

1. [i:z] *n*

1. свобода, непринуждённость

a life of ease - спокойная, обеспеченная жизнь; жизнь, свободная от (материальных) забот, безбедное существование

ease of body and mind - душевное и физическое здоровье

ease of manner - непринуждённость обращения

to be at ease - а) чувствовать себя свободно /непринуждённо/, не стесняться; б) с лёгкостью обращаться (*с чем-л.*), не испытывать затруднений (*в чём-л.*)

at ease! - вольно! (*команда*)

to stand at ease - *воен.* стоять вольно

2. 1) лёгкость

with ease - легко

they marched ten miles with ease - они легко /без труда/ прошли десять миль

true ease in writing comes from art, not chance - настоящая лёгкость стиля - результат мастерства, а не случайность

to acquire ease in translating - приобрести беглость в переводе

2) удобство (*управления машиной и т. п.*)

for ease of consultation /reference/ - для удобства пользования (*словарём и т. п.*)

3. облегчение, прекращение (*тревоги и т. п.*)

the medicine brought almost instant ease - лекарство почти тотчас же принесло облегчение

ease from pain - прекращение боли

no ease from the burdens of life - треволения жизни нескончаемы

you can set your mind at ease - можете не волноваться /не тревожиться/

to take one's ease - а) успокоиться; б) отдыхать, наслаждаться досугом

2. [i:z] *v*1. 1) облегчать (*страдания и т. п.*); успокаивать (*боль и т. п.*)

to ease pain - облегчать боль

to ease smb.'s anxiety - успокоить чью-л. тревогу

to ease one's mind - успокоиться, умерить свою тревогу

2) (of) избавлять, освобождать (*от чего-л.*)

to ease smb. of pain - избавить кого-л. от боли

to ease a porter of his load - взять у носильщика поклажу

I'll ease you of that care - я освобожу /избавлю/ вас от этой заботы

2. делать более свободным, удобным; распускать (*швы в одежде*); растягивать (*обувь*)

to ease a coat under the arms - сделать пальто более свободным в проймах

to ease a drawer - исправить ящик, чтобы он легче открывался

3. 1) ослабить, смягчить

to ease customs formalities - упростить таможенную процедуру

to ease international tension - ослабить /смягчить/ международную напряжённость

to ease the deadlock - найти выход из тупика

to ease the grade - *дор.* смягчать уклон (*дороги*)

2) слабеть, уменьшаться, понижаться

prices have eased - цены несколько снизились

4. 1) (into) осторожно устанавливать (*на место*)

they eased the heavy block into position - они осторожно установили тяжёлый блок на место

to ease the piano into place - поставить рояль на место

to ease a car into a parking space - осторожно припарковать машину

2) *refl* опуститься (*в кресло и т. п.*); (удобно) усесться, устроиться5. *мор.*1) потравливать (*снасть*; *тж.* ease down)2) отводить (*руль*); уменьшать скорость

ease (her) ahead! - малый ход вперёд!

ease

Oxford Advanced Learners Dictionary 8th Ed.

ease [ease eases eased easing] noun, verb *BrE* [iːz] *NAmE* [iːz]

noun uncountable

1. lack of difficulty

- He passed the exam **with ease** .
- The ease with which she learns languages is astonishing.
- This computer is popular for its good design and **ease of use** .
- All important points are numbered **for ease of** reference (= so that you can find them easily) .

2. the state of feeling relaxed or comfortable without worries, problems or pain

- In his retirement, he lived a life of ease.

more at ill at ease **at** ↑ill *adj.*, put/set sb's mind at ease/rest **at** ↑mind *n.*

Word Origin:

Middle English: from Old French *aise*, based on Latin *adjacens* 'lying close by', present participle of *adjacere*. The verb is originally from Old French *aisier*, from the phrase *a aise* 'at ease'; in later use from the noun.

Example Bank:

- I obtained the drugs with alarming ease.
- I was surprised at the apparent ease with which he got into the building.
- She returned her opponent's serve with contemptuous ease.
- The back of the garment is split for ease in walking.
- The car brings ease of access to the countryside.
- The whole machine is designed for ease of use.
- They passed the exam with ease.
- In his retirement he lived a life of ease.
- The computer is popular for its good design and ease of use.

Idioms: ↑at ease ▪ ↑put somebody at ease

Derived ↑ease into something ▪ ↑ease off ▪ ↑ease off something ▪ ↑ease somebody out ▪ ↑ease up ▪ ↑ease yourself into something

verb

1. **intransitive, transitive** to become or to make sth less unpleasant, painful, severe, etc.

Syn: ↑alleviate

- The pain immediately eased.
- ~ **sth** This should help ease the pain.
- The plan should ease traffic congestion in the town.
- It would **ease my mind** (= make me less worried) to know that she was settled.

2. **intransitive, transitive** to move, or to move sb/sth, slowly and carefully

- + **adv./prep.** He eased slowly forwards.
- ~ **sb/sth + adv./prep.** She eased herself into a chair.
- He eased off (= took off) his shoes.

3. **transitive ~ sth** to make sth easier

- Ramps have been built to ease access for the disabled.

4. **transitive, intransitive ~ (sth)** to make sth or to become less tight and more relaxed

Syn: ↑relax

- Ease your grip on the wheel a little.

5. **intransitive, transitive ~ (sth)** to become or make sth lower in price or value

Syn: ↑reduce

- Share prices eased back from yesterday's levels.

Verb forms:

verb forms	
present simple	
I / you / we /they	ease
	BrE /i:z/
	NAme /i:z/
he / she /it	eases
	BrE /i:zɪz/
	NAme /i:zɪz/
past simple, past participle	eased
	BrE /i:zɪd/
	NAme /i:zɪd/
-ing form	easing
	BrE /i:zɪŋ/
	NAme /i:zɪŋ/

Word Origin:

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Thesaurus:

ease verb T, I

- This medicine should help ease the pain.

relieve • • **soothe** • • **alleviate** • • **soften** • • **cushion** • • **lighten** • |formal **allay** •

Opp: aggravate

ease/relieve/soothe/alleviate the **pain**

ease/relieve/soothe/alleviate/allay sb's **fear/anxiety**

ease/relieve/alleviate **pressure/stress/poverty/suffering**

Example Bank:

- He eased himself into the driving seat.
- I eased myself slowly out of bed.
- Jean eased back on the pillows and relaxed.
- She carefully eased the car out of the garage
- Tensions between the two countries are beginning to ease.
- The new road should help ease traffic problems.
- The pain in my leg gradually eased away.
- The situation would be considerably eased if more money were made available.
- His family connections eased his passage into the top ranks of the industry.

- It would ease my mind to know that she was happy.
- The pain gradually eased a little.
- The snow was easing up and people were leaving their houses.
- They have provided valuable economic aid to ease the transition to a market economy.
- This medicine should help ease the pain.

ease

I. **ease**¹ /iːz BrE " AmE " *noun* [uncountable]

[Word Family: *noun*: ↑ease, ↑unease, ↑easiness, uneasiness; *adverb*: ↑easily, ↑uneasily, ↑easy; *adjective*: ↑easy, ↑uneasy; *verb*: ↑ease]

[Date: 1100-1200; Language: Old French; Origin: aise 'comfort']

1. **with ease** if you do something with ease, it is very easy for you to do it **SYN** easily:

- " They won with ease.
- " The security codes could be broken with relative ease.
- " I was impressed by the ease with which the information could be retrieved.

2. **at ease** feeling relaxed, especially in a situation in which people might feel a little nervous
at ease with

- " She felt completely at ease with Bernard.

put/set somebody at (their) ease (=make someone feel relaxed)

- " She had an ability to put people at their ease.

3. **ill at ease** not relaxed:

- " You always look ill at ease in a suit.

4. **ease of application /use etc** *written* how easy something is to use etc, or the quality of being easy to use etc:

- " It emphasizes the software's convenience and ease of use.

for ease of something

- " The bowl is removable for ease of cleaning.

5. the ability to feel relaxed or behave in a natural relaxed way:

- " He had a natural ease which made him very popular.

6. **a life of ease** a comfortable life, without problems or worries

7. **(stand) at ease** used to tell soldiers to stand in a relaxed way with their feet apart

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COLLOCATIONS

■ **phrases**

- **with great/considerable ease** (=very easily) The car handles these mountain roads with great ease.
- **with apparent ease** (=seeming easy, although this may not be the case) I was amazed by the apparent ease with which she got through the security system.
- **with comparative/relative ease** (=seeming easy, especially considering how difficult something is) Most modern laptops can store large amounts of data with comparative ease.
- **with consummate ease** *formal* (=in a way that shows great skill and so makes something difficult look very easy) It was a beautiful goal, scored with consummate ease.

II. **ease**² W3 BrE " AmE " *verb*

[Word Family: *noun*: ↑ease, ↑unease, ↑easiness, uneasiness; *adverb*: ↑easily, ↑uneasily, ↑easy; *adjective*: ↑easy, ↑uneasy; *verb*: ↑ease]

1. **IMPROVE** [*intransitive and transitive*] if something unpleasant eases, or if you ease it, it gradually improves or becomes less
ease the pain/stress/tension

- " He'll give you something to ease the pain.

ease the pressure/burden

- " This should ease the burden on busy teachers.
- " measures to ease congestion in the city
- " Her breathing had eased.

2. **MAKE EASIER** [*transitive*] to make a process happen more easily **SYN** smooth:

- " The agreement will ease the way for other countries to join the EU.

3. **MOVE** [*intransitive, transitive always + adverb/preposition*] to move yourself or something slowly and carefully into another place or position:

- " She eased her shoes off.

ease yourself into/through etc something

- " He eased himself into a chair.

ease your way past/through etc something

- " He eased his way through the crowd.
- " Jean eased back on the pillows and relaxed.

4. **ease your grip** to hold something less tightly

5. **ease sb's mind** to make someone feel less worried about something:

- " It would ease my mind to know you had arrived safely.

ease (somebody) into something *phrasal verb*

if you ease yourself or someone else into a new job etc, you start doing it gradually or help them to start:

- " After the baby, she eased herself back into work.

ease off *phrasal verb*

1. if something, especially something that you do not like, eases off, it improves or gets less **SYN** ease up:

" The rain had eased off a bit.

" Why don't you wait until the traffic eases off a little?

2. **ease off on somebody** to stop being unpleasant to someone or asking so much from them

ease out *phrasal verb*

1. if a vehicle eases out, it slowly moves forward into the traffic

2. **ease somebody ↔ out** to make someone leave a job, a position of authority etc, in a way that makes it seem as if they have chosen to leave

ease up *phrasal verb*

1. to work less hard or do something with less energy than before:

" Just relax and ease up a little.

2. to start doing something less

ease up on

" You should ease up on the whisky.

3. to improve or get less **SYN ease off:**

" The snow was easing up.

ease

Freakuency Pack

12500 **3186**^{MCW}

15000 **1773**^{COCA}

RANGE: **3k EASE** 21679

ease 11190

easing 1522

eases 722

eased 2793

unease 867

uneasily 814

uneasy 3179

uneasiness 592

COCA 500k Unlemmatized

5293 **5823**⁶³⁸⁸ *nn1*

3501 **8447**³⁹⁰⁹ *vvi*

817 **22760**⁸⁸⁵ *vv0*

8 **293868**⁸ *nnu*
