie 情节简单的动作片，This book contains 20 no-brainer ways to improve your English vocabulary. 这本书介绍了20种简易的方法来提高英语。

203. off-shore bank account, 境外的银行帐户，意思是为躲避纳税，或说明钱的来路不正。Many communist party officials have off-shore bank accounts, this is an open secret.

204. flip-flop 变来变去，例如某党的政策变来变去就是 flip flop。

205. trendy, 时髦, 是 fashionable 的意思。

206. It is time to strike up the band, air up the balloons and invite all of your friends to join in the celebration. strike up the band 乐队奏乐; Air up the balloon 放气球。

207. They treat me like a doo

208. bleeding edge 直译的意思是让人出血的刀刃, 实际意思是“还没有完善、成熟的尖端技术(所以会让人受伤)”No longer bleeding edge, mobile and wireless are becoming essential part of the modern office. 移动无线已已经今非昔比了, 现在成为办公室不可缺少的工具。

209. blue-sky 蓝天, 转意为“大胆”, 例句: The government has been doing some blue-sky thinking on how to improve public transport.

210. chillout music 由电子乐器演奏的安静的音乐。I love chillout music. It is a great way to lie back, relax, and drift into another world.

211. raise the red flag 报警, 引起注意 If you write too much on democracy, it will raise the red flag and the National Security guys will watch you.如果你写太多关于民主的文章, 就会引起当局的注意, 国安局的人就会盯上你。

212. He is spending like a drunken sailer. Sailer(水手)一到一个海港便急着找地方花钱, 所以形容一个大手大脚就说他花钱像一个喝醉了水手。

213. After nap, I feel foggy for a while. 午睡后, 我会云里雾里一阵子。

214. Democracy is the defining issue of our time. 民主我们这个时代最强的诉求。define 定义, 区别事物最重要的证据。

215. or what 美国人喜欢在句末用这个词组。Are we good friends or what 我们可不是好朋友? Are you going or what 你到底去不去?

216. Wedge 本意为“楔子”, 口语意为“不和”。

As long as there is a wedge between them, they cannot work together on this project. 只要他们之间有嫌隙, 他们就不能在这个项目上进行合作。

drive a wedge between 挑起谁与谁之间的不和

Frank had to travel a lot and this finally drove a wedge between him and his wife.弗兰克必须经常旅行, 这终于导致了他和妻子间的矛盾。

Her mother-in-law drove a wedge between her and her husband. 他的岳母在他和妻子间挑拨离间。

217. I feel so unloved and alone. Last year, when my dad died, I hit bottom. 我感觉不到有人爱我，很是孤独。去年我父亲去世后，我就感到万念俱灰。hit bottom 感到绝望，痛苦得不能再痛苦了，差到极限了。When a student's grades hit bottom it is time to hit the books. 当一个学生门门课都考得一塌糊涂时，他就该看看书了吧。hit bottom 的延伸说法：hit rock bottom, 绝望透顶。

类似的说法还有，hit the wall: We've just about hit the wall in terms of what we can do to balance the budget. “在平衡预算方案一事上，我们现在已经是束手无策。”

218. A husband should not twist his wife's arm to do his will. 警察抓人就喜欢把人的手拧到背后，这就是 twist one's arm, 也就是“强行”的意思。“做丈夫的不应该把自己的意志强加给妻子。”

219. What bugged me, though, was that she blamed me! bug 本意为虫子，口语里有另外两个意思，一是令人讨厌，就像一个虫子一样，这句话里的 bug 就是这个意思。She keeps bugging me. 她老是烦我。还有一个意思是“窃听”。National Security guys bug me all the time. 国家安-全局的那几个家伙老是窃听我的电话。这句话也可以这么说：Those guys like to eavesdrop on ordinary Chinese citizens. 这些家伙窃听普通中国公民上了瘾。Those guys developed a program to rapidly monitor the phone calls and other communications of people. 那些家伙开发了一种程序能迅速监控人们的电话和其它通讯往来。

220. Kickoff, 开始 He kicked off his White House campaign yesterday. 他昨天正式开始了竞选美国总统。

221. Whenever I'm down in the dumps, rather than wallow in my troubles, I try to do things that will get my mind off them. dump 垃圾场, wallow, 猪在泥中打滚, get my mind off 不去想这些事。每当我遇到烦心的事事，我总会找些事做，不让自己想不开，不老想着这些事。

222. When they play, it is history. 只要他们参赛，就会书写历史。注意例句 30: My relationship with her is already a history. a history 与 history 意思很不相同。

223. roll 的基本意思是“滚动”，在口语里常用。

Can the Chinese team keep rolling 中国队还能保持势头吗？

Let's roll. 让我们开始吧！让我们继续前进吧。

They should roll back their support of a dictatorship government. 他们应该终止对独裁政权的支持。

Rock n Roll, 摇滚 Do you like Rock n Roll music

I am glad that you have got the ball rolling.我很高兴你已经把事情推动运作起来了。

224. Life is like a roller coaster. There are ups and downs. “生活就像过山车，有高潮、有低潮（有时得意，有时失意）。”这是安慰人的话，一般是在对方失意的时候说的。

225. Gratify, 我们一般知道“满足”的英文是 satisfy, 口语里现在常用“gratify”: That is very gratifying to me.

226. Get to the point, don't beat the bush. 有话直说好了，不要弯弯绕好不好。I got your point, OK 我明白你的意思了，好不好？（言下之意就是不要再罗嗦了。）What is your point 你究竟想说什么？

227. get to you: You are silly for letting this get to you. 让这事来烦你，你是有点傻。

228. put your foot in your mouth 得罪 If you speak the truth, you will often put your foot in your mouth. Put foot in 冒犯 I really put my foot in it with Julie. I didn't realise she was a vegetarian.

229. I try to get myself out of the way as quickly as possible. Out of the way, 退出，不碍事。参见 in the way

230. Thank goodness. 谢天谢地。一般人们会说，Thank God.但也有人不是信徒，他们或许会说，Thank goodness. 也有人用 My Goodness 来代替 My God, 或者说: My gosh. 我的天呀！

231. They are going to throw a party, are you interested in going Throw a party, 举行

聚会 to throw someone into prison,把某关进监狱

The FBI threw every available agent into the case. 联邦调查局把所有的警力全都投入到了这个案子。

232. She just had a car accident. She is treated now with intravenous fluids and she is not out of the woods yet. 她刚遭遇车祸，她现在在接受打点滴(打吊针)治疗，还没有脱离危险。 Out of the woods, 脱离危险。一个人在深林里迷了路那是很可怕的事，出了深林就是脱离了危险。

233. Be cheerful, man. The cloud cover is beginning to lift. 振作一点，老兄，乌云已经开始消散了。

234. He is really puffed up. 他很是得意。

235. Don't Beat Yourself up Over Every little Mishap, Cut Yourself Some Slack! 不要为了一点小时就捶胸顿足的，没什么大不了的事。

"Don't beat yourself up over something that you have no control over,,,,Others have fallen....that doesn't mean that you will." 不要一有什么事你办不了就垂头丧气好不好？别人因此失败了，并不意味着你也会失败。

236. Down the road 过程，以后，将来， The question is how far down that road you go to allow citizens exposure of pleasure in gambling in Macau that they may not be able to control themselves. 也可以说，down the line。

He will change down the road. 他日后会改变的。

237. in addition to, He works as a security guard and attends college in addition to raising two sons. 相当于 besides, “他除了要抚养两个儿子，还要兼职做保安以及读大学。”

238. ins and outs, 里里外外，彻底。He knows the ins and outs of how the government function, so it is easy for him to escape the checkout by the officials. 他对政府运作了如指掌,所以他很容易就能逃避政府的检查。



239. He sounds upbeat. 看样子他很开朗。

240. I am so happy you are well situated now. 你都安顿好了,真叫我高兴。I am calling to see how you are situated.

241. 你到别人家做客,主人问你, Do you need anything else?还需要什么吗?你可回答: That can settle me well. (对我来说)这就够好了。

242. Everyone should go off the grid. Grid 的意思是“格子”,也作“高压电线,电网”解,这话直译是,“每个人都应该脱离电网的生活。”没有了电网,生活就回到了原始状态。因此 Off the grid 的含义是,“不使用电器、反潮流、反传统,返璞归真”。 Everyone in this community lives "off the grid", they now draw all their power from solar, wind, propane and other sources.

