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Today it is difficult to imagine a person's life without learning any foreign language. With the modern potential of technology and the level of development of communications we see thousands of cases when we need to know a particular foreign language in order to be able to perceive information that is so necessary for a modern person. So knowing a few words is not enough for confident communication with native speakers but various language techniques should be used. One of them is the use of idioms in speech.

An idiom is a stable, indivisible phrase, the meaning of which is not determined by the meaning of the words included in it, taken separately. The English language has thousands of different idioms, so we would like to dwell in more detail on the idioms where the names of body parts are used to analyze their meaning and use.

While analyzing English idioms where parts of body are used we have found out that there is a large group of idioms including the word 'heart'. For example, the idiom 'wear one's heart on one's

sleeve is used when a person does not know how to restrain emotions and his heart is open widely. The origin of this idiom is quite unusual as it is reflected in the medieval tradition of knightly tournaments. It was believed that the knights showed their devotion to the lady of the heart by tying the ribbon presented by her on the sleeve. Thus, they literally 'wore a heart on their sleeve' [1]. The Russian equivalent is *'выставлять чувства напоказ'*.

Another example is an idiom *'learn by heart'* which means to learn something in such a way that you can say it from memory. The ancient Greeks believed that the heart, the most noticeable internal organ, was the seat of intelligence and memory as well as emotion. This belief was passed down through the ages and became the basis for this idiom [2]. In Russian it is represented by the expression *'выучить наизусть'*.

The idiom *'put your hand on your heart'* can be used in various life situations as it means to swear that something is completely truthful, genuine or sincere. It came from the fact that laying of hands on the heart as part of a ritual oath of allegiance dates back to the United States at least as far back as 1870. It was believed that such a gesture was a sign of confirmation that the person was sincere and spoke the truth [3]. Russian equivalent is *'положа руку на сердце'*.

Another large group of idioms is the utterances with limbs and a popular example is *'twist someone's arm'*. Few people realize the importance of its value, but in vain, because in a daily life we can find a large number of cases when we can use it. The meaning of this expression, namely, is to make it difficult for a person to refuse our request. The history of this idiom began in the 20th century, when people used force to convince a person, but over time it has changed its meaning and is now quite actively used in the language. In Russian we say *'связать по рукам'*.

An idiom *'cost an arm and leg'* can be a regular example of this group because it is quite important. Currently, it is used when we want to say that something is very expensive and has an unreasonably high price. But history suggests that this saying was literal, since theory is that this saying originated from the early 20th century, possibly during one of the major World Wars. The idea being that soldiers, because of their heavy involvement in war and being in the line of fire, can possibly lose a hand, foot, leg, or arm. Thus, the war would literally cost the person their arm or leg, which is a high price to pay [5]. In Russian it sounds as *'стоит целое состояние'*.

Another peculiar expression is *'to have (or to be) a butterfingers'*, the Russian equivalent of which everyone has used at least once as it means to be unable to catch deftly or hold securely. This phrase comes from the idea that hands covered with butter will be slippery, making holding on to anything difficult. There was also a dialect sense of being unable to handle anything hot as if your fingers were made of melting butter [6]. In Russian it is represented by *'растяпа'*.

In addition, the last idiom presented in this group is *'the boot is on the other foot'*. This idiom is close to the Russian one which means *'все перевернулось вверх дном'*. But what have shoes to do with it? Until the 18th century shoes were made so that they fit on both feet. And only at the end of the 18th century shoemakers began to make shoes for right and left feet. Since then the idiom has taken root and it means that the situation has changed dramatically.

So, the last group includes the idioms related to *'head'* and the first bright example is *'to be two faced'*, which is currently used when we want to say that someone is hypocritical. According to its origin it refers to the Roman god Janus who had two faces, one at the front of his head and another at the back. It was assumed that a person who would say one thing to one person and a conflicting thing to another would have two faces, like Janus [8]. Russian equivalent sounds the same: *'быть двуличным'*.

The idiom *'keep one's ears to the ground'* means to pay attention to everything that is happening around you and to what people are saying. The origin of this idiom belongs to the American West where people put their ears to the ground in order to hear the sound of clattering hooves [9]. In Russian we use *'держат ухо востро'*.

Having analyzed a number of idioms with components denoting parts of the body we must admit that the names of body parts are not frequently used in Russian idioms and, moreover, word-by-word rendering of a source phrase is impossible in most cases.

Thus, it should be noted that this is only a small number of idioms that are actively used in colloquial English. Learning idioms is a difficult process that requires attention and time, but mastering them and knowing how to use them correctly will significantly improve the quality of a person's speech, since it gives an opportunity to express emotions and thoughts much more effectively and accurately.

Список использованных источников

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