

I

1. [streɪn] *n*1. **натяжение; растяжение**

the rope broke under the strain - верёвка лопнула от натяжения

to bring a strain on a cable - усилить натяжение кабеля

to relieve the strain on a cable - ослабить /отпустить/ кабель

2. **напряжение; нагрузка; перегрузка; переутомление**

mental strain - а) умственное напряжение; б) умственное переутомление

a strain on the nerves - нервное напряжение

the strain of modern life - напряжённость современной жизни

to suffer from strain - страдать от переутомления

at full /at utmost/ strain - с большим напряжением /усилием/

without strain - без напряжения, легко

all his senses were on the strain - все его чувства были напряжены

to bear /to stand/ the strain - выдерживать напряжение

their relations will not bear much further strain - их отношения напряжены до предела

it was a great strain on my attention - это требовало всего моего внимания

it was a great strain on my imagination - мне потребовалось напрячь всё своё воображение

it was a great strain on my credulity - мне трудно было в это поверить

it was too great a strain on my purse /on my resources/ - это легло тяжёлым бременем на мой кошелек, это требовало от меня материальных жертв

3. **мед.** растяжение сухожилия4. **тех.**

1) механическое воздействие

2) деформация

2. [streɪn] *v*1. 1) **натягивать; растягивать**

to strain a rope to the breaking-point - натянуть верёвку до предела

to strain wire to posts - натянуть проволоку между столбами

to strain one's shoulder [one's wrist, one's tendon] - растянуть плечо [кисть, сухожилие]

2) **натягиваться; растягиваться**

to strain after the light - тянуться к свету

2. 1) **напрягать; переутомлять**

to strain oneself - а) напрягаться, делать усилие; б) переутомляться

to strain every nerve - напрягать все силы, стараться изо всех сил

to strain one's ears - напрягать слух, прислушиваться

to strain one's eyes - а) напрягать зрение; б) переутомлять глаза, портить зрение

to strain one's voice - а) напрягать голос; б) сорвать голос

2) **напрягаться; стремиться, рваться (к чему-л.)**

the wrestlers strained - борцы напрягли все силы

to strain after smth. - прилагать усилия для достижения чего-л.; стремиться к чему-л.; тянуться к чему-л.

to strain too much after effect - бить на эффект гнаться за эффектом

to strain to do smth. - напрягаться /делать усилие/, чтобы добиться чего-л.

to strain at the oars - налегать на вёсла

to strain at the leash - а) тянуть поводок, рваться с поводка (о собаке); б) рваться на волю; сопротивляться сдерживающей силе; ≅ рваться в бой

she is planning to go to the Crimea and straining at the leash to get away - она собирается поехать в Крым, и ей не терпится пуститься в путь

3. **превышать, выходить за пределы; злоупотреблять**

to strain one's authority /one's powers/ - злоупотреблять своей властью

to strain a point in smb.'s favour - истолковать что-л. в чью-л. пользу

to strain the meaning of a word - исказить значение слова

to strain the truth - исказить истину

to strain smb.'s friendship - злоупотреблять чьей-л. дружбой

4. **книжн.** обнимать, сжимать

to strain smb. to one's bosom [to one's heart] - прижать кого-л. к груди [к сердцу]

5. 1) **процеживать; фильтровать**

to strain the soup - процеживать суп

to strain smth. out of a liquid - удалять что-л. из жидкости процеживанием

to strain smth. through a sieve - процедить что-л. через сито

to strain out coffee-grounds - отцедить кофейную гущу, процедить кофе

2) **процеживаться; фильтроваться просачиваться**

the water strained through the sand - вода просачивалась через /сквозь/ песок

6. (at) **брезговать (чем-л.); проявлять щепетильность**

he strained at doing this - ему это претило

7. **физ.**1) **вызывать остаточную деформацию; деформировать**2) **деформироваться**

◇ to strain at a gnat - придира́ться к мелочам (забывая о главном)