243. To be honest with you, to be a millionaire doesn't hold much interest for me. That kind of life style is quite controlling. I would rather be free to make choices, and take chances that keep me learning. 坦率地说吧,我没有兴趣当百万富翁,那种生活方式太钳制人。我宁可自由自在地生活,时刻学习。My family holds much interest for me. 家庭对我来说极为重要。

244. There are freaky things going on here. 这里好些事都觉得不对劲。Freaky 恐怖的,可怕的。It is so freaky. 很吓人的呢。It really freaks me out. 我吓得半死。

245. way, 可作副词,表示程度, way too much, I just have way too much going on in my life right now, I cannot visit you as I would like to. 我现在忙得一塌糊涂,我想多看你但没有办法。 It is way too far/ way too much. Two thumbs way up. 实在是太棒了。

246. scoop 本意为一勺,例如 a scoop of ice-cream. 口语里作“抢新闻报道”“收集”解释: He got all the big scoops for the paper. 他为这家报纸抢到了所有的头号新闻。He always has some ways for the inside scoop on getting some freebies.他总是有些办法通过内部渠道搞到免费的票。I will get the scoop tomorrow.

247. I'm having a hard time with somebody or something. 对谁或事有很大的意见。

248. run for the hills, 往安全地带跑, 避免伤害。You need to take his advice and run for the hills before you get hurt. 你应该听听他的意见, 采取保护自己的措施, 免得受伤害。Run for the hills 这成语出自圣经马太福音 24:16 “Then let them which be in Judaea flee into the mountains.”

249. brush-off 拒绝, 伤害 She just walked away without greeting me. This brush-off really hurt my feelings. 如果一个男生邀请女朋友吃饭, 女朋友一连几次都拒绝, 男生可能就会问了: Is this a brush-off? 你想甩掉我了, 是吗? The new policy is a brush-off to business. 新政策对生意大泼了冷水。

250. I consider my relationship with him a closed chapter. A closed chapter, 最后一章, 结尾。

251. You have really got me. 这你还真的难倒我了。

252. It cannot get you very far. 这帮不了你太大的忙。例如可以说: One hundred Yuan nowadays cannot get you very far. 现在一百元钱花不了几天了。

253. I just want to be sure I am on the same page with you. 我就想确信一下, 我与你是同步的。这话也可以说成, I want to see if I am in the same boat with you.

254. I feel like this is a whole new ballgame. 我觉得只是一次全新的经历 (全新的工作/挑战)。

255. That is a hush-hush secret between them. 这是只有他们之间才知道的秘密。

256. Everything he does is below the belt. Below the belt 拳击时不能攻击对手皮带以下的位置, 但有时有人会这么做, 所以转义为“阴谋、不道德的”

257. Don't you have to wash your dirty laundry in public 你一定要把你的这些家丑外传吗?

258. 有个男生对女生说: Everyone says I have a bright future on the horizon. 女生回

答: The horizon always recedes once you approach it. 人人都说地平线上有美好前途正在等待我。但是当你接近地平线时, 地平线却总是消失了。(讽刺男生, 说他永远也不会有什么好日子。)

259.在 117 句里提到过 gun, 这句话里也涉及到 gun : gun shy, I am a little bit gun shy. Gun shy 就是关键时刻不敢扣扳机。敌人站在你面前, 你却不敢扣手中枪的扳机, 这个人也实在是太害羞了。

260.brainchild 想法, (带有那种专利的) 主意: Democracy is not a brainchild of just white people, it is universal.

261 I was so hopeful that my relationship with him would work out. 我一直以为我与他的关系能得到改善。(I was so hopeful that...= i was once convinced that)I did some workout this morning. 今早晨我做了点健身运动。Workout 是较流行的词, 人们很少再说: I did some exercise this morning. Workout 指一般指那种在健身房的锻炼。Can you work out the issues between you two 你们两人之间的问题你们自己能解决吗? work out the difference. 解决分歧 Guys in mainland China and guys in Taiwan should work out their differences rather than bicker over these differences. Can you work out some details before you submit the proposal

262. Such an unpopular decision is bound to draw a lot of flak. Flak 高射炮, 炮弹。“这样不得人心的决定肯定会招致大家的反对。”防弹衣: flak jacket, 更加通俗的词是 bulletproof vest, 保险公司的人向医生推销保险时说会: Nowadays patients tend to take their doctors to court for nothing, so it is better to put on some kind of bulletproof vest before you practice. 现在的病人动不动就告把医生告到法庭, 所以还是在开业前买点保险比较好。

263. He promised to make good on your contract. 他保证会兑现与你签的合同。make good on 还钱, 兑现合同。在当今社会, 这是一个很有用的词组。I want to make good on that loan I got from Joan. 我一定要把向琼借的钱给还了。He often fails to make good on his promises. 他说话常常不算数。People expect that the Communist Party will make good on democracy someday. 人们期待共产党有天会兑现对实现民主的承诺。

264. check out 这是一个用途很广的词, 在旅店退房叫 checkout (结帐), (住房登记叫 checkin), 机场登机前办理 checkin; Go out and check this guy out.去查一查这个人的背景。You can do some Google checkout before you start writing. 在动笔前你可以先做一些谷歌查询。Do you have some down time? Check out these things to do. 如果你还有点空闲时间, 你可以找这些事情来消遣。

265. wear out That job is a wearout, it is cold, dirty. He really wears me out. 他把我整得精疲力竭。

266. That is a dumb move. 你这样做很笨。这步棋走得很臭。

267. you know what You can...这是一个很实用的句子，用在给人提建议前缓和气氛。

268. Good for you. 赞赏人说的话。例如有人说，他得了 100 分。I got 100 for my test today.你就回答：good for you. 他说他中奖了，你就说：good for you.

269. I am convinced that.... Convince 比 believe 的语气更加肯定一些。I am convinced I can do it. 我相信我能做好。

270. driving force 推动力，主要力量 He is the driving force for this project.他是这个项目的推动人。It is naive to believe that the Party could be a driving force for democracy. 相信这个党能成为民主的推动力量，那是有点天真了。

271. My husband is a sports fanatic. Every night he flops on the sofa, flips on the TV. He's so crazy about Yaoming. He googles Yaoming for every bit of his story. He loves Yaoming more than me. My husband is a selfish, insensitive oaf who puts basketball before his wife's happiness. fanatic.狂热分子，比粉丝-fan 要更投入，可以说是 superfan. oaf 白痴，相当于 idiot。我丈夫是个体育狂，每天晚上他倒在沙发上，一个个台看，他网上搜寻只要是姚明的消息，他爱姚明而不爱我。我丈夫是个自私鬼，木头人，可以置篮球于妻子的幸福之上。

272. He and I seem to be extremely compatible. But there is a problem. He doesn't open up to me and has his walls up. 他和我看起来是蛮匹配的，但还是有个问题，他对我并不是完全敞开，他总是竖起一道墙。You need to take these possibilities that open up for you. 你应该抓住这些为你敞开的机会。

273. How is everything going between you and John? John is seeing another woman, so I kicked him to the curb. 你与约翰的关系怎样了？他跟另一个女人好上了，所以我把他给踢了。Kick to the curb, 男女关系中一方把另一方给甩了，也可以意为“解雇”A woman was kicked to the curb by the company for finding drug use in her hair sample. 公司解雇了一

位女职工，因为在化验头发时，发现了她在使用毒品。

274. He is so important in my heart of hearts. In my heart of hearts, 比 in my heart 更强调，在我内心深处，

275. Wait for Mr. Right. Just keep your eyes and ears peeled. Peel 的意思本来是“剥皮”，例如 to peel potatoes, 但在这里的意思是“睁大眼睛，竖起耳朵，留意”。Keep one's eyes peeled 与 keep a close eye on 几乎是同一个意思。

Keep your eyes and ears peeled for the next challenge.

