PARTS OF THE BODY IDIOMS AND EXPRESSIONS USED IN TRAVELLING AND TOURISM

Cristina Gabriela Marin
Lecturer, PhD., University of Craiova

Abstract: The article aims at focusing on the most frequently used idioms which include words referring to parts of the human body. Its aims are twofold: to provide a selection of the most commonly used idiomatic phrases in Tourism and travelling texts and to offer guidance on the most effective way to use them. Languages generate diverse idiomatic constructions to allude to the same reality.

Keywords:vocabulary, flexible terms, communication approach, idiomatic expressions, etc.

1. Introduction:

According to Oxford Advanced Learner's Dictionary of English[1] an idiom is " a phrase or sentence whose meaning is not clear from the meaning of its individual words and which must be learned as a single unit" , e.g. *to back the wrong horse* (when choosing a holiday), *red-eye special*, *bird-eye view*, etc. If we want to find an idiomatic expression in the dictionary we must decide what the key word is. For instance, if we come across the following idiomatic expression "the bird's eye view" we must decide upon the key word. The key word can be either „bird" or „eye". Notice how the dictionary shows you the correct key word: *the bird's eye view (singular)- a view of something from high above* So, in the example above the key word is "bird" because there is the above explanation for one of its multiple meanings.

2. Guidance

This study shows that our body represents domains of experience (Lakoff & Johnson, 2003)[2] i.e. parts of the face, or the head are also frequently incorporated in idiomatic phrases as follows the eyes (*eye*-catching decor, *eye*- watering number, etc.), legs (the first *leg* of the trip, to be off one's *legs,* etc.) . Other expressions refer to hands (to put one's *hand* in one's pocket, to have/get time on one's *hands,* etc.) foot/feet (to foot the bill, to shake the dust of a town off one's *feet,* etc.*)* or back (in the *back* of beyond, to *back* the wrong horse, etc.). The investigation of the parts of the body idioms has proven that they often preserve commonly-held beliefs or stereotypes. We also observed that both parts of the body: the upper part, namely the head (through face or eyes) and the hands (fingers) are represented in our selection of expressions as well as the lower part (legs, feet). Most probably this aspect stems from the ingrained belief that someone's feelings is known by the way he looks (face, eyes) or his deeds. Another important aspect was the large amount of expressions which alluded to movement. The list is given in an alphabetical order:

ARM

- to cost an *arm* and a leg- to be very expensive
- to greet somebody with open *arms*- to give somebody a warm reception
- *armed* with a camera-carrying a camera

BACK

- like the *back* of my hand (to know a place)- to know a place very well, to be familiar with it

[1] P.616
[2] George Lakoff&Mark Johnsen –Metaphors we live by, London, The University of Chicago Press, p.123

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- *back*packers- young people set off on a longer trip carrying large bags
- *back*seat driver- a passenger in a car who insists on giving the driver directions or offering unsolicited/unwelcome advice
- in the *back* of beyond- very remote, isolated from any towns, villages
- to watch your *back* (during a holiday)- to be careful of the people around you making certain that they do nothing to harm you
- to *back* the wrong horse- to make a bad choice (related to your holiday)
- to sit *back*- to settle in a comfortable chair in order to relax yourself

BODY

- home*body*- somebody who does not like travelling

BUTT

- to be the *butt* of jokes (travelling jokes)- to be the person or the thing that other people make jokes about

EAR

- to be left to play by *ear* (a day of your trip)-to be left unplanned/ to leave it open

ELBOW

- *elbow* room- sufficient room in which to work/to move without difficulty

EYE

- a bird's *eye* view- a view of something from high above
- *eyes* drawn by- eyes attracted by
- *eye*-catching decor- a very attractive décor
- to feast one's *eye*- to look with pleasure/admiration
- a sight for sore *eyes*- a thing/ a person the sight of which causes pleasure
- red-*eye* special- long haul flights which are associated with the state of tiredness they induce, causing the eyes to become injected
- *eye*- watering number (of tourists)- extremely high or large
- the *eye* of the day- the sun (poetic sense)
- to be easy on the *eye*- to have an attractive appearance

EYEBROW

- *eyebrow*-raising bill- to be very expensive

FACE

- in the very *face* of the day- at noon

FINGERS

- sand running through your *fingers*- to touch or feel the sand with your fingers

