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Vocabulary Builder Reference from...

Alayna Vaughan: Why do some people snore so loudly? | TED Talk

https://www.ted.com/talks/alayna_vaughan_why_do_some_people_snore_so_loudly

All Words

IMPORTANT

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Session 1: Word List

leather

n. a material made from the skin of an animal, typically by tanning, and used for clothing, shoes, furniture, and other items

synonym: hide, skin, suede

(1) enameled **leather**, (2) **leather** boots

The **leather** jacket was worn in but still comfortable.

mask

v. to conceal something; (noun) a covering that you wear over your face to hide it

synonym: disguise, camouflage, conceal

(1) **mask** body odor, (2) an oxygen **mask**

The politician tried to **mask** the corruption.

clamp

v. to fasten or secure something tightly, often using a tool or device called a clamp; to restrict something or someone's freedom or movement; (noun) a device used to secure, fasten, or hold objects together; a mass or group of things that are held or gathered tightly together

synonym: fasten, secure, hold tight

(1) **clamp** down on extremism, (2) **clamp** coupling

He used a wrench to **clamp** down the pipes tightly.

cannonball

n. a large metal or stone ball shot or fired from a cannon
synonym : projectile, ammunition, bullet

(1) a 4 kg **cannonball**, (2) human **cannonball**

The castle collapsed as multiple **cannonballs** hit the walls.

sew

v. to join, fasten, or repair two pieces of something by putting the thread through them with a needle

synonym : stitch, darn, tailor

(1) **sew** with thread, (2) **sew** a button

My mother taught me how to **sew**.

uniform

adj. always the same; showing a single form or character in all occurrences; (noun) the special set of clothes worn by members of a particular group as a means of identification

synonym : livery, outfit

(1) at a **uniform** temperature, (2) our school **uniform**

This country has a nationally **uniform** culture.

electrical

adj. relating to electricity

(1) an **electrical** storm, (2) degree in **electrical** engineering

Actuators convert **electrical** pulses into motion.

pulse

n. the regular heartbeat as it sends blood around the body, especially when it is felt at the wrist or side of the neck; a solid regular vibration of sound, electric current, light, or other waves

synonym : beat, vibration, throb

(1) a weak **pulse**, (2) **pulse** waves

The cardiac monitor displays the intensity of your **pulse**.

intention

n. something you want to do and are going to do

synonym : purpose, connotation, will

(1) **intention** behind his decision, (2) clear **intention**

Our CEO's **intentions** are always transparent and straightforward.

treatment

n. the way in which someone deals with or behaves towards someone or something; medical care provided to a patient for an injury or illness.

synonym : remedy, antidote, medicine

(1) first-aid **treatment**, (2) **treatment** by diet

The primary purpose of the **treatment** is pain relief.

haunted

adj. inhabited, visited, or frequented by ghosts or spirits; disturbed or troubled by persistent or disturbing memories or emotions

synonym : spooky, eerie, ghostly

(1) **haunted** house, (2) **haunted** by memories

The old mansion was known to be **haunted**, with strange noises and eerie sightings reported by visitors.

millennium

n. a span of 1000 years, or the 1000th anniversary (plural: millennia)

(1) past **millennium**, (2) **millennium** bottle of wine

Our world is in the third **millennium**.

snore

v. to make a loud, harsh breathing sound while sleeping, often due to an obstruction in the airways or other respiratory issues; to sound boring, monotonous, or dull

synonym : doze, slumber, yawn

(1) **snore** in my sleep, (2) **snore** peacefully

I couldn't sleep because my roommate **snored** loudly every night.

harmless

adj. not able or not likely to cause damage or harm

synonym : benign, innocuous, inoffensive

(1) **harmless** in most people, (2) **harmless** substances

Most people thought of him as a **harmless** eccentric.

gentle

adj. having or showing a kindly or tender nature; soft and mild

synonym : mild, delicate, soft

(1) in a **gentle** voice, (2) **gentle** downward slope

Her **gentle** manner relaxed everyone there.

stutter

v. to speak with sudden involuntary pauses or repetitions of sounds, syllables, or words; (noun) a speech disorder characterized by the repetition or prolongation of sounds, syllables, or words, or by pauses or blocks in speech

synonym : stammer, falter, stumble

(1) **stutter** speech, (2) **stutter** out an apology

He tends to **stutter** when he gets nervous, making it difficult for others to understand him.

chainsaw

n. a mechanical saw with a rotating chain, typically used for cutting down trees or other large objects

synonym : handsaw, power saw, buzz saw

(1) use a **chainsaw**, (2) sharpen a **chainsaw**

The lumberjack used his **chainsaw** to chop through the tree's thick trunk.

originate

v. to come into existence in a particular place or situation; to start something in a specific place

synonym : begin, arise, create

(1) **originate** from the country, (2) **originate** a political movement

The flight **originates** in Vancouver.

respiratory

adj. relating to the organs and processes involved in breathing, such as the lungs and the act of inhaling and exhaling air

synonym : breathing, pulmonary, lung

(1) **respiratory** failure, (2) alleviate **respiratory** ailments

Chronic **respiratory** disorders, such as asthma, can significantly impact a person's quality of life.

tract

n. a region of land, often with a specific purpose or use, such as farming, forestry, or mining; a bundle of nerves or a system of organs in the body

synonym : region, area, tube

(1) a urinary **tract** infection, (2) a **tract** of virgin forest

The farmer owns a large **tract** of land where he grows corn and soybeans.

tissue

n. an ensemble of similar cells of the animal or plant that together carry out a specific function

synonym : structure, texture, anatomy

(1) a facial **tissue**, (2) loss of muscle **tissue**

The researcher separated the nervous **tissue** for microscopic examinations.

relax

v. to become or cause someone to become less active or tense and calmer

synonym : soften, comfort, soothe

(1) **relax** a series of muscles, (2) **relax** at home

The rules were **relaxed** after the new executive arrived.

airway

n. the air passage from the nose and throat to the lungs; a designated route followed by airplanes flying from one airport to another

synonym : air passage, air duct, skyway

(1) **airway** blockage, (2) **airway** beacon

When performing lifesaving, the first step is to secure the **airway**.

congest

v. to make something blocked or crowded so as to hinder or prevent freedom of movement or flow of liquid

synonym : clog, choke, crowd

(1) **congest** in a vein, (2) **congest** a highway

The roads to the airport were heavily **congested**.

anatomical

adj. of or relating to the structure of the body and its parts

synonym : physical, bodily, structural

(1) **anatomical** structure, (2) **anatomical** elements

The **anatomical** model of the human body was used to teach

medical students.