276. When you meet someone you like, tell her/him. Don't be afraid. it is normal to get knocked out. Expect to get rebuffed or rejected. Knock out, 是拳击里的术语，把谁给放倒了，get knocked out, 就是你去约别人时，被拒绝了。整个句子的意思是：如果你喜欢上了一个人，就去告诉他/她好了。如果被拒绝那是再正常不过的事。在看这句：Don't Get Knocked Out in the Second Round of Layoffs.

277. Tell your boyfriend that you want the whole enchilada and will end the relationship if he does not step up. enchilada 是类似我们的春卷的一种食品，要整个的 enchilada 就是“要全部”的意思。“告诉你男朋友，他不能这么三心二意的，如果他不再完全投入的话，你就跟他断绝往来了。”We had the flowers, the speeches, the presents - the whole enchilada. 我们得到了鲜花、贺辞、礼物，总之应有尽有。Enchilada 也可以作“老板”解释：Ask the big enchilada what he really means. 问问大老板的主意。

278. For some reason, whenever I see her I feel like there is something there. But she says she doesn't feel anything is there. 我每次见到她，冥冥中我总感到有那么点意思，但她说她从来就感觉不到什么意思。

279. You need to get past the old relationship, lick your wounds, and learn your lessons, don't get involved with a married man, and start a new page. 你就放弃这段情吧，舔舔伤口，学段功课，以后不要再去与已婚男人发生恋情，重新开始吧。

280. It is obvious you dig me. 很显然，你喜欢我。I bet she really digs him. 她肯定是爱上他了。口语里 dig 作“喜欢”解。另外还有：Can you dig it? 你明白吗？Ya dig? 明白吗？

281. Where are you from? I am local. I was born and bred here.(你是哪里人?我是本地人,我是生于斯长于斯) breed 喂养。一般说法是 grow up, I grew up here dirt-poor. 我生长在一个贫穷的家庭。我是外地人: I am from out of town.

282. Be my guest. 请便, 随你的便, 你想干嘛就干嘛。

283. Suit yourself. 随你的便。

284. The first step is a doosey. Watch that first step, it is a doosey. 万事开头难。第一步总是有风险的。

285. Don't worry about that situation. It will eventually work itself out. 不要为那种状况担心, 肯定会车到山前必有路的。

286. I am sorry. I'm just zoned out for some reason. Can you say that again? 对不起, 不知道为什么, 我有点迷糊了。你能再说一遍吗? zone out 走神, 不能集中注意力。I don't know what happened after that. I just sorta zoned out.

287. tight 是口语中常用的一个词汇, 应该多多了解。

Airtight case 无可争辩的事实 It's an airtight case: New green building is very energy efficient.无可争辩, 新的环保建筑的确节省能源。

Tightknit 关系密切 We are a tightknit tribe here. 我们这帮哥们关系可铁呢。或者说 tight, 也是这个意思: Do you know Tim? Sure, he and I are tight. 你认识 Tim 吗? 那当然, 他和我可铁了。

tightlipped smiles.皮笑肉不笑, 强挤出来的笑

He is tightlipped about the information. 他对这些情况守口如瓶。

He doesn't go out with the lads so much these days. Michelle keeps him on a tight leash. On a leash 的意思是牵着狗, on a tight leash 就是溜狗时紧紧抓住绳索。“这些日子

他不再跟其他女孩子了，米薛看他可看得紧了。”

Just sit tight while I go and phone for help. 我去打电话求救，你坐好不要动。

Sit tight and don't move that leg. 你安静地坐好，不要老动那条腿。

Tight spot 困境： If there is a shortage of fuel, everyone who drives to work will be in a tight spot. 如果汽油供应再跟不上，开车上班族就麻烦了。

Bob's in a tight spot right now because he has fallen behind in his work. 巴伯完不成任务，麻烦大了。

You need to get your story down tight. The time for interview is limited. 你得把经历讲得短而精，因为你面试的时间十分有限。

I want to argue with him but his logic is way too tight. 我想跟他辩，但他的逻辑是滴水不漏。

288. He ran for five miles, and he even didn't break a sweat. 他跑了五英里，连汗都  
不出，小菜一碟。

289. What is that all about? 到底发生了什么事？这究竟是怎么回事？

290. I am racking my brain, but I can't imagine why you'll make this up. 我绞尽脑汁，  
也想不出你为什么编这样一个故事来哄我？

291. Pay 与 payoff 意思不一样。Pay 是工资，是进帐；payoff 是付款，是支出。

This is my pay day. 今天我发薪水。Is that your payoff to the debt? 这笔钱是用来还款  
的吗？

Efforts and perseverance will finally pay off for democracy. 只有坚持、努力，民主必

将成正果。

Patience has a future payoff, but impulse pays off now. 耐心的收成在日后，性急的收成在眼前。

Being a government stooge doesn't always pay off 做政府的哈巴狗并不是次次都会得意。

Payoff 也作“贿赂”解释，Payoff to the government officials is a common practice in this country. 在这个国家贿赂政府官员是种例行公事。

292. I have a little situation here. 这里的 Situation 意思是 problem。285 例句中的 situation 实际上也是这个意思。

293. Hats off to Andy, who teaches English for free here. 美国人唱国歌时，要脱帽。所以脱帽就是“致敬”的意思。向 Andy 致敬，他在这里免费教英语。如果你没有帽子，觉得说这话不妥，也可以直接说 salute, Salute to Andy.

294. fired up: I am really fired up for the race. Fired up 情绪高昂，斗志高昂

295. Soup up 原指把普通车改装成赛车，现在也指改进设备。He souped up his old car. 他自己把就车改装成了赛车。The company spend billions on souped-up broadband services. 公司投资数十亿用来提高宽带网的服务质量。Souped-Up Student Housing 豪华学生公寓（指里面设施齐全）

296. coffeed up 有人早晨非得喝杯咖啡来提神才能开始一天的生活，这就叫 coffee up, He needs to be coffeed up before starting his work.

297. Beef up 吃牛肉就会有力，You need to be beefed up a little more.

298. A tomboy attitude 女孩子学男孩样，假小子，As soon as she entered middle school, Xiaoli developed a tomboy attitude and got in fights. 小莉一进中学，就野得像男孩一样，常常打架。



299. I will go full out for it. 我会全力以赴的。

300. Nice job. 干的不错。 Nice efforts. 用了不少功，努力可嘉。相当于中文的“精神可嘉”，注意，这是多半在一个人失败时，或取得的成绩不理想时说的话，属于安慰语。 Interesting.说这个词时，多半是委婉语，表示不太相信别人说的话，或不太赞同一件事。初学者不要随使用这个词，最好不要对别人说：Your story is very interesting. 你的故事很有趣呀。这句话听起来是说，我并不相信你的故事。

301.I wish there could be a course on surviving the office jungle. 我真希望有个课程教我们在办公室丛林中如何生存。 Office jungle, 指办公室里复杂的人事关系，流言蜚语。

302.I have to attend an off-site meeting. 我要外出开会。 I will be off-site and unreachable for the rest of the afternoon. 我要出去一下，下午就不要找我了。

303.Let me give you some broadstroke ideas and you can fill in the rest.如果你是老板，你就可以这么对下属说：我给你一些基本的想法，其余细节的由你去补充。“补充细节”还一个说法： I will let you iron out the details. 请你把细节弄妥。 Can you iron that out? 你能把那件事摆平吗？

304.I'll be out of the office for a couple hours with senior management,but you can reach me on my mobile. 我要出去一两个小时，陪高层管理人员，要找我的话，你可以打我的手机。

