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Vocabulary Builder Reference from...

Mathias Basner: Why noise is bad for your health -- and what you can do about it | TED Talk

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

Advanced Words Only

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Session 1: Word List

auditory

adj. of or relating to hearing or the ability to hear

synonym: hearing, audible, aural

(1) a good **auditory** memory, (2) **auditory** system

The **auditory** nerve carries sound signals from the ear to the brain.

decibel

n. (also "dB") a unit used to measure the intensity of sound or the comparative loudness of two sounds based on a logarithmic scale

synonym: dB, sound level, volume

(1) **decibel** level, (2) adjust the **decibel**

The concert reached 100 **decibels**, causing many people to cover their ears.

urbanization

n. the process of population growth and physical expansion of cities, often involving increased migration from rural areas and the development of urban infrastructure and culture

synonym: urban development, urban growth, urban expansion

(1) **urbanization** process, (2) non- **urbanization** area

Rapid **urbanization** has led to many environmental and social issues in cities.

mow

v. to cut down and trim grass or other vegetation, usually with a machine such as a lawnmower; to cut down or harvest crops

synonym: cut, trim, clip

(1) **mow** the field, (2) **mow** a yard

My father likes to **mow** the lawn early on Saturday mornings.

outdo

v. to do better than someone; to surpass

synonym: excel, surpass, outshine

(1) **outdo** him in trickery, (2) **outdo** the competition

He tried to **outdo** his rival by breaking the world record.

disturb

v. to interrupt someone who is trying to work, sleep, etc.

synonym: agitate, bother, intrude

(1) **disturb** the peace, (2) **disturb** his sleep

Tourists frequently **disturb** the island's delicate natural balance.

misunderstand

v. to interpret or understand something in the wrong way

synonym: misinterpret, misperceive, misapprehend

(1) **misunderstand** each other, (2) **misunderstand** entirely about her

You should not **misunderstand** the meaning of freedom.

prolong

v. to extend the duration or length of something, particularly a period of time or an event

synonym: extend, lengthen, stretch

(1) **prolong** the agony, (2) measures to **prolong** the lifespan

We need to **prolong** the meeting for another hour to discuss all the issues.

excrete

v. to discharge waste matter, such as urine or feces, from the body or a cell or gland

synonym: eliminate, expel, secrete

(1) **excrete** a sticky liquid, (2) **excrete** waste products

The body **excretes** excess salt through urine to maintain proper electrolyte balance.

adrenaline

n. a substance secreted by the adrenal medulla in response to stress, which makes the heart beat faster and prepares the body to react to danger

synonym: epinephrine

(1) **adrenaline** receptor, (2) **adrenaline** addiction

The band has released a lot of **adrenaline-pumping** rock music.

cortisol

n. a hormone produced by the adrenal gland that is involved in regulating the body's metabolism, immune system, and blood pressure

synonym: stress hormone, hydrocortisone

(1) **cortisol** stress, (2) excessive **cortisol**

Cortisol levels in the body are often elevated during times of stress.

ubiquitous

adj. being or existing everywhere at once

synonym: universal, omnipresent, everywhere

(1) **ubiquitous** computing, (2) **ubiquitous** across ecosystems

Sugar is **ubiquitous** in food.

recuperate

v. to recover, heal, or regain health, strength, or well-being after an illness, injury, or period of stress or exhaustion

synonym: heal, recover, recuperate

(1) **recuperate** from illness, (2) **recuperate** lost data

After surgery, it's important to rest and **recuperate** before returning to your normal activities.

watchman

n. a person who guards or keeps watch over a particular place, property, or group of people, often during the night; a person who is on the lookout for potential dangers or threats

synonym: guard, sentinel, keeper

(1) **watchman** duty, (2) night **watchman**

The **watchman's** whistle blew, signaling the start of the night shift.

awaken

v. to stop sleeping or to cause someone to stop sleeping
synonym: rouse, arouse, revive

(1) **awaken** at daybreak, (2) **awaken** a child

The friend's death **awakens** them.

confer

v. to have a meeting or discussion to come to a decision or agreement or exchange ideas; to bestow something
synonym: consult, meet, discuss

(1) **confer** degree, (2) **confer** honor

The leaders of the two countries met to **confer** on the issue.

footprint

n. a mark of a foot, shoe, or animal's foot left on a surface
synonym: footmark, imprint, impression

(1) **footprints** in the snow, (2) the **footprints** of an earlier civilization

We choose transportation that has a smaller carbon **footprint**.

rake

n. a garden tool with a long handle and curved, pointed teeth used for gathering fallen leaves, grass clippings, and other debris from lawns and gardens; a dissolute or immoral person, often one who pursues pleasure and debauchery to excess

synonym: scraper, harrow, hoe

(1) bamboo **rake**, (2) **rake's** behavior

The golf course has special **rakes** for smoothing out the sand traps.

relentless

adj. persistent and determined; continuing despite difficulties or setbacks

synonym: unyielding, tireless, unremitting

(1) **relentless** attack, (2) face **relentless** pressure

The athlete's **relentless** training paid off in the end.

cholera

n. a severe infectious disease that causes acute diarrhea, vomiting, and dehydration, often resulting in a rapid and dangerous loss of body fluids and electrolytes

synonym : infectious disease, epidemic, plague

(1) **cholera** toxin, (2) **cholera** epidemic

The outbreak of **cholera** was a major health crisis in the 19th century.

Session 2: Spelling

1. m_w the field
v. to cut down and trim grass or other vegetation, usually with a machine such as a lawnmower; to cut down or harvest crops
2. a good au____ry memory
adj. of or relating to hearing or the ability to hear
3. adr____ne receptor
n. a substance secreted by the adrenal medulla in response to stress, which makes the heart beat faster and prepares the body to react to danger
4. ubi____us computing
adj. being or existing everywhere at once
5. pr____g the agony
v. to extend the duration or length of something, particularly a period of time or an event
6. bamboo r__e
n. a garden tool with a long handle and curved, pointed teeth used for gathering fallen leaves, grass clippings, and other debris from lawns and gardens; a dissolute or immoral person, often one who pursues pleasure and debauchery to excess
7. co____ol stress
n. a hormone produced by the adrenal gland that is involved in regulating the body's metabolism, immune system, and blood pressure
8. adjust the de____l
n. (also "dB") a unit used to measure the intensity of sound or the comparative loudness of two sounds based on a logarithmic scale

ANSWERS: 1. mow, 2. auditory, 3. adrenaline, 4. ubiquitous, 5. prolong, 6. rake, 7. cortisol, 8. decibel

9. co___r degree v. to have a meeting or discussion to come to a decision or agreement or exchange ideas; to bestow something
10. ex_____e waste products v. to discharge waste matter, such as urine or feces, from the body or a cell or gland
11. ou__o him in trickery v. to do better than someone; to surpass
12. ou__o the competition v. to do better than someone; to surpass
13. wa_____an duty n. a person who guards or keeps watch over a particular place, property, or group of people, often during the night; a person who is on the lookout for potential dangers or threats
14. mis_____and entirely about her v. to interpret or understand something in the wrong way
15. adr_____ne addiction n. a substance secreted by the adrenal medulla in response to stress, which makes the heart beat faster and prepares the body to react to danger
16. m_w a yard v. to cut down and trim grass or other vegetation, usually with a machine such as a lawnmower; to cut down or harvest crops
17. r__e's behavior n. a garden tool with a long handle and curved, pointed teeth used for gathering fallen leaves, grass clippings, and other debris from lawns and gardens; a dissolute or immoral person, often one who pursues pleasure and debauchery to excess

ANSWERS: 9. confer, 10. excrete, 11. outdo, 12. outdo, 13. watchman, 14. misunderstand, 15. adrenaline, 16. mow, 17. rake

18. di____b the peace *v.* to interrupt someone who is trying to work, sleep, etc.
19. au____ry system *adj.* of or relating to hearing or the ability to hear
20. co____r honor *v.* to have a meeting or discussion to come to a decision or agreement or exchange ideas; to bestow something
21. aw____n at daybreak *v.* to stop sleeping or to cause someone to stop sleeping
22. ch____a epidemic *n.* a severe infectious disease that causes acute diarrhea, vomiting, and dehydration, often resulting in a rapid and dangerous loss of body fluids and electrolytes
23. urb____ion process *n.* the process of population growth and physical expansion of cities, often involving increased migration from rural areas and the development of urban infrastructure and culture
24. rel____ss attack *adj.* persistent and determined; continuing despite difficulties or setbacks
25. rec____te lost data *v.* to recover, heal, or regain health, strength, or well-being after an illness, injury, or period of stress or exhaustion
26. di____b his sleep *v.* to interrupt someone who is trying to work, sleep, etc.
27. de____l level *n.* (also "dB") a unit used to measure the intensity of sound or the comparative loudness of two sounds based on a logarithmic scale

ANSWERS: 18. disturb, 19. auditory, 20. confer, 21. awaken, 22. cholera, 23. urbanization, 24. relentless, 25. recuperate, 26. disturb, 27. decibel

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|----------------------------------|---|
| 28. face rel_____ss pressure | <i>adj.</i> persistent and determined; continuing despite difficulties or setbacks |
| 29. fo_____nts in the snow | <i>n.</i> a mark of a foot, shoe, or animal's foot left on a surface |
| 30. non-urb_____ion area | <i>n.</i> the process of population growth and physical expansion of cities, often involving increased migration from rural areas and the development of urban infrastructure and culture |
| 31. aw____n a child | <i>v.</i> to stop sleeping or to cause someone to stop sleeping |
| 32. mis_____and each other | <i>v.</i> to interpret or understand something in the wrong way |
| 33. ch_____a toxin | <i>n.</i> a severe infectious disease that causes acute diarrhea, vomiting, and dehydration, often resulting in a rapid and dangerous loss of body fluids and electrolytes |
| 34. ex_____e a sticky liquid | <i>v.</i> to discharge waste matter, such as urine or feces, from the body or a cell or gland |
| 35. rec_____te from illness | <i>v.</i> to recover, heal, or regain health, strength, or well-being after an illness, injury, or period of stress or exhaustion |
| 36. ubi_____us across ecosystems | <i>adj.</i> being or existing everywhere at once |
| 37. night wa_____an | <i>n.</i> a person who guards or keeps watch over a particular place, property, or group of people, often during the night; a person who is on the lookout for potential dangers or threats |

ANSWERS: 28. relentless, 29. footprint, 30. urbanization, 31. awaken, 32. misunderstand, 33. cholera, 34. excrete, 35. recuperate, 36. ubiquitous, 37. watchman

38. the fo_____nts of an earlier civilization
39. excessive co_____ol
40. measures to pr_____g the lifespan
- n.* a mark of a foot, shoe, or animal's foot left on a surface
- n.* a hormone produced by the adrenal gland that is involved in regulating the body's metabolism, immune system, and blood pressure
- v.* to extend the duration or length of something, particularly a period of time or an event

ANSWERS: 38. footprint, 39. cortisol, 40. prolong

Session 3: Fill in the Blanks

1. After surgery, it's important to rest and _____ before returning to your normal activities.
 - v. to recover, heal, or regain health, strength, or well-being after an illness, injury, or period of stress or exhaustion
2. The _____ whistle blew, signaling the start of the night shift.
 - n. a person who guards or keeps watch over a particular place, property, or group of people, often during the night; a person who is on the lookout for potential dangers or threats
3. Rapid _____ has led to many environmental and social issues in cities.
 - n. the process of population growth and physical expansion of cities, often involving increased migration from rural areas and the development of urban infrastructure and culture
4. The golf course has special _____ for smoothing out the sand traps.
 - n. a garden tool with a long handle and curved, pointed teeth used for gathering fallen leaves, grass clippings, and other debris from lawns and gardens; a dissolute or immoral person, often one who pursues pleasure and debauchery to excess
5. The _____ nerve carries sound signals from the ear to the brain.
 - adj. of or relating to hearing or the ability to hear
6. My father likes to _____ the lawn early on Saturday mornings.
 - v. to cut down and trim grass or other vegetation, usually with a machine such as a lawnmower; to cut down or harvest crops

ANSWERS: 1. recuperate, 2. watchman's, 3. urbanization, 4. rakes, 5. auditory, 6. mow

7. The band has released a lot of _____ rock music.
- n.* a substance secreted by the adrenal medulla in response to stress, which makes the heart beat faster and prepares the body to react to danger
8. Tourists frequently _____ the island's delicate natural balance.
- v.* to interrupt someone who is trying to work, sleep, etc.
9. The concert reached 100 _____ causing many people to cover their ears.
- n.* (also "dB") a unit used to measure the intensity of sound or the comparative loudness of two sounds based on a logarithmic scale
10. We need to _____ the meeting for another hour to discuss all the issues.
- v.* to extend the duration or length of something, particularly a period of time or an event
11. You should not _____ the meaning of freedom.
- v.* to interpret or understand something in the wrong way
12. The leaders of the two countries met to _____ on the issue.
- v.* to have a meeting or discussion to come to a decision or agreement or exchange ideas; to bestow something
13. The outbreak of _____ was a major health crisis in the 19th century.
- n.* a severe infectious disease that causes acute diarrhea, vomiting, and dehydration, often resulting in a rapid and dangerous loss of body fluids and electrolytes
14. _____ levels in the body are often elevated during times of stress.
- n.* a hormone produced by the adrenal gland that is involved in regulating the body's metabolism, immune system, and blood pressure

ANSWERS: 7. adrenaline-pumping, 8. disturb, 9. decibels, 10. prolong, 11. misunderstand, 12. confer, 13. cholera, 14. Cortisol

15. The friend's death _____ them.

v. to stop sleeping or to cause someone to stop sleeping

16. The body _____ excess salt through urine to maintain proper electrolyte balance.

v. to discharge waste matter, such as urine or feces, from the body or a cell or gland

17. The athlete's _____ training paid off in the end.

adj. persistent and determined; continuing despite difficulties or setbacks

18. Sugar is _____ in food.

adj. being or existing everywhere at once

19. We choose transportation that has a smaller carbon _____.

n. a mark of a foot, shoe, or animal's foot left on a surface

20. He tried to _____ his rival by breaking the world record.

v. to do better than someone; to surpass

ANSWERS: 15. awakens, 16. excretes, 17. relentless, 18. ubiquitous, 19. footprint, 20. outdo