



American Expression E0029 As old as the hills

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The expression "as old as the hills" is a figure of speech used to describe something or someone that has been in existence for an exceptionally long time. It signifies that the subject is ancient, having endured throughout history or being deeply rooted in the past.

The phrase draws upon the notion that hills or mountains have existed for an incredibly long time, symbolizing stability, permanence, and a sense of timelessness. By describing something as "as old as the hills," it emphasizes its age and long-standing presence.

When used to describe a person, it often conveys a sense of wisdom, experience, or longevity. It suggests that the person has lived through many years and has accumulated a wealth of knowledge and insights.

The expression can also be applied to objects, ideas, or concepts that have been in existence for a considerable period. It signifies their enduring nature and the fact that they have stood the test of time.

For example, if someone refers to a traditional recipe that has been passed down through generations as "as old as the hills," it highlights the recipe's longstanding history and the cultural significance it holds.

Similarly, when referring to a historical building or landmark, such as an ancient temple or castle, as "as old as the hills," it signifies the structure's age and historical significance.

However, it's important to note that the phrase is used figuratively and not meant to be taken literally. It does not imply that something is literally as old as the hills themselves, but rather emphasizes its ancient or deeply rooted nature.

In summary, "as old as the hills" is a figure of speech used to describe something or someone that has been in existence for a long time. The phrase signifies the subject's age, longevity, and deep-rooted nature. It can be used to describe individuals, objects, ideas, or concepts that have endured throughout history or have a significant historical presence. While it is a figurative expression, it conveys a sense of wisdom, experience, and lasting significance.

Questions for Discussion

1. In what contexts do you think the phrase "as old as the hills" is most commonly used? Can you think of examples where it might be applied to describe people, objects, or ideas that have withstood the test of time?
2. How does the concept of something being "as old as the hills" influence our perception of its value or significance? What factors contribute to our admiration or respect for things that have endured throughout history?
3. Can you think of instances where individuals or communities prioritize preserving and celebrating things that are "as old as the hills"? What does this say about our connection to the past and the importance of preserving cultural heritage?
4. How does the phrase "as old as the hills" intersect with the concept of time and our perception of it? How does our understanding of the longevity of certain things shape our perspective on the fleeting nature of our own existence?
5. Is there a difference between something being "as old as the hills" and being "outdated" or "obsolete"? How do we navigate the balance between honoring tradition and embracing progress in our evolving world?