305. Great job on the report. It's good to see you take such boldinitiative! 报告写的不错，你能这样积极主动实在不错。

306. I'll think about it. 让我考虑考虑。这话实际上是拒绝的委婉语。

307. Let's push the boundaries on this project. We need something reallyinnovative! Throw out the conventions, I want something edgy! 这个项目需要一些更加大胆的想法，我们得找些真正的创新意念。不要管那些老黄历，我要的是创新。

308. Think up ways of solving these problems. 动动脑，想些法子解决这些问题。

309. I hate my dead-end, crappy job. 我恨死了这个没有任何前途、烦人的工作。I am a greeter at this five star hotel, it is a dead-end job. 我是这个五星级酒店的迎宾员，毫无晋升的机会。But you can look at this issue this way: A dead-end job is there to provide a steppingstone for upward-bound employees. 但你可以这样来看这个问题：这种死工作是为那种有上进心员工预备的一块跳板。

310. We're often pulling some long hours but without extra pay. 我们常常超常加班，可是没有加班工资。

311. To make people like you in the office: Start a friendly chitchat with your colleagues. Chitchat 很随意的聊天，交谈；

312. Make your cubicle neat, tidy and make it a homey charm. 把你的办公桌弄得干净整洁，像家一样温馨。

313. Pay for gas if you carpool with your colleagues. 如果你搭顺风车，记得给车主加油。

314. Are you a consumer-friendly person? 你对顾客体贴入微吗？

315. It is a foul play not to tell the customers upfront what the cost is. 你在一开始就告诉客人费用是多少，否则的话是很不公平的。

316. In the best of all worlds, you will get 80% of what you have been offered for your salary. Oftentimes you won't even get that. 在世界上最好的公司，你的工资能达到公司所承诺的 80% 就很不错了，常常你连这个数都得不到。

317. Don't apply for credit cards willy-nilly, don't use the credit cards willy-nilly. 不要随意地去申请信用卡，也不要随意地去使用信用卡。

318. You need be always ready for a ballpark idea of the cost to your clients. Give me a ballpark figure. 告诉我大致数额是多少。ballpark 大致，一定范围内的，

319. You will get crunched if you have a poor credit history. 如果你信用记录差的话，你做事就不会那么容易了。在口语里，crunch 又作俯卧撑解：I need to do 200 crunches everyday to get rid of my spare tire. 我每天得做两百次俯卧撑来消除我的肚腩。

320. You must greet new clients with polite professionalism. 凡有新顾客，你都得做到敬业周到。

321. I hate to be the bearer of bad news. 得由我来宣布坏消息真烦。

322. run on the coat-tails of 沾别人的光，

Al Gore did no original science. To reach his conclusions, he has merely run on the coat-tails of others. 戈尔根本就没有什么原创科学，他的结论不过是贪他人之功为己有。

Those members of Crown Prince Party have risen to fame on the coat-tails of their fathers. 太子党成员之所以得势不过是靠父亲而已。

323. I said that to say this. 我说了上面一段话是为了说这句话。这句口语很适用，你最后要做结论时可以用得上这句话。

324. There is a puny amount of it. Puny 很少。

325. We need money badly, but there's the rub: no one will lend us any. 我们急需要钱,但偏偏谁也不会借钱给我们。Rub 的一般意思是“擦、磨”，这里做“困难”解释。

Given that Jackie Chan is one of the Chinese government's biggest supporters, I find it a little more than ironic that one of his films would get rubbed out by government censors. 你想想看，成龙最铁心支持中国政府，所以连他拍的电影都被政府所禁，我觉得有点讽刺意味了。

326. It is your call. It is your shot. 这两句话的意思基本一样：这是你的任务，这是你的使命，由你做决定。

327. high-strung, over-strung, strung 是 string 的分词，这两个复合词意思都是“神经绷得紧紧地、脆弱”，也就是“神经质”的意思。He is clumsy, irritable and high-strung. 他笨手笨脚、不惹人爱，总是神经兮兮的。High-strung 也可以是 highly strung。Edgy 也是这个意思。

328. vibe 感觉，气氛 There was a really good vibe at that party last night. 昨晚的聚会气氛不错。He is dumb, he cannot pick up on my very subtle vibes. 他是个木头人，他不懂我表情下面的感情。

329. The boy said to her that he liked her. That has swept her off her feet. 那个男孩告诉她他很中意她，这让她有点神魂颠倒了。

330. loaded 直译是“装满了的”，也转义为“附带含义很深的”，例如：a loaded question (a loaded word) 意思是一个表面问题后还有很多其他意味的问题：Patriotism is a loaded question in China. It actually means that you have to love the Communist Party. 爱国在中国是个带有圈套的问题，实际上的意思是，你必须爱共产党。(注意第 36 例中 loaded 的不同含义)。There's no such thing as simple talk about democracy; it's always a loaded subject, it is about power sharing. 谈论民主决不是一个轻松的话题，这是一个深沉的题目，它涉及到权力的分配。

331. You need to do something about your abs now. abs 是 abdomen 的简写，意为腹部，肚子。“你得为你那个肚腩想想办法了吧。” Everyday I do hundreds of crunches to flatten my abs. 我每天做仰卧起坐数百次，就是想打平我的肚腩。

332. Six-pack abs: 腹部六块肌肉。健美的腹肌有六块肌肉(甚至八块，但一般为六块)，而一般人都是圆圆的肚子。Everyone dreams of six-pack abs, but it is not easy to get it. 人人都想要有健美的腹肌，但谈何容易。Do you have any suggestion how to reduce the belly flab?

333. 大肚腩的几种说法：belly flab, belly fat, spare tire, a big tummy, a paunch; a potbelly, abdominal muscle 腹肌，a taut midsection 健壮的腹肌

334. flabby muscle 松垮垮的肌肉，taut muscle 绷紧的肌肉

335. I wish I could get rid of this layer of fat here. 我真希望去掉这一层脂肪。The first step to losing body fat is changing your diet. 要去掉身体脂肪的第一步是改变你的饮食。

336. To reduce your weight, make sure you eat less than you are burning. Burn 的本意是燃烧，这里做“烧掉你的脂肪”解，“如果要想减肥，你一定要做到吃的要比消耗的少。”

337. Eating several small meals throughout the day will boost your metabolism and help you burn more calories. 每天少吃多餐能帮助提高新陈代谢，从而达到减肥的目的。  
Calorie 卡[热量的单位]

338. Sometimes hunger pangs are actually your body's plea for water. So drink lot of water when you feel hungry. 有时候难熬的饥饿感不过是你身体需要水分，所以你感到饥饿时，多喝点水。

339. Almost everyone reaches a weight loss plateau at some point in their fitness lives. Weight loss plateau 有人翻译为“减肥高原”，不知所云。这个词组的意思是“减肥停滞”，就是减到一定程度后，就减不下去了。这是一个常用的词组。

340. Don't waste your money on expensive "fat burner" pills or other bogus supplements. To reduce calorie intake and to workout are both essential to a good health.

341. Play hooky 逃学 Student: My grandpa is sick. I cannot go to school. Teacher: I have met him not long ago. You are just playing hooky.

342. 男老师上课时最尴尬的事莫过于裤拉链没有拉好。英语的说法是：Your barn door is open. 或者 Your fly is open.

343. What is the difference between man and woman? Man thinks but woman feels. 男人与女人的区别是什么？男人用脑，女人用情。

344. He is hitched. 他结婚了。

345. the white picket fence 白色围栏，一栋房子由白色围栏围着，代表一种很普通但很满足的生活。中文里有俗话说：老婆孩子热炕头，用英文讲就是：the wife, kids and the white picket fence. You know, i am an ordinary guy. My dream is a wife, two kids, and the white picket fence. 又可称为：the white picket fence dream

346. I am in my late 20. I feel like there is so much pressure from my parents that I should get married, but it personally gives me a sour and depressing feeling that I give up my freedom into a boring life.

347. 现在很多时髦女性喜欢涂指甲, 这叫 manicure (手指甲), 或 pedicure (脚指甲), 两者合在一起, 叫 mani-pedi: My friend gets mani-pedis all the time.

