

abstinence['æbstɪnəns] *n*

- (from) воздержание; умеренность; воздержанность (*в пище, питье и т. п.*)
abstinence from meat - вегетарианство
abstinence from coffee [from tobacco] - неупотребление кофе [табака]
- трезвенность, полный отказ от потребления алкоголя (*мж.* total abstinence)
- церк.* пост
day of abstinence - постный день

abstinence

Oxford Advanced Learners Dictionary 8th Ed.

ab·stin·ence [abstinence abstinences] *BrE* ['æbstɪnəns] [ⓘ] *NAmE* ['æbstɪnəns][ⓘ] **noun uncountable** ~ (from sth) (formal)

the practice of not allowing yourself sth, especially food, alcoholic drinks or sex, for moral, religious or health reasons

• total abstinence from strong drink

see also ↑abstainWord Origin:Middle English: from Old French, from Latin **abstinentia**, from the verb **abstinere**, from **ab-** 'from' + **tenere** 'hold'.**abstinence**

Longman DOCE 5th Ed. (En-En)

ab·sti·nence /'æbstənəns, 'æbstɪnəns/ *BrE* [ⓘ] *AmE* [ⓘ] **noun** [uncountable][**Date:** 1300-1400; **Language:** Old French; **Origin:** Latin *abstinentia*, from Latin *abstinere*; ⇒ ↑abstain]

the practice of not having something you enjoy, especially alcohol or sex, usually for reasons of religion or health

—**abstinent** *adjective***abstinence**

Freakuency Pack

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