

# H h

## habit

**kick the habit** تخلص من العادة

e.g. "No coffee for me thanks. I'm trying to kick the habit."

**why break the habit of a lifetime?**

كيف يقلع الإنسان عن عادة استحكمت منه

e.g. "I must stop writing my essays the night before the deadline?" "Why break the habit of a life time?"

## hackles

**raise (sb's) hackles**

**make (sb's) hackles rise**

يفضب أو يضايق شخصاً

e.g. The movie's pro-war message made many people's hackles rise.

## had

**have had it** أصابتهم في مقتل - يكتفى ما حدث

e.g. When they run out of ammunition, they've had it.

**have had it (up to here)**

قد أصابني من هذا الموضوع الأذى الكثير (فكتفى)

e.g. I've had it up to here with lawyers.

**hail - fellow - well - met** إنسان تقابله

بأهلاً وسهلاً تحية ولكن لا تتق فيه (تعبير قديم)

e.g. He was a hail-fellow-well-met sort of man who'd greet you with a big slap on the back.

## hair

**not a hair out of place**

منتهى الأناقة في المظهر - منسق

e.g. She was immaculate as ever, not a hair out of place.

**a hair shirt** شخص كتيب لا يتمتع نفسه

e.g. I don't think you have to put on a hair shirt in order to be a socialist.

**the hair of the dog (that bit you)**

وداوني بالتى كانت هى الداء - جرعة من الخمر يشربها السكران ليشفى من صداع أحدثته الخمر.

e.g. It was early in the morning and Catherine reached for her glass. "Hair of the dog?" asked Lee with a smile.

**Curl sb's hair.**

يخيف أو يسبب صدمة عصبية لشخص

**make sb's hair curl!**

e.g. The scene where the guy follows her into the apartment curled my hair.

**get in sb's hair**

يضايق شخصاً بملازمته له عن قرب

e.g. Harry keeps the kids busy so they don't get in my hair while I am cooking.

**opposite out of my hair** بعيداً

e.g. I don't care where she is now. She's out of my hair and that's all that matters.

**a hair's breadth**

قيد أنملة - من مسافة صغيرة جداً - على بعد خطوة

e.g. Enemy forces are within a hair's breadth of the city.

**harm a hair on sb's head**

يمس ولو شعرة من شعر رأسه - يؤذى

e.g. If he so much as harms a hair on her head, I won't be responsible for my actions.

**let your hair down**

استرخ ودع القلق ولا تلق بالاً لما يقوله الناس

e.g. It's nice to let your hair down once in a while and go a bit wild.

**make sb's hair stand on end** يُرعب، يفزع

e.g. The thought of jumping out of an aeroplane makes my hair stand on end.

**pull / tear your hair out**

تكون في حالة منتهى القلق والهم

e.g. I've been tearing my hair out trying to get the job finished on time.

**put hair(s) on your chest**

(في مجال الأكل) فالمعنى سيجعلك الأكل قوياً ، وكذلك بعض الكحوليات

**put hair(s) on your chest**

e.g. Here have a swig of this. That should put hair on your chest!

**not turn a hair**

لا يتأثر أو يُظهر انفعالاً عند سماع أخبار سيئة

e.g. I was expecting her to be furious but she didn't turn a hair.

**hair - raising** مخيف - مرعب

e.g. Driving through the mountains was a hair-raising experience

**hairs**

**split hairs**

١. يبالغ في الحذقة أو السفسطة - تهتم بالتفاصيل الدقيقة جداً

e.g. She earns three time what I earn".

Actually its more like two and a half." "Oh stop splitting hairs."

٢. تفرقة بسيطة - فرق ضئيل

**halcyon**

**the halcyon days**

فترة من السعادة والرخاء في الماضي

e.g. That was in the halcyon days of the 1980's when the economy was booming.

**hale**

**hale and hearty** صحيح الجسم وقوى

e.g. At 77 he is hale and hearty getting up at six every day to walk three miles.

**half**

**not half** ولا حتى النصف

e.g. She isn't half brave, your sister.

**half a loaf is better than none** نصف الرغيف

خير من عدمه - الشيء القليل خير من لا شيء

e.g. I only got half the salary rise I asked for, but I took it anyway on the grounds that half a loaf is better than none.

**not be half bad** جيد - خير مما كنت تتوقع

e.g. Actually we had dinner there and it wasn't half bad.

**be half the battle (won)**

وينجح هذه المرحلة تكسب نصف المعركة

e.g. When you're training a dog, getting it to trust you is half the battle.

**be half the(dancer / writer / ... etc) you used to be**

لست بنفس المهارة الكاملة التي كنت تتمتع بها

e.g. She's half the tennis player she used to be sb's better / other half

الزوج / الزوجة (تعبير قديم)

e.g. I should think 3.30 on Wednesday will be fine but I'd better check with my other half.

**have half a mind to do sth** عندك النية

e.g. It's the second time this month. I've caught you smoking I've half a mind to report you to your parents.

**have half an ear on sth**

تسمع شخصاً دون أن تركز في الاستماع

e.g. I had half an ear on the radio as he was talking to me.

**Listen with half an ear**

يستمع دون أن يصفى بتركيز

e.g. I listened with half an ear as she explained what she'd been doing.

**hope / keep half an eye on sth / sb**

تراقب شخصاً أو شيئاً دون الانتباه الكامل

e.g. She kept half an eye on the kids all through our conversation.

**with half an eye on sth/sb** يراقب بعين الحذر

e.g. I ate my lunch with half an eye on the clock to make sure I didn't miss my train.

**How the other half lives** النصف الآخر  
من الشعب (الغني / الفقير) الجزء المختلف

e.g. As the popularity of such magazines testify, people are always curious to see how the other half lives.

**not know the half of it**

**have not heard the half of it**

ما تعرفه ما هو إلا القليل (موضوع غير سار)

e.g. Tom's not happy with the situation and he doesn't even know the half of it.

**that was a (game / meal / walk / ...**

**etc) and a half** تصف شيئاً بأنه ممتاز وتصف (تعبيراً عن إعجابك أو دهشتك زيادة عن الطبيعي)

e.g. That was a walk and a half / I'm exhausted.

**half - arsed**

**half - arsed**

**half - assed**

محاولة لعمل شيء ينقصها النشاط والحماس

e.g. I made a half - arsed attempt to write the introduction and then went back to bed.

**half-baked**

**half-baked** خطة تنقصها الدراسة المتأنية

e.g. They had a half baked notion for raising money by holding a pop concert.

**half-cock**

**go off at half-cock**

**go off half-cocked** تنطلق بالكلام دون استعداد أو تفكير (من الغضب) (تعبير قديم)

e.g. You don't listen. You just go off at

**half cock without even hearing the end of my sentence.**

**half cut** تكون سكران (تعبير قديم)

e.g. He was half-cut before he even got to the party.

**half-dead** متعب جداً - منهك

e.g. We've been walking all day and I'm half dead.

**half - hearted** فاتر ، بعزم واه أو ضعيف

e.g. I made a half-hearted attempt to start a conversation with him and then gave up.

**half-heartedly** من غير نفس (ع. م)

e.g. A few people at the back applauded half-heartedly.

**half-mast** البنطلون قصير جداً

e.g. His hair was dirty and his trousers at half mast.

**half way** بين بين = لا هو هذا تماماً أو ذاك تماماً

e.g. It's sort of a halfway house between classical music and pop.

**meet sb half way** تتنازل عن بعض آرائك

لتصل إلى اتفاق بينك وبين خصمك

e.g. I really want this relationship, Simon,

and I'm prepared to work at it but you have

to meet me half way. تقابل في منتصف الطريق

**half-wit**

**a half-wit** غبي

e.g. Some half-wit had filled the kettle too full and water spilt everywhere.

**half-witted**

e.g. I hope she's not bringing that half-witted brother of hers.

**halves**

**not do anything / things by halves**

يتوخى الكمال في كل ما يعمل ، لا يقنع بأنصاف

الأشياء ، يتقن العمل

e.g. "I didn't realize you were decorating

the whole house!" "Oh we don't do things

by halves round here."

**ham-fisted**

**ham-handed** ١. تنقصه مهارة اليدين

e.g. I hoped you weren't watching my ham-

fisted attempts to get the cake out of the tin.

The report criticizes the ham-fisted way in which complaints are dealt with.

٢. تنقصه اللباقة للتعامل مع الناس

### hammer

**be / go at it hammer and tongs**

بعزم وشدة ، بالباع والذراع

e.g. They started quarrelling before dinner and an hour later they were still at it hammer and tongs.

**Come / go under the hammer**

يباع بالمزاد العلني

### hand

**hand and glove - hand in glove**

يعملان معاً وعلى وفاق تام / متلائمان

e.g. It was rumoured at the time that some of the gangs were working hand in glove with the police.

**hand over fist** ينفق أو يكون أموالاً طائلة بسرعة

e.g. Business was good and we were making money hand over fist.

**the hand that rocks the cradle (rules the world)** إشارة لقوة النساء لقيامهن بتربية الأجيال

e.g. The article claimed that most of the world's dictators had very domineering mothers. You know what they say, the hand that rocks the cradle.

**be in hand**

(موقف أو مشروع) تحت البحث والتصرف

e.g. The arrangements for the party are all in hand so we don't need to worry about that.

**have sth in hand** تحت السيطرة ، مُسيطر عليه

e.g. After days of rioting the troops now have the situation in hand (are dealing with the situation).

**take sb / sth in hand**

تبدأ التعامل مع شخص يكون سبب المشاكل

e.g. Their youngest child needs taking in hand, if you ask me.

**keep in hand** يحتفظ (بمبلغ من المال) للطوارئ

e.g. We are keeping a hundred pounds in hand.

**be on hand** قريباً - تحت التصرف عند الحاجة

e.g. Extra supplies will be on hand, should they be needed.

**have sb/sth on hand**

طاقم آخر من العمال يُستدعى عند الحاجة

e.g. The new store has extra staff on hand to help customers pack their shopping.

**bite the hand that feeds you** يعض اليد التي

أطعمته ، يسى إلى من أحسن إليه ، ناكر للجميل

e.g. Leaving the company after they've spent three years training you up - it's a bit like biting the hand that feeds you.

**close/near at hand** قريباً جداً / فى متناول اليد

e.g. To have a few shops and services near at hand is a great advantage.

**Come / go cap in hand**

**come / go hat in hand**

تستجدي نقوداً من شخص بطريقة مُذلة

e.g. I had to go cap in hand to my parents again to ask for some money.

**a firm / steady hand on the tiller**

شخص يسيطر على الأمور

e.g. What people want is a President with a firm hand on the tiller: tiller = ذراع دفة القارب =

يجبر أحداً على أن يؤدي

عملاً قبل مواعده أو عملاً لا يريد.

e.g. I am sure they don't want to reduce the price but if you threaten to pull out of the sale that might force their hand.

**get out of hand** يفلت من السيطرة

e.g. The crowd became so excited that it was soon completely out of hand.