348. He will come around. 他会想通的, 他会明白的

349. My boss went nuclear on me today. 今天我的老板对我大吼大叫。

350. oops, 表示惊讶, 也有写成 ooops, Oops, I did it again. 糟糕, 我又犯了。This is an oops child. 这个孩子是意外怀上的。

351. I am not getting into this with you right now. 我现在不想和你仔细谈这件事。

352. He is just a small-time actor. 他不过是个跑龙套的演员。He is a small-time ganster. 他是个小混混。Small-time, 微不足道的, 不重要的。另一个说法是 “a nickle and dime”, a nickel-and-dime business run out of a single rented room, 在一间出租房内经营的业务, 像皮包公司之类的。a small-time crime 轻罪, 小偷小摸, He used just to be a small-time mayor, but now he is a polibureau guy. 他以前不过是位名不经传的市长而已, 但现在他成了政治局成员。

353. Why don't you download that into your brain? 为什么不长记性好好记住这件事?

354. Keep your feet on the ground while you dream a promising future. 你可一边脚踏实地, 一边展望未来。

355. 如果小孩在那里吵闹, 你可以说: Cut it out. 不要吵了。

356. 现在超市流行“营养快线”, 英文是 eggnog, 也可以说是“energy drink”

357. dork, nerd, geek, 这几个词的意思很相近, 都是“呆头呆脑, 书呆子, 老气”。I cannot take my mom with me to the party, or I would look like a big dork. 我不能带妈妈参加这项活动, 否则我会看起来像个十足的老土。

358. I am going to have a long afternoon today. 今天下午我会忙得不可开交。这里的 long 做“busy”解。

359. Have a blast. 祝你玩得痛快。相当于“Enjoy yourself as much as possible.” I had a blast on New Year's Eve. 除夕我玩的尽兴极了。blast 意为“爆炸, 冲击波”, Eggnog can add a blast of energy into your life. 营养快线可以让你活力四射。(申明: 我从来没有喝过营养快线, 编这句话纯是为了学习英文。)

360. You only paid 20 Yuan for this T-shirt? It is a real steal. 这件 T 衫只花了 20 元? 那真是白捡来的。

361. Listen up, guys, for some advice. 伙计们, 认真听听一下这些好的主意。Listen up 意思是“仔细听听”, 与 listen to 不同, 后者是听“谁、或事。”

362. first off, 相当于 first of all, First off, you need to clean the room. 你先把房间打扫一下。

363. If things seem like a go, you can make the second move. 如果一切顺利, 你再做下一步的行动。Look like a go, or seem like a go, 行得通, 还行。

364. I'm just zoned out for some reason. 不知道为什么我有点走神。Zone out 走神, 漫不经心, When I'm singing I zone out and feel like I'm the only one in the room. 我放声高唱时, 就觉得旁若无人, 觉得房间就我一个人。I just arrived by train this morning, so don't get upset if I just zone out in the middle of the meeting. 我是今早坐火车刚到, 所以如果会议中我走神的话, 请不要不高兴。Zone 区域, 现在很多城市有“英语角”, 一般翻译为“English Corner”, 但更好的翻译应为: English Zone, 或者译为: English Bay。In the zone: 进入状态, a goalie who was in the zone throughout the playoffs 比赛至始至终都精力旺盛的守门员。Comfort zone 原意为不冷不热, 最适合人的体温的区域; 每个人都有自己感到舒适的范围: You need to get out of your comfort zone and work for one year as volunteer in a village. 你应该走出自己狭小的舒适环境, 到一个村庄去一年做义工。

365. I have learned this lesson the hard way. 这个教训是付了高昂学费才学来的。the hard way 付出一定代价得来的。

365. 如果 the white picket fence (白色围栏)象征一种普通市民或曰小康生活的话(见345条), 那么 the yellow brick road 则是小资的生活了。He is able to provide me the yellow-brick road, so I will marry him. 他能够给我提供富裕的生活, 所以我愿意嫁给他。

366. Many things can sink an interview, such as making a bad first impression; a tendency to ramble, and so on. Sink 这里作“搞砸”解释。“很多事都可能把面试搞砸, 例如, 第一印象不佳, 说话吞吞吐吐等等。”

367. Candidates should always error on the side of a suit and tie, even if they've been told that the hiring company has a casual dress policy. 这里的 error on the side of 是什么意思呢?(在几方面可能犯错时)宁可在这方面犯错。“见工候选人哪怕得知要雇用的公司在衣着上有穿便装的规矩, 但还是要穿西装打领带为妙, 哪怕这可能不合规矩。”dress up, 穿正装, 穿礼服。dress down 衣着十分随便。

368. There should be no limp or cold fish handshakes. Look the interviewer in the eye and give a firm handshake, that's part of first impressions. 握手时不能有气无力, 目无表情, 一定要看着面试官的眼睛, 有力地握下手, 这是第一印象。Cold fish 就是死鱼, 表示冷漠, 生疏。Limp 为“跛行”, 也是说“一个人要死不死的樣子。”

369. Before the interview, you need to learn what the company's hot bottoms are. Hot bottoms 重要的事项, 禁忌。Gender issues have become something of a hot button of late. 性别问题最近成为热门话题。

370. I am sorry I cannot remember his name, my mind has gone blank. 对不起, 我一时想不起他的名字, 我头脑是一片空白。

371. drum out 逼某人失业 Gao Zhisheng was drummed out of the law business a couple of years ago because he was suspected of being a human rights activist. 因为当局怀疑高是人权活动家, 逼着他把律师事务所给关门了。

372. red meat 带血的肉, 意思是“投机所好的、能煽动情绪的发言”, 原意是面对一条饿狗, 仍一条带血的肉, 狗就不会叫了。Her father asked her if she was ever to get married, and she threw him some red meat. 他父亲问她到底要不要结婚, 她回答说, 他已经有了个



不错的男朋友。(她父亲就不再问了。)The Party is good at red-meat rhetoric on nationalism. 它最拿手的好戏就是使用煽动民族主义的宣传。Chen won presidential victories by exploiting divisions, by the red-meat politics of playing to his base.

373. a no-no( a nono) 绝对不行, 绝对不可以 In a corporate environment, wearing flip-flops is a no-no. 在公司上班, 穿拖鞋是绝对不可以的。也可以说 a don't: Plastic is definitely a don't in the office. 在办公室不能穿凉鞋。In North Korea, human rights are a nono. 在朝鲜根本就没有人权。(你也可以把朝鲜换上另一个国家。) These are six top no-no's. 这是六件绝对不能做的事。相应的一个词是 win-win.

374. For women, it is OK to show some of toe, as long as it's in a high-heeled strappy sandal. But for men, it is best not to show your toes at all. 对女性而言, 大脚趾露出一小点不要紧, 只要是穿带鞋带的高跟拖鞋, 但是男士就最好不要露出大脚趾了。

375. bipolar 喜怒无常, 两极症: 一时情绪低落, 一时情绪高昂。Bipolar disorder is a serious and disabling mental illness.

376. A lot of policies in our society cannot hold up so well to scrutiny, even though they are widely accepted. Hold up to scrutiny 经得起检验。

377. These corrupted officials are bad to the bone. 这些贪官烂透了。

378. You need to tell the customers upfront what the price is, and there should be no hidden price, otherwise it is foul play. 你应该开诚布告告诉顾客价格, 不应该有任何隐藏的价格, 否则的话那就是在玩鬼了。

379. playing Russian roulette 玩俄国左轮。这是一种赌命的游戏。在左轮手枪(a revolver)里装上一颗子弹, 再将轮子旋转, 然后对着自己的头扣动扳机。显然, 死亡机率是六分之一。If you drink and drive, you're playing Russian roulette with your life and the lives of others. 如果你酒后开车, 你就是在拿自己的和别人的命在做赌具了。No one should have to play Russian roulette when debating on democracy and human rights in this country. 这个国家不应该让人感到他们一讨论民主人权时就是在玩命。

380. the straight dope 真相, 事实 The cop said, "Give me the straight dope, Shorty. I haven't got time for your stories today."

