

# Englist.me



## Vocabulary Builder Reference from...

*Melvin Sanicas: Why is meningitis so dangerous? |*

*TED Talk*

[https://www.ted.com/talks/melvin\\_sanicas\\_why\\_is\\_meningitis\\_so\\_dangerous](https://www.ted.com/talks/melvin_sanicas_why_is_meningitis_so_dangerous)

### Advanced Words Only

#### IMPORTANT

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## Session 1: Word List

- hajj**
- n.* the annual pilgrimage to Mecca, Saudi Arabia, that is a requirement for all non-disabled, financially capable Muslims who can make the journey; one of the Five Pillars of Islam
- synonym* : pilgrimage, pilgrimage to Mecca
- (1) mandatory **hajj**, (2) **hajj** rituals
- Every year, millions of Muslims make the **hajj** pilgrimage to Mecca, Saudi Arabia.
- pilgrim**
- n.* a person who journeys, especially a long distance, to a sacred place as an act of religious devotion
- synonym* : traveler, wayfarer, sojourner
- (1) shrine for **pilgrims**, (2) **pilgrim** site
- The group of **pilgrims** walked in silence, deep in thought and prayer.
- meningitis**
- n.* inflammation of the protective membranes surrounding the brain and spinal cord, typically caused by a bacterial or viral infection and characterized by fever, headache, and a stiff neck
- synonym* : brain fever, cerebrospinal fever
- (1) **meningitis** outbreak, (2) acute **meningitis**
- The **meningitis** vaccination is recommended for individuals

at a high risk of contracting the illness, such as college students and military personnel.

## infect

*v.* to affect a person, an animal, or a plant with a disease-causing organism

*synonym*: pollute, contaminate, affect

(1) **infect** other animal species, (2) **infect** a computer with a virus

Children often **infect** parents with this head cold.

## invade

*v.* to enter aggressively into another's territory by military force for conquest and occupation

*synonym*: intrude, raid, overrun

(1) **invade** other tissues, (2) **invade** his privacy

I have no intention to **invade** your privacy.

## fungus

*n.* a type of organism that includes yeasts, molds, and mushrooms, which are heterotrophic, meaning they do not produce their food and must consume organic matter to survive

*synonym*: mold, mildew, yeast

(1) **fungus** infection, (2) symbiotic **fungus**

Certain types of **fungus** can be toxic to humans, causing severe illness if ingested.

## mucus

*n.* a slimy liquid produced inside the nose and other body parts for lubrication, protection, etc.

*synonym*: secretion, slime, saliva

(1) airway **mucus**, (2) nasal **mucus**

When the body temperature drops, **mucus** secretion fails.

## saliva

*n.* the clear liquid that is secreted into the mouth by glands in the walls of the mouth and throat, helping to lubricate food during chewing and digestion

*synonym*: spit, drool, slobber

(1) dog's **saliva**, (2) dry mouth with little **saliva**

The dentist asked him to spit out the excess **saliva** into the

sink.

## sneeze

v. to make a sudden, involuntary expulsion of air from the nose and mouth, usually due to irritation caused by the presence of dust, pollen, or other irritants

*synonym*: exhale, whiff, blow

(1) **sneeze** into my hand, (2) **sneeze** loudly

Whenever I get a cold, I tend to **sneeze** a lot.

## toothbrush

n. a small brush with a handle used for cleaning the teeth

*synonym*: brush, scrubber, cleaner

(1) **toothbrush** stand, (2) power **toothbrush**

My **toothbrush** with end-rounded bristles is excellent for gently cleaning my teeth and gums.

## utensil

n. a tool used in the house

*synonym*: appliance, equipment, instrument

(1) cooking **utensils**, (2) cleaning **utensils**

This cuisine requires special kitchen **utensils**.

## bloodstream

n. the blood flowing through the body

(1) **bloodstream** in an artery, (2) **bloodstream** to the brain

Cancer cells are often carried throughout the body by the **bloodstream**.

## overdrive

n. a gear in a vehicle that allows the engine to operate at a higher speed than the vehicle's speed, resulting in greater fuel efficiency and smoother driving; (verb) to drive or work too hard

*synonym*: high gear, high speed, turbocharge

(1) at a **overdrive** pace, (2) go into **overdrive**

The car's **overdrive** function allows it to shift into a higher gear for better fuel efficiency on the highway.

## swelling

n. an abnormal local enlargement of a part of your body, mainly because of illness or injury

*synonym*: bulge, bump, inflammation

(1) **swelling** of the ankle, (2) hard **swelling** on the body  
After intensive icing by the trainer, the **swelling** went down.

### worsen

v. to become or make something worse

*synonym*: languish, degenerate, degrade

(1) **worsen** a relation, (2) **worsen** the food problem

Unilateral import bans have **worsened** that country's terms of trade.

### stiffen

v. to make or become stiff or rigid; to become inflexible or unyielding in one's attitude or behavior

*synonym*: harden, solidify, tense

(1) **stiffen** joints, (2) **stiffen** penalties

The cold weather made my muscles **stiffen** up.