**give sb a hand** يمد يد المساعدة

e.g. Let me know when you're moving and I'll give you a hand.

**go hand in hand**

يد الواحد في يد الآخر ، في تعاون تام أو تلازم

e.g. Crime usually goes hand in hand with poor economic conditions.

**have a hand in sth** يكون له ضلع في

e.g. George would like to have a hand in arranging the entertainment

**hold sb's hand**

يأخذ بيده في وقت الشدة ، يوازر ، يساند

e.g. "I'm dreading giving that talk". "You'll be all right. I'll be there to hold your hand."

**I / you have to hand it to sb** تعترف

بإعجابك بشخص حتى لو لم تكن مقتنعاً به تماماً

e.g. I don't especially like the man, but you've got to hand it to him, he's brave.

**Keep your hand in** تداوم على عمل شيء

حتى لا تفقد مهارتك فيه - استمرار الممارسة

e.g. I do a bit of teaching now and then just to keep my hand in.

**lay a hand on sb.** تؤذي أو تؤلم

e.g. If you lay a hand on her I'll report you to the police.

**lend sb a hand**

تساعد / تقدم يد المساعدة وخصوصاً البدنية

e.g. He's always willing to lend a hand in the kitchen.

**live (from) hand to mouth**

يعيش ليومه فقط - من يده لفته (دون حساب للمستقبل)

e.g. My father earned very little and there were four of us kids so we lived from hand to mouth.

**out of hand**

ترفض شيئاً نهائياً دون رجعة بصورة مطلقة

e.g. Moving to London is certainly a possibility, I wouldn't dismiss it out of hand.

**overplay your hand**

تستفيد من موقف بأقصى ما يمكن / ينتهز الفرص

e.g. I'm going to ask for promotion but I think it might be overplaying my hand to ask to work fewer hours as well.

**put your hand in your pocket**

تتبرع بنقود لأعمال الخير والبر (منظمات مثلاً)

e.g. People are more inclined to put their hands in their pockets to help the children.

**put your hand on your heart**

تضع يدك على قلبك وتقول الصدق

e.g. I couldn't put my hand on my heart and say I'd never looked at another man.

**raise your hand against / to sb**

تضرب أو تهدد بضرب شخص ما

e.g. I would never raise my hand against a child.

**show your hand**

تفصح عن آرائك وخططك وقد كانت سرية من قبل

e.g. I'm reluctant to show my hand at this stage in the proceedings .

**throw in your hand**

تتوقف عن عمل شيء لعلك بأنك لن تكسب

e.g. I know it's unlikely that I'll get the job but I'm not going to throw in my hand just yet.

**tip your hand**

تفشي سر

e.g. Rumours still abound about Saling's next project but the actress has so far refused to tip her hand.

**try your hand at sth**

تجرب قدرتك على عمل شيء ما

e.g. I might try my hand at a bit of Indian cooking.

**turn your hand to sth**

عنده القدرة أو الموهبة للقيام بعمل ما

e.g. I'm sure you could turn hand to a bit of writing if you wanted.

**wait on sb hand and foot** تقوم بخدمته من الرأس إلى القدم أى تخدمه خدمة تامة - تحت أمره

e.g. He just wants a woman to wait on him hand and foot.

handle

fly off the handle

ينفجر غضباً لشيء سمعه أو لعمل قام به أحدهم

e.g. He really flew off the handle when I suggested selling the house.

get a handle on تفهم موقفاً لتسيطر عليه

e.g. We need to get a better handle on the effects of climate change.

hand - me - down قطعة ملابس مستعملة

تأخذها من أخيك / أختك الأكبر لتستعملها

e.g. As a child I was always dressed in my sister's hand-me-downs and I longed for something new to wear.

hands

sb's hands are tied مكتوف اليدين -

يداه مغلولتان - غير قادر على التصرف

e.g. I'd like to raise people's salaries but my hands are tied.

all hands on deck

all hands to the pumps تضافر كل الأيدي

e.g. They'll need all hands to the pumps if the business is to be saved.

be in sb's hands

تحت سيطرة أو إدارة شخص ما (حكم)

e.g. The arrangements for the party are now in Tim's hands.

leave sth in sb's hands

ترك إدارة عمل ما في يد شخص ما أو يد أمينة

e.g. So, Sue regarding the hotel bookings and so on, can I leave all that in your hands?

be out of sb's hands خارج عن اختصاص

شخص ما ، خارج إرادته أو قدرته

e.g. The court will decide how much money you get - the decision is out of our hands.

can't keep your hands off لا تستطيع أن

تبعد يديك عن ملامسة شخص بينكما علاقة غرامية

e.g. They can't keep their hands off each other. It's embarrassing to be in their company.

change hands

تنتقل ملكية شيء من شخص إلى آخر

e.g. The hotel has changed hands twice since 1982.

dirty your hands

يلوث يديه ، يودى عملاً لا يليق بمقامه

e.g. The royal family don't usually dirty their hand with politics.

fall into sb's hands تقع تحت سيطرة أو تحكم

e.g. There were concerns that the weapons might fall into the hands of terrorists.

get your hands dirty

تشارك في كل مرحلة من مراحل العمل حتى التي

تتطلب قوة بدنية

e.g. Unlike other bosses, he's not afraid to get his hands dirty and the men like that in him.

get your hands on sb يقع تحت يديك

(هذا يوحي بأنك غاضب من ذلك الشخص)

e.g. You wait till I get my hands on her - I'll kill her.

get / lay your hand on th

أى شيء تقع عليه يدك

e.g. As a kid I read anything I could lay my hands on.

have sth on your hands تكون مشغولاً جداً

e.g. Right now I've got my hands full with preparations for the conference.

keep your hands clean

يحتفظ بطهارة اليد والنزاهة

e.g. Politicians can leave the lies and smear campaigns to journalists and keep their own hands clean.

have clean hands

e.g. The country's leaders must be seen to have clean hands.

off sb's hands

بعيداً عن سيطرته - غير مسئول عنه

e.g. I've got a lot of freedom now the kids are off my hands.

take sb / sth off sbs hands

يتحمل عنه مسئولية

e.g. I'm willing to take the kids off your hands for a few hours, if you need me to.

Play into sb's hands تقوم بعمل شئ يوقعك في أيدي شخص آخر دون أن تدري

e.g. If we allow terrorists to disrupt our lives to that extent we're just playing into their hands.

sit on your hands

تقف مكتوف الأيدي / لا تفعل شيئاً في حل مشكلة

e.g. Every day the crisis worsens and yet the government seems to sit on its hands.

wash your hands of sb/sth

ينفض يده ، يرفض تحمل المسئولية.

e.g. I should imagine he couldn't wait to wash his hands of the whole project.

win (sth) hands down يكسب بسهولة

e.g. She won the debate hands down.

beat sb hands down يغلب بسهولة

e.g. The last time we played squash he beat me hands down.

wring your hands

تبدو مغموماً وحزيناً - تبدي الحزن والقلق

e.g. It's not enough for us to stand by and wring our hands-we've got to take action.

hand-wringing (adj)

e.g. Until recently the problem has been a subject for much hand-wringing and little else.

take one's life in one's hands

يضع روحه على كفه - يجازف

e.g. He's a very bad driver; every time you get in the car with him, you are taking your life in your hands.

handed

high handed وقح - متفطرس ، متسلط ، متعجب

e.g. It was rather high-handed to punish the child for the accident.

handle

a handle to one's name لقب

e.g. I knew Sir John long before he had a handle to his name.

handsome

handsome is as / that handsome does

المرء بما ينجزه لا بمظهره - العمل الطيب يدل على الشخص الطيب

e.g. A person is good if he is good to others; handsome is as handsome does.

hang

hang (on) in there أكمل - استمر في عمل شئ مهما كان صعباً - يتمسك بـ ، لا تتخلي عنه

e.g. All relationships go through rough times, you just have to hang in there.

hang a left / right

(لسائق) استدر شمالاً أو يميناً .

e.g. You hang a left at the gas station and then drive straight ahead for two miles.

and hang the cost / expense

تصرف ولا تبخل على نفسك أو على موضوع مهما تكلف

e.g. I thought for once in our lives let's treat ourselves really well and hang the cost.

get the hang of sth يتفهم طريقة عمل

أو تشغيل (شئ ما) ، يفهم أبعاد شئ ما .

e.g. The machinery is quite simple; you'll soon get the hang of it.

let it all hang out

تسترخي وتستريح كما تريد وليكن ما يكون

e.g. When I'm on holiday I like to let it all

hang out.

### hang about

ينتسكع - يضيع وقتاً طويلاً في انتظار شخص أو شيء

e.g. I hung about for an hour but he didn't come.

### hang fire

(للأسلحة النارية) يفشل في الانطلاق ، يفشل

e.g. The boy's plans for organizing a scout troupe hung fire because they could not find a man to be scout master.

hang heavy (للوقت) يمضى بتناقل أو ببطء

e.g. The vacation time hung heavy on Dicks' hands because all his friends were away at camp.

hang in the balance (لمصير شيء) يبقى معلقاً

e.g. The future of this school hangs in the balance until the council next meets.

I'll be hanged (أموت ولا أفعل كذا)

e.g. I'll be hanged if I'll pay that much for a pair of shoes.

### hang dog

لا يوثق به ، يشير الريبة ، مشكوك في أمره

e.g. He had a hangdog look about him which instantly made her suspicious.

### hanging by a thread

(الوضع) في حالة حرجة أو خطيرة / أمل ضعيف جداً

e.g. Injuries to the two best players in our team left our chances of victory hanging by a thread.

hanger-on شخص يصاحب الأغنياء

وأصحاب النفوذ بقصد المكسب المادي أو الأدبي  
e.g. Wherever there is Royalty, there will always be hangers on.

### hanging

be hanging over you

be hanging over your head

شيء يسبب لك القلق الدائم

e.g. He's got financial worries hanging over him too which can't make life any easier.

hang-up شعور بالخزي والقلق ناشئ عن

شعور الشخص بعيب أو نقص فيه قد لا يراه الآخرون  
e.g. I think Melanie's got a bit of hang-up about her lack of education.

be hung-up عقدة شخصية

e.g. Why are so many women hung up about their bodies?

### hanky - panky

هانكي - هانكي - ضحك على الذقون -

علاقة جنسية سرية (تعبير قديم)

e.g. It was alleged that all kinds of hanky-panky went on in the President's office.

### happy

#### a happy accident

موقف سار غير متوقع وغير مبدى

e.g. We never planned to have a third child - it was a happy accident.

#### a happy hunting ground

المكان الذي تجد فيه ما تبتغيه

e.g. Flea markets are a happy hunting ground for people looking for antiques at good prices.

#### a happy medium

حب الوسط من الأمور - خير الأمور الوسط

e.g. What you want from a holiday is a happy medium between activity and relaxation.

#### the happy event

الحدث السعيد أي ميلاد طفل (تعبير مضحك)

e.g. So when are they expecting the happy event?