381. Chinese zodiac 中国生肖 Rat Ox Tiger Rabbit Dragon Snake Horse Sheep Monkey Rooster Dog Pig To bear children in the year of the pig is considered to be very fortunate, for they will be happy and honest.

382. shrink 意为“收缩”，口语里的意思是“心理学家”。He got a shrink degree. 他得了心理学学位。

383. 当有人向你致谢“Thank you”时，很随意的口语回答是：Anytime. 或者 You bet.

384. 第 23 句例句是：拿某人出气：I know he has the blues, but it doesn't mean he can vent his anger on me. 这句的意思也是如此：She dumped all her problems with her husband onto me.

385. I am knee deep in debt. 我欠了一身的债。knee deep in 深深陷入，投入：I'm knee-deep in work at the moment, so I'm not stopping for lunch. 我现在忙得不可开交，没时间去吃饭。

386. 这两个水域在此意思很相近：I am in financial hot water. 我现在的财务相当吃紧。I feel like I am in uncharted waters. 我感到一头雾水，不知道前面的方向。

387. The professor trashes conservative proposals as well as liberal nostrums. 作名词是“垃圾”意，也可作动词，把什么当垃圾，把什么贬得一钱不值。“这位教授把保守派的提案以及自由派的所谓良方都贬得一钱不值。”nostrum 是“任何病都能治的药”，相当于前面提过的 snake oil.

388. I am not your guinea pig, give me the right medicine. 我又不是你的几内亚猪，给我点对路的药。制造商常常拿 guinea 用来试验新药。但是 guinea pig 并不是真正的猪，而是天竺鼠 (a rodent)，产于南美。南美人喂养天竺鼠就像我们喂养猪，用来做食品的。

389. Loop 的基本含义是“圈、环”，in the loop: 圈内人，局中人，You can tell she's in the loop. She always knows about policy decisions before the rest of us.

Out of the loop 局外人：I've been out of the loop since I changed jobs. I didn't realize Wendy and Bob had gotten engaged. A few people at the top knew what was going on,

but everybody else was out of the loop.

390. Unbelievable I am half way through this term already and somehow or other everything seems to be going OK. 真是难以置信，这个学期已经过了一半了，不管怎样，一切看上去都不错。Half way through 过了一半，somehow or other 不管怎样 I walked out halfway through the movie. 电影看了一半，我就走了。

391. After failing the midterm, he was on thin ice with his math teacher. 其中考试没有及格，他与数学老师就不易相处了。on thin ice with 与。。。的关系微妙。

392. In a way 与 stand in the way 的区别：In a way, 从某种程度上来讲，In a way, he is indeed. 在某种程度上讲，他的确如此。in the way, 拦路，碍事 I don't want to be in the way. (or in your way) 我不想拦你的路。复习：out of the way, 229. I try to get myself out of the way as quickly as possible. Spring Festival is getting under way.

There are some damages, but we are working our way back.

She had this problem for many years, going way back to before...

That is just the way it is.

She has repeatedly gone out of her way to help him.

393. That is that. 事情就这样。

394. A: I have a question. 我有个问题。B. Shoot.问吧。 复习：127. shoot me at aaa@aaa.com 给我这个地址发电邮。

395. Give me a shout when you are in the area. 你如果来这一带，记得给我打个招呼。

396. You are inches away from being fired. 你差一点就被解雇了。A peace deal is inches away. 和平协议指日可待。

397. bite one's head off 小题大做，反应激烈 He will bite your head off. 他会把你给吃了的。A. Excuse me, where is the bathroom? 对不起，请问厕所在哪里？

B. What are you, lazy? Why don't you just look for it yourself, instead of asking some random person where it is? People like you are the reason America is known as the laziest country in the world! 你这个懒鬼，你为什么不自己去找，而问一个素不相识的人？就是因为像你这样的人多，美国才被全世界都认为是个最懒惰的国家。

A. Geez, what's your problem, you didn't have to bite my head off! 哎呀，你有病呀，这么小题大作。

398. creeps 原意为“爬”，口语里意思是“恐惧感”，“That house gives me the creeps. It gives me creeps to think that he would do such a thing.

399. strange 是人人都知道的词，但在口语里，有四个词表达“怪怪的”，wacky stories or weird stories, 都是“稀奇古怪的故事”；weird stuff 乱七八糟的东西；That guy looks weird. 那个家伙看上去怪怪的。That guy is a wacky person. eerie, I have an eerie feeling. eccentric (自我为中心的) 神经质：You are eccentric.

400. He is a control freak. 他控制欲极强。他是个控制狂。

401. Is he your former flame? 他是你以前的男朋友吗？to fan the flame of democracy, 挑旺民主的火焰

402. Don't do it, it is sure a deal breaker. 不要做这样的事，肯定会坏事的。He is a deal breaker. 他是个扫把星。要特别注意 breaker 与 broker 的意思不一样。

403. He tipped the bottle while on the job. 他上班时喝酒。这句话也是同样意思：He downs alcohol at work..

404. This is the most clicked story of 2007. 这是 2007 年点击率最高的故事。

405. When you see a bear what do you do? Tuck in your arms and play dead! 你遇见

熊时如何办？挽起手臂装死。My son tucked in a whole pizza.我儿子把整个一个匹萨饼给吞了。

406. to buck the trend 在熊市仍赚钱 He bucked the trend by investing in real estate.

407. Please do not stretch yourself too thin and miss the time needed to recharge yourself and to be connected with your family. Stretch too thin 把面铺得太广；忙得晕头转向，“不要太忙了，给自己留点时间，充充电，和家人多在一起。”

408. piggy bank, 快乐小猪存钱罐 or a change jar, 存钱罐, The children took a great deal of joy filling up piggy banks.

409. You are missing the point. 你没有明白这里真正的意思。You got the point. 你明白了。

410. 早晨遇见人时说：Good morning! 分手时可以说 Have a good day. or Have a good one! 这比说 Good-bye 要随意得多

411. They are pretty hammered. 他们个个喝得酩酊大醉。（喝得不省人事，醉得一塌糊涂）这种醉指酒醒后对当时的事一无所知。比前面的 loaded 还要厉害。

412. Where is the chow? Chow 的意思是“食物”，a chowtour across Guangzhou 广州寻找美食之旅。Chow 又特别指宠物的食品，例如 dog chow 狗食，chow chow dog, 小松狮狗，毛厚的小狗。

413. The girl(the boy) is out of your league. 对你来说，这个女孩就是只天鹅(是望尘莫及)。League 是棒球队，棒球队有高级队 (major league) 与初级队(minor league), 高级队对初级队的人来说是望尘莫及的事。一般此词只用于男女孩之间。

414. He is a square peg in a round hole here. 他根本就不适合这里。

415. bonehead: stupid, silly, That is a bonehead thing to do. 简直是胡来。Don't be such a bonehead. 不要胡来好不好！

416. Finish your homework before you skedaddle away. 溜走前把作业做完。  
Skedaddle 一般是对小孩说的。

417. riffraff 白丁, Don't hang around with those riffraff. 不要和这些没教养的人混在一起。

418. Thanks, you are a real trooper. 你真是位勇士。a real trooper 是一位不屈不挠的勇士, 为自己的理想愿意付出代价。My mom is a real trooper.

419. If you want to study English well, you need to spend two solid hours under your belt. 如果你想学好英语, 那你就得扎扎实实花上两年的时间。Under your belt 扎扎实实。Once a medical student has anatomy under her belt, she'll have much less to memorize. 医学生如果把解剖学扎实学好了, 那么其他要记的东西就不多了。注意与 268 句中的 below the belt 的区别。