II

[streɪn] *n*

1. происхождение, род, порода, племя
of noble strain - благородного рода /происхождения/
this dog is of (a) good strain - эта собака хорошей породы
there is a strain of Irish blood in him - в нём есть немного ирландской крови
2. наследственность; наследственная черта
a strain of insanity in the family - наследственное психическое заболевание в семье
3. черта характера; склонность, наклонность
a strain of fanaticism - склонность к фанатизму
there is a strain of weakness in him - он слабый /безвольный/ человек по природе
there is a strain of mysticism in his nature - по своему характеру он склонен к мистицизму
4. чёрточка; элемент, оттенок, небольшое количество
a strain of ferocity [of weakness] - элемент жестокости [безволия]
a story with a strain of satire - рассказ с элементом /с оттенком/ сатиры
5. стиль, тон (речи)
to speak [to write] in a lofty [in a cheerful, in a dismal, in an angry] strain - говорить [писать] в возвышенном [весёлом, меланхолическом, сердитом] тоне
and much more in the same strain - и много ещё в том же духе
he went on in another strain - он продолжал в другом тоне /духе/
6. 1) *обыкн. pl муз.* напевы, мелодия
pathetic [sweet] strains - печальные [сладкие] напевы
the strains of the harp - звуки арфы
2) стихи, стихотворный отрывок
the strains of the ancient poets - стихи древних поэтов
7. *биол.* штамм

strain

Oxford Advanced Learners Dictionary 8th Ed.

strain [streɪn streɪns streɪnd streɪnɪŋ] *noun, verb* *BrE* [streɪn] ^ˈ *NAmE* [streɪn]

noun

WORRY/ANXIETY

1. **uncountable, countable** pressure on sb/sth because they have too much to do or manage, or sth very difficult to deal with; the problems, worry or anxiety that this produces
 - Their marriage is **under great strain** at the moment.
 - These repayments are **putting a strain on** our finances.
 - Relax, and let us **take the strain** (= do things for you) .
 - The transport service cannot cope with the strain of so many additional passengers.
 - You will learn to cope with the **stresses and strains** of public life.
 - I found it a strain having to concentrate for so long.
 - There are strains in the relationship between the two countries.

PHYSICAL PRESSURE

2. **uncountable, countable** the pressure that is put on sth when a physical force stretches, pushes, or pulls it
 - The rope broke **under the strain** .
 - You should try not to place too much strain on muscles and joints.
 - The ground here cannot **take the strain** of a large building.
 - The cable has a 140kg **breaking strain** (= it will break when it is stretched or pulled by a force greater than this) .

INJURY

3. **countable, uncountable** an injury to a part of your body, such as a muscle, that is caused by using it too much or by twisting it
 - a **calf/groin/leg strain**
 - muscle strain

TYPE OF PLANT/ANIMAL/DISEASE

4. **countable** a particular type of plant or animal, or of a disease caused by bacteria, etc
 - a new strain of mosquitoes resistant to the poison
 - This is only one of the many strains of the disease.

IN SB'S CHARACTER

5. **countable, usually singular** a particular tendency in the character of a person or group, or a quality in their manner
Syn: ↑streak
 - He had a definite strain of snobbery in him.

OF MUSIC

6. **countable, usually plural** (formal) the sound of music being played or sung
 - She could hear the strains of Mozart through the window.

Word Origin:

v. and n. senses 1 to 3 n. sense 6 Middle English Old French **estreindre** Latin **stringere** 'draw tight'
n. senses 4 to 5 Old English **strīon** 'acquisition, gain' Germanic Latin **struere** 'to build up'

Thesaurus:

strain noun

1. U, C

- Their marriage is under great strain.

stress • **pressure** • **tension** • **demands** • |informal, especially journalism **heat** •

be **under** strain/stress/pressure

cope with the strain/stress/pressure/tension/demands

relieve /release the strain/stress/pressure/tension

2. U, C

- The rope broke under the strain.

stress • **pressure** • **weight** • **load** •

under the strain/stress/pressure/weight/load

put strain/stress/pressure/weight on sth

bear the strain/stress/weight/load of sth

Strain, stressor pressure? Pressure can be **heavy, firm, gentle** or **light**. Both **strain** and **stress** usually suggest that there is too much pressure.