FOOT/FEET

- at the *foot* of- the lowest part/ the bottom part
- itchy *feet*- permanent desire of travelling
- to shake the dust of a town off one's *feet*- to leave a place one doesn't like
- to set *foot* in- to enter/visit a place
- to get off on the wrong *foot*- (a holiday)- to start badly
- to take/ load off one's *feet*- sit down, have a sit
- to foot the bill- to pay for, to stand the expense of
- on *foot*- walking
- to be at somebody's *feet*- used to say that people admire/respect very much
- to do your *feet* a favour- to treat your feet
- to explore *b*a*refoot*- to go somewhere without wearing shoes on your feet
- at the end of your f*ee*t- at the lowest part of your feet
- to have a heavy *foot*- to drive a car too fast

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HAND

- at every *hand*- everywhere
- to wait on *hand* and foot- to do your best for another person
- to put one's *hand* in one's pocket- to spend a lot of money
- to have/get time on one's *hands*- to have plenty of time
- on *hand*- available, nearly, within reach

HAIR

- to split *hairs* (when choosing a holiday)- to pay too much attention to something that is not important

HEAD

- to get *head*aches (at high altitudes)- to suffer from headaches at high altitudes
- *head* for a sun-drenched place- to choose a sunny destination
- to have a *head* for heights- to be able to go to highly places without feeling sick/afraid
- to stay warm from *head* to toe (winter holiday)- to stay warm on every part of a person's body
- to lay one's *head* (in a hotel)- to check in many hotels

HEART

- *the heart* of- in the middle of (town, resort)
- to leave an imprinted on the *heart*- to leave a good impression/memory
- to capture the *heart (* a place)- a wonderful place

HEEL

- to kick up one's *heels*- to have a merry time

JAW

- *jaw*-dropping views- used to say about views that someone looked surprised or shocked

KNEE/KNEES

- *knee*-deep (in snow) deep enough to reach your knee
- heights make someone's *knees* weak- heights make someone feeling strange because of strong emotions
- bee's *knees*- to say that someone or something is exceptionally good
- a *knees* up- a party

LAP

- (discounts) dropping into your *lap*- to have a lot of discounts
- *lap*- a part of a long journey
- *lap* the shore- to move against it or hits it in small waves

MOUTH

- at the *mouth* of- at the entrance (bay, cave, etc.)
- *mouth*-watering (menu)- it smells or looks so good that you want to eat it immediately
- to make somebody's *mouth* water- to feel pleasure at the thought of something particularly beautiful or good

NECK

- *neck* of the woods (Amer.)- an area or region

NOSE

- *nose* to tails- to be in a line without much space between(cars, buses, etc.).
- to take *a nose*dive- if a price, value or condition of something goes down or gets much worse

LEG/LEGS

- sea *legs*- the ability to travel by ship without becoming sea sick

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- *leg*work-work, especially research or preparation that involves significant walking or similar effort
- the first *leg* of the trip- the first part of it
- to be off one's *legs*- to be very tired
- to have hollow *legs*- to have an appetite

SHOULDER

- *shoulder* season- a window of time for most destinations when prices and crowds are low, but the weather is nearly perfect
- *a shoulder*- a road side / an area of ground beside a road where drivers can stop their cars
- to brush *shoulders* (with celebrities)- to spend a holiday in a place full of celebrities
- to have huge s*houlders* (a holiday)- which offers many possibilities

STOMACH

- to *stomach* something a bit macabre- the desire to see/ to visit a macabre place

TOE

- to dip a *toe* into the sea-you start doing this thing slowly and carefully because you are not sure whether you will like it or not

TOOTH

- to have a sweet *tooth*- to enjoy sugary food

THUMB

- to *thumb* a lift- to hitch-hike
- as a general rule of *thumb* (in tourism)- a rough figure or method of calculation, based on practical experience

Conclusion:

Pervasive in all natural languages idioms, however remain a highly complex phenomenon to analyse and define. This paper aims to offer a fresh outlook upon idioms and to offer an appetite of this fascinating vocabulary using parts of the body in travelling and tourism. To conclude, all parts of body idiomatic expressions show creativity, humour or irony and they offer an insight into the lives, minds and sometimes experiences of speakers, therefore revealing cognitive mechanisms at work and arousing the curiosity of researchers.

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