420. Don't diss me, OK? 不要挖苦我, 好不好? They are dissing each other. 他们彼此瞧不起。

421. There is a dark cloud over her. 她的前景不妙。

422. He is a late-blooming challenger. 他是个后起之秀。

423. Love doesn't necessarily translate into a marriage. 爱情并不意味着总会演变成结婚。

424. He is going to take the No.2 spot. 他会当第二把手。

425. If you want to study English well, you need to spend two solid hours under your belt. 如果你想学好英语, 那你就得扎扎实实花上两年的时间。Under your belt 扎扎实实。Once a medical student has anatomy under her belt, she'll have much less to memorize. 医学生如果把解剖学扎实学好了, 那么其他要记的东西就不多了。注意与 268 句中的 below the belt 的区别。

426. He is addicted to the computer games, and he is playing it 24/7. 24/7 指 24 小时与七天，所以这句话的意思“他玩电脑游戏上了瘾，一天到晚沉迷其中。”

427. His proposal doesn't sit well with him, manager of the department. 他的议案不太合他这个部门经理的意。

428. I hear you. 我明白你的意思。我明白你所指。也可以说：I got you.

429. Everyone likes his rags-to-riches story. 大家都喜欢他脱贫致富的故事。

430. It is the rugged original. 这绝对是原创。the rugged original 前人没有做过的事

431. She snooped through his things for his affairs. 她把他的东西都翻了一遍，想要找他外遇的证据。

432. Why don't you cut the crap? 你不要胡说一通了。Just cut the crap, will you, and tell me what really happened last night. 不要胡诌了，告诉我昨晚真正发生的事情。要注意这个用法比较粗鲁。

433. He doesn't know how to manage his money, and he has already landed himself almost 10,000 Yuan in debt. Land 这里做“陷入”解释。He landed a good job immediately after his graduation. 他一毕业就找到了一份不错的工作。

434. A glass of red wine a day could keep tumors at bay, according to a study of men with lung cancer. 一项对男子肺癌研究的报告表明：每天红酒一杯可以防癌。keep something at bay 不让。。近身；防止恶化 But white wine seemed to have the opposite effect. 但是白酒却有相反的效应。

435. out of the blue, 突然， Out of the blue, he started yelling at everyone. 他突然对大家大声嚷了起来。

436. USA is a cultural melange. 美国是个文化大熔炉。Melange 的另一个更为流行的说法是：melting-pot

437. He dipped his food twice at the sauce. Double dipping is just gross. 他两次把食物去沾佐料。重复沾佐料太恶心。That's like putting your whole mouth right in the dip! 这就好像是把整个嘴都舔进佐料了。

438. Her creative idea won her a lot of oohs and aahs from her co-workers. oohs and aahs 赞叹声。她的创意为她赢得了同事们的一片赞叹声。

439. Now I'm going through a living hell without you. My life is falling apart. 没有你，我此刻简直就是掉进了活生生的地狱。我的生活正变得破碎不堪。

440. Giving should never be a contract; it should be a gift without strings. 付出（奉献）决不是合同，而应该是不附带任何条件的礼物。 without strings 不附加任何条件

441. Can you just give me a snapshot of yourself? 你能不能给我做一个简单的自我介绍? snapshot: 一分钟快照。

442. He has interviewed a few people but nothing has panned out, so he is still looking for someone. pan 淘金，成功。The project didn't pan out. 这个项目没有做成。If I don't pan out as a musician, I can always go back to school. 如果我无法成为音乐家的话，我随时都还可以再退回到学校重来。I don't know how things will pan out now the company's been taken over. 现在公司被收购了，我不知道下一步的进展如何。

443. Don't be such a stubborn fool for holding out hope that he'll change his mind. 不要犯傻了，寄希望他会回心转意的。Hold out hope 坚持希望 There is no sign the storm will stop, we can only hold out hope that someone will come to our rescue.

444. I really enjoy my escapades by wandering around in mountains. Escapade 相当于 adventure.

445. Linda is strictly by-the-book. 林达是位严格照章办事的人。Judge Neil runs his courtroom efficiently and by the book. by the book, 照章办事。有部电影叫“Going by the book”，中文翻译是“率性而活”，这个翻译恰好翻反了。

446. His coldness has put me off. put off 一般意思是“推迟”，例如：He always puts off



paying his bills.但这里的意思是“他的冷淡让我不敢接近他。”His bad manners put her off. 他恶劣的态度让她倒胃口。

447. His joke really cracked me up.他的笑话真把我给逗晕了。crack up 大笑不已  
Everyone in the room is cracking up. 房间里的每个人都开怀大笑起来。

448. Her recent divorce has sent her into an emotional tailspin. 她最近离婚后，情绪  
极度低落。tailspin: 飞机向下俯冲

449. blah, blah, blah.等等一些(废)话。He said thank-you, think-of-you,blah, blah, blah.  
他道过谢，又说了想念你等好些话。

450. Go to talk with Jack. He knows him so it shouldn't be hard for you to get his  
lowdown. lowdown 内部消息，个人信息。“去跟杰克谈谈，他认识他，所以你应该很容易  
得到他的一些个人资料。”

451. 三个结构相似的词组：Wall to wall; Bumper to bumper; Paycheck to paycheck  
第一个词组的意思是“挤满了，所有的”，There are wall to wall students in every classroom.  
(现在的高中)每间教室都挤满了学生。Independent channels are promising wall-to-wall  
coverage of the Olympics. 第二个词组的意思是“车挤得一辆接一辆”(bumper 是汽车的前  
后保险杠)。The cars are bumper to bumper everyday in Beijing.Only crazy people love to  
make a living there. 每天北京的交通是挤得水泄不通，只有神经病人才愿意在那里去讨生  
活。第三个词组的意思是“工薪族”：We are ordinary people, making ends meet by paycheck  
to paycheck. 我们不过是普通百姓，靠每月的工资才能度日。(不会有存款之意)

452. redux 这个词很多辞典没有收录，但有时也会有人使用，意思是“旧事重提”，Their  
redux reopens old wounds. 他们旧事重提，揭开了旧的伤痕。另一个类似的口语是 rub it in:  
I know I was stupid at that time, but you don't have to rub it in. 我知道我当时极不明智，但  
你也不必老是提此事好不好。

453. tradeoff: 利益交换，权衡，折中 I am still debating the tradeoffs between going or  
not going. 我仍在想来想去，是去还是不去。A classic trade-off in business is the trio of time,  
money and quality. It is generally considered that only two of the three can be anchored at  
any given moment. 商业中一个经典的利益交换例子就是时间、金钱与质量三者之间的关  
系。一般认为，在一个时刻，三者中只能同时获得两者。经济学的核心问题就是一个 tradeoff  
的问题。

454. Can you just give me a snapshot of yourself? 你能不能给我做一个简单的自我介绍? snapshot: 一分钟快照。

455. I feel wilted now after a full day of work. 干了整整一天的活后,我感到筋疲力尽了。Wilt 本来的意思是指植物“枯萎”,如 wilted flowers,借指“疲劳,麻木”,a wilted soul。

456. shoddy:a crappy job/furniture crappy weather What a crappy thing to say about anyone! Why do you like these crappy movies? Shoddy 质量很差的东西 China is well-known for its shoddy and unsafe products.

