
BBC LEARNING ENGLISH

The English We Speak

Rub it in



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This is not a word-for-word transcript

Neil

Hello and welcome to The English We Speak. I'm Neil and joining me in this programme is Feifei.

Feifei

Hi.

Neil

Beautiful day today, isn't it? Blazing sunshine... it's so warm.

Feifei

Yes it is, and luckily for you your shift is finished after this programme, isn't it?

Neil

Yep! But you have to stay here till evening on the late shift. Ahhh... I'm off to the park to enjoy the sun. I'd better buy some sun cream, eh?

Feifei

Don't rub it in!

Neil

OK. See you later.

Voice

Two hours later.

Feifei

My word, Neil! What's happened to you? You look like a lobster!

Neil

It's very hot and sunny out there.

Feifei

But what about the sun cream?

Neil

You told me 'not to rub it in', Feifei!

Feifei

OK, I think I need to explain something. We use the expression 'to rub something in' when a person keeps mentioning something another person wants to forget. When I said 'don't rub it in' I was fed up of hearing about your wonderful afternoon in the sun while I'm stuck here in the office!

Neil

Ah. So I actually should have rubbed in this sun cream. Let's hear some examples...

Examples

Don't rub it in. I know you beat me at tennis but you don't have to keep mentioning the score.

Carlos got into Oxford but I didn't. That's bad enough, but he keeps rubbing it in by talking about it all the time.

Feifei

This is The English We Speak and in this programme we're learning the phrase to 'rub it in'. If a person 'rubs it in' it means they keep mentioning something another person wants to forget.

Neil

I want to forget that I've got such a terrible sunburn.

Feifei

Well I won't rub it in and talk about that sun cream you should have...

Neil

... should have rubbed in. Thanks Feifei. Ouch!

Feifei

Bye!

Neil

Bye!