#### not be a happy camper

#### not be a happy bunny

تكون متضايقاً - تشعر بالضيق من جراء موضوع ما

e.g. Her computer crashed an hour ago and she's lost a morning's work-she's not a

happy camper.

be as happy as Larry/a sandboy

لا يبالي ، لا يحمل للدينا همًا

be as happy as a clam

e.g. Since he's been at college he's as

happy as a clam.

happy-go-lucky

متفائل - متوكل على الله - لا يحمل الهم

e.g. He struck me as a happy go - lucky

kind of guy.

hard

hard feelings

لا شعور بالغضب والعداء

نحو شخص ما - لا شعور بالمرارة

e.g. So we're friends again, are we? No hard

feelings?

ننسى ما فات ، الصلح خير

hard going

صعب الفهم أو العمل

e.g. It was a good course but I found it

hard going in parts.

hard lines

الحظ السيئ

e.g. "I failed my driving test again." Hard

lines.

hard to swallow

أمر من الصعب تصديقه

e.g. I found her story rather hard to swallow.

the hard stuff

المشروبات الكحولية

(على سبيل المزاح)

e.g. He likes a drop of the hard stuff.

be as hard as nails

يكون دون شفقة أو تعاطف - صلب وحازم

e.g. She'll be good in business - She's as

hard as a nail.

e.g. After six months training, the young

soldiers were all as hard as nails.

٢. في منتهى اللياقة البدنية

be hard pressed

be hard pushed

تكون مضغوطاً في العمل

من ناحية التمويل أو الوقت

e.g. With cuts in government funding,

hospitals are hard pressed at the moment.

مضغوط من ناحية التمويل

e.g. I'll be hard pressed to get this report

done by Friday.

مضغوط من ناحية الوقت

be hard put to do sth

ستجد صعوبة في تنفيذ أمر ما وربما لن تنجح

e.g. You'd be hard put to find a better

school for your kids.

be hard up

مُفسر - معوز ، مفلس

e.g. When I was a student I was always

hard up, so I couldn't afford to go out with

my friends.

die hard

عادة أو فكرة متأصلة من الصعب

تغييرها أو التخلص منها (أى مستمرة بقوة)

e.g. These ancient traditions die hard in

the isolated communities of rural China.

drive a hard bargain

يقوم بصفقة عسرة (بدون تنازلات) ويربح

e.g. I'm impressed that you got L 2000. for

that car you certainly drive a hard bargain.

fall on hard times

أوقات أو أيام عصيبة ، ظروف صعبة

e.g. Millions of workers fell on hard times

during the great depression of the 1930s.

feel hard done by

تشعر بالظلم

e.g. I'm feeling hard done by because I

didn't get the promotion I deserved.

give sb a hard time

١. تنتقد شخصاً وتشعره بالذنب أو تنقص حياته

e.g. I came home late one night last week

and she's been giving me a hard time about it ever since.

e.g. She'd always wanted to be a teacher

but those kids gave her a really hard time.

٢. تقسو على شخص أو تضع في طريقه العقبات

He had a hard time last year. He lost his

job and was unemployed for 6 months.

٣. وقت عصب

**hit sth hard**

تتسبب في اضمحلال

مشروع ناجح - يصيب في مقتل

e.g. The tourist trade has been hit hard following the recent cold war.

**make hard work of sth / doing sth**

يجعل من العمل عملاً شاقاً

e.g. He's really making hard work of that ironing.

**no hard and fast rules** لا قوانين صارمة وثابتة

e.g. There are no hard and fast rules about how much weight you can safely gain in pregnancy.

**play hard to get** (في علاقة غرامية) تتظاهر

بعدم الاهتمام بالطرف الآخر لتثير اهتمامه بك

e.g. Why don't you return any of his calls?

Are you playing hard to get?

**hardball****play hardball**

(في التجارة) تستعمل كل الأساليب (أحياناً تكون

غير شرعية) للحصول على ما تريد

e.g. The company is playing hardball with the bank, holding back on payments it owes them to force an agreement.

**hard-boiled****hard-boiled**

شخص يتصرف وكأنه خالٍ

من المشاعر - جامد لا يفعل

e.g. Bogart plays the hard-boiled detective that women find attractive.

**hard-nosed** شخص عملي مصمم على ما يريد

e.g. Keaton has a reputation as a hard-nosed business man who always gets what he wants.

**hard-on** (بذئ)

انتصاب قضيب (الرجل) عند التهيج الجنسي

e.g. I can't wait to see you. I've got a hard-on just thinking about it.

**hard nut to crack**

شخص أو أمر يصعب التعامل معه أو هزيمته

e.g. The question of world hunger is a very hard nut to crack.

**hare****run with the hare and hunt with the lion**

يعمل بوجهين، يدعم الطرفين المتنافسين يكون مع المطارد والطريدة.

e.g. You've got to decide where you stand on this issue.

e.g. You can't run with the hare and hunt with the hounds.

**harness****to be back in harness**

تعود إلى العمل بعد فترة غياب

e.g. How does it feel to be back in harness after 8 months?

**in harness**

(لعدد من الأشخاص)

يعملون سوياً لتحقيق أمر ما (وبحماس)

e.g. French and British police are working in harness to solve the problem.

**harvest****reap a / the harvest of sth**

تجنى حصاد أفعالك

e.g. Homelessness is rising. We are reaping the harvest of a lack of investment in housing and social services.

**has-been****a has-been**

شخص كان متألقاً في يوم

ما وأصبح منسياً - عزيز قوم ذل (ع.م)

e.g. I forget who the third guest was -some old has been whose name I didn't even know.

**haste****Marry in haste, repent at leisure** (تعبير قديم)

في العجلة الندامة - الزواج في عجلة يؤدي إلى الندم.

e.g. It's true. I've only known him for six months and I know you're thinking, marry

in haste, repeat at leisure but I'm telling you, he's the man for me.

تزوج ثم ندم على مهل

hat

be wearing your (teacher's / lawyer's ...

etc) hat تتصرف مثل مدرس أو محام في موقف ما  
e.g. I was wearing my teacher's hat at the meeting.

e.g. I'd like to talk to you with your lawyer's hat on.

hang up your hat تستقيل من وظيفتك

e.g. When I stop enjoying my work, that'll be the time to hang up my hat.

I take my hat off to sb

تحني رأسك احتراماً و|جلالاً لشخص ما

I tip my hat to sb. تعبيراً عن إعجابك

e.g. I take my hat off to people who do voluntary work in their spare time.

I'll eat my hat (تعبير قديم)

سأندم لو (حصل هذا الأمر أو إذا لم يحصل)

e.g. If it wasn't your brother who stole it,

I'll eat my hat.

أقطع ذراعي لو شيء حصل (إن لم يكن الأمر) (ع)

keep sth under your hat تحتفظ بسر

e.g. I've got some interesting news, but you must promise to keep it under your hat for the moment.

pass the hat around/round تجمع نقوداً

e.g. We're passing the hat round for Simon's leaving present.

throw / toss your hat in the ring

تبدى رغبتك في دخول منافسة عادة لنيل مركز سياسي - يُدلى بدلوه

e.g. She's seriously considering throwing her hat in the ring and declaring herself a candidate for the election.

talk through one's hat

يُعرف بما لا يعرف - يقول كلاماً تافهاً

e.g. You are talking through your hat. You don't know anything about politics.

hatch

Down the hatch!

يُعب المشروب الكحولي عباً ، يُسرف في الشراب

e.g. And a Wisky for you. Down the hatch, as they say.

hatches

batten down the hatches

يستعد لأسوأ الأمور

e.g. When you're coming down with a cold, all you can do is batten down the hatches and wait for the body to fight it off.

hatchet

a hatchet job

نقد لاذع وطالم لشخص

ما (في الإذاعة أو الصحف)

e.g. She did a real hatchet job on his latest novel in one of the Sunday papers.

a hatchet man

شخص توظفه منظمة

لإجراء تغييرات (ولذا يكون مكروهاً)

e.g. The hatchet man is called in whenever a company needs to reduce its staff.

bury the hatchet

يوقف القتال - يوقف

النزاع - يدفنون خلافاتهم - أئس الماضي السيئ

e.g. It had been over a year since the incident and I thought it was time to bury the hatchet.

hats

hats off to sb

تنحني تحية واحتراماً وإعجاباً بشخص ما

e.g. Hats off to her-it takes a lot of courage to go travelling on your own at that age.

have

have it away

have it off

يُزنى مع شخص

e.g. She was having it away with her best

friend's husband.

**have it in for sb** يضرر لشخص سوءاً

e.g. Zoe's really got it in for me. She went and told my mother I'd been smoking.

**have it out with sb** يصرح شخصاً ما

بغضبك منه تمهيداً لإصلاح الأمور بينهما

e.g. She's late for work every morning. I'm going to have it out with her.

**haw**

**hum and haw**

**hem and haw** تتمم بكلمات غير مفهومة

لتجنبك الإجابة على سؤال

e.g. He hemmed and hawed and finally admitted taking the money.

**hemming and hawing**

e.g. After much hemming and hawing and throat-clearing she announced that she was leaving.

**hawk**

**watch sb like a hawk**

تراقب شخصاً بعين كالصقر حتى لا يرتكب خطأ

e.g. I was being watched like a hawk by the shop assistant.

**hay**

**make hay while the sun shines**

يغتتم الفرصة

e.g. I've got a few hours to finish the housework before the kids come home so I might as well make hay while the sun shines.

**make hay of sth** يشوش - يركب

e.g. Your new plan will make hay of our arrangements for the holiday.

**haywire**

**go haywire** يتعطل (آلة) - يعتربه الاضطراب

e.g. My CD player goes haywire every time my neighbour uses his cordless phone.

**head**

**head and shoulders above (the others/ the rest .. etc)** يفوق الآخرين بمراحل

e.g. He's a head and shoulders above the other actors in the film.

**sb's head on a plate / platter**

تطالب برأس خصمك (تعبير مجازي معناه أنك غاضب منه وتريد إيذاه)

e.g. The director was furious at what had happened and wanted Watt's head on a platter.

**the head honcho** أهم شخص في منظمة

e.g. You'll have to ask Wan, he's the head honcho in our department.

**be banging / hitting your head against a brick wall.**

كمن ينطح صخرة - يحاول المستحيل

e.g. It is like banging your head against a brick wall to try to keep the house tidy while the children are at home from school.

لا فائدة هباء

**be head over heels (in love)** غارق في الحب

e.g. It's obvious that they're head over heels in love with each other.

**fall head over heels (in love)** يقع في غرام

e.g. As soon as we met we fell head over heels in love.

**be in over your head**

تجد نفسك في موقف أصعب من أن تتصرف فيه

**be out of your head** ١. مصاب بالجنون

**be off your head**

e.g. He took the car out in this weather.

He must be off his head!

She's completely off her head because she's been drinking champagne.