Synonyms:

pressure

stress • **tension** • **strain**

These are all words for the feelings of anxiety caused by the problems in sb's life.

pressure • difficulties and feelings of anxiety that are caused by the need to achieve sth or to behave in a particular way: ▪ She was unable to attend because of the pressures of work.

stress • pressure or anxiety caused by the problems in sb's life: ▪ stress-related illnesses

pressure or stress?

It is common to say that sb is **suffering from stress**, while **pressure** may be the thing that causes **stress**

tension • a feeling of anxiety and stress that makes it impossible to relax: ▪ nervous tension

strain • pressure on sb/sth because they have too much to do or manage; the problems, worry or anxiety that this produces: ▪ I found it a strain looking after four children.

to be **under** pressure/stress/strain

considerable pressure/stress/tension/strain

to **cause** stress/tension/strain

to **cope with** the pressure/stress/tension/strain

to **relieve /release** the pressure/stress/tension/strain

to be **suffering from** stress/tension

Example Bank:

- After three years, their marriage was beginning to show signs of strain.
- After weeks of overtime, she was starting to feel the strain.
- After weeks of uncertainty, the strain was beginning to take its toll.
- Gerrard will play if he can shake off a slight thigh strain.
- H5N1 is a strain of avian influenza.
- He broke down under the strain of having to work twelve hours a day.
- I found it a bit of a strain making conversation with her.
- Increasing demand is placing undue strain on services.
- It's a real strain having to get up so early!
- Losing the business put a strain on their relationship.
- Television newsreaders come under enormous strain.
- The Internet takes the strain out of shopping.
- The ice gave way under the strain.
- The mental strain of sharing an office with Alison was starting to show.
- The new scheme is designed to take the strain out of shopping.
- There's too much strain on the corner of the table.
- You'll get eye strain if you don't put the light on.
- a fishing line with a 15lb breaking strain
- the stresses and strains of a long day
- He heard the familiar strains of a tango coming from the club.
- I found it a strain looking after four children.
- Relax, and let us take the strain.
- The cable has a 140kg breaking strain.
- The rope broke under the strain.
- a calf/groin/leg strain

Idioms: ↑**strain at the leash** ▪ ↑**strain every nerve**

INJURE

1. **transitive** ~ **sth/yourself** to injure yourself or part of your body by making it work too hard
- to strain a muscle
 - You'll strain your back carrying those heavy suitcases.

MAKE EFFORT

2. **transitive, intransitive** to make an effort to do sth, using all your mental or physical strength
- ~ **sth to do sth** I **strained my ears** (= listened very hard) to catch what they were saying.
 - ~ **sth** Necks were strained for a glimpse of the stranger.
 - ~ **to do sth** People were straining to see what was going on.
 - ~ **(sth) (for sth)** He burst to the surface, straining for air.
 - Bend gently to the left without straining.

STRETCH TO LIMIT

3. **transitive** ~ **sth** to try to make sth do more than it is able to do
- The sudden influx of visitors is straining hotels in the town to the limit.
 - His constant complaints were straining our patience.
 - The dispute has strained relations between the two countries (= made them difficult).
 - Her latest version of events strained their credulity still further.

PUSH/PULL HARD

4. **intransitive + adv./prep.** to push hard against sth; to pull hard on sth
- She strained against the ropes that held her.
 - The dogs were **straining at the leash**, eager to get to the park.

SEPARATE SOLID FROM LIQUID

5. **transitive** to pour food, etc. through sth with very small holes in it, for example a [↑]sieve, in order to separate the solid part from the liquid part

- ~ **sth** Use a colander to strain the vegetables.
- ~ **sth off** Strain off any excess liquid.

more at creak under the strain **at** [↑]creak v.

