



ADVANCED GRAMMAR

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HARM vs HURT

HARM (verb) : People OR things can be harmed or physically damaged:

- The bank robbers were anxious **not to harm** anyone.
- Without doubt, the burning of fossil fuels **harms** the environment in which we live

HARM (noun)

We have different expressions with the noun **harm** : "will come to no harm", "it will do no harm to...", "there's no harm in (ing)...", "no harm done":

- Will my dog be all right with you? ~ He'll be fine. He'll **come to no harm** in my garden.
- It **will do / can do no harm to** remind him to take the medication before he goes to bed.
- She might not agree, but **there's no harm in** asking her to postpone the meeting.
- I'm sorry to crash into you like that! Are you all right? ~ I'm fine. **No harm done!**

Harmful / Harmless (adjs)

Harmful and **Harmless** describe something that has or does not have a bad effect on something else:

- He looks quite ferocious and barks quite loudly, but he's quite **harmless**.
- The **harmful** effects of smoking on people's health is well-documented.

HURT (verb): to feel pain in a part of your body, or to injure someone and cause them pain.

THINGS CANNOT BE HURT. ONLY PEOPLE AND ANIMALS CAN BE HURT.

Note that verbs that refer to physical feelings (**hurt, ache**, etc) can often be used in simple or progressive tenses with no difference in meaning:

- Have you been knocked over? Tell me where it **hurts** / it's **hurting**. ~ My arm **hurts**.
- You're **hurting** my arm. Ouch! Don't touch me. That **hurts!**
- Note that verbs that refer to physical feelings (**hurt, ache**, etc) can often be used in simple or progressive tenses with no difference in meaning:

Similarly, "SORE" is an adjective meaning "painful and uncomfortable because of injury, infection or too much use.

- My back **is sore** from working out.
- My feet **were sore** with all the walking.

You can also **hurt someone's feelings**, and cause them to feel emotional pain:

- I think she's going to be **hurt**. I don't think she'll ever fall in love again.
- What **hurt** me most was the betrayal. How could he behave like that?

HURT (noun/adjective)

- **The hurt** that she felt was deep and would only be softened with the passing of time.
- They were suffering from shock but did not seem to be otherwise **hurt**.