٢. تفقد السيطرة على أعصابك بسبب السكر (شرب الكحوليات) أو المخدر

**bite/ snap sb's head off**

ترد على طلب شخص بغضب شديد

e.g. I only asked if I could borrow your bike. There is no need to bite my head off.

تلوم / توبخ بشدة

**build / get work up a head of steam**

تملك القدرة والنشاط والحماس للقيام بعمل

e.g. In the last three months the campaign has built up a good head of steam.

**bury your head in the sand**

تدفن رأسك في الرمال - تحاول تجاهل شيء

e.g. Parents said bullying was being ignored, and accused the headmaster of burying his head in the sand.

**can't make head nor / or tail of sth**

لا تستطيع فهم شيء ما ، لا تفهم شيئاً في الموضوع

e.e. We couldn't make head or tail of the film.

**come to a head** تبلغ أقصى مداها  
(مشكلة مثلاً) - تقف عند هذا الحد

e.g. Things hadn't been good between them for a while but it all came to a head last week when Phil failed to come home one night.

**bring sth to a head**

يؤدي إلى تفاقم (مشكلة مثلاً)

e.g. The row over the project has brought to a head a more fundamental disagreement over funding.

**do sb's head in** يربك - يهيج

e.g. I've been trying to make sense of all these figures and its doing my head in.

**get your head around** تفهم / تستوعب

e.g. He'd tried to explain the rules of the game dozens of times but I just can't get my head around them.

**get your head down**

تقوم بعمل شاق يستدعي القراءة والكتابة

e.g. I'm sure I can't finish the article. I just need to get my head down this afternoon.

**get / put your head down**

تتأم لفترة وجيزة / تأخذ راحة قصيرة

e.g. I'm just going to put my head down for an hour. I feel so tired.

**give sb their head**

تدعه ينفذ ما برأسه من أفكار

e.g. He's got some great ideas. Why not give him his head and see what kind of campaign he comes up with.

**go head to head**

يتنافس

e.g. The tobacco industry's best lawyers will go head to head with the government in court tomorrow.

**go over sb's head**

١. تتخطى شخصاً وتتصل برئيسه مباشرة

e.g. I really don't want to go over her head but if she won't listen to me I have no choice.

The bit about tax went straight over my head-was it important?

٢. فوق مستوى إدراكه

**go to sb's head**

١. يسكر

e.g. The glass of wine I had before supper went straight to my head.

e.g. Just because you won the poetry prize, you won't let it go to your head now, will you?

٢. يملأ الرأس غروراً

**hang your head (in shame)**

يطأطي الرأس خجلاً

e.g. Athletes caught taking drugs should hang their heads in shame.

**have your head (stuck) up your arse**

لا يفكر إلا في نفسه (بذىء)

e.g. He's got his head stuck so far up his arse he probably isn't even aware that there's a problem.

**have your head in the clouds**

مشغول ذهنياً فهو لا ينتبه إلى ما يدور حوله

e.g. He's an academic. They've all got their

heads in the clouds.

**with your head in the clouds.**

غارق في التفكير - سارح في الخيال

e.g. He was walking along with his head in the clouds as usual when he tripped over a paving stone.

**have your head screwed on (the right way)**

أوتى الحصافة والذكاء - يكون عاقلاً ومتمزناً

e.g. Don't worry about your daughter, she'll be all right. She's got her head screwed on the right way.

**Have a head start**

يسبق

e.g. Bigger companies have a head start on us.

**give sb a head start**

تعطيه فرصة السبق

e.g. Bamforth's natural popularity gave him a head start over the other leadership contenders.

**hold your head up high**

ترفع رأسك فخراً

e.g. When this country has full employment and an education system for all, then we can hold our head up high.

**keep your head**

تحافظ على هدوئك

واتزانك وخصوصاً في الأوقات الحرجة

e.g. Can you keep your head at times of pressure and stress?

**keep your head above water**

ينجح في التغلب على موقف صعب مالي أو اقتصادي

e.g. With extra income from private sponsorship, the club is just about managing to keep its head above water.

**keep your head down**

الزم الصمت، اخفض

الرأس لتجنب الدخول في المشاكل حتى تهدأ

e.g. The best we can do is keep our heads down and hope that people will soon get used to the new system.

**knock sth on the head**

تتوقف عن أداء عمل

e.g. "Do you still play football?" "No, I knocked it on the head a while ago."

**lose your head**

تغضب لدرجة انك تفقد صوابك

e.g. He usually stays quite calm in stressful situations but this time he really lost his head.

**need your head examined/examining.**

(على سبيل الضحك)

**need your head testing**

إنك لمجنون

e.g. You need your head examined if you're willing to spend L 200 on a pair of jeans.

**an old head on young shoulders**

عقله أكبر من عمره

**a wise head on young shoulders**

e.g. He's a very capable young man, in spite of his age. I think it's a case here of an old head on young shoulders.

**On sb's (own) head be it**

فلنتحمل نتيجة

عملك - (على دماغك) ع م - على مسئوليتك

e.g. If you don't want to take out any insurance, ok, but on your head be it.

**put / stick your head above the parapet**

لديك الشجاعة لتفصح عن رأيك مع علمك أنه

سيغضب آخريين

e.g. Kearton was one of the very few to put his head above the corporate parapet and speak his mind in public.

**raise / rear its (ugly) head**

تكشف عن وجهها القبيح

e.g. All over Europe racism is raising its ugly head once more.

**stand / turn sth on its head**

يقرب شيئاً رأساً على عقب

e.g. The first feminists simply took the accepted view that men were superior to women and turned it on its head.

**take it into your head**

يزين له عقله فكرة قد

تكون مجنونة - (تطلع في دماغه) ع م

e.g. He's taken it into his head to become really jealous.

(laugh/scream/shout ..etc) your head off

يضحك ، يصرخ ، يصبح بشكل جنوني

e.g. The baby was crying his head off because he was hungry.

put / lay one's head on the block

يعرض نفسه للخطر أو اللوم أو النقد - يجازف

e.g. Don't use political terms you don't really understand in this country you'll lay your head on the block.

stand on one's head

يبذل قصارى جهده ، يفعل المستحيل

e.g. He stood on his head trying to explain to her why he was so late, but she still didn't believe him.

standing on one's head

بسهولة متناهية ، وهو مغمض (م.ع)

e.g. He can repair car-engines standing on his head.

headlights

be like a deer/rabbit caught in the

headlights يشل الخوف حركتك

e.g. Each time they asked him a question he was like a deer caught in the headlights.

headlines

hit / make the headlines

تصبح خبيراً مهماً في وسائل الإعلام

e.g. The latest scandal to hit the headlines is about a minister's son arrested for drug-dealing.

heads

heads will roll - ستطيح رؤوس -

سيفصل عدد من الموظفين من وظائفهم

e.g. If the accident was caused by company negligence, then heads will roll.

put their heads together

يتشاورون ، يتبادلون الرأي

e.g. If we put our heads together I know we can come up with a design that really works.

turn heads

تدير الرؤوس من الإعجاب

e.g. Brigitte Bardot still turned heads in her 40's.

headway

make headway

تتقدم

e.g. Talks between the two countries are making very little headways.

heap

fall in a heap

تفقد السيطرة على

انفعالاتك وتبدأ في البكاء - تنهار تماماً

e.g. The case collapsed when the main witness fell in a heap and was escorted from the court.

hear

can't hear yourself think

can barely, hardly hear yourself think

المكان كله ضوضاء فلا تستطيع سماع أى شئ

e.g. The music was so loud I could hardly hear myself think.

heart

your heart bleeds

القلب يقطر دماً حزناً

أو تعاطفاً مع شخص فى محنة

e.g. My heart bleeds for the poor children caught up in fighting.

your heart goes out to sb

تتعاطف مع شخص فى محنة

e.g. Our hearts go out to the families of the victims of this terrible tragedy.

sb's heart is in their boots

يشعر بالحزن

الشديد والهم والانزعاج - فى قلق شديد

e.g. His heart was in his boots as he waited for news of the accident.

sb's heart is in their mouth

يصيبه التوتر أو الخوف ، قلبه يقفز من مكانه قلقاً

e.g. My heart was in my mouth as I walked onto the stage.

**sb's heart is in the right place**

طيب القلب رغم عيوبه ، قلبه أبيض (ع.م)

e.g. He is a bit annoying sometimes but his heart is in the right place.

**sb's heart isn't in sth**

غير مبال أو محب للعمل الذى يقوم به

e.g. She was studying law, but her heart wasn't in it and she gave up after a year.

**sb's heart misses/ skips a beat**

كناية عن شعوره بالانفعال أو الخوف الشديد والدهشة

e.g. Ben walked into the room and her heart skipped a beat.

**sb's heart sinks** يشعر بالحزن أو القلق

- قلبه يقع (ع.م) شعور بالفشل

e.g. He looked at the huge pile of work on his desk and his heart sank.

**sb eat your heart out!**

اغتاظ! أنا أحسن منك! (فكاهي)

e.g. I'm taking singing lessons. Celine Dion, eat your heart out.

**be all heart**

تكون كلك طيبة وكرم (تقال هذه الجملة أحياناً على سبيل الدعابة لتعنى عكسها) - متعاطفة دائماً

e.g. Ellie can't bear to see anyone upset.

She's all heart.

**break sb's heart**

١. تهجر حبيبك فتكسر قلبه أى تجلب له الحزن

e.g. He broke my heart but I'll never forget him.

٢. موقف مؤثر يجعلك فى منتهى الحزن والأسى

e.g. It breaks my heart to think about all those homeless children.

**close / dear to sb's heart**

قريب من القلب ، محبب له - مهم بالنسبة له

e.g. Animal rights is an issue very close to my heart.

**cross my heart (and hope to die)** تقسم

بأنك صادق فيما تقول (فليمتنى الله لو كنت كاذباً)

e.g. I want to go to the party with you, not Sarah. Cross my heart!

**harden your heart**

كن صلباً لا تدع الطيبة تسيطر عليك

e.g. You've just got to harden your heart and tell him to leave.

**have a heart of gold**

كناية عن الطيبة الزائدة والتعاطف مع الناس

e.g. She'll do anything for anyone. She's got a heart of gold.

**have a heart of stone** كناية عن القسوة - قلبه

كالحجر لا يتعاطف مع أحد

e.g. He wouldn't help his own mother if she needed it. He's got a heart of stone.

**have a heart!**

خللى عندك قلب. (ع.م)

كن عطوفاً حنوناً (فكاهي)

e.g. Have a heart! I can't walk another step!

**in your heart of hearts**

يملكه إحساس

داخلى بصدق فكرة ما - متأكد من شعوره

e.g. I knew in my heart of hearts that something was wrong, but I just wasn't ready to deal with it.

**its / you're breaking my heart**

شئ يقطع القلب (ع.م) - يؤلم

e.g. Things are so bad right now she's had to sell one of her houses! "You're breaking my heart".

