

# Englist.me



## Vocabulary Builder Reference from...

*Dragana Rogulja: How artificial light affects our health*  
| TED Talk

[https://www.ted.com/talks/dragana\\_rogulja\\_how\\_artificial\\_light\\_affects\\_our\\_health](https://www.ted.com/talks/dragana_rogulja_how_artificial_light_affects_our_health)

### Advanced Words Only

#### IMPORTANT

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## Session 1: Word List

### envelop

*v.* to surround and cover completely; to encase

*synonym*: wrap, cover, surround

(1) **envelop** the whole world, (2) **envelop** her in a bear hug

The fog **enveloped** the city, making it difficult to see.

### blackout

*n.* a loss of electric power for a general region; a suspension of radio or TV broadcasting; a momentary loss of consciousness

*synonym*: outage, failure, knockout

(1) media **blackout**, (2) memory **blackout**

The nationwide **blackout** caused widespread power outages and disrupted daily life.

### unobstructed

*adj.* not blocked or hindered; free from obstacles or impediments

*synonym*: clear, unrestricted, unblocked

(1) **unobstructed** airflow, (2) **unobstructed** path

The hiker enjoyed the **unobstructed** view from the top of the mountain.

### spaceship

*n.* (especially in science fiction) a spacecraft designed to carry a crew into interstellar space

*synonym*: starship, rocket, spacecraft

(1) a **spaceship** to survey the moon, (2) alien **spaceship**  
They launched a crewless **spaceship** into space.

## electrify

*v.* to make a machine or system work by using electricity;  
to make someone extremely enthusiastic about or  
interested in something

*synonym*: wire, amaze, astonish

(1) **electrify** the audience, (2) **electrify** a manufacturing  
process

The product developed through years of research continues  
to **electrify** the market.

## ingenuity

*n.* the quality of inventing things or solving problems in  
clever new ways

*synonym*: creativity, invention, originality

(1) the infinite **ingenuity** of man, (2) abound in **ingenuity**  
Creativity and **ingenuity** are often brought about by extreme  
concentration.

## sham

*n.* something that is not as good or true as it seems to be  
and is intended to deceive people; a person who  
pretends to be something they are not

*synonym*: bogus, counterfeit, fraudulent

(1) a **sham** battle, (2) turn out to be all **sham**

The data he prepared was completely **sham**.

## synchronize

*v.* to happen or cause to happen at the same time or rate

*synonym*: coordinate, accompany, harmonize

(1) **synchronize** movements, (2) **synchronize** our watches

The ball speed will increase when the lower body movements  
are perfectly **synchronized**.

## chiasmatic

*adj.* pertaining to or forming a cross or X shape; (of biology)  
relating to the structure of the optic nerve fibers that  
cross over to the opposite side of the brain

*synonym*: cross-shaped, intersecting, crisscrossing

(1) **chiasmatic** structure, (2) **chiasmatic** vision

The optic nerves cross each other in the **chiasmatic** region of the brain.

## rhythmic

*adj.* having a pattern of regular beats or a regular beat; characterized by rhythm

*synonym*: measured, metrical, cadenced

(1) a **rhythmic** stroking, (2) in a **rhythmic** pace

The **rhythmic** sound of the drums was mesmerizing.

## quote

*v.* to repeat or reproduce the words or statement of someone else, often acknowledging the source; to give an estimated cost or price for goods or services

*synonym*: cite, reference, mention

(1) **quote** a source, (2) **quote** a price

In his speech, he **quoted** a famous philosopher to emphasize his point.

## oscillate

*v.* to swing or move back and forth like a pendulum or a wave; to fluctuate or alternate between two points or states; to hesitate or be indecisive

*synonym*: fluctuate, swing, vibrate

(1) **oscillate** back and forth, (2) **oscillate** between joy and anger

The fan in the room **oscillates**, making the airflow more evenly.

## mammal

*n.* any animal of which the female gives birth to live young, not eggs, and feeds her young on milk from her own body

(1) a primitive **mammal**, (2) a sort of **mammal**

Marine **mammal** populations are declining worldwide due to ocean pollution.

## degrade

*v.* to make something worse, especially in quality; to show or treat someone in a way that makes them seem no value and do not have the respect or reasonable opinion of others

*synonym*: demean, disgrace, impair

(1) **degrade** his public image, (2) **degrade** environmental quality

You should not **degrade** yourself by allowing them to use you.