### disrupt

v. to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance

*synonym*: interrupt, disturb, break into

(1) **disrupt** a well-ordered condition, (2) **disrupt** sleep

I'm so sorry to **disrupt** you when you're pretty busy.

### confuse

v. to mistake one thing for another; to make somebody hard to understand

*synonym*: confound, obscure, disorient

(1) **confuse** the listener, (2) **confuse** fantasy with reality

Her remarks **confused** the debate.

### hallmark

n. a distinctive characteristic or attribute of a person or thing

*synonym*: symbol, authentication, indication

(1) the **hallmark** of a good scientist, (2) the **hallmark** of modern life

A clear and simple expression is the **hallmark** of good writing.

## toxin

*n.* a poisonous substance produced by a living organism, such as a plant, animal, or microorganism; a chemical compound that can cause harm or illness to a living organism

*synonym*: poison, venom, contaminant

(1) **toxin** exposure, (2) **toxin** production

Mold exposure can release dangerous **toxins** into the air.

## septicemia

*n.* a life-threatening infection of the bloodstream that causes fever, chills, and other severe symptoms; also known as blood poisoning

*synonym*: blood poisoning, sepsis, infection

(1) **septicemia** treatment, (2) focal **septicemia**

The doctor prescribed antibiotics to treat the **septicemia** infection.

## poisonous

*adj.* containing or producing toxic substances; harmful or dangerous to living beings, often causing illness, injury, or death; capable of causing serious harm or destruction

*synonym*: toxic, venomous, deadly

(1) **poisonous** plants, (2) **poisonous** chemicals

Some species of **poisonous snakes** can be deadly to humans if bitten.

## seep

*v.* to flow or leak slowly and gradually through small openings or spaces; to ooze or trickle out gradually

*synonym*: leak, ooze, trickle

(1) **seep** cool and moist air, (2) **seep** into paper

The rain began to **seep** through the roof, causing damage to the walls and floors.

## discolor

*v.* to change color or become discolored, often as a result of exposure to sunlight, chemicals, or the aging process

*synonym*: stain, tint

(1) **discolor** urine, (2) cause teeth to **discolor**

The sun had **discolored** the curtains, making them look faded.

**blot** v. to soak up a liquid by using a piece of cloth, paper, etc.; to make a spot or spots onto paper

*synonym*: stain, smudge, mar

(1) **blot** my eyes, (2) **blot** anything out of existence

She tried to **blot** out the unpleasant memory with alcohol.

**drastic** *adj.* radical and extreme; likely to have a significant or far-reaching impact

*synonym*: extreme, fierce, radical

(1) **drastic** measures, (2) make **drastic** revision

The global community is undergoing **drastic** changes at present.

**untreated** *adj.* not given medical care or treatment; not subjected to chemical or physical treatment

*synonym*: raw, unprocessed, coarse

(1) an **untreated** disease, (2) dispose of **untreated** formalin solution

Heat stroke is the result of **untreated** heat exhaustion.

**amputation** *n.* the act of cutting off a part of the body surgically

(1) **amputation** of leg, (2) hand **amputation**

**Amputation** of the limb is a last resort for the patient.

## Session 2: Spelling

1. atrial ov\_\_\_\_\_ve pacing  
*n.* a gear in a vehicle that allows the engine to operate at a higher speed than the vehicle's speed, resulting in greater fuel efficiency and smoother driving; (verb) to drive or work too hard
2. wo\_\_\_n a relation  
*v.* to become or make something worse
3. st\_\_\_\_\_n joints  
*v.* to make or become stiff or rigid; to become inflexible or unyielding in one's attitude or behavior
4. s\_\_p into paper  
*v.* to flow or leak slowly and gradually through small openings or spaces; to ooze or trickle out gradually
5. shrine for pi\_\_\_\_\_ms  
*n.* a person who journeys, especially a long distance, to a sacred place as an act of religious devotion
6. po\_\_\_\_\_us plants  
*adj.* containing or producing toxic substances; harmful or dangerous to living beings, often causing illness, injury, or death; capable of causing serious harm or destruction
7. power too\_\_\_\_\_sh  
*n.* a small brush with a handle used for cleaning the teeth
8. cause teeth to di\_\_\_\_\_or  
*v.* to change color or become discolored, often as a result of exposure to sunlight, chemicals, or the aging process
9. sn\_\_\_e loudly  
*v.* to make a sudden, involuntary expulsion of air from the nose and mouth, usually due to irritation caused by the presence of dust, pollen, or other irritants

ANSWERS: 1. overdrive, 2. worsen, 3. stiffen, 4. seep, 5. pilgrim, 6. poisonous, 7. toothbrush, 8. discolor, 9. sneeze

10. make dr\_\_\_\_c revision *adj.* radical and extreme; likely to have a significant or far-reaching impact
11. s\_\_p cool and moist air *v.* to flow or leak slowly and gradually through small openings or spaces; to ooze or trickle out gradually
12. in\_\_\_t a computer with a virus *v.* to affect a person, an animal, or a plant with a disease-causing organism
13. focal sep\_\_\_\_\_ia *n.* a life-threatening infection of the bloodstream that causes fever, chills, and other severe symptoms; also known as blood poisoning
14. cooking ut\_\_\_\_\_ls *n.* a tool used in the house
15. in\_\_\_e other tissues *v.* to enter aggressively into another's territory by military force for conquest and occupation
16. wo\_\_\_n the food problem *v.* to become or make something worse
17. po\_\_\_\_\_us chemicals *adj.* containing or producing toxic substances; harmful or dangerous to living beings, often causing illness, injury, or death; capable of causing serious harm or destruction
18. nasal mu\_\_s *n.* a slimy liquid produced inside the nose and other body parts for lubrication, protection, etc.
19. to\_\_n exposure *n.* a poisonous substance produced by a living organism, such as a plant, animal, or microorganism; a chemical compound that can cause harm or illness to a living organism

ANSWERS: 10. drastic, 11. seep, 12. infect, 13. septicemia, 14. utensil, 15. invade, 16. worsen, 17. poisonous, 18. mucus, 19. toxin



31. fu\_\_\_s infection *n.* a type of organism that includes yeasts, molds, and mushrooms, which are heterotrophic, meaning they do not produce their food and must consume organic matter to survive
32. dr\_\_\_\_\_c measures *adj.* radical and extreme; likely to have a significant or far-reaching impact
33. sn\_\_\_e into my hand *v.* to make a sudden, involuntary expulsion of air from the nose and mouth, usually due to irritation caused by the presence of dust, pollen, or other irritants
34. dry mouth with little sa\_\_\_a *n.* the clear liquid that is secreted into the mouth by glands in the walls of the mouth and throat, helping to lubricate food during chewing and digestion
35. hand amp\_\_\_\_\_on *n.* the act of cutting off a part of the body surgically
36. hard sw\_\_\_\_\_ng on the body *n.* an abnormal local enlargement of a part of your body, mainly because of illness or injury
37. the ha\_\_\_\_\_rk of modern life *n.* a distinctive characteristic or attribute of a person or thing
38. sep\_\_\_\_\_ia treatment *n.* a life-threatening infection of the bloodstream that causes fever, chills, and other severe symptoms; also known as blood poisoning
39. di\_\_\_\_\_t sleep *v.* to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance

ANSWERS: 31. fungus, 32. drastic, 33. sneeze, 34. saliva, 35. amputation, 36. swelling, 37. hallmark, 38. septicemia, 39. disrupt

40. to\_\_n production *n.* a poisonous substance produced by a living organism, such as a plant, animal, or microorganism; a chemical compound that can cause harm or illness to a living organism
41. mandatory h\_\_j *n.* the annual pilgrimage to Mecca, Saudi Arabia, that is a requirement for all non-disabled, financially capable Muslims who can make the journey; one of the Five Pillars of Islam
42. blo\_\_\_\_\_am in an artery *n.* the blood flowing through the body
43. go into ov\_\_\_\_\_ve *n.* a gear in a vehicle that allows the engine to operate at a higher speed than the vehicle's speed, resulting in greater fuel efficiency and smoother driving; (verb) to drive or work too hard
44. pi\_\_\_\_\_m site *n.* a person who journeys, especially a long distance, to a sacred place as an act of religious devotion
45. men\_\_\_\_\_is outbreak *n.* inflammation of the protective membranes surrounding the brain and spinal cord, typically caused by a bacterial or viral infection and characterized by fever, headache, and a stiff neck
46. acute men\_\_\_\_\_is *n.* inflammation of the protective membranes surrounding the brain and spinal cord, typically caused by a bacterial or viral infection and characterized by fever, headache, and a stiff neck

ANSWERS: 40. toxin, 41. hajj, 42. bloodstream, 43. overdrive, 44. pilgrim, 45. meningitis, 46. meningitis

47. airway mu\_\_s *n.* a slimy liquid produced inside the nose and other body parts for lubrication, protection, etc.
48. dog's sa\_\_\_a *n.* the clear liquid that is secreted into the mouth by glands in the walls of the mouth and throat, helping to lubricate food during chewing and digestion
49. sw\_\_\_\_\_ng of the ankle *n.* an abnormal local enlargement of a part of your body, mainly because of illness or injury
50. blo\_\_\_\_\_am to the brain *n.* the blood flowing through the body
51. an un\_\_\_\_\_ed disease *adj.* not given medical care or treatment; not subjected to chemical or physical treatment
52. di\_\_\_\_\_or urine *v.* to change color or become discolored, often as a result of exposure to sunlight, chemicals, or the aging process
53. dispose of un\_\_\_\_\_ed formalin solution *adj.* not given medical care or treatment; not subjected to chemical or physical treatment
54. co\_\_\_\_\_e fantasy with reality *v.* to mistake one thing for another; to make somebody hard to understand
55. in\_\_\_e his