**know / learn sth (off) by heart**

تحفظ شيئاً عن ظهر قلب

e.g. He's my favourite poet. I know several of his poems by heart.

**Let your heart rule your head** تجعل قلبك

يتحكم فى عقلك - تغلب العاطفة على العقل

e.g. Don't let your heart rule your head. If you lend him that money you'll never see it

again.

**the heart rules the head**

القلب يتحكم في العقل

e.g. I can't make her understand how stupid she's being. It's a case of the heart ruling the head.

**lose your heart to sb**

تقع في غرام شخص ما (تعبير أدبي)

e.g. I think he lost his heart to Mary on the day they met.

**lose heart** - تفقد حماسك - تفقد الأمل - يقط - يضعف عزمه - تفقد الشجاعة

e.g. Don't lose heart, there'll be plenty more chances for promotion.

**a man / woman after your own heart**

رجل أو امرأة يحمل / تحمل المواصفات التي تجبها

e.g. He likes a good curry-a man after my own heart.

**open your heart**

تفتح قلبك لشخص - تفصح له عن أسرارك

e.g. That night, she opened her heart to me and I think that's when I fell in love with her.

**pour your heart out** يدلي بكل ما يحس به (رغبة في التنفيس عما بداخله من مشاعر)

e.g. I'd only met him once, and here he was pouring out his heart to me.

**put your heart and soul into sth/doing sth**

يقوم بعمل شيء بكل قواه بقلبه وروحه

e.g. He put his heart and soul into running that café.

**heart and soul (completely)** كلية

e.g. She loves him heart and soul.

**set your heart on sth. doing sth**

يصمم على شيء - تتعلق أمانيه بكذا

e.g. She's set her heart on a big wedding.

**have your heart set on sth, doing sth**

مصمم

e.g. John had his heart set on being a doctor.

**strike at the heart of sth** تضرب في الصميم

e.g. The recent recession has struck at the heart of industrial development.

**take sth to heart** يتأثر به تأثراً بالفاً (عادة شيء غير سار) - مرهف المشاعر

e.g. Don't take it to heart. He was only joking about your hair.

**take heart** يتشجع - يثق في نفسه ويتقدم

e.g. House owners can take heart from the news that property prices are starting up again.

**to your heart's content** كما يحلو لك

e.g. The pool is open all day so you can swim to your heart's content.

**wear your heart on your sleeve**

يعلن ظاهره ما أخفى باطنه

e.g. John's always worn his heart on his sleeve, so there is no doubt who he'll be supporting.

**hearth**

**hearth and home** البيت والعائلة (تعبير أدبي)

e.g. His first loyalties are to hearth and home.

**heart-strings**

**tear / tug at your heartstrings**

تمس أوتار القلب إما عن حب أو تعاطف

**tear/tug at the heart strings**

e.g. It's the story of a lost child-guaranteed to tug at the heart strings.

**heart-to-heart** من القلب إلى القلب - محادثة بين شخصين يفصح كل منهما عن مشاعره الصادقة

e.g. We had a real heart-to-heart and we're getting on much better.

**heat**

**the heat is on** تبذل جهداً كبيراً أو

أنك في موقف صعب - في قمة العمل

e.g. There are only 3 weeks left before the

deadline, so the heat is on.

**If you can't stand the heat, get out of the kitchen** إذا لم تكن على قدر المسؤولية فاتركها لغيرك

e.g. He says he didn't realize banking was such a stressful job. Well, if you can't stand the heat, get out of the kitchen.

**in the heat of the moment**

في لحظة الانفعال الشديد عند مناسبة معينة

e.g. Frank doesn't hate you. He just said that in the heat of the moment.

**put the heat on sb**

يستخدم مزيداً من الضغط أو الشدة ليحمل شخصاً على فعل شيء أو الاعتراف بشيء

e.g. The police put the heat on to find out where the criminal had hidden the weapon he had used.

e.g. The Dodgers have won three games in a row and are stating to put the heat on the Mets. يبذل جهداً كبيراً لتمييز على الخصم

**take the heat off sb**

ينزع الفتيل - يهدئ الوضع

e.g. The committee took the heat off a crises which earlier threatened major violence.

**turn up the heat** ١. يشعل الموقف - يجعل

الموقف يبدو أكثر صعوبة ليحجر شخصاً على عمل ما  
e.g. Lorry drivers are discussing whether to turn up the heat on their bosses by holding a one-day strike.

٢. تعمل بحماس - تزيد من المجهود (لنيل شيء ما)

e.g. Nottingham turned up the heat in the second half and forced their opponents back onto the defensive.

heath Robinson

**heath Robinson**

آلة معقدة جداً لدرجة مضحكة تقوم بأعمال بسيطة  
Heath Robinson كان فناناً بريطانياً رسم آلات معقدة تقوم بأعمال في منتهى البساطة .

e.g. My granny's got this great heath Robinson device for slicing eggs.

heave

**give sb the (old) heave ho**

يقذف به خارج العمل أي يُطرد ، تنهى علاقة مع شخص  
e.g. When sales fell, most of the staff were given the old heave ho.

heaven

**a marriage / match made in heaven**

١. زواج مبارك ، زواج ناجح بين زوجين متلائمين جداً  
e.g. Jane and Pete had exactly the same likes and interests. It was a marriage made in heaven.

٢. اجتماع ناجح بين شيئين أو شخصين متلائمين

e.g. Strawberries and cream are a marriage made in heaven.

**move heaven and earth** يقيم الدنيا

ويقعدھا - يعمل المستحيل لتحقيق غرض ما

e.g. The boy's parents would move heaven and earth to get him anything he wants.

heavens

**the heavens opened**

وكان السماء انفتحت (كناية عن هطول المطر)

heavy

**heavy petting** عمل يقصد به

الاستمتاع الوجداني - تدليل بسيط فقط

e.g. That baby couldn't be mine. We never got further than some heavy petting.

**a heavy date** مقابلة عاطفية أو غرامية مهمة

e.g. I think Carol has a heavy date. She's been in the bathroom for over an hour.

**a heavy hitter** شخص قوى وناجح

e.g. Have you seen his resume? He's a real heavy hitter.

**be heavy going** ١. صعب القراءة أو الفهم

e.g. The first half of the novel is rather heavy going, but don't give up.

٢. عن الأشخاص (شخص ممل) - ثقل الظل

e.g. Please don't make me sit next to her at the party. I find her really heavy going.

**have a heavy foot** يقود السيارة بسرعة ودرعونة

e.g. She has a heavy foot-does the trip in half the time it takes me!

**make heavy weather of sth. doing sth**

يطيل من مدة القيام بعمل

e.g. He's making heavy weather of writing his report, Ingrid finished hers days ago.

**heavy - duty**

**heavy duty** معقد وخطير ويحتاج إلى قوة احتمال

e.g. Studies show that the homeless develop some heavy-duty health problems living on the streets.

**heavy-handed**

**heavy-handed** قاس و صارم

e.g. His heavy-handed style of management is extremely unpopular.

**heck**

**(just) for the heck of it**

في سبيل المزاح أو بلا غرض ما

e.g. They spent the afternoon phoning different numbers and talking to strangers-just for the heck of it.

**heebie jeebies**

**give sb the heebie-jeebies**

يخيف أو يزعج - يقشعر البدن

e.g. Walking across the park after dark gives me the heebie-jeebies.

**heel**

**bring / call sb. to heel**

يخضع - يُجبر أحدهم على طاعته

e.g. He decided that threatening to sue the publishers was the easiest way of bringing them to heel.

**come to heel** يخضع / يذل / يطيع الرؤساء

e.g. A few government rebels refused to come to heel and had to be expelled from the party.

**under sb's heel**

في طاعته - تحت أمره - تحت سطوته

e.g. For nine years this isolated community lived under the heel of China.

**heels**

**at sb's heels** ١. تمشي في أعقاب أحدهم - تمشي في ركاب أحدهم

e.g. Dr. Grange walked through the ward with a group of student doctors at his heels.

٢. تطارد منافسك وتحاول التفوق عليه

e.g. There are many younger women snapping at her heels, eager to replace her as company director.

**cool your heels** (ربما ليهدأ)

e.g. The youths were left to cool their heels overnight in a police cell.

**dig your heels**

تعاند وتصبر علي رأيك - تأخذ موقفًا

e.g. We suggested it would be quicker to fly, but she dug her heels in and insisted on taking the train.

**hard/hot on sb's heels** ١. في أعقابه - يطارده

e.g. She ran down the steps with a group of journalists hard on her heels.

٢. تلاحق منافسك وتقترب من الانتصار عليه

e.g. They know we're hard on their heels and they've got to win their next three games to retain the championship.

**hard / hot on the heels of sth**

في أعقابه مباشرة

e.g. A film contract came hard on the heels of the success of their first album.

**kick your heels** يُفرض عليه الانتظار دون فائدة

e.g. I'm fed up kicking my heels at home

while all my friends are out enjoying themselves.

**kick up your heels** تعمل ما تحب

e.g. After the exams, we kicked up our heels and had a really good party.

**take to your heels** - بلوذ بالفرار -

يولى الأدبار ، يجرى بعيداً عن الموقع

e.g. As soon as they saw the soldiers coming, they took to their heels.

**turn on one's heel(s)**

يستدير - ينقلب على عقبيه أو يرحل غاضباً

**hell**

**hell hath no fury (like a woman scorned)**

ألعن أو أقطع ما يغضب المرأة هو أن تمتهن من حبسها  
e.g. Don't be so sure she'll forgive you.

Hell hath no fury like a woman scorned.

**(a) hell on earth**

جهنم على وجه الأرض - أى حياة بائسة

**a living hell**

e.g. Soldiers who survived the war in the jungle described it as hell on earth.

**all hell broke loose**

تفتح جهنم أبوابها - يحدث هرج ومرج

e.g. This big guy walked up to the bar and hit John and suddenly all hell broke loose.

**be hell on wheels** تتصرف بغضب أو حمق

e.g. When he was freaking, Ken was hell on wheels.

**catch / get hell** سندخل جهنم برجلك /

ستغضب شخصاً غضباً شديداً

e.g. We're going to catch hell when she finds out we used her car.

**come hell or high water** ، وليكن ما يكون ،

أنت مصمم على القيام بعمل ما مهما كانت عاقبة الأمور

e.g. I'll get you to the airport by 12 o'clock come hell or high water.

**(just) for the hell of it**

لمجرد خاطر أو فكرة طرأت على بالك

e.g. I decided to dye my hair bright green, just for the hell of it.

**frighten / scare the hell out of sb**

تخيف ، ترعب شخصاً

e.g. He drives like a madman - frightens the hell out of me.

**get the hell out**

تطرد شخصاً - تنسحب بسرعة (عامية جداً)

e.g. Get the hell out of my house, before I call the cops.

e.g. We didn't stop to argue, we just got the hell out of there.

**give sb hell** ١. يعنف شخصاً على خطأ ارتكبه

e.g. Did your Dad give you hell about the dent in the car?