- feat** *n.* a notable or impressive achievement, especially one that requires great skill or bravery
synonym: achievement, accomplishment, exploit
(1) intellectual **feat**, (2) **feat** accomplishment
It is an incredible **feat** to climb Mount Everest, the highest mountain in the world.
- constrict** *v.* to make something narrow or tight, often restricting movement or flow; to become narrow or tighter
synonym: squeeze, compress, tighten
(1) **constrict** blood vessels, (2) **constrict** freedom
The snake's muscles began to **constrict** around its prey.
- exacerbate** *v.* to make a situation, problem, or feeling worse
synonym: worsen, aggravate, escalate
(1) **exacerbate** the situation, (2) **exacerbate** symptoms
The heat wave **exacerbated** the drought conditions.
- airflow** *n.* the flow of air, especially around a moving object such as an aircraft or vehicle
synonym: current, breeze, breath
(1) **airflow** duct, (2) high-speed **airflow**
They thoroughly tested the **airflow** around their latest formula car.
- vibrate** *v.* to move or cause anything to move fast and in small increments from side to side
synonym: oscillate, convulse, jerk
(1) **vibrate** at a regular frequency, (2) **vibrate** with anger
During the flight, the wings of the plane **vibrate**.
- chronic** *adj.* being long-lasting and recurrent or characterized by long suffering; habitual
synonym: established, regular, constant

(1) risk of **chronic** disease, (2) **chronic** alcohol consumption

Chronic hyperglycemia is a trigger for a variety of serious diseases.

disorder

n. an untidy state or a lack of organization; a physical condition or illness that causes problems with how a section of the body or brain functions

synonym: chaos, disturbance, disease

(1) the files are in complete **disorder**, (2) people with bipolar **disorder**

The doctor prescribed some medicine for the mental **disorder**.

obstruct

v. to block or interfere with the passage, movement, or action of something or someone

synonym: block, impede, hinder

(1) **obstruct** an airway, (2) **obstruct** a bill

The road was blocked by a fallen tree, **obstructing** the path for all vehicles.

apnea

n. a temporary cessation of breathing, especially during sleep; a medical condition characterized by the repeated occurrence of such interruptions

synonym: breathing interruption, suspension of breath

(1) **apnea** treatment, (2) epileptic **apnea**

Sleep **apnea** is a severe condition that causes a person to stop breathing while asleep.

quarter

n. one of four equal parts; a fourth part or portion

synonym: fourth, one-fourth

(1) a **quarter** mile, (2) end of the first **quarter**

The unemployment rate in the first **quarter** was 2.3 percentage points higher than in the previous.

estimate

v. to guess or calculate the cost, size, value, etc. of something

synonym: calculate, gauge, evaluate

(1) **estimate** a fair value, (2) **estimate** this chicken to weigh three pounds

We **estimated** the season's total trade deficit at \$50 billion.

suffer

v. to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant

synonym: endure, undergo, tolerate

(1) **suffer** a setback, (2) **suffer** bad grades

The older man **suffers** from arthritis and finds it difficult to move around.

troublesome

adj. causing difficulty or annoyance for someone

synonym: disconcerting, unsettling, upsetting

(1) undertake a **troublesome** task, (2) **troublesome** behavior

He had to resolve a **troublesome** event that happened unexpectedly

cardiovascular

adj. of or relating to the heart and blood vessels (= tubes that carry blood around the body)

(1) **cardiovascular** diseases, (2) **cardiovascular** tissue

Smoking places you at severe risk of **cardiovascular** and respiratory disease.

pause

v. to take a short break from talking or doing something before continuing

synonym: halt, break, intermit

(1) **pause** a moment, (2) **pause** for a reaction

The man **paused** before opening the door.

brain

n. the organ inside the head that is responsible for one's movement, thought, memory, and feeling

synonym: intellect, mind, encephalon

(1) basic **brain** function, (2) permanent **brain** damage
X-rays revealed a small tumor in his **brain**.

temporarily

adv. for a limited time only or not permanently

synonym: for a time

(1) a hut made **temporarily**, (2) **temporarily** suspend the production

Some athletes take anabolic steroids to increase muscle size **temporarily**.

regulate

v. to control something, especially by means of rules or laws

synonym: control, restrain, handle

(1) **regulate** blood sugar levels, (2) **regulate** our conduct

We must manage to **regulate** our expenditure.

prominent

adj. important, well-known, or noticeable

synonym: notable, distinguished, prominent

(1) **prominent** figure, (2) play a **prominent** role

The media frequently interviewed **prominent** scientists.

breath

n. the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs

synonym: air, puff, whiff

(1) hold your **breath**, (2) **breath** of wind

He bated his **breath** when talking about this affair.

snort

v. to forcefully inhale air through the nose in a loud manner, often to express amusement, derision, or disgust; to inhale drugs or other substances through the nose

synonym: sniff, inhale, snuffle

(1) **snort** with laughter, (2) **snort** cocaine

The horse **snorted** as I approached it in the field.

choke

v. to prevent or obstruct the normal breathing or swallowing of someone or something

synonym: strangle, suffocate, clog

(1) **choke** with anger, (2) **choke** off the blood supply

The baby started to **choke** on a piece of apple.

severe

adj. extremely serious or bad in feeling, manner, or strict and harsh; extremely strong or vigorous

synonym: harsh, relentless, powerful

(1) **severe** heat, (2) a **severe** case of pneumonia

The senator received **severe** criticism from his opponent.

oxygen

n. the chemical element with the symbol O that is present in air and water and is necessary for people, animals, and plants to live

(1) the hydrogen binds the **oxygen**, (2) lack of **oxygen**

The passenger grabbed for the **oxygen** mask.

intake

n. the act or process of taking food, air, etc., into your body through the mouth; the amount of food, air, or another substance that you take into your body

synonym: consumption, absorption, inhalation

(1) a small **intake** of breath, (2) an **intake** pipe

He has been advised to reduce his daily fat **intake**.

release

v. to set free or allow to escape from confinement

synonym: free, let go, discharge

(1) **release** a prisoner, (2) **release** CO₂ into the air

The animal rights group worked to **release** the dolphins back into the wild.

hormone

n. a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood

(1) **hormone** secretion, (2) female **hormone**

The doctor diagnosed me with a **hormone** disorder.

vessel

n. a ship or large boat

synonym: boat, ship, craft

(1) blood **vessels**, (2) naval **vessels**

The **vessel** arrived in port the following day.

vital

adj. necessary for the success or continued existence of something

synonym: critical, crucial, invigorating

(1) play a **vital** role, (2) **vital** for a healthy society

Perseverance and optimism are **vital** to success.

addition

n. the act or process of adding something to something else; the process of adding numbers

synonym: accumulation, expansion, addendum

(1) chemical **addition**, (2) **addition** of vectors

In **addition**, private corporations provide healthcare services.

hypertension

n. a medical condition characterized by abnormally high blood pressure in the arteries, often leading to an increased risk of heart disease, stroke, and other health problems

synonym: high blood pressure

(1) **hypertension** rate, (2) arterial **hypertension**

To lower **hypertension**, it is important to maintain a healthy diet and exercise regularly.

difficulty

n. a condition or state that causes problems

synonym: hardship, complication, problem

(1) the degree of **difficulty**, (2) **difficulty** in breathing

He has **difficulty** exercising because of a back injury sustained in an accident.

headache

n. pain in the head; someone or something that causes anxiety or trouble

synonym: concern, difficulty, problem

(1) **headache** accompanied by fever, (2) bit of a **headache**

This pill will relieve your **headaches** immediately.

concentration

n. the ability to focus all your time and energy on one thing without thinking about anything else.

synonym : attention, engagement, assiduity

(1) **concentration** of armaments, (2) his research area of **concentration**

This exam requires excellent **concentration** to pass.

fatigue

n. a feeling of tiredness or weariness, especially as a result of physical or mental exertion; the reduction in the strength or efficiency of a material or structure due to repeated use or stress

synonym : exhaustion, weariness, tiredness

(1) **fatigue** breaking, (2) **fatigue** caused by overwork

The metal showed signs of **fatigue** after being subjected to repeated stress.

develop

v. to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created

synonym : evolve, progress, advance

(1) **develop** a strategy, (2) **develop** a skill

We must **develop** a new system to streamline our workflow and increase efficiency.

tongue

n. a moveable mass of muscle tissue covered with mucous membrane that is in the mouth; a language

synonym : lingo, language, vocabulary

(1) native **tongue**, (2) **tongue** cancer

The **tongue** is boneless, but it is as strong as bones.

jaw

n. either of the two bones at the bottom of the face that moves when you open your mouth; (verb) talk socially without exchanging too much information

synonym :

mouth, (verb) chitchat

(1) snatch victory from the **jaws** of defeat, (2) **jaw** muscle
He dropped his **jaw** at the unexpected sight.

susceptible

adj. easily influenced, harmed, or affected by something
synonym: exposed, liable, gullible

(1) a **susceptible** young woman, (2) **susceptible** of proof
Well-stretched muscles are less **susceptible** to injury.

loosen

v. to make something less tight, firm, or fixed; to free from restraint or constraint; to relax

synonym: relax, slacken, untie

(1) **loosen** grip, (2) **loosen** knot

Please **loosen** the screws on the back panel so we can access the inside of the machine.

alcohol

n. a clear liquid that can make people drunk and is used in medicines, cleaning products, etc.

synonym: booze, liquor, ethanol

(1) stop drinking **alcohol**, (2) diluted **alcohol**

There is a clear association between **alcohol** consumption and cognitive decline.

excessive

adj. greater than what seems necessary, normal, or desirable

synonym: unreasonable, exorbitant, inflated

(1) an **excessive** force, (2) take **excessive** care

It would be best if you did not demand such an **excessive** charge.

relaxation

n. a state of being free from tension, stress, or anxiety; a condition of being relaxed, calm, and comfortable; a period of rest or leisure

synonym: rest, repose, ease

(1) **relaxation** techniques, (2) **relaxation** music

Yoga is a great way to promote **relaxation** and reduce

stress.

contributor

n. a person or thing that adds to the achievement, production, or growth of something (such as a project, organization, or publication); a donor or benefactor
synonym: donor, giver, subscriber

(1) **contributor** of funds, (2) regular **contributor**

She is a major **contributor** to the local food bank, volunteering every week.

shift

n. a slight transition in position, direction, or trend
synonym: transition, change, modification

(1) Doppler **shift**, (2) major paradigm **shift**

Could you help me **shift** some furniture?

consumption

n. the amount used or eaten; the act of using up a resource such as energy, food, or materials
synonym: usage, uptake, utilization

(1) average fuel **consumption**, (2) the **consumption** of food

In our country, water **consumption** usually decreases during the winter.

elevate

v. to raise something from a lower to a higher position; to give a promotion to or assign to a higher position
synonym: lift, heighten, promote

(1) **elevate** educational standards, (2) **elevate** a close relationship

Eating food in a hurry **elevates** blood glucose levels.

alleviate

v. to make something, usually pain, distress, or problem, less severe or intense; to ease or lighten a burden
synonym: ease, relieve, lessen

(1) **alleviate** anxiety, (2) **alleviate** stress

Taking ibuprofen can **alleviate** the pain from a headache.

preliminary

adj. serving as a preparation for something more important or extensive; introductory; taking place before the main event or decision

synonym : initial, preparatory, introductory

(1) **preliminary** investigation, (2) **preliminary** agreement
Before starting the project, we need to go through some **preliminary** research and planning.

device

n. a piece of equipment, tool, or technology that serves a particular purpose or function, often mechanical or electronic

synonym : gadget, instrument, tool

(1) electronic **device**, (2) tracking **device**

I always carry a backup **device** in case my phone runs out of battery.

sufficient

adj. adequate; enough for a particular purpose or requirement

synonym : acceptable, ample, satisfactory

(1) **sufficient** time, (2) self- **sufficient** economy

That candidate does not have **sufficient** means to win an election with certainty.

reliable

adj. worthy of being relied on; trustworthy

synonym : dependable, trustworthy, dedicated

(1) **reliable** access, (2) guarantee **reliable** delivery

Trains are **reliable**, inexpensive, and ideal for long-distance travel.

constant

adj. happening repeatedly or all the time

synonym : ceaseless, stable, unchanging

(1) a **constant** wind, (2) a **constant** temperature

Constant dropping wears away the stone.

stream

n. a small, narrow river; a continuous flow of something, such as liquid, gas, people, vehicles, etc.

synonym : flow, current, brook

(1) the **stream** of time, (2) an endless **stream** of cars
Jet **streams** are the common name for air currents that form high in the atmosphere.

aim

v. to try or plan to get or achieve something
synonym: aspire, direct, target

(1) **aim** at a specific target, (2) **aim** to be a nurse
We **aim** for an overseas expansion.

remedy

n. a successful way of dealing with or improving an unpleasant or difficult situation or curing an illness
synonym: treatment, medication, therapy

(1) **remedy** for air pollution, (2) an internal **remedy**
This drug will be a good **remedy** for your stomach trouble.

invasive

adj. spreading very quickly, and often aggressively, and difficult to stop
synonym: aggressive, rampant, spreading

(1) **invasive** breast cancer, (2) **invasive** species
The **invasive** disease can spread quickly and potentially cause a global pandemic.

surgery

n. medical treatment of injuries or diseases involving an incision with instruments and often removing or replacing some parts of the body; the branch of medical science that treats disease or injury by operative procedures
synonym: operation, (medical) procedure

(1) cardiac **surgery**, (2) the professor of **surgery**
He had undergone heart **surgery** years before.

intense

adj. (especially of a feeling) very strong; extremely sharp or severe
synonym: extreme, fierce, harsh

(1) **intense** heat, (2) develop **intense** itching
That statement by the prime minister drew **intense**

international criticism.

investigate

v. to conduct a systematic or formal inquiry to identify and evaluate the facts of a crime, problem, statement, etc. to establish the truth

synonym: examine, analyze, look into

(1) **investigate** the matter, (2) **investigate** a data leak

The committee **investigated** several apparent inconsistencies.

Session 2: Spelling

1. co_____ct freedom *v.* to make something narrow or tight, often restricting movement or flow; to become narrow or tighter
2. clear in_____on *n.* something you want to do and are going to do
3. j_w muscle *n.* either of the two bones at the bottom of the face that moves when you open your mouth; (verb) talk socially without exchanging too much information
4. sn__t with laughter *v.* to forcefully inhale air through the nose in a loud manner, often to express amusement, derision, or disgust; to inhale drugs or other substances through the nose
5. play a pr_____nt role *adj.* important, well-known, or noticeable
6. st_____r speech *v.* to speak with sudden involuntary pauses or repetitions of sounds, syllables, or words; (noun) a speech disorder characterized by the repetition or prolongation of sounds, syllables, or words, or by pauses or blocks in speech
7. con_____or of funds *n.* a person or thing that adds to the achievement, production, or growth of something (such as a project, organization, or publication); a donor or benefactor
8. he_____he accompanied by fever *n.* pain in the head; someone or something that causes anxiety or trouble

ANSWERS: 1. constrict, 2. intention, 3. jaw, 4. snort, 5. prominent, 6. stutter, 7. contributor, 8. headache

9. f__t accomplishment *n.* a notable or impressive achievement, especially one that requires great skill or bravery
10. re____te our conduct *v.* to control something, especially by means of rules or laws
11. a 4 kg can_____ll *n.* a large metal or stone ball shot or fired from a cannon
12. exa_____te the situation *v.* to make a situation, problem, or feeling worse
13. snatch victory from the j_ws of defeat *n.* either of the two bones at the bottom of the face that moves when you open your mouth; (verb) talk socially without exchanging too much information
14. re___y for air pollution *n.* a successful way of dealing with or improving an unpleasant or difficult situation or curing an illness
15. the con_____on of food *n.* the amount used or eaten; the act of using up a resource such as energy, food, or materials
16. native to___e *n.* a moveable mass of muscle tissue covered with mucous membrane that is in the mouth; a language
17. enameled le_____r *n.* a material made from the skin of an animal, typically by tanning, and used for clothing, shoes, furniture, and other items
18. at a un_____m temperature *adj.* always the same; showing a single form or character in all occurrences; (noun) the special set of clothes worn by members of a particular group as a means of identification

ANSWERS: 9. feat, 10. regulate, 11. cannonball, 12. exacerbate, 13. jaw, 14. remedy, 15. consumption, 16. tongue, 17. leather, 18. uniform

19. chemical ad____on *n.* the act or process of adding something to something else; the process of adding numbers
20. ai____y blockage *n.* the air passage from the nose and throat to the lungs; a designated route followed by airplanes flying from one airport to another
21. tem____ly suspend the production *adv.* for a limited time only or not permanently
22. ha____d house *adj.* inhabited, visited, or frequented by ghosts or spirits; disturbed or troubled by persistent or disturbing memories or emotions
23. hold your br____h *n.* the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs
24. sn__t cocaine *v.* to forcefully inhale air through the nose in a loud manner, often to express amusement, derision, or disgust; to inhale drugs or other substances through the nose
25. high-speed ai____w *n.* the flow of air, especially around a moving object such as an aircraft or vehicle
26. br____h of wind *n.* the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs
27. ha____ss in most people *adj.* not able or not likely to cause damage or harm

ANSWERS: 19. addition, 20. airway, 21. temporarily, 22. haunted, 23. breath, 24. snort, 25. airflow, 26. breath, 27. harmless

28. ai____w duct *n.* the flow of air, especially around a moving object such as an aircraft or vehicle
29. a weak pu__e *n.* the regular heartbeat as it sends blood around the body, especially when it is felt at the wrist or side of the neck; a solid regular vibration of sound, electric current, light, or other waves
30. permanent br__n damage *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
31. ha____d by memories *adj.* inhabited, visited, or frequented by ghosts or spirits; disturbed or troubled by persistent or disturbing memories or emotions
32. re__x a series of muscles *v.* to become or cause someone to become less active or tense and calmer
33. in____ve species *adj.* spreading very quickly, and often aggressively, and difficult to stop
34. a small in___e of breath *n.* the act or process of taking food, air, etc., into your body through the mouth; the amount of food, air, or another substance that you take into your body
35. guarantee re____le delivery *adj.* worthy of being relied on; trustworthy
36. m__k body odor *v.* to conceal something; (noun) a covering that you wear over your face to hide it
37. in____e heat *adj.* (especially of a feeling) very strong; extremely sharp or severe
38. take ex____ve care *adj.* greater than what seems necessary, normal, or desirable

ANSWERS: 28. airflow, 29. pulse, 30. brain, 31. haunted, 32. relax, 33. invasive, 34. intake, 35. reliable, 36. mask, 37. intense, 38. excessive

39. basic br__n function *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
40. ch__e with anger *v.* to prevent or obstruct the normal breathing or swallowing of someone or something
41. pre____ry investigation *adj.* serving as a preparation for something more important or extensive; introductory; taking place before the main event or decision
42. vi____e at a regular frequency *v.* to move or cause anything to move fast and in small increments from side to side
43. s_w with thread *v.* to join, fasten, or repair two pieces of something by putting the thread through them with a needle
44. stop drinking al____l *n.* a clear liquid that can make people drunk and is used in medicines, cleaning products, etc.
45. tro____me behavior *adj.* causing difficulty or annoyance for someone
46. alleviate res____ry ailments *adj.* relating to the organs and processes involved in breathing, such as the lungs and the act of inhaling and exhaling air
47. pr____nt figure *adj.* important, well-known, or noticeable
48. a co____nt wind *adj.* happening repeatedly or all the time
49. an internal re____y *n.* a successful way of dealing with or improving an unpleasant or difficult situation or curing an illness

ANSWERS: 39. brain, 40. choke, 41. preliminary, 42. vibrate, 43. sew, 44. alcohol, 45. troublesome, 46. respiratory, 47. prominent, 48. constant, 49. remedy

50. the degree of dif_____ty *n.* a condition or state that causes problems
51. ch_____c alcohol consumption *adj.* being long-lasting and recurrent or characterized by long suffering; habitual
52. es_____te a fair value *v.* to guess or calculate the cost, size, value, etc. of something
53. ch__e off the blood supply *v.* to prevent or obstruct the normal breathing or swallowing of someone or something
54. se___e heat *adj.* extremely serious or bad in feeling, manner, or strict and harsh; extremely strong or vigorous
55. ob_____ct a bill *v.* to block or interfere with the passage, movement, or action of something or someone
56. a_m to be a nurse *v.* to try or plan to get or achieve something
57. vi__l for a healthy society *adj.* necessary for the success or continued existence of something
58. con_____ion of armaments *n.* the ability to focus all your time and energy on one thing without thinking about anything else.
59. play a vi__l role *adj.* necessary for the success or continued existence of something
60. a co_____nt temperature *adj.* happening repeatedly or all the time
61. blood ve___ls *n.* a ship or large boat
62. loss of muscle ti___e *n.* an ensemble of similar cells of the animal or plant that together carry out a specific function

ANSWERS: 50. difficulty, 51. chronic, 52. estimate, 53. choke, 54. severe, 55. obstruct, 56. aim, 57. vital, 58. concentration, 59. vital, 60. constant, 61. vessel, 62. tissue

63. first-aid tr_____nt *n.* the way in which someone deals with or behaves towards someone or something; medical care provided to a patient for an injury or illness.
64. an ele_____al storm *adj.* relating to electricity
65. co_____ct blood vessels *v.* to make something narrow or tight, often restricting movement or flow; to become narrow or tighter
66. ob_____ct an airway *v.* to block or interfere with the passage, movement, or action of something or someone
67. epileptic ap__a *n.* a temporary cessation of breathing, especially during sleep; a medical condition characterized by the repeated occurrence of such interruptions
68. degree in ele_____al engineering *adj.* relating to electricity
69. to___e cancer *n.* a moveable mass of muscle tissue covered with mucous membrane that is in the mouth; a language
70. el_____e educational standards *v.* to raise something from a lower to a higher position; to give a promotion to or assign to a higher position
71. in_____on behind his decision *n.* something you want to do and are going to do
72. exa_____te symptoms *v.* to make a situation, problem, or feeling worse
73. cardiac su_____y *n.* medical treatment of injuries or diseases involving an incision with instruments and often removing or replacing some parts of the body; the branch of medical science that treats disease or injury by operative procedures

ANSWERS: 63. treatment, 64. electrical, 65. constrict, 66. obstruct, 67. apnea, 68. electrical, 69. tongue, 70. elevate, 71. intention, 72. exacerbate, 73. surgery

74. re____e CO2 into the air *v.* to set free or allow to escape from confinement
75. an oxygen m__k *v.* to conceal something; (noun) a covering that you wear over your face to hide it
76. the files are in complete di____er *n.* an untidy state or a lack of organization; a physical condition or illness that causes problems with how a section of the body or brain functions
77. fa____e breaking *n.* a feeling of tiredness or weariness, especially as a result of physical or mental exertion; the reduction in the strength or efficiency of a material or structure due to repeated use or stress
78. develop in____e itching *adj.* (especially of a feeling) very strong; extremely sharp or severe
79. re____e a prisoner *v.* to set free or allow to escape from confinement
80. the hydrogen binds the ox____n *n.* the chemical element with the symbol O that is present in air and water and is necessary for people, animals, and plants to live
81. fa____e caused by overwork *n.* a feeling of tiredness or weariness, especially as a result of physical or mental exertion; the reduction in the strength or efficiency of a material or structure due to repeated use or stress
82. our school un____m *adj.* always the same; showing a single form or character in all occurrences; (noun) the special set of clothes worn by members of a particular group as a means of identification

ANSWERS: 74. release, 75. mask, 76. disorder, 77. fatigue, 78. intense, 79. release, 80. oxygen, 81. fatigue, 82. uniform

83. self-suf_____nt economy *adj.* adequate; enough for a particular purpose or requirement
84. rel_____on techniques *n.* a state of being free from tension, stress, or anxiety; a condition of being relaxed, calm, and comfortable; a period of rest or leisure
85. su___r a setback *v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant
86. rel_____on music *n.* a state of being free from tension, stress, or anxiety; a condition of being relaxed, calm, and comfortable; a period of rest or leisure
87. res_____ry failure *adj.* relating to the organs and processes involved in breathing, such as the lungs and the act of inhaling and exhaling air
88. co_____t in a vein *v.* to make something blocked or crowded so as to hinder or prevent freedom of movement or flow of liquid
89. al_____te stress *v.* to make something, usually pain, distress, or problem, less severe or intense; to ease or lighten a burden
90. a tr__t of virgin forest *n.* a region of land, often with a specific purpose or use, such as farming, forestry, or mining; a bundle of nerves or a system of organs in the body
91. a urinary tr__t infection *n.* a region of land, often with a specific purpose or use, such as farming, forestry, or mining; a bundle of nerves or a system of organs in the body

ANSWERS: 83. sufficient, 84. relaxation, 85. suffer, 86. relaxation, 87. respiratory, 88. congest, 89. alleviate, 90. tract, 91. tract

92. sus_____le of proof *adj.* easily influenced, harmed, or affected by something
93. ha_____ss substances *adj.* not able or not likely to cause damage or harm
94. inv_____te a data leak *v.* to conduct a systematic or formal inquiry to identify and evaluate the facts of a crime, problem, statement, etc. to establish the truth
95. intellectual f__t *n.* a notable or impressive achievement, especially one that requires great skill or bravery
96. human can_____ll *n.* a large metal or stone ball shot or fired from a cannon
97. bit of a he_____he *n.* pain in the head; someone or something that causes anxiety or trouble
98. diluted al_____l *n.* a clear liquid that can make people drunk and is used in medicines, cleaning products, etc.
99. s_w a button *v.* to join, fasten, or repair two pieces of something by putting the thread through them with a needle
100. sn__e peacefully *v.* to make a loud, harsh breathing sound while sleeping, often due to an obstruction in the airways or other respiratory issues; to sound boring, monotonous, or dull
101. de_____p a strategy *v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created

ANSWERS: 92. susceptible, 93. harmless, 94. investigate, 95. feat, 96. cannonball, 97. headache, 98. alcohol, 99. sew, 100. snore, 101. develop

102. re____le access *adj.* worthy of being relied on; trustworthy
103. sharpen a ch____aw *n.* a mechanical saw with a rotating chain, typically used for cutting down trees or other large objects
104. mil_____um bottle of wine *n.* a span of 1000 years, or the 1000th anniversary (plural: millennia)
105. a qu____r mile *n.* one of four equal parts; a fourth part or portion
106. arterial hyp_____ion *n.* a medical condition characterized by abnormally high blood pressure in the arteries, often leading to an increased risk of heart disease, stroke, and other health problems
107. ho____e secretion *n.* a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood
108. st____r out an apology *v.* to speak with sudden involuntary pauses or repetitions of sounds, syllables, or words; (noun) a speech disorder characterized by the repetition or prolongation of sounds, syllables, or words, or by pauses or blocks in speech
109. cl__p coupling *v.* to fasten or secure something tightly, often using a tool or device called a clamp; to restrict something or someone's freedom or movement; (noun) a device used to secure, fasten, or hold objects together; a mass or group of things that are held or gathered tightly together

ANSWERS: 102. reliable, 103. chainsaw, 104. millennium, 105. quarter, 106. hypertension, 107. hormone, 108. stutter, 109. clamp

110. naval ve___ls *n.* a ship or large boat
111. tr_____nt by diet *n.* the way in which someone deals with or behaves towards someone or something; medical care provided to a patient for an injury or illness.
112. an ex_____ve force *adj.* greater than what seems necessary, normal, or desirable
113. sn__e in my sleep *v.* to make a loud, harsh breathing sound while sleeping, often due to an obstruction in the airways or other respiratory issues; to sound boring, monotonous, or dull
114. ai___y beacon *n.* the air passage from the nose and throat to the lungs; a designated route followed by airplanes flying from one airport to another
115. re_____te blood sugar levels *v.* to control something, especially by means of rules or laws
116. pu__e waves *n.* the regular heartbeat as it sends blood around the body, especially when it is felt at the wrist or side of the neck; a solid regular vibration of sound, electric current, light, or other waves
117. ad_____on of vectors *n.* the act or process of adding something to something else; the process of adding numbers
118. or_____te from the country *v.* to come into existence in a particular place or situation; to start something in a specific place

ANSWERS: 110. vessel, 111. treatment, 112. excessive, 113. snore, 114. airway, 115. regulate, 116. pulse, 117. addition, 118. originate

129. pa__e for a reaction *v.* to take a short break from talking or doing something before continuing
130. a_m at a specific target *v.* to try or plan to get or achieve something
131. pre____ry agreement *adj.* serving as a preparation for something more important or extensive; introductory; taking place before the main event or decision
132. a sus____le young woman *adj.* easily influenced, harmed, or affected by something
133. re__x at home *v.* to become or cause someone to become less active or tense and calmer
134. ana____al elements *adj.* of or relating to the structure of the body and its parts
135. es____te this chicken to weigh three pounds *v.* to guess or calculate the cost, size, value, etc. of something
136. undertake a tro____me task *adj.* causing difficulty or annoyance for someone
137. in a ge___e voice *adj.* having or showing a kindly or tender nature; soft and mild
138. su___r bad grades *v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant
139. vi____e with anger *v.* to move or cause anything to move fast and in small increments from side to side
140. a se___e case of pneumonia *adj.* extremely serious or bad in feeling, manner, or strict and harsh; extremely strong or vigorous

ANSWERS: 129. pause, 130. aim, 131. preliminary, 132. susceptible, 133. relax, 134. anatomical, 135. estimate, 136. troublesome, 137. gentle, 138. suffer, 139. vibrate, 140. severe

141. end of the first qu____r *n.* one of four equal parts; a fourth part or portion
142. cl__p down on extremism *v.* to fasten or secure something tightly, often using a tool or device called a clamp; to restrict something or someone's freedom or movement; (noun) a device used to secure, fasten, or hold objects together; a mass or group of things that are held or gathered tightly together
143. an endless st___m of cars *n.* a small, narrow river; a continuous flow of something, such as liquid, gas, people, vehicles, etc.
144. lo___n grip *v.* to make something less tight, firm, or fixed; to free from restraint or constraint; to relax
145. female ho____e *n.* a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood
146. lack of ox___n *n.* the chemical element with the symbol O that is present in air and water and is necessary for people, animals, and plants to live
147. ap__a treatment *n.* a temporary cessation of breathing, especially during sleep; a medical condition characterized by the repeated occurrence of such interruptions
148. people with bipolar di____er *n.* an untidy state or a lack of organization; a physical condition or illness that causes problems with how a section of the body or brain functions

ANSWERS: 141. quarter, 142. clamp, 143. stream, 144. loosen, 145. hormone, 146. oxygen, 147. apnea, 148. disorder

149. in____ve breast cancer *adj.* spreading very quickly, and often aggressively, and difficult to stop
150. el____e a close relationship *v.* to raise something from a lower to a higher position; to give a promotion to or assign to a higher position
151. use a ch____aw *n.* a mechanical saw with a rotating chain, typically used for cutting down trees or other large objects
152. past mil____um *n.* a span of 1000 years, or the 1000th anniversary (plural: millennia)
153. suf____nt time *adj.* adequate; enough for a particular purpose or requirement
154. the professor of su____y *n.* medical treatment of injuries or diseases involving an incision with instruments and often removing or replacing some parts of the body; the branch of medical science that treats disease or injury by operative procedures
155. pa__e a moment *v.* to take a short break from talking or doing something before continuing
156. de____p a skill *v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created
157. co____t a highway *v.* to make something blocked or crowded so as to hinder or prevent freedom of movement or flow of liquid

ANSWERS: 149. invasive, 150. elevate, 151. chainsaw, 152. millennium, 153. sufficient, 154. surgery, 155. pause, 156. develop, 157. congest

158. lo___n knot *v.* to make something less tight, firm, or fixed; to free from restraint or constraint; to relax
159. car_____lar tissue *adj.* of or relating to the heart and blood vessels (= tubes that carry blood around the body)
160. regular con_____or *n.* a person or thing that adds to the achievement, production, or growth of something (such as a project, organization, or publication); a donor or benefactor
161. electronic de___e *n.* a piece of equipment, tool, or technology that serves a particular purpose or function, often mechanical or electronic
162. ge___e downward slope *adj.* having or showing a kindly or tender nature; soft and mild
163. or_____te a political movement *v.* to come into existence in a particular place or situation; to start something in a specific place
164. hyp_____ion rate *n.* a medical condition characterized by abnormally high blood pressure in the arteries, often leading to an increased risk of heart disease, stroke, and other health problems
165. al_____te anxiety *v.* to make something, usually pain, distress, or problem, less severe or intense; to ease or lighten a burden
166. a hut made tem_____ly *adv.* for a limited time only or not permanently

ANSWERS: 158. loosen, 159. cardiovascular, 160. contributor, 161. device, 162. gentle, 163. originate, 164. hypertension, 165. alleviate, 166. temporarily

167. dif_____ty in breathing *n.* a condition or state that causes problems
168. Doppler sh__t *n.* a slight transition in position, direction, or trend
169. car_____lar diseases *adj.* of or relating to the heart and blood vessels (= tubes that carry blood around the body)
170. tracking de___e *n.* a piece of equipment, tool, or technology that serves a particular purpose or function, often mechanical or electronic

ANSWERS: 167. difficulty, 168. shift, 169. cardiovascular, 170. device

Session 3: Fill in the Blanks

1. _____ dropping wears away the stone.

adj. happening repeatedly or all the time

2. That candidate does not have _____ means to win an election with certainty.

adj. adequate; enough for a particular purpose or requirement

3. The lumberjack used his _____ to chop through the tree's thick trunk.

n. a mechanical saw with a rotating chain, typically used for cutting down trees or other large objects

4. The farmer owns a large _____ of land where he grows corn and soybeans.

n. a region of land, often with a specific purpose or use, such as farming, forestry, or mining; a bundle of nerves or a system of organs in the body

5. The unemployment rate in the first _____ was 2.3 percentage points higher than in the previous.

n. one of four equal parts; a fourth part or portion

6. The passenger grabbed for the _____ mask.

n. the chemical element with the symbol O that is present in air and water and is necessary for people, animals, and plants to live

7. They thoroughly tested the _____ around their latest formula car.

n. the flow of air, especially around a moving object such as an aircraft or vehicle

8. _____ hyperglycemia is a trigger for a variety of serious diseases.

adj. being long-lasting and recurrent or characterized by long suffering; habitual

ANSWERS: 1. Constant, 2. sufficient, 3. chainsaw, 4. tract, 5. quarter, 6. oxygen, 7. airflow, 8. Chronic

9. It is an incredible _____ to climb Mount Everest, the highest mountain in the world.
- n.* a notable or impressive achievement, especially one that requires great skill or bravery
10. Jet _____ are the common name for air currents that form high in the atmosphere.
- n.* a small, narrow river; a continuous flow of something, such as liquid, gas, people, vehicles, etc.
11. That statement by the prime minister drew _____ international criticism.
- adj.* (especially of a feeling) very strong; extremely sharp or severe
12. To lower _____ it is important to maintain a healthy diet and exercise regularly.
- n.* a medical condition characterized by abnormally high blood pressure in the arteries, often leading to an increased risk of heart disease, stroke, and other health problems
13. Chronic _____ disorders, such as asthma, can significantly impact a person's quality of life.
- adj.* relating to the organs and processes involved in breathing, such as the lungs and the act of inhaling and exhaling air
14. The baby started to _____ on a piece of apple.
- v.* to prevent or obstruct the normal breathing or swallowing of someone or something
15. He has been advised to reduce his daily fat _____.
- n.* the act or process of taking food, air, etc., into your body through the mouth; the amount of food, air, or another substance that you take into your body

ANSWERS: 9. feat, 10. streams, 11. intense, 12. hypertension, 13. respiratory, 14. choke, 15. intake

16. The metal showed signs of _____ after being subjected to repeated stress.
n. a feeling of tiredness or weariness, especially as a result of physical or mental exertion; the reduction in the strength or efficiency of a material or structure due to repeated use or stress
17. He bated his _____ when talking about this affair.
n. the air that is taken into and expelled from your lungs; the process of taking into and expelling air from your lungs
18. The _____ model of the human body was used to teach medical students.
adj. of or relating to the structure of the body and its parts
19. He used a wrench to _____ down the pipes tightly.
v. to fasten or secure something tightly, often using a tool or device called a clamp; to restrict something or someone's freedom or movement; (noun) a device used to secure, fasten, or hold objects together; a mass or group of things that are held or gathered tightly together
20. Could you help me _____ some furniture?
n. a slight transition in position, direction, or trend
21. Before starting the project, we need to go through some _____ research and planning.
adj. serving as a preparation for something more important or extensive; introductory; taking place before the main event or decision
22. In our country, water _____ usually decreases during the winter.
n. the amount used or eaten; the act of using up a resource such as energy, food, or materials

ANSWERS: 16. fatigue, 17. breath, 18. anatomical, 19. clamp, 20. shift, 21. preliminary, 22. consumption

23. Perseverance and optimism are _____ to success.

adj. necessary for the success or continued existence of something

24. In _____ private corporations provide healthcare services.

n. the act or process of adding something to something else; the process of adding numbers

25. The castle collapsed as multiple _____ hit the walls.

n. a large metal or stone ball shot or fired from a cannon

26. The roads to the airport were heavily _____.

v. to make something blocked or crowded so as to hinder or prevent freedom of movement or flow of liquid

27. The flight _____ in Vancouver.

v. to come into existence in a particular place or situation; to start something in a specific place

28. Well-stretched muscles are less _____ to injury.

adj. easily influenced, harmed, or affected by something

29. The old mansion was known to be _____ with strange noises and eerie sightings reported by visitors.

adj. inhabited, visited, or frequented by ghosts or spirits; disturbed or troubled by persistent or disturbing memories or emotions

30. Some athletes take anabolic steroids to increase muscle size _____.

adv. for a limited time only or not permanently

ANSWERS: 23. vital, 24. addition, 25. cannonballs, 26. congested, 27. originates, 28. susceptible, 29. haunted, 30. temporarily

31. He tends to _____ when he gets nervous, making it difficult for others to understand him.
- v. to speak with sudden involuntary pauses or repetitions of sounds, syllables, or words; (noun) a speech disorder characterized by the repetition or prolongation of sounds, syllables, or words, or by pauses or blocks in speech
32. Our CEO's _____ are always transparent and straightforward.
- n. something you want to do and are going to do
33. The committee _____ several apparent inconsistencies.
- v. to conduct a systematic or formal inquiry to identify and evaluate the facts of a crime, problem, statement, etc. to establish the truth
34. The snake's muscles began to _____ around its prey.
- v. to make something narrow or tight, often restricting movement or flow; to become narrow or tighter
35. He dropped his ____ at the unexpected sight.
- n. either of the two bones at the bottom of the face that moves when you open your mouth; (verb) talk socially without exchanging too much information
36. It would be best if you did not demand such an _____ charge.
- adj. greater than what seems necessary, normal, or desirable
37. Trains are _____ inexpensive, and ideal for long-distance travel.
- adj. worthy of being relied on; trustworthy
38. I always carry a backup _____ in case my phone runs out of battery.
- n. a piece of equipment, tool, or technology that serves a particular purpose or function, often mechanical or electronic

ANSWERS: 31. stutter, 32. intentions, 33. investigated, 34. constrict, 35. jaw, 36. excessive, 37. reliable, 38. device

39. The politician tried to _____ the corruption.
v. to conceal something; (noun) a covering that you wear over your face to hide it
40. The doctor prescribed some medicine for the mental _____.
n. an untidy state or a lack of organization; a physical condition or illness that causes problems with how a section of the body or brain functions
41. This pill will relieve your _____ immediately.
n. pain in the head; someone or something that causes anxiety or trouble
42. She is a major _____ to the local food bank, volunteering every week.
n. a person or thing that adds to the achievement, production, or growth of something (such as a project, organization, or publication); a donor or benefactor
43. Smoking places you at severe risk of _____ and respiratory disease.
adj. of or relating to the heart and blood vessels (= tubes that carry blood around the body)
44. The senator received _____ criticism from his opponent.
adj. extremely serious or bad in feeling, manner, or strict and harsh; extremely strong or vigorous
45. Yoga is a great way to promote _____ and reduce stress.
n. a state of being free from tension, stress, or anxiety; a condition of being relaxed, calm, and comfortable; a period of rest or leisure
46. Eating food in a hurry _____ blood glucose levels.
v. to raise something from a lower to a higher position; to give a promotion to or assign to a higher position

ANSWERS: 39. mask, 40. disorder, 41. headaches, 42. contributor, 43. cardiovascular, 44. severe, 45. relaxation, 46. elevates

47. This exam requires excellent _____ to pass.

- n.* the ability to focus all your time and energy on one thing without thinking about anything else.

48. My mother taught me how to ____.

- v.* to join, fasten, or repair two pieces of something by putting the thread through them with a needle

49. We must _____ a new system to streamline our workflow and increase efficiency.

- v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created

50. We must manage to _____ our expenditure.

- v.* to control something, especially by means of rules or laws

51. The man _____ before opening the door.

- v.* to take a short break from talking or doing something before continuing

52. Actuators convert _____ pulses into motion.

- adj.* relating to electricity

53. Sleep _____ is a severe condition that causes a person to stop breathing while asleep.

- n.* a temporary cessation of breathing, especially during sleep; a medical condition characterized by the repeated occurrence of such interruptions

54. Her _____ manner relaxed everyone there.

- adj.* having or showing a kindly or tender nature; soft and mild

ANSWERS: 47. concentration, 48. sew, 49. develop, 50. regulate, 51. paused, 52. electrical, 53. apnea, 54. gentle

55. The primary purpose of the _____ is pain relief.

- n.* the way in which someone deals with or behaves towards someone or something; medical care provided to a patient for an injury or illness.

56. Most people thought of him as a _____ eccentric.

- adj.* not able or not likely to cause damage or harm

57. The researcher separated the nervous _____ for microscopic examinations.

- n.* an ensemble of similar cells of the animal or plant that together carry out a specific function

58. Taking ibuprofen can _____ the pain from a headache.

- v.* to make something, usually pain, distress, or problem, less severe or intense; to ease or lighten a burden

59. The _____ jacket was worn in but still comfortable.

- n.* a material made from the skin of an animal, typically by tanning, and used for clothing, shoes, furniture, and other items

60. The road was blocked by a fallen tree, _____ the path for all vehicles.

- v.* to block or interfere with the passage, movement, or action of something or someone

61. The _____ arrived in port the following day.

- n.* a ship or large boat

62. The horse _____ as I approached it in the field.

- v.* to forcefully inhale air through the nose in a loud manner, often to express amusement, derision, or disgust; to inhale drugs or other substances through the nose

ANSWERS: 55. treatment, 56. harmless, 57. tissue, 58. alleviate, 59. leather, 60. obstructing, 61. vessel, 62. snorted

63. We ____ for an overseas expansion.

v. to try or plan to get or achieve something

64. I couldn't sleep because my roommate _____ loudly every night.

v. to make a loud, harsh breathing sound while sleeping, often due to an obstruction in the airways or other respiratory issues; to sound boring, monotonous, or dull

65. The heat wave _____ the drought conditions.

v. to make a situation, problem, or feeling worse

66. This drug will be a good _____ for your stomach trouble.

n. a successful way of dealing with or improving an unpleasant or difficult situation or curing an illness

67. Our world is in the third _____.

n. a span of 1000 years, or the 1000th anniversary (plural: millennia)

68. The _____ is boneless, but it is as strong as bones.

n. a moveable mass of muscle tissue covered with mucous membrane that is in the mouth; a language

69. We _____ the season's total trade deficit at \$50 billion.

v. to guess or calculate the cost, size, value, etc. of something

70. This country has a nationally _____ culture.

adj. always the same; showing a single form or character in all occurrences; (noun) the special set of clothes worn by members of a particular group as a means of identification

ANSWERS: 63. aim, 64. snored, 65. exacerbated, 66. remedy, 67. millennium, 68. tongue, 69. estimated, 70. uniform

71. Please _____ the screws on the back panel so we can access the inside of the machine.
- v.* to make something less tight, firm, or fixed; to free from restraint or constraint; to relax
72. When performing lifesaving, the first step is to secure the _____.
- n.* the air passage from the nose and throat to the lungs; a designated route followed by airplanes flying from one airport to another
73. During the flight, the wings of the plane _____.
- v.* to move or cause anything to move fast and in small increments from side to side
74. He had to resolve a _____ event that happened unexpectedly
- adj.* causing difficulty or annoyance for someone
75. The doctor diagnosed me with a _____ disorder.
- n.* a chemical substance made by organs that encourages or influences the development, growth, sex, etc., of an animal and is carried around the body in the blood
76. The _____ disease can spread quickly and potentially cause a global pandemic.
- adj.* spreading very quickly, and often aggressively, and difficult to stop
77. There is a clear association between _____ consumption and cognitive decline.
- n.* a clear liquid that can make people drunk and is used in medicines, cleaning products, etc.

ANSWERS: 71. loosen, 72. airway, 73. vibrate, 74. troublesome, 75. hormone, 76. invasive, 77. alcohol

78. X-rays revealed a small tumor in his _____.

- n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling

79. The media frequently interviewed _____ scientists.

- adj.* important, well-known, or noticeable

80. The rules were _____ after the new executive arrived.

- v.* to become or cause someone to become less active or tense and calmer

81. He had undergone heart _____ years before.

- n.* medical treatment of injuries or diseases involving an incision with instruments and often removing or replacing some parts of the body; the branch of medical science that treats disease or injury by operative procedures

82. The cardiac monitor displays the intensity of your _____.

- n.* the regular heartbeat as it sends blood around the body, especially when it is felt at the wrist or side of the neck; a solid regular vibration of sound, electric current, light, or other waves

83. The animal rights group worked to _____ the dolphins back into the wild.

- v.* to set free or allow to escape from confinement

84. The older man _____ from arthritis and finds it difficult to move around.

- v.* to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant

85. He has _____ exercising because of a back injury sustained in an accident.

- n.* a condition or state that causes problems

ANSWERS: 78. brain, 79. prominent, 80. relaxed, 81. surgery, 82. pulse, 83. release, 84. suffers, 85. difficulty

ANSWERS: