

balance**1. ['bæləns] n****1. 1) весы**

quick /Roman/ balance - безмен, пружинные весы

assay balance - пробирные весы

2) чаша весов

to tip the balance - склонять чашу весов, давать перевес

2. 1) равновесие; состояние равновесия

stable balance - устойчивое равновесие (*тж. спорт.*)

balance of nature - природное равновесие

off balance - неустойчивый, шаткий

to maintain a strict balance of forces - строго поддерживать равновесие сил

to hold the balance even - сохранять равновесие

to keep /to hold, to preserve/ one's balance - удерживать /сохранять/ равновесие [*ср. тж.* 3]

to lose balance - потерять равновесие

to make out the balance - уравнивать, приводить в состояние равновесия

the blow threw him off his balance - удар сбил его с ног

2) душевное равновесие; спокойствие; уравновешенность

to be off one's balance - потерять равновесие /душевный покой/

to lose one's balance - выйти из себя, потерять равновесие

she was thrown off her balance with anger - она была вне себя от негодования

he kept his balance even at the most trying moments - он не терял самообладания даже в самые трудные минуты

3) пропорциональность; гармоническое сочетание

the balance of colours - гармония красок

4) спец. баланс

heat [energy, neutron] balance - *физ.* тепловой [энергетический, нейтронный] баланс

3. решающий фактор; решающее влияние или значение

to hold the balance - осуществлять контроль, распоряжаться [*ср. тж.* 2, 1)]

the balance of advantages lies with him - на его стороне значительные преимущества

the balance of our fortune rests with him - наша судьба в его руках

4. 1) противовес, компенсатор; гиря**2) баланс (шест канатолодца)****5. маятник, баланси́р, баланс (в часовом механизме)****6. 1) фин. баланс; сальдо; остаток**

adverse balance - пассивный баланс

trade balance, balance of trade - торговый баланс

favourable [unfavourable] balance - активный [пассивный] баланс

sterling balances - стерлинговые счета, стерлинговые авуары

balance of payments - платёжный баланс

balances with foreign banks - остатки на счетах в зарубежных банках, иностранные авуары

balance in hand - денежная наличность, наличность кассы

balance of an account - остаток счёта

on balance - после подведения баланса [*ср. тж.* ◇]

to strike the balance - а) подводить баланс; б) подводить итоги

to bring accounts to a balance - составлять сводный баланс

2) разг. остаток

he spent the balance of his life in travel - остаток жизни он провёл в странствиях

he gave the balance of his dinner to the dog - он бросил остатки обеда собаке

7. (Balance) астр. Весы (созвездие и знак зодиака)**8. спорт.****1) брусья****2) стойка**

one hand balance - стойка на одной руке

◇ upon /on/ (a) balance - а) по зрелом размышлении, хорошо взвесив обстоятельства с учётом всего вышесказанного; б) в конечном счёте, в итоге; [*ср. тж.* 6, 1)]

to be in the balance - быть нерешённым

the future is in the balance - будущее неясно

to swing /to be, to tremble/ in the balance - а) висеть на волоске, быть в критическом положении; б) колебаться, сомневаться

to hang in the balance - быть брошенным на чашу весов

to weigh in the balance - взвешивать, обсуждать, оценивать (*доводы, достоинства и т. п.*)

to be weighed in the balance and found wanting - не выдержать проверки

to turn the balance - склонить чашу весов

a moth will turn the balance - мелочь /случайность/ может изменить всё

2. ['bæləns] v**1. 1) балансировать; сохранять равновесие, быть в равновесии**

do these scales balance? - чаши весов уравновешены?