457. I am no spring chicken. 我已经不是(精力旺盛的)年轻人了。spring chicken 不到一年的嫩鸡,喻年轻人。不一定只用于女性。

458. Can you crank up the volume a little bit? 你能把音量调高一点吗?

459. He is raised in a tight-knit family. 他在一个关系亲密的家庭长大。a tight-knit 关系密切或严密, a tight-knit organization 一个严密的组织,例如共产党。

460. My daughter blows me a kiss. 我的女儿给了我一个飞吻。

461. You need to keep your instincts under wraps. 你要克制住冲动。The financial details of the case have been kept firmly under wraps. 这单生意的财务细节绝不向外人透露(仍旧处在保密中)。The identity of the buyer is still under wraps. 买家身份仍旧是个迷。

462. A surprise witness proved to be the wild card at the trial. wildcard:出其不意的一招。One wild card is to propose to her in front of the whole class. 当着全班的面向她求婚,这会是最厉害的一招。

463. egg on 促使,唆使,加剧 egg on: Jack is always egging me on to drive faster. 杰克老是怂恿我开快车。Seemingly quiet,Margo actually eggs on Donald to quarrel with his staff. Margo 看起来一言不发,但他实际上在唆使 Donald 与职工们干仗。People are upset with the bad roads, egged on by soaring food prices.大家对路况本来就厌恶了,现在食品价格飞涨更是让人不安。要注意的是,这里的 egg 与鸡蛋无关,此词的来源是从“eggja”衍生来的,意思是“edge”,所以“edge on”与“egg on”是同义词,但是 egg on 更流行一点。

464. toss oneself into 不知不觉投入 He tossed himself into this pro-democracy movement that is gaining slowly thousands of adherents.他不知不觉中投入到了民主运动的行列，现在民运正在慢慢成长，获得了成千上万的积极投入者。

465. Carve out 获取 He carved out a successful career.他事业有成。She carved out a reputation for herself as a high-powered lawyer.

466. run into a wall, run into a stone wall or run into a brick wall 意思都一样，都是“碰壁，遇阻”。We tried to get faster approval from the town and ran into a stone wall, For Allan, learning a foreign language amounted to running into a brick wall. 对 Allen 而言，学习一门外语意味着要克服巨大的困难。

467. Laoyang, you are at work now. You should be working hard, not cruising the dating sites. 老杨，你现在在工作，就得好好工作，拜托不要老在那些婚介网站上跑来跑去好不好？cruise 巡航，游览。He cruised to the victory. 他一路顺利，直到最后胜利。Cruise 是个很有用的词，现在很多汽车里都有 cruise 的装置，“自动巡航”。You can set on the cruise, and relax. cruise missile 巡航导弹。That dude has built a cruise missile in his own garage, on a budget of just US\$5,000.那个老兄在自己家的车库了花了不过 5000 美元就造出了一枚巡航导弹。

468. You should put your money where your mouth is. 你提倡这事，就得在这事上花钱。

469. She is a bust, a loser. 她是个破罐子。They are bust. 他们破产了。

470. Let's go, pedal to the metal! 走了，我们现在全速前进。pedal to the metal 是“一脚油门踩到底”的意思，也就是把车开到最高速度。Chinese car industry puts pedal to the metal for Auto-Expo. 中国汽车工业卯足全力来参加汽车展览

471. We have some big projects in the pipeline. Pipeline 是油管的意思。此句的意思是：我们有好几个大的项目即将进行。

472. He is a brainy guy. 他非常有头脑。

473. I caved in and gave him my phone number. 我妥协了，给了他我的电话号码。

474. Finally, my luck is taking a turn. 终于，我时来运转了。

I feel like I've hit the jackpot. 我感到我撞大运了。Jackpot 是赌博用的工具，hit the jackpot 就是赢了大钱。

475. Friends on net can email each other till cows come home, but a real live phone call can mean much more. till cows come home 很长时间，无止境 You don't have to wait till cows come home. I will do it for you right away.

476. I can't imagine my role as house frau after marriage. a house frau 家庭主妇（有点不快乐的那种）She is not a suburban house frau any more. frau 是个德文单词，意思是“女士，夫人”，例如：Frau Smith, Frau Holle.

477. In the small hours of that day, he killed 10 people. 那天他在短短的几个小时内就杀了十个人。small hours 就几个小时

478. I like to come home from work, have dinner, chill out for a little bit, and then go to bed. 下班后，我只想回家，吃顿晚饭，放松一会，然后睡觉。I was worried about the kids, and he told me I should just chill out. We are chilling out great. Don't let it bother you--just chill out. chill out 放松，高兴高兴。

479. I feel like I am having an out-of-body experience. 我感到我有点魂不附体了。（我觉得我是语无伦次了。）

480. A. Where are your children? B. I assume they're lurking somewhere. A 你的小孩呢？B. 我想他们就在附近玩耍吧。

481. I am consumed with thoughts of you since the day you left and can't possibly live another moment without you. 从你离开了的那一天起，我就无时无刻地思念着你，没有你我简直是一天也活不下去。consume 一般作“消耗”解，也作“带有一种强烈的感情：He is consumed with guilt/anxiety. America is consumed with gloom. 美国笼罩在一片悲观气氛之中。

482. But she has got her eye on someone already. 但是她已经看上别人了。

483. I hear that Steve is gunning for you. 我听说斯蒂夫在准备要整你。gunfor 攻击

484. He is widely acknowledged as masterpuppeteer, pulling everyone's strings. 他善于操纵每一个人，大家都知道他是个木偶大师。（他是个擅长权术的人）masterpuppeteer 木偶大师

485. He is a blabbermouth. 他说起话来滔滔不绝。上次我们提到过“chatterbox”，也是这个意思。或者说：He is a talkaholic.

486. I firmly believe that white lies are OK when employed to spare someone's feelings. White lies, a white lie 善意的谎言，无伤大雅的谎言。He was lying through his teeth. 他谎言连篇且毫不羞愧。

487. I took her advice to heart. 我牢记了她的忠告。记住，“牢记”是 to heart，不是 to memory

488. She is not serious with love, she is just a gold-digger. 她不是想真的爱，她不过是在想傍个大款。gold digger 原本指西部淘金人，现指那些想傍大款的女孩。That gold-digging tramp was never in love with him; she was in love with his money. She would use him up and suck him dry and move on to the next unsuspecting victim. 吃软饭的人是“a gigolo or boytoy”

489. “A little birdie told me you have an admirer,” she says. 她说：听说你还有崇拜者呢。a little birdie told me, 相当于 I am told that.... 也可以说：A little bird tells me that....

490. on the off chance, 但愿，万一 I bought a first edition of the book on the off chance that it might be valuable someday. On the off chance Barack Obama wins. 万一奥巴马赢了呢？

491. 大家知道 a piece of cake 的意思是“很容易”，与 cake 有关类似意思表达还有一个：cakewalk. Cakewalk 是一种很轻松的舞步。It is no easy cakewalk for him, but uphill

climbs. 对他而言，这决不会是一件容易的挑战，而是得很费力气的事。It would be foolish to believe that to land in Taiwan would be a cakewalk. 如果以为登陆台湾是件很容易的事那就很愚蠢了。

492. jive with, jive 原意为爵士音乐，口语的意思是“聊天，胡说八道，跳爵士舞”Don't try to jive me, I know where you were last night. Don't give me that jive, I know where you were last night.

Promoting democracy doesn't jive with our social values any more. 推动民主不再与我们的社会价值观合拍了。

493. CPR 人工呼吸 He is giving her CPR.

494. "I shall give no quarter." Said the first dueller.

"None given or asked." Replied his opponent. “我不会对你客气啦”，第一个决斗者说。“不希罕，也不想”，他的对手回答。give no quarter 不显仁慈，不让步

It's the kind of grunt work where Obama's forces have excelled, but Clinton's are giving no quarter.

495. My hunch is that what you're really asking is money. 我本能的猜测是你所要的实际上是钱。

496. She had a heart-to-heart talk with her beau. 他与男朋友做了一次推心置腹的交谈。beau 男朋友

497. Where the heck are you? the heck 相当于 on earth, 你到底在哪里?

498. I heard that Steve is gunning for you. 我听说斯蒂夫想要整你。gun for 给谁穿小鞋。

499. hardwire 电脑固定不变的硬件部分，转义“本性”。I believe that man has some pretty rotten things buried deep in his hardwiring. 我相信人有一些与生俱来的邪恶本

能 We're born hard-wired with the desire for freedom. 我们生而有种追求自由的本能。

500. Fly high 振奋, 成功。When the Olympics comes to China, the whole country is flying high. 当奥林匹克落户中国时, 全国为之沸腾。After reading Englishteacher's blog, everyone can fly high now as an English student. 读了英语老师的博客后, 每个学生都可以象英语专业学生一样成功了。