Verb forms:

verb forms	
present simple	
I / you / we / they	strain
	BrE /streɪn/
	NAme /streɪn/
he / she / it	strains
	BrE /streɪnz/
	NAme /streɪnz/
past simple, past participle	strained
	BrE /streɪnd/
	NAme /streɪnd/
-ing form	straining
	BrE /streɪnɪŋ/
	NAme /streɪnɪŋ/

Word Origin:

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n. senses 4 to 5 Old English *strīon* 'acquisition, gain' Germanic Latin *struere* 'to build up'

Collocations:

Injuries

Being injured

have a fall/an injury

receive/suffer/sustain a serious injury/a hairline fracture/(*especially BrE*) whiplash/a gunshot wound

hurt/injure your ankle/back/leg

damage the brain/an ankle ligament/your liver/the optic nerve/the skin

pull/strain/tear a hamstring/ligament/muscle/tendon

sprain/twist your ankle/wrist

break a bone/your collarbone/your leg/three ribs

fracture/crack your skull

break/chip/knock out/lose a tooth

burst/perforate your eardrum

dislocate your finger/hip/jaw/shoulder

bruise/cut/graze your arm/knee/shoulder

burn/scald yourself/your tongue

bang/bump/hit/ (informal) bash your elbow/head/knee (on/against sth)

Treating injuries

treat sb for burns/a head injury/a stab wound

examine /clean/dress/bandage /treat a bullet wound
 repair a damaged/torn ligament/tendon/cartilage
 amputate /cut off an arm/a finger/a foot/a leg/a limb
 put on/ (formal) apply/take off (especially NAmE) a Band-Aid™/(BrE) a plaster/a bandage
 need/require/put in/ (especially BrE) have (out)/ (NAmE) get (out) stitches
 put on/rub on/ (formal) apply cream/ointment/lotion
 have/receive /undergo (BrE) physiotherapy/(NAmE) physical therapy

Synonyms:

injure

wound • hurt • bruise • sprain • pull • strain

These words all mean to harm yourself or sb else physically, especially in an accident.

injure • to harm yourself or sb else physically, especially in an accident: ▪ He injured his knee playing hockey. ◊ ▪ Three people were injured in the crash.

wound • [often passive] (rather formal) to injure part of the body, especially by making a hole in the skin using a weapon: ▪ 50 people were seriously wounded in the attack.

Wound is often used to talk about people being hurt in war or in other attacks which affect a lot of people.

hurt • to cause physical pain to sb/yourself; to injure sb/yourself: ▪ Did you hurt yourself?

injure or hurt?

You can **hurt** or **injure** a part of the body in an accident. **Hurt** emphasizes the physical pain caused; **injure** emphasizes that the part of the body has been damaged in some way.

bruise • to make a blue, brown or purple mark (= a bruise) appear on the skin after sb has fallen or been hit; to develop a bruise

sprain • to injure part of your body, especially your ankle, wrist or knee, by suddenly bending it in an awkward way, causing pain and swelling

pull • to damage a muscle, etc, by using too much force

strain • to injure yourself or part of your body by making it work too hard: ▪ Don't strain your eyes by reading in poor light.

to injure/hurt/strain **yourself**

to injure/hurt/sprain/pull/strain a **muscle**

to injure/hurt/sprain your **ankle/foot/knee/wrist/hand**

to injure/hurt/strain your **back/shoulder/eyes**

to injure/hurt your **spine/neck**

to be **badly/severely/slightly** injured/wounded/hurt/bruised/sprained

Example Bank:

- I strained forward to get a better view.
- Our public health laboratories are strained to (the) breaking point.
- Several men were straining at a rope, trying to move the stalled vehicle.
- The company is already straining under the weight of a \$12 billion debt.
- The dispute severely strained relations between the two countries.
- The dogs were straining against the sled.
- Their ears strained for any slight sound.
- We had to strain to hear what was being said.
- You could see he was straining hard to understand.
- Are you sure you can carry all that? Don't strain yourself.
- Don't strain your eyes by reading in poor light.
- Strain the juice from the cherries into a small saucepan.
- You'll strain your back carrying those heavy suitcases.

strain

Longman DOCE 5th Ed. (En-En)

I. **strain**¹ **W3** /streɪn/ BrE ^ˈ AmE ^ˈ noun

[Sense 1-4: Date: 1500-1600; Origin: ⇒ †strain²]

[Sense 5-8: Language: Old English; Origin: streon 'gain']

1. **WORRY** [uncountable and countable] worry that is caused by having to deal with a problem or work too hard over a long period of time ⇒ **stress**

▪ I couldn't look after him any more; the strain was too much for me.

▪ Did you find the job a strain?

▪ the stresses and strains of police life

strain for

▪ The trial has been a terrible strain for both of us.

strain on

▪ It's quite a strain on me when he's drinking heavily.

put/place a strain on somebody

▪ The long working hours put a severe strain on employees.

under (a) strain

▪ I know you've been under a lot of strain lately.

crack/collapse/buckle etc under the strain (=become unable to deal with a problem or work)

▪ I could see that she was beginning to crack under the strain.

2. **DIFFICULTY** [uncountable and countable] a difficulty or problem that is caused when a person, relationship, organization, or

system has too much to do or too many problems to deal with

strain on

" The dry summer has further increased the strain on water resources.

put/place (a) strain on something

" The flu epidemic has put a huge strain on the health service.

strain in

" The attack has led to strains in the relationship between the two countries.

under (a) strain

" His marriage was under strain.

break/crack/collapse etc under the strain

" The party split under the strain.

3. FORCE [uncountable] a situation in which something is being pulled or pushed, or is holding weight, and so might break or become damaged

strain on

" The strain on the cables supporting the bridge is enormous.

put/place (a) strain on something

" Some of these exercises put too much strain on the back muscles.

" These four posts take the strain of the whole structure.

break/snap/collapse etc under the strain

" The rope snapped under the strain.

4. INJURY [uncountable and countable] an injury to a muscle or part of your body that is caused by using it too much:

" Long hours working at a computer can cause eye strain.

" The goalkeeper is still out of action with a knee strain.

5. PLANT/ANIMAL [countable] a type of animal, plant, or disease

strain of

" different strains of wheat

" a new strain of the flu virus

6. QUALITY [singular] a particular quality which people have, especially one that is passed from parents to children

strain of

" There's a strain of madness in his family.

7. WAY OF SAYING SOMETHING [singular] formal an amount of a feeling that you can see in the way someone speaks, writes, paints etc:

" a strain of bitterness in Young's later work

8. strains of something literary the sound of music being played:

" We sipped wine to the strains of Beethoven.

• • •

COLLOCATIONS (for Meanings 1 & 2)

■ adjectives

- **great/considerable/severe strain** The country's health system is under great strain.
- **a terrible strain** It's been a terrible strain.
- **an intolerable strain (=too great to bear)** The cost of these wars put an intolerable strain on the economy.
- **undue strain (=too much strain)** How much can you invest without putting any undue strain on your finances?
- **emotional strain** She has been suffering from considerable emotional strain.
- **financial strain** This welfare program has eased the financial strain of raising children alone.

■ verbs

- **put/place (a) strain on somebody/something** Living with my parents put quite a strain on our marriage.
- **crack/collapse/buckle etc under the strain (=become unable to continue normally because of the strain)** They are worried that the court system might collapse under the strain.
- **ease the strain (=make it less)** You can do much to ease the strain of the situation for her.

■ phrases

- **be under (a) strain** Claudia could see that he was under considerable strain.
- **stresses and strains** Holidays help people to cope with the stresses and strains of life.

• • •

THESAURUS

- **injury** damage to part of your body caused by an accident or an attack: The passengers were taken to hospital with minor injuries.
- **wound** an injury, especially a deep cut in your skin made by a knife, bullet, or bomb: He died of a gunshot wound to the head.
- **cut** a small injury made when a sharp object cuts your skin: Blood was running from a cut on his chin.
- **bruise** a dark mark on your skin that you get when you fall or get hit: Jack often comes home from playing rugby covered in bruises.
- **graze/scrape** a small injury that marks your skin or breaks the surface slightly: She fell off her bike and got a few grazes on her legs and knees.
- **gash** a long deep cut: He had a deep gash across his forehead.
- **bump** an area of skin that is swollen because you have hit it against something: How did you get that bump on your head?
- **sprain** an injury to your ↑**ankle**, ↑**wrist**, knee etc, caused by suddenly twisting it: It's a slight sprain – you should rest your ankle for a week.
- **strain** an injury to a muscle caused by stretching it or using it too much: a muscle strain in his neck
- **fracture** a crack or broken part in a bone: a hip fracture

II. **strain**² *BrE* ² *AmE* ² *verb*

[Date: 1300-1400; Language: Old French; Origin: estraindre, from Latin stringere; ⇒ †stringent]

1. **INJURE** [transitive] to injure a muscle or part of your body by using it too much or making it work too hard:

- I've strained a muscle in my leg
- You'll strain your eyes trying to read in this light.

2. **EFFORT** [intransitive and transitive] to try very hard to do something using all your strength or ability

strain (something) to do something

- She was straining to keep her head above the water.

strain for

- Bill choked and gasped, straining for air.

strain your ears/eyes (=try very hard to hear or see)

- I strained my ears, listening for any sound in the silence of the cave.

3. **LIQUID** [transitive] to separate solid things from a liquid by pouring the mixture through something with very small holes in it ⇒ **sieve**:

- She strained the pasta.

4. **DIFFICULTY** [transitive] to cause difficulties for something by making too much work or too many problems which it cannot deal with easily:

- The increased costs will certainly strain our finances.
- The incident has strained relations between the two countries.
- I felt that my patience was being strained to the limit.

5. **PULL/PUSH** [intransitive] to pull hard at something or push hard against something

strain against

- Buddy's huge gut strained against the buttons on his shirt.

strain at

- a dog straining at its lead

6. **strain every nerve** to try as hard as possible to do something:

- He was straining every nerve to impress the judges.

7. **be straining at the leash** to be eager to be allowed to do something:

- There are 30,000 troops in the area, all straining at the leash.

8. **not strain yourself** to not work too hard or do too much physical activity – often used in an ironic way:

- Don't strain yourself.

...

THESAURUS

■ to injure yourself or someone else

- **hurt** to damage part of your body, or someone else's body: She slipped on the ice and hurt herself badly. | Be careful you don't hurt anyone with that knife.
- **injure** to hurt yourself quite severely, or to be hurt in an accident or fighting: One of our players has injured his leg, and will be out of the game for weeks. | Four people have been seriously injured on the Arizona highway.
- **wound** to deliberately hurt someone using a weapon such as a knife or gun: The gunmen shot and killed twelve people and wounded three others.
- **maim** /meɪm/ [usually passive] to hurt someone very severely, especially so that they lose an arm, leg etc, often as the result of an explosion: In countries where there are landmines, people are killed and maimed daily.
- **break** to hurt a part of your body by breaking a bone in it: The X-ray showed that I had broken my wrist.
- **bruise** to hurt a part of your body when you fall on it or hit it, causing a dark mark to appear on your skin: Cathy fell off her bike and bruised her legs badly.
- **sprain/twist** to hurt your knee, wrist, shoulder etc by suddenly twisting it while you are moving: I jumped down from the wall and landed awkwardly, spraining my ankle.
- **strain/pull** to hurt one of your muscles by stretching it or using it too much: When you are lifting heavy loads, be careful not to strain a back muscle.
- **dislocate** to damage a joint in your body in a way that moves the two parts of the joint out of their normal position: Our best batsman dislocated his shoulder during training.
- **paralyse** [usually passive] to make someone lose the ability to move part or all of their body: A climbing accident had left him paralysed from the chest down.

strain

Freakuency Pack

12500 **2846**^{MCW}

15000 **2183**^{COCA}

RANGE: **3k** STRAIN 15138

strain 7000

strained 3105

straining 1685

strains 3348

COCA 500k Unlemmatized

3580 **6778**⁵²⁷¹ *nn1*

898 **19233**¹¹⁶² *vv0*

488 **31285**⁵¹⁷ *vvi*

26 **109272**⁵⁰ *np1*