## melatonin

*n.* a hormone that is produced by the pineal gland in the brain and that helps to regulate sleep-wake cycles

*synonym*: pineal hormone, sleep hormone, chronobiotic

(1) disrupt **melatonin** production, (2) **melatonin** receptor

A **melatonin** supplement can help regulate sleep-wake cycles in people with insomnia.

## anticancer

*adj.* relating to the prevention, treatment, or cure of cancer; possessing properties that are thought to prevent or combat cancer

*synonym*: cancer-fighting, cancer-preventive

(1) effective **anticancer** drug, (2) **anticancer** therapy

Scientists have discovered certain plants with **anticancer** properties that could help treat cancer.

## antioxidant

*n.* a substance that inhibits oxidation, especially one used to counteract the deterioration of stored food products

(1) high levels of **antioxidants**, (2) **antioxidant** behavior

Fruits and vegetables are good sources of **antioxidants**.

## 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.

## sunscreen

*n.* a substance, typically a lotion or spray, that is applied to the skin to protect it from the harmful effects of the sun's ultraviolet (UV) rays

*synonym*: sunblock, sun cream, suntan lotion

(1) **sunscreen** lotion, (2) natural **sunscreen**

Wearing **sunscreen** to protect your skin from harmful UV rays is important.

## smartphone

*n.* a mobile phone that functions as a computer and connects to the Internet

(1) **smartphone** app developer, (2) **smartphone** addict  
Internet traffic volumes have increased significantly with the advent of **smartphones**.

## deprive

*v.* to take away something from someone

*synonym*: deny, take away, divest

(1) **deprive** others of profit, (2) **deprive** him of his status  
He was **deprived** of his freedom when sentenced to life in prison.

## intensify

*v.* to increase or make something increase in extent or strength

*synonym*: amplify, boost, strengthen

(1) **intensify** diplomatic efforts, (2) **intensify** a good relationship

Rebels have pledged to **intensify** the armed struggle against the dictatorship.

## iris

*n.* the colored part of the eye that surrounds the pupil; a flower with showy petals, named for its resemblance to the eye's iris

*synonym*: pupil, diaphragm, aperture

(1) blue **iris**, (2) **iris** pattern

The **iris** of the eye contracts and expands to control the amount of light that enters.

## Session 2: Spelling

- |                                       |    |   |
|---------------------------------------|----|---|
| 1. en_____p her in a bear hug         | v. | to surround and cover completely; to encase   |
| 2. el_____fy the audience             | v. | to make a machine or system work by using electricity; to make someone extremely enthusiastic about or interested in something                  |
| 3. ant_____nt behavior                | n. | a substance that inhibits oxidation, especially one used to counteract the deterioration of stored food products                                |
| 4. the infinite in_____ty of man      | n. | the quality of inventing things or solving problems in clever new ways  |
| 5. natural su_____en                  | n. | a substance, typically a lotion or spray, that is applied to the skin to protect it from the harmful effects of the sun's ultraviolet (UV) rays |
| 6. os_____te between joy and anger    | v. | to swing or move back and forth like a pendulum or a wave; to fluctuate or alternate between two points or states; to hesitate or be indecisive |
| 7. de_____e others of profit          | v. | to take away something from someone   |
| 8. me_____in receptor                 | n. | a hormone that is produced by the pineal gland in the brain and that helps to regulate sleep-wake cycles  |
| 9. abound in in_____ty                | n. | the quality of inventing things or solving problems in clever new ways  |
| 10. el_____fy a manufacturing process | v. | to make a machine or system work by using electricity; to make someone extremely enthusiastic about or interested in something                  |

ANSWERS: 1. envelop, 2. electrify, 3. antioxidant, 4. ingenuity, 5. sunscreen, 6. oscillate, 7. deprive, 8. melatonin, 9. ingenuity, 10. electrify

- |                                    |   |
|------------------------------------|---|
| 11. alien sp_____ip                | <i>n.</i> (especially in science fiction) a spacecraft designed to carry a crew into interstellar space   |
| 12. ant_____er therapy             | <i>adj.</i> relating to the prevention, treatment, or cure of cancer; possessing properties that are thought to prevent or combat cancer  |
| 13. a sp_____ip to survey the moon | <i>n.</i> (especially in science fiction) a spacecraft designed to carry a crew into interstellar space   |
| 14. in a rh_____ic pace            | <i>adj.</i> having a pattern of regular beats or a regular beat; characterized by rhythm  |
| 15. el_____e educational standards | <i>v.</i> to raise something from a lower to a higher position; to give a promotion to or assign to a higher position   |
| 16. disrupt me_____in production   | <i>n.</i> a hormone that is produced by the pineal gland in the brain and that helps to regulate sleep-wake cycles  |
| 17. de_____e environmental quality | <i>v.</i> to make something worse, especially in quality; to show or treat someone in a way that makes them seem no value and do not have the respect or reasonable opinion of others |
| 18. high levels of ant_____nts     | <i>n.</i> a substance that inhibits oxidation, especially one used to counteract the deterioration of stored food products  |
| 19. a rh_____ic stroking           | <i>adj.</i> having a pattern of regular beats or a regular beat; characterized by rhythm  |
| 20. de_____e him of his status     | <i>v.</i> to take away something from someone   |

ANSWERS: 11. spaceship, 12. anticancer, 13. spaceship, 14. rhythmic, 15. elevate, 16. melatonin, 17. degrade, 18. antioxidant, 19. rhythmic, 20. deprive

21. a s\_\_m battle *n.* something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not
22. chi\_\_\_\_\_ic vision *adj.* pertaining to or forming a cross or X shape; (of biology) relating to the structure of the optic nerve fibers that cross over to the opposite side of the brain
23. in\_\_\_\_\_fy a good relationship *v.* to increase or make something increase in extent or strength
24. os\_\_\_\_\_te back and forth *v.* to swing or move back and forth like a pendulum or a wave; to fluctuate or alternate between two points or states; to hesitate or be indecisive
25. syn\_\_\_\_\_ze movements *v.* to happen or cause to happen at the same time or rate
26. de\_\_\_\_\_e his public image *v.* to make something worse, especially in quality; to show or treat someone in a way that makes them seem no value and do not have the respect or reasonable opinion of others
27. qu\_\_e a source *v.* to repeat or reproduce the words or statement of someone else, often acknowledging the source; to give an estimated cost or price for goods or services
28. blue i\_\_s *n.* the colored part of the eye that surrounds the pupil; a flower with showy petals, named for its resemblance to the eye's iris

ANSWERS: 21. sham, 22. chiasmatic, 23. intensify, 24. oscillate, 25. synchronize, 26. degrade, 27. quote, 28. iris



29. a sort of ma\_\_\_l *n.* any animal of which the female gives birth to live young, not eggs, and feeds her young on milk from her own body
30. sma\_\_\_\_\_ne addict *n.* a mobile phone that functions as a computer and connects to the Internet
31. media bl\_\_\_\_\_ut *n.* a loss of electric power for a general region; a suspension of radio or TV broadcasting; a momentary loss of consciousness
32. memory bl\_\_\_\_\_ut *n.* a loss of electric power for a general region; a suspension of radio or TV broadcasting; a momentary loss of consciousness
33. i\_\_s pattern *n.* the colored part of the eye that surrounds the pupil; a flower with showy petals, named for its resemblance to the eye's iris
34. syn\_\_\_\_\_ze our watches *v.* to happen or cause to happen at the same time or rate
35. chi\_\_\_\_\_ic structure *adj.* pertaining to or forming a cross or X shape; (of biology) relating to the structure of the optic nerve fibers that cross over to the opposite side of the brain
36. su\_\_\_\_\_en lotion *n.* a substance, typically a lotion or spray, that is applied to the skin to protect it from the harmful effects of the sun's ultraviolet (UV) rays
37. in\_\_\_\_\_fy diplomatic efforts *v.* to increase or make something increase in extent or strength

ANSWERS: 29. mammal, 30. smartphone, 31. blackout, 32. blackout, 33. iris, 34. synchronize, 35. chiasmatic, 36. sunscreen, 37. intensify

38. sma\_\_\_\_\_ne app developer *n.* a mobile phone that functions as a computer and connects to the Internet
39. turn out to be all s\_\_m *n.* something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not
40. a primitive ma\_\_\_l *n.* any animal of which the female gives birth to live young, not eggs, and feeds her young on milk from her own body
41. 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
42. uno\_\_\_\_\_ted path *adj.* not blocked or hindered; free from obstacles or impediments
43. qu\_\_e a price *v.* to repeat or reproduce the words or statement of someone else, often acknowledging the source; to give an estimated cost or price for goods or services
44. uno\_\_\_\_\_ted airflow *adj.* not blocked or hindered; free from obstacles or impediments
45. effective ant\_\_\_\_\_er drug *adj.* relating to the prevention, treatment, or cure of cancer; possessing properties that are thought to prevent or combat cancer
46. en\_\_\_\_\_p the whole world *v.* to surround and cover completely; to encase