٢. يكدر / يتعب / يودى لقضاء وقت عصيب

e.g. The children have given me hell all the afternoon; so I am not in a very good mood.

**give them hell !!**

اتعب منافسك وابدل كل ما فى وسعك لتتعب منافسك

e.g. Remember, you're the best. Now go out there and give them hell!!

**go hell for leather** بسرعة جنونية

e.g. He was going hell for leather to get to the supermarket before it closed.

**go through hell** تمر بأوقات عصيبة

e.g. The poor woman's been going through hell over the last few months, not knowing whether her son was alive or dead.

**Go to hell !** أسلوب غير مهذب للرد

يدل على عدم الاهتمام - إلى الجحيم !

e.g. I don't think it's a good idea to shout at him. "Oh, go to hell!"

**go to hell in a hand basket / handcart**

الشخص أو النظام فى موقف غاية فى الصعوبة وفى

انحدار مستمر ويطي - في خطوات بطيئة  
 e.g. He believes the warfare system in this country is going to hell in a handcart.  
 not have a chance / hope in hell

لا يوجد أدنى أمل في تحقيق شيء ما  
 e.g. She hasn't a hope in hell of passing these exams.

تعبير يدل على الدهشة أو الضيق  
 Hell's bells!  
 e.g. Hell's bells, the washing machine's overflowing again!

يكثر من الشكوى  
 play (merry) hell  
 ويسئ التصرف - يرفض ويصعب إقناعه

e.g. She played merry hell about coming on this trip, but I think she enjoyed it in the end.  
 play (merry) hell with sth.

يوقف آلة أو جهاز عن العمل بكفاءة  
 e.g. The power cuts played merry hell with our computer systems.

تسبب في معاناة شخص ما  
 put sb through hell  
 e.g. Our coach put us through hell trying to get us fit for the big race.

يشكو بصوت غاضب ومرتفع -  
 raise hell  
 يسبب مشكلة خطيرة  
 e.g. She raised hell when she realized her office had no windows.

"A group of kids were raising hell in the street."  
 يقيم الدنيا ويقعدها - يتصرف بطريقة تزعج الآخرين  
 a hell-raiser

شخص يتصرف بطريقة فجأة ومزعجة - مشاغب  
 e.g. When he was younger he was a real hell-raiser.

There'll be hell to pay  
 سيغضب شخصاً ما لو حصل أمر ما  
 e.g. There'll be hell to pay if she doesn't get the money in time.

تعبير غير مهذب يدل على عدم الاهتمام  
 to hell with sb / sth

e.g. To hell with saving money! I'm going shopping.

until hell freezes over

عندما تتجمد جهنم . أي هذا الأمر مستحيل  
 e.g. They can talk until hell freezes over- they won't make me change my mind.

would see sb in hell before you would do sth  
 أنت مصمم ومن المستحيل أن تغير رأيك  
 e.g. I'd see her in hell before I agree to an arrangement like that.

the (child/house/mother, etc) from hell  
 أسوأ شخص أو شيء في الوجود (تهكمي)  
 e.g. His mother's awful. She really is the mother-in law from hell.

(fight/run work .. etc) like hell  
 بسرعة كبيرة ويحماس

e.g. We heard the alarm and ran like hell.  
 hell-bent

تصمم على عمل شيء (عادة لا يعجب الناس)  
 e.g. Local fans seemed hell-bent on causing as much trouble as possible during the match.

help  
 ١. الله يعينك |  
 God / Heaven help sb  
 كلمة تحذير لمن سيقوم بعمل يعاقب عليه  
 e.g. Heaven help you if your father catches you wearing his best jacket!

٢. الله معه | كلمة تقولها لمن هو في ضيق  
 e.g. God help anyone who has to be outdoors on a dreadful night like this!

helter-skelter

helter-skelter

تقوم بعمل بسرعة وبلا نظام - فوضى  
 e.g. We all ran helter-skelter down the stairs as soon as the alarm sounded.

hen

a hen night/party

حفلة يقام لامرأة مقبلية على الزواج

e.g. Barabar's having her hen night a week before the wedding.

herd

ride herd on sb/sth

تتحمل مسئولية قيادة مجموعة أفراد وأعمالهم

e.g. The new editor will ride herd on the staff, checking on the overall policy and tone of the paper.

hide

tan sb's hide

تضرب طفلاً عدة مرات كعقاب (تعبير قديم)

e.g. I'll tan that boy's hide if he touches my toolbox again.

hiding

be on a hiding to nothing

تكون في موقف مستحيل النجاح فيه - شيء بلا طائل

e.g. We were on a hiding to nothing trying to get more money out of the government.

high

high and mighty

شخص له مكانته - شخص ذو قوة ومكانة رفيعة - متعالٍ - متغطرس

e.g. Ellie's started acting all high and mighty since she got her promotion.

high jinks

وقت مليء بالبهجة والمرح ، فرشة (ع.م)

e.g. They were dancing on the tables and getting up to all sorts of high jinks.

a high roller

شخص مبذر يصرف النقود بلا حساب

e.g. He became known as a high roller and was invited to the biggest gambling tables in town.

the high ground المركز المرموق

e.g. His company holds the high ground in the area of multi-media disks.

be as high as a kite

طائر من الفرح (ع.م) كناية عن أن الخمر لعبت بعقله أو عن الفرح الشديد بالنصر

e.g. I tried to talk to her but she was as high as a kite.

e.g. Winning the prize gave my self-confidence a tremendous boost; I felt as high as a kite for several days afterwards.

be for the big jump

يُقدّم للعقاب - تقع في مأزق

e.g. She'll be for the high jump when her mother finds out she's been smoking .

climb / get on you high horse يكون غاضباً

ويتنقذ الآخرين وكأنه متميز عنهم - تصمم وتهاجم

e.g. It's no good getting on your high horse about single parents. You can't force people to get married.

come / get (down) off your high horse

تواضع فلست خيراً من الآخرين

e.g. It's time you came down off your high horse and admitted you might have made a mistake.

from on high

من شخص ذي نفوذ (من فوق) (ع.م)

e.g. All the rules are imposed from on high.

hung / search high and low

يبحث في كل مكان (عن شيء)

e.g. I've been hunting high and low for the file, but I still haven't found it.

in high dudgeon في قمة الغضب أو الحنق

e.g. Slamming the door in Meg's face, she drove off in high dudgeon.

It's high time لقد آن الأوان بعد تأخير

e.g. It's high time that nurses were given better pay and conditions.

leave sb high and dry يعدم المعين ، بلا عون

أو مساعدة أو دعم من أحد ، بدون مورد

e.g. The stock market crash left us high

and dry with debts of over L 200.000

**live high off / on the hog**

يملك كثيرا من النقود ويعيش في رخاء وبحبوحة  
في المأكل والمشرب

e.g. He was a millionaire who lived high on the hog at all times .

**on high** في السماء

e.g. The angels on high sang his praises.

**pile it/them high and sell it/them cheap**

بيع كميات كبيرة بأسعار رخيصة

e.g. The shops at the lower end of the clothing market have survived by piling it high and selling it cheap.

**smell / stink to high heaven**

نفوح رائحة كريهة للغاية

e.g. The chicken farm stinks to high heaven.

**high - flier**

**a high-flier** شخص طموح ناجح

**a high flyer** يصل إلى أعلى المراكز

e.g. A high-flier in the eighties, he was earning over 200.000 a year.

**highly-strung**

**highly-strung** متوتر / عصبي

**high-strung** - حاد المزاج

e.g. Anna has always been highly-strung,

whereas her brother is one of the most relaxed people you could meet.

**highways**

**the highways and byways**

في كل أنحاء المكان

e.g. They travelled the highways and byways of Britain to find people who could still sing the old traditional folk songs.

**hill**

**be over the hill** يتخطى سن الشباب /

يكبر في السن فتقل درجة أدائه لعمل

e.g. In the world of pop music, people think you're over the hill at the age of twenty-five.

**not be worth a hill of beans**

شي لا قيمة له إطلاقاً

e.g. None of those guys is worth a hill of beans, so don't worry about what they say.

**up hill and down dale**

في الهضاب والوديان أي في كل مكان (تعبير أدبي)

e.g. The man carried his basket of goods up hill and down dale.

**hilt**

**(up) to the hilt**

١. على أحسن وجه - إلى أبعد حد

e.g. They took the new aircraft and tested it to the hilt.

٢. يقترض إلى أقصى درجة لا يستطيع فيها السداد

e.g. With the government borrowing up to the hilt we can expect tax rises.

**hind**

**can talk the hind leg(s) off a donkey**

يتكلم كثيراً ويلعب بشدة (تهكم)

e.g. His father could talk the hind leg off a donkey.

**hip**

**be joined at the hip**

شخصان متلازمان من باب الصداقة

e.g. I can go to London without Mike.

We're not joined at the hip, you know.

**shoot from the hip**

يرد على موقف بسرعة وفورا دون النظر للعواقب

e.g. His critics accuse him of shooting from the hip when challenged.

**hit**

**hit sb where it hurts (most)**

يضرب في الصميم / يضرب في المكان المزعج

e.g. If you want to hit her where it really

hurts, tell her she's putting on weight again.

**hit and / or miss**

شئ لا يمكن معرفة كنهه بالتأكيد - غير صائب

e.g. Weather forecasting used to be a very hit and miss affair.

**hit the ceiling / roof**

يغضب ويصرخ بأعلى صوت

e.g. If I'm late again he'll hit the roof.

**hit the deck / dirt**

ينبطح على الأرض تجنباً لخطر

e.g. The shooting started, and I heard someone shout "Hit the deck!".

**hit the sack** ينام/ يذهب إلى السرير

**hit the hay**

e.g. I'm going to hit the sack. I'm exhausted.

**a hit list** ١. جدول بأسماء من سيقتلوا

e.g. His name was on a terrorist hit list.

٢. جدول بأسماء المؤسسات المقصودة بالإغلاق

e.g. There are a hundred schools on the department's hit list, which are threatened with closure if their standards do not improve.

**a hit man** قاتل محترف

e.g. A professional hit man can be hired to kill someone.

**not know what hit you**

أنت لا تدري ما أصابك اكناية عن الدهشة والارتباك

e.g. The poor man stood there not knowing what had hit him, while the police arrested his wife and son.

**before sb knows what hit him**

قبل أن يدري ما أصابه

e.g. We'll break down the door and have the handcuffs on them before sb knows what's hit them.

**hobby horse**

**on your hobby horse**

موضوع يحب أن يتكلم فيه شخص في أى وقت دون

مراعاة الآخرين

e.g. Don't mention tax or Bernard'll get on his hobby horse again.

**Hobson**

**Hobson's choice** كان Thomas Hobson

صاحب أحصنة ولكنه كان لا يترك لأحد حرية

الاختيار فأصبح مثلاً - أنت لا تملك حرية الاختيار

e.g. It's Hobson's choice, because if I don't agree to do what they want, I'll lose my job.

**hog**

**go hog wild** يشعر بالانفعال والاشتياق

لعمل شئ أو للتصرف فى شئ ما

e.g. There's no need to go hog wild just because it's Sarah's birthday. She won't want such a fuss.

**ho-hum**

**ho-hum** مخيب للأمال وممل

e.g. It was a ho-hum speech, no big deal really.

**hoist**

**be hoist by / with your own petard**

يحقق به سوء عمله ، يقع فى الفخ الذى نصبه لغيره ،  
من حفر حفرة لأخيه وقع فيها

e.g. The vicious husband was hoist with his own petard when he tried to kill his wife, because he accidentally drank the poison that he intended to give to her.

**hold**

**hold your own** ثبت على رأيه ويحافظ على موقفه

e.g. She can hold her own in any debate on religion.

**can't hold their drink / liquor**

لا يتحمل المشروبات الكحولية - يسكر بسرعة

e.g. You can't hold your drink , that's your problem. Two beers and you're under the table.

**on hold** يكون فى حالة انتظار على التليفون

e.g. Ms Evans is on the other line at the

moment. Shall I put you on hold?

**Put sth on hold** يوقف عملاً لمدة

e.g. The project has been put on hold until our financial position improves.

**holds**

**no holds barred** دون حدود - بلا حدود

e.g. His new show may offend some viewers. This is comedy with no holds barred.

**hole** ورقة رابحة يمكن للفرد استغلالها عند الحاجة

**a hole card**

e.g. She still had one hole card to get out of police custody- a phone call to an influential friend.

**a hole in the wall** دكان أو مطعم صغير

e.g. It's just a hole in the wall, but the food is good.

**be in a hole** (يوجد) في مأزق

e.g. We're in a bit of a hole here, because we've lost the letter they sent telling us what we were supposed to do.

**dig yourself into a hole**

تحفر حفرة لنفسك - تضع نفسك في مأزق

e.g. The government is digging itself into an even deeper hole by refusing to admit it made a mistake.

**dig / get sb out of a hole**

تعاون شخصاً للخروج من مأزق

e.g. She got me out of a hole by lending me the money to pay the rent.

**go into the hole** يقع في أزمة

e.g. The campaign has run out of money and is going into the hole.

**blow a hole in sth** يسخف أو يحقر آراء

شخص آخر - يثبت عدم صحتها - يفسد

e.g. Bloodstains on the sheets blew a hole in the defence arguments.

**blow / make a hole in sth**

يستنفد جزءاً من النقود

e.g. The trip made a hole in our savings but it was worth it.

**need sth like (you need) a hole in the head**

كناية عن أنك لا تريد ذلك الشيء (تهكمي)  
(كما أنك لا تريد ثقلاً في الرأس)

e.g. We need a new shopping center in our neighbourhood like we need a hole in the head!

**hole-and-corner**

**hole in the corner**

خلسة، سرى (عادة لعدم شرعيتها)

e.g. I don't want any more hole-in-the-corner deals, from now all our business will be done in the open.

**holes**

**pick holes in sth**

يكشف عن الأخطاء - يبحث عن العيوب

e.g. The lawyer did her best to pick holes in the witness's statement.

**holier-than-thou**

شخص يعتقد أنه خير منك دينياً وخلقياً

e.g. I can't stand that holier-than-thou attitude that some vegetarians have.

**hollow**

**beat sb hollow** تهزم شخصاً هزيمة منكورة

e.g. We played my brother's school at football and beat them hollow.

**ring / sound hollow**

كلام أجوف بلا إخلاص أو صدق

e.g. The claims they made two years ago that peace was just around the corner ring very hollow now.

**holy**

**the holy of holies**

قدس الأقداس

(هنا يستعمل التعبير بطريقة تهكمية)

e.g. This football stadium is the holy of holies to many fans.

home

**home is where the heart is**

البيت هو مكان من تحب

e.g. I don't mind moving round the world with Chris. Home is where the heart is.

**a home from home****a home away from home**

مكان تستريح فيه كما ترتاح في بيتك - وطن ثان

e.g. I visit Australia so often, it's become a home from home for me.

**a home truth**

حقيقة غير سارة تخبر بها صاحبها - يواجه بالحقيقة

e.g. It's time someone told that boy a few home truths about his behaviour.

**the home straight**

نهاية عمل معقد - آخر المطاف

e.g. We can't give up now we're on the home straight.

**the home stretch**

نهاية عمل معقد

e.g. We've been working on the project for six months, but we're in the home stretch now.

**be at home**

١. يتعود على القيام بعمل فيرتاح فيه - على راحتك

e.g. By the end of the week she was beginning to feel more at home in her new job.

٢. تشعر بأنك في بيتك الطبيعية

e.g. This painting would be more at home in an art gallery than hanging on someone's living room wall.

**be home and dry** سالم غانم - فى أفضل وضع**be home and hosed**

e.g. I've just got out one more report to write and I'll be home and dry.

**be home free**

تأكد من نجاحك فى

عمل قد قمت بمعظمه - على الطريق الصحيح

e.g. Once you leave the express way and

cross the bridge, you're home free we're the third house after the bridge.

**be nothing much to write home about****not much to write home about**

يكون الشئ ليس مهما أو مشوقا

e.g. The food was Ok. but nothing to write home about .

**something to write home about**

العكس - الشئ مشوق

e.g. If England won the World Cup that would be something to write home about!

**bring sth home to sb**

توضح أمراً (عادة غير سار) لشخص

e.g. These photographs finally brought home to us the terrible realities of war.

**come home to sb** يفهم- يتضح ل- يكتشف

e.g. It suddenly came home to me that I had made the most awful mistake.

**drive / hammer sth home**

توضح فكرة وتجعلها تستقر فى الأذهان (ربما

بتكرارها أو التركيز عليها) يلح مراراً حتى تفهم

e.g. She used charts and statistics to drive home her message that we need to economize.

**hit / strike home** ١. نقد أو خبر غير سار

له أثر قوى عليك - تصيب الوتر الحساس

e.g. I could see that the criticism was beginning to hit home.

٢. موقف أو كلام يحدث أثراً عكسياً

e.g. Consumer spending has decreased as tax rises have begun to hit home.

**keep the home fires burning** تحافظ على

عمار البيت فى غياب أصحابه (فى الحرب مثلاً)

e.g. They relied on their wives to keep the home fires burning when they marched off to war.

**make yourself at home**

تتصرف وكأنك فى بيتك

c.g. We made ourselves at home, using the bathroom and drinking all their beer.

play away from home يقوم بعلاقة غير شرعية

c.g. How did you discover that your husband was playing away from home?

what's sth when it's at home?

who's sb. when he's / she's at home

ما كنه هذا الشيء أو هذا الشخص بالتحديد؟

c.g. Who's Mariella Frostrup when she's at home?

homework

do your homework

يستعد بجمع المعلومات مسبقاً - القيام بالمطلوب

c.g. They hadn't done their homework, or they'd have known it was a waste of time asking her that question.

honest

honest to God

بالله العظيم - قسم لتثبت به صدق ما تقول

c.g. I didn't mean to hurt him, honest to God I didn't.

be as honest as the day (is long)

تكون صادقاً كلية

c.g. You can be as honest as the day is long and still get into trouble if you fill your tax form incorrectly.

make an honest woman of sb

إذا كان في علاقة مع امرأة ليصونها

c.g. You've been living with Jean for five years, isn't it time you made an honest woman of her?

honest-to-goodness

honest-to-goodness

شيء بسيط وسهل كما يبدو بالضبط

c.g. I'd much rather have an honest-to-goodness steak than any of the fancy stuff he cooks.

honesty

honesty is the best policy

الأمانة خير سياسة أو مبدأ

c.g. With relationships as with so many aspects of life, honesty is undoubtedly the best policy.

honeymoon

a honeymoon period

الفترة الأولى في وظيفة أو

في أعمال حكومة جديدة - فترة بدون مشاكل

c.g. Labour's brief honeymoon period only lasted until the first budget.

honour-bound

be/feel honour bound to do sth

ملزم بحكم الواجب أو الشرف

c.g. I'd rather go to Andrew's party but I feel honour-bound to go to Carotine's because she asked me first.

honours

do the honours يقوم بدور المضيف

c.g. Let's eat. Shall I do the honours?

hoof

on the hoof

في عجلة - يعمل شيئاً في عجلة دون تفكير

c.g. He's busy, he usually has lunch on the hoof.

hook

be off the hook سماعه التليفون معلقة في غير موضعها - شيء في غير مكانه الصحيح

c.g. He left the phone off the hook because he didn't want to be disturbed.

by hook or by crook

بالعاطل أو بالباطل، بأية وسيلة

c.g. I know it looks difficult, but I'll finish this book by hook or by crook.

fall for sb hook, line and sinker - كلية

جملة وتفصيلاً - تقع في حب شيء أو شخص كلية

e.g. I put the plan a different way and they fell for it (swallowed it) hook, line and sinker.

get / let sb off the hook تعطي الفرصة لأحدهم ليتخلص من الورطة - مساعدة شخص في مشكلة

e.g. It's his own fault for getting himself into this situation, but we'll have to think of a way to get him off the hook.

ring off the hook

التليفون يضرب باستمرار أى بدون توقف

e.g. The box office phones were ringing off the hook all day

sling your hook

أذهب بعيداً (طريقة غير مهذبة للتخلص من شخص)

e.g. When he couldn't pay the rent, she told him to sling his hook.

hooks

get your hooks into sth / sb

تسيطر على شئ أو شخص أو تؤثر فيه - تشبث به

e.g. We'll all be seeing a lot less of Robert if Joanna gets her hooks into him.

hooky

play hooky تنغيب عن المدرسة بلا عذر - يهرب من الدراسة أو العمل

e.g. Any kid who's not in school at this time of day must be playing hooky.

hoops

go / jump through hoops

تقوم بأعمال كثيرة وشاقة قبل أن يُسمح لك بما تريده أو تريد عمله - تمر بمواقف صعبة كثيرة

e.g. They really make you jump through hoops before they allow you to adopt a baby.

hoot

not care / give a hoot لا تهتم إطلاقاً بشئ

not care / give two hoots

e.g. I don't give a hoot about keeping the house tidy.

e.g. They don't care two hoots who wins

as long as it's a good game.

hop

catch sb on the hop تتصرف مع شخص وهو غير مستعد - يأخذه على حين غرة أو على غير استعداد

e.g. I'm afraid you caught me on the hop. I wasn't expecting your call until this afternoon.

hope

hope against hope تتمنى وتتمنى دون أمل

e.g. We were just hoping against hope that she would be rescued.

a hope chest

أشياء تجمعها الفتاة الصغيرة في صندوق لتأخذه معها عند الزواج

e.g. Gloria spent the next few months embroidering sheets for her hope chest.

live in hope

تعيش على الأمل

e.g. None of my poems have been published yet, but I live in hope.

hopes

pin your hopes on

تعقد آمالك على شئ أو شخص لتحقيق رغبة

e.g. The party is pinning its hopes on its new leader who is young, good-looking and very popular with ordinary people.

hopping

be hopping mad غاضب جداً (تعبير قديم)

e.g. My Dad was hopping mad when I told him I'd crashed his car.

horizon

on the horizon

في الأفق، يتوقع مستقبلاً، في القريب، قريباً

e.g. There is no drug on the horizon that will make this disease easier to treat.

horizons

broaden / widen sb. horizons

يوسع آفاق شخص - يزيد من معلوماته

e.g. This trip to the far east has certainly broadened our family's horizons.

**hornet****a hornet's nest**

عش الزناير - كناية عن موقف يغضب ويزعج الناس

e.g. Animal cloning is a real hornet's nest.  
horns

**be on the horns of a dilemma**

تكون بين نارين أى فى وسط المصيبة

e.g. How can we decide which hospital to close? We are on the horns of a dilemma.

**draw / pull in your horns**

ينكمش ، يتوقع ، يتقلص

e.g. He'll have to draw in his horns, now that he's lost his job.

**lock horns**

شخصان يتجادلان بحدة أو يتشاجران

**horse****horse sense**

إدراك سليم وفطرى بأحسن الطرق للتعامل مع الناس

e.g. Has he got enough horse sense not to get into debt.

**a horse of another/a different colour**

الموضوع يختلف عما كنت تظن - هذه مشكلة أخرى

e.g. You said you didn't like going to the movies, but if you don't want to go just because you're broke that's a horse of another colour.

**eat**

eat like a horse تلتهم الكثير من الطعام

e.g. She eats like a horse, so I don't know how she manages to stay so thin.

**(straight) from the horse's mouth**

معلومة تأخذها من شخص ذى دراية بالموضوع أى من مصدر موثوق به

e.g. Are you sure she's leaving? "Definitely, I heard it straight from the horse's mouth.

I could eat a horse كناية عن الجوع

e.g. I've had nothing but a sandwich. all day . I could eat a horse.

**you can lead a horse to water (but you can't make him/it drink)**

قد تهين لشخص فرصة ولكن لا تستطيع أن تجبره على الاستفادة منها

e.g. I made all the arrangements for the trip, but he just wouldn't get on the plane.

Well you can lead a horse to water, but you cannot make him drink.

**horses**

horses for courses الشخص المناسب فى المكان المناسب - لكل تخصصه

e.g. Ah well, horses for courses. Just because the plumber can mend your washing machine, it doesn't follow that he can mend your car as well.

Don't spare the horses لا تتلصا ، أسرع

e.g. Go and buy some milk and don't spare the horses.

**hold your horses!**

توقف فترة (عن العمل أو الكلام) يكبح جماح نفسه

e.g. Just hold your horses, Bill. Let's think about this for a moment.

**hostage**

a hostage to fortune شئ ربما يسبب مشاكل أو أذى فى المستقبل - نذير بالشر

e.g. Inviting terrorists to take part in the talks has created a hostage to fortune.

**hot**

hot air هراء ، كلام فى الهواء

e.g. Their promises turned out to be just so much hot air.

**(all) hot and bothered**

منزعج وغاضب وربما مرتفع الحرارة جسمانياً

e.g. Dad gets all hot and bothered if someone parks in his parking space.

hot and heavy مليء بالانفعالات

والعواطف الجياشة - يؤثر على المشاعر

e.g. Television news coverage of the fighting has been hot and heavy.

hot dog تظهر مهارة خاصة في اللعب (رياضة)

e.g. They spent the day hot dogging down the slopes at Aspen.

a hot dog

لاعب رياضي يظهر مهارة خاصة تستهوي المشاهدين

e.g. Mike's just one hot dog! - It's amazing what he does in front of a big crowd.

hot under the collar

هائج مائج ، غاضب ، مُحرج ، يشعر بالخجل

e.g. He got very hot under the collar when I suggested that he might be mistaken.

a hot button موضوع مثير

e.g. Gender issues have become something of a hot button lately.

a hot potato

موضوع أو شخص خطر - له أهمية قصوى

e.g. The abortion issue is a political hot potato in the United States.

a hot spot ١. مكان ترفيهي

e.g. The club is one of the city's premiere hot spots.

٢. مكان فيه خطر أو حرب أو عنف

e.g. I spent my career reporting from the world's hot spots.

the hot ticket شيء أو شخص محبوب لدى

الجميع في الوقت الحاضر - مشهور - شائع

e.g. Fashion writers predict that ankle-strap shoes will be the hot ticket this season.

be hot off the press

آخر الأنباء - من المطبعة فوراً

e.g. This is the latest news from Bosnia, hot off the press.

be hot stuff. امرأة جذابة جنسياً - شيء أو

شخص مثير (للشهوة الجنسية .. الخ)

e.g. There's a new girl in our class. She's hot stuff.

be in hot water في مشاكل

e.g. He found himself in hot water over his speech about immigration.

be too hot to handle شيء أو شخص

صعب المراس ، صعب التعامل معه (لخطورته)

e.g. The book was so sexually explicit, it was considered too hot to handle by most publishers.

blow hot and cold شخص متقلب المشاعر

فيصعب التعامل معه ، متقلب المزاج

e.g. It's impossible to have a relationship with someone who blows hot and cold all the time.

drop sb/sth like a hot brick / potato

يتخلص من بلوى سريعاً

e.g. When he found out that she had no money, he dropped her like a hot potato.

feel / go hot and cold (all over)

تحس بسخونة وبرودة في جسمك في نفس الوقت

نتيجة صدمة ، مضطرب

e.g. When I suddenly saw him again in the street after all these years, I went hot and cold all over.

go / sell like hot cakes

تتفد مبيعات الشيء بسرعة

e.g. The book has only just been published and copies are already selling like hot cakes.

have (done / had / seen ... etc) more sth than sb has had hot dinners.

أكثر علماً وتجربة من المتحدث إليه (لقد رأيت

الشيء مراراً وتكراراً) على دراية تامة

e.g. Young man, I've been to more football matches than you've had hot dinners, so you don't have to explain the rules of the game to me.

**in hot pursuit** تقضى أثره وتكاد تلحق به

e.g. The gang fled from the scene of the crime with the police in hot pursuit.

**in the hot seat**

**on the hot seat** فى مركز المسئولية

e.g. She has been the woman in the hot seat at this company during the last difficult years.

**hot foot** يمشى بسرعة أو يجرى بسرعة ، يركض

e.g. You'd better hot foot it down to the video shop before it closes.

**hots**

**to have the hots for sb**

ينجذب نحو شخص جنسياً

e.g. He's had the hots for Sue ever since he first met her.

**hot-to-trot** مشير جنسياً أو تثار جنسياً

e.g. He used to buy her hot-to-trot underwear and little red lycra numbers with plunging necklines.

**hour**

**in sb's hour of need** وقت الحاجة

e.g. I shall never forget that they were the people who helped me in my hour of need.

**hours**

**at all hours (of day and night)**

فى كل ساعات الليل والنهار - فى أى وقت

e.g. They keep calling me on the phone at all hours to ask questions I have already answered.

**at all hours (of the night)**

فى ساعات متأخرة من الليل

e.g. How do you expect me to sleep when you're playing loud music at all hours

**till all hours (of the night)**

حتى ساعات متأخرة من الليل

e.g. They sit up till all hours of the night

drinking beer and playing cards.

**house**

**a house of cards** بناء واهى الأساس ،

على غير أساس ، منظمة دون أساس (ضعيفة)

e.g. The organization that looked so solid and dependable turned out to be a house of cards.

**bring the house down** (فى مسرحية كوميديّة)

يجعل المسرح وكأنه سينهدم من الضحك أو التصفيق

e.g. The clown sang a duet with the talking horse, which brought the house down every night.

**eat sb out of house and home**

ياكل جميع الأكل فى البيت ، يقضى على كل ما

يؤكل ، يستنفذ ويستغل كل شى

e.g. The boys have only been back two days and they've already eaten me out of house and home.

**get on like a house on fire**

شخصان يتبادلان الحب والمودة سريعاً

e.g. I was worried that they wouldn't like each other, but in fact they're getting on like a house on fire.

**get / put your own house in order**

لا تنتقد / رتب بيتك أولاً قبل أن تنصح الآخرين ،

أصلح نفسك

e.g. You should put your own house in order before you start giving me advice.

**not give sth / sb house room**

لا يضم فى كنفه (أمثال هؤلاء مثلاً) - لا يوفر مأوى

e.g. A respectable organization shouldn't be giving house room to a bunch of fanatics.

**on the house** على حساب المحل ، مجاناً

e.g. We had to wait for a table, so they gave us all gin and tonics on the house.

**go (all) round the houses**

تلف وتدور حول الموضوع دون أن تدخل فيه مباشرة

**e.g.** There's no need to go all round the houses, just tell me straight out what's wrong.

**how**

**and how!** عبارة تدل على الاستحسان

**e.g.** "It was a great game last night. "And how!"

**huddle**

**get / go into a huddle**

يتجمع سرا (لمناقشة أمر) ، يتنحى للتشاور

**e.g.** They went into a huddle for a minute, then accepted the offer.

**hue**

**a hue and cry** صيحة استنكار وشكوى وضجة

**e.g.** Local people raised a terrible hue and cry about the plan to close the village school.

**huff**

**huff and puff**

١. يتنفس بصعوبة نتيجة إجهاد جسماني (رياضة)

**e.g.** They're so unfit they start huffing and puffing if they have to run further than twenty yards.

٢. تشكو وتتذمر من شيء لا تستطيع تغييره

**e.g.** They huffed and puffed about the price, but eventually they paid up.

**in a huff** تشعر بالغضب نحو شخص

فعل أو قال ما يسوءك - متكدر

**e.g.** She's in a huff because I forgot to call her last night.

**human**

**to err is human (to forgive is divine)**

الإنسان يخطئ والله يسامح ، التسامح من صفات الله

**e.g.** You'd think he could find it in his heart to forgive her. To err is human and all that.

**hump**

**be over the hump** تتجاوز الأزمة

**e.g.** We're over the hump now. I'm back at work and we've repaid our debts.

**get the hump** تتضايق من شخص ما

(لأنه أساء إليك) لسبب أو لآخر

**e.g.** Tony got the hump because he thought we hadn't invited him to the party.

**hunky-dory**

**be hunky-dory** كل شيء على ما يرام

والناس في منتهى السرور (سمن على عسل) ع.م

**e.g.** It's no good pretending every thing is hunky. dory. I heard you two arguing last night .

**hush**

**hush-money** نقود تدفعها لتشتري سكوت

شخص على سر - نوع من الرشوة

**e.g.** His assistant had been paid hush-money to stop him from speaking to the press.

**hustle**

**hustle and bustle**

صوت ناتج عن العمل - هرج ومرج - ضوضاء

**e.g.** He wanted a little cottage far away from the hustle and bustle of city life.