2) refl балансировать

the little boy was balancing himself on the edge of a chair - мальчик качался /баланси́ровал/ на краю стула

2. 1) приводить в равновесие; уравнивать, уравнивать

to balance foreign trade - эк. сбалансировать внешнюю торговлю
the teams were perfectly balanced - силы команд были совершенно равны

2) удовлетворять потребность (в товаре)

3. бухг

1) подсчитывать, подытоживать; сводить, заключать, закрывать (счета, книги); погашать; подбивать баланс

to balance an account - уравнивать /погасить/ счёт

to balance the books - закрыть /зabalансировать/ (бухгалтерские) книги

to compute and balance one's gain and loss - подводить итог приходу и расходу

2) сводиться, балансироваться

the accounts don't balance - счета не сходятся

4. взвешивать, определять вес (приблизительно)

5. взвешивать, обдумывать; сопоставлять

to balance probabilities - сопоставлять возможности

she balanced her answer to the sum with his - она сравнила свой и его ответы на задачу

6. медлить, колебаться

a disposition to balance and temporize - склонность к медлительности и колебаниям

to balance in indecision - быть в нерешительности

7. (by, with, against)

1) противопоставлять, нейтрализовать, компенсировать

balance disadvantage by /with/ smth. - восполнять ущерб чем-л.; нейтрализовать вред

the advantages more than balance the disadvantages - достоинства вполне покрывают недостатки

her lack of politeness was balanced by her readiness to help - недостаток вежливости сглаживался у неё готовностью помочь

2) спец. добавлять недостающее количество

8. делать баланс (в танце)

balance

Oxford Advanced Learners Dictionary 8th Ed.

bal-ance [balance balances balanced balancing] noun, verb BrE ['bæləns] ^u

NAmE ['bæləns] ^u

noun

EQUAL AMOUNTS

1. **uncountable, singular** a situation in which different things exist in equal, correct or good amounts

see also ↑imbalance

- This newspaper maintains a good balance in its presentation of different opinions.
- Tourists often disturb the delicate balance of nature on the island.
- His wife's death disturbed the **balance of his mind**.
- ~ **between A and B** Try to keep a balance between work and relaxation.

OF BODY

2. **uncountable** the ability to keep steady with an equal amount of weight on each side of the body

- Athletes need a good sense of balance.
- I struggled to **keep my balance** on my new skates.
- She cycled round the corner, **lost her balance** and fell off.

MONEY

3. **countable, usually singular** the amount that is left after taking numbers or money away from a total

- to check your **bank balance** (= to find out how much money there is in your account)

4. **countable, usually singular** an amount of money still owed after some payment has been made

- The balance of \$500 must be paid within 90 days.

INSTRUMENT FOR WEIGHING

5. **countable** an instrument for weighing things, with a bar that is supported in the middle and has dishes hanging from each end

more at redress the balance **at** ↑redress _{v.}, strike a balance **at** ↑strike _{v.}, swing the balance **at** ↑swing _{v.}, tip the balance/scales **at** ↑tip _{v.}

Word Origin:

Middle English (in sense 5 of the noun): from Old French **balance** (noun), **balancer** (verb), based on late Latin (**libra**) **bilanx** '(balance) having two scale pans', from **bi-** 'twice, having two' + **lanx** 'scale pan'.

Example Bank:

- Cats have a very good sense of balance.
- Democracy depends on a system of checks and balances.
- Everyone likes to have a healthy bank balance.
- Gymnasts have excellent balance.
- He argues that the balance has swung too far in favour/favor of capitalism.
- He asked the cashier for the balance of his current account.
- He set his feet wider and adjusted his balance.
- How do you find an acceptable balance between closeness and distance in a relationship?
- I'll need to check my bank balance before I spend so much money.

- I'll pay the balance later.
- In an interview, good presentation can tip the balance your way.
- Interest is calculated on the daily cleared balance and paid direct to your account.
- It is important to keep the different aspects of your life in balance.
- Pulling up all the plants will disturb the natural balance of the pond.
- She lost her balance and fell.
- The balance of advantage has shifted from the unions to employers.
- The balance of the proceeds will be used for new equipment.
- The final balance is due six weeks before departure.
- The gymnasts finish with floor exercises and the balance beam.
- The sudden movement threw him off balance.
- There is an even gender balance among staff and students.
- There was a dramatic shift in the balance of power.
- They assessed the balance of forces between Israel and other countries.
- Tightness in one set of muscles will affect your whole balance.
- We need to strike a balance between these conflicting interests.
- Who holds the balance of power in this relationship?
- With children, it is important to achieve the right balance between love and discipline.
- Yoga improves balance as well as flexibility.
- You have to maintain a balance in your life or else you'll go crazy.
- a healthy balance of foods
- the balance between academic and practical work
- the balance brought forward from the previous year
- the balance of animals and plants in the environment
- the changing balance of power between the working and middle class
- the company's balance sheet
- to hold the balance of power
- ways to improve your work-life balance
- He lost his balance and fell over.
- I need to check my bank balance.

Idioms: balance of evidence ▪ [↑]in the balance ▪ [↑]off balance ▪ [↑]on balance

verb

KEEP STEADY

1. intransitive, transitive to put your body or sth else into a position where it is steady and does not fall

- ~ **(on sth)** How long can you balance on one leg?
- ~ **sth (on sth)** The television was precariously balanced on top of a pile of books.
- She balanced the cup on her knee.

BE/KEEP EQUAL

2. intransitive, transitive to be equal in value, amount, etc. to sth else that has the opposite effect

Syn: [↑]offset

- ~ **out** The good and bad effects of any decision will usually balance out.
- ~ **sth (out)** This year's profits will balance our previous losses.
- His lack of experience was balanced by a willingness to learn.

3. transitive ~ **A with/and B** to give equal importance to two contrasting things or parts of sth

- She tries to balance home life and career.

COMPARE

4. transitive ~ **A against B** to compare the relative importance of two contrasting things

- The cost of obtaining legal advice needs to be balanced against its benefits.

MONEY

5. transitive ~ **sth (finance)** to show that in an account the total money spent is equal to the total money received; to calculate the difference between the two totals

Verb forms:

verb forms	
present simple	
I / you / we / they	balance
	BrE / 'bæləns/
	NAme / 'bæləns/
he / she / it	balances
	BrE / 'bælənsɪz/
	NAme / 'bælənsɪz/
past simple, past participle	balanced
	BrE / 'bælənst/
	NAme / 'bælənst/
-ing form	balancing
	BrE / 'bælənsɪŋ/
	NAme / 'bælənsɪŋ/

Word Origin:

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Thesaurus:

balance *verb*, **T**

• How long can you balance on one leg?

steady • • **stand** • • **poise** • • **lean** • • **prop** • • **rest** •

balance/stand/lean/prop/rest (sth) **on** sth

steady/stand/lean/prop/rest (sth) **against** sth

steady/poise/prop **yourself** somewhere

Example Bank:

- He balanced the glasses carefully on the tray.
- She tries to balance the needs of her children with those of her employer.
- The plan seeks to balance two important objectives.
- The song perfectly balances melody and rhythm.
- We have to balance the risks of the new strategy against the possible benefits.
- This year's profits will balance out previous losses.

balance

Longman DOCE 5th Ed. (En-En)

I. balance ¹ **S2 W2** /'bæləns/ *BrE* ² *AmE* ³ *noun*

[Date: 1200-1300; Language: Old French; Origin: Vulgar Latin *bilancia*, from Late Latin *bilanx* 'having two pans', from Latin *lanx* 'plate']

1. STEADY [uncountable] a state in which all your weight is evenly spread so that you do not fall:

• I lost my balance and fell on my face.

2. EQUAL AMOUNTS [singular, uncountable] a state in which opposite forces or influences exist in equal or the correct amounts, in a way that is good **OPP imbalance**

balance between

• Try to keep a balance between work and play.

balance of

• Pesticides seriously upset the balance of nature.

3. on balance if you think something on balance, you think it after considering all the facts:

• I think on balance I prefer the old system.

4. SURPRISE SOMEBODY catch/throw somebody off balance to surprise someone and make them confused and no longer calm:

• The question caught him off balance.

5. BANK [countable] the amount of money that you have in your bank account:

• My bank balance isn't good.

6. MONEY OWED [countable] the balance of a debt is the amount of money that you still owe after you have paid some of it:

• The balance is due at the end of the month.

7. REMAINING the balance the amount of something that remains after some has been used, spent, mentioned etc **SYN the rest**:

• The firm owns about 96% of the portfolio, with the balance belonging to our family.

8. be/hang in the balance if the future or success of something hangs in the balance, you cannot yet know whether the result will be bad or good:

• Meanwhile, the fate of the refugees continues to hang in the balance.

9. tip/swing the balance to influence the result of an event:

• The dignity and courage shown by the President may tip the balance in his party's favour.

10. FOR WEIGHING [countable] an instrument for weighing things, with two dishes that hang from a bar **SYN scales**

11. MENTAL/EMOTIONAL HEALTH [singular] when someone's mind is healthy and their emotional state is normal:

• The death of her friend had disturbed the balance of her mind.

12. the balance of evidence/probability etc the most likely answer or result produced by opposing information, reasons etc

⇒ **checks and balances** at ↑check²(4)

• • •

COLLOCATIONS (for Meaning 1)

■ verbs

- **keep your balance** (=stay steady) The sea was so rough that it was hard to keep your balance.
- **lose your balance** (=become unsteady) She nearly lost her balance as the bus suddenly moved forward.
- **regain/recover your balance** (=become steady again) He held onto Carrie until he regained his balance.
- **knock/throw somebody off balance** The blow was hard enough to knock him off balance.

■ phrases

- **a sense of balance** A good sense of balance is always useful when you are sailing.

• • •

COLLOCATIONS (for Meaning 2)

■ verbs

- **strike/achieve/find a balance** (=succeed in getting the right balance) It is necessary to strike a balance between the needs of employers and employees. | Find the right balance between enough exercise and enough rest.
- **keep/maintain a balance** Try to keep a balance between your spending and your earnings. | A firm must strive to maintain a balance between business and financial risk.
- **upset the balance** (=make it less equal or correct) The move could upset the delicate balance of power in the Middle East.

▪ **change/alter/shift the balance** Will this alter the balance of power in the EU? | His appointment shifted the government's balance decisively to the right.

▪ **redress the balance** (also **restore the balance** *British English*) (=make it equal or correct again) What can be done to redress the balance in favour of women?

■ adjectives

- **a good/healthy balance** You should eat a good balance of carbohydrates and protein. | Are you eating a healthy balance of foods?
- **a fine balance** (=hard to achieve) Teachers need to strike a fine balance of flexibility and control.
- **a delicate balance** (=easily damaged) Too much carbon dioxide in the atmosphere upsets the delicate balance of gases.
- **the right/proper/correct balance** With sport, you have to find the right balance between competition and fun.
- **the natural balance** Chemicals will upset the natural balance of the pond.
- **the ecological balance** Human activity is ruining the ecological balance of our planet.
- **the political/military balance** By this time, the political balance in the Cabinet had altered.

■ phrases

- **the balance of power** the European balance of power
- **the balance of nature** Nothing can justify permanent damage to the balance of nature.

II. balance ² S3 BrE ¹ AmE ¹ verb

1. [intransitive and transitive] to be in or get into a steady position, without falling to one side or the other, or to put something into this position

balance something on something

" She was balancing a plate of food on her knees.

balance on

" He turned around, balancing awkwardly on one foot.

2. [intransitive and transitive] to be equal in importance, amount, value, or effect to something that has the opposite effect:

" Job losses in manufacturing were balanced by job increases in the service sector.

" just enough sugar to balance the acidity of the fruit

3. [transitive] to consider the importance of one thing in relation to something else when you are making a decision

balance something against something

" The courts must balance our liberty against the security of the nation.

4. **balance the budget** if a government balances the budget, they make the amount of money that they spend equal to the amount of money available

5. **balance the books** to show that the amount of money a business has received is equal to the amount spent

balance out *phrasal verb*

if two or more things balance out, the final result is that they are equal in amount, importance, or effect:

" Sometimes I look after the kids and sometimes John does – it all balances out.

⇒ ↑balancing act

balance

Freakuency Pack

12500 **1140**^{MCW}

15000 **1032**^{COCA}

RANGE: **1k** BALANCE ⁴⁵²¹⁹

balance ²⁷²¹⁵

balancing ³⁹⁵⁶

balances ²⁰⁰⁷

balanced ⁸⁹⁸⁰

imbalance ¹⁶⁸³

imbalances ⁵⁷⁸

unbalanced ⁶⁰⁰

unbalance ⁵⁷

unbalances ⁹

unbalancing ⁸

imbalanced ¹²⁶

COCA 500k Unlemmatized

14581 **1940**²²¹¹⁰ *nn1*

3607 **7774**⁴³⁷² *vvi*

663 **26269**⁶⁹⁶ *vv0*

23 **156882**²⁵ *nnu*

11 **234397**¹² *jj*