ANSWERS: 38. smartphone, 39. sham, 40. mammal, 41. elevate, 42. unobstructed, 43. quote, 44. unobstructed, 45. anticancer, 46. envelop

## Session 3: Fill in the Blanks

1. Wearing \_\_\_\_\_ to protect your skin from harmful UV rays is important.
  - n.* a substance, typically a lotion or spray, that is applied to the skin to protect it from the harmful effects of the sun's ultraviolet (UV) rays
2. Scientists have discovered certain plants with \_\_\_\_\_ properties that could help treat cancer.
  - adj.* relating to the prevention, treatment, or cure of cancer; possessing properties that are thought to prevent or combat cancer
3. The optic nerves cross each other in the \_\_\_\_\_ region of the brain.
  - adj.* pertaining to or forming a cross or X shape; (of biology) relating to the structure of the optic nerve fibers that cross over to the opposite side of the brain
4. A \_\_\_\_\_ supplement can help regulate sleep-wake cycles in people with insomnia.
  - n.* a hormone that is produced by the pineal gland in the brain and that helps to regulate sleep-wake cycles
5. The \_\_\_\_\_ of the eye contracts and expands to control the amount of light that enters.
  - n.* the colored part of the eye that surrounds the pupil; a flower with showy petals, named for its resemblance to the eye's iris
6. The fog \_\_\_\_\_ the city, making it difficult to see.
  - v.* to surround and cover completely; to encase
7. The nationwide \_\_\_\_\_ caused widespread power outages and disrupted daily life.
  - n.* a loss of electric power for a general region; a suspension of radio or TV broadcasting; a momentary loss of consciousness

ANSWERS: 1. sunscreen, 2. anticancer, 3. chiasmatic, 4. melatonin, 5. iris, 6. enveloped, 7. blackout

8. The ball speed will increase when the lower body movements are perfectly \_\_\_\_\_.
- v.* to happen or cause to happen at the same time or rate
9. The hiker enjoyed the \_\_\_\_\_ view from the top of the mountain.
- adj.* not blocked or hindered; free from obstacles or impediments
10. The product developed through years of research continues to \_\_\_\_\_ the market.
- v.* to make a machine or system work by using electricity; to make someone extremely enthusiastic about or interested in something
11. Creativity and \_\_\_\_\_ are often brought about by extreme concentration.
- n.* the quality of inventing things or solving problems in clever new ways
12. Internet traffic volumes have increased significantly with the advent of \_\_\_\_\_.
- n.* a mobile phone that functions as a computer and connects to the Internet
13. Rebels have pledged to \_\_\_\_\_ the armed struggle against the dictatorship.
- v.* to increase or make something increase in extent or strength
14. Marine \_\_\_\_\_ populations are declining worldwide due to ocean pollution.
- n.* any animal of which the female gives birth to live young, not eggs, and feeds her young on milk from her own body
15. Fruits and vegetables are good sources of \_\_\_\_\_.
- n.* a substance that inhibits oxidation, especially one used to counteract the deterioration of stored food products

ANSWERS: 8. synchronized, 9. unobstructed, 10. electrify, 11. ingenuity, 12. smartphones, 13. intensify, 14. mammal, 15. antioxidants

16. You should not \_\_\_\_\_ yourself by allowing them to use you.
- v. to make something worse, especially in quality; to show or treat someone in a way that makes them seem no value and do not have the respect or reasonable opinion of others
17. In his speech, he \_\_\_\_\_ a famous philosopher to emphasize his point.
- v. to repeat or reproduce the words or statement of someone else, often acknowledging the source; to give an estimated cost or price for goods or services
18. 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
19. They launched a crewless \_\_\_\_\_ into space.
- n. (especially in science fiction) a spacecraft designed to carry a crew into interstellar space
20. He was \_\_\_\_\_ of his freedom when sentenced to life in prison.
- v. to take away something from someone
21. The \_\_\_\_\_ sound of the drums was mesmerizing.
- adj. having a pattern of regular beats or a regular beat; characterized by rhythm
22. The data he prepared was completely \_\_\_\_\_.
- n. something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not
23. The fan in the room \_\_\_\_\_ making the airflow more evenly.
- v. to swing or move back and forth like a pendulum or a wave; to fluctuate or alternate between two points or states; to hesitate or be indecisive

ANSWERS: 16. degrade, 17. quoted, 18. elevates, 19. spaceship, 20. deprived, 21. rhythmic, 22. sham, 23. oscillates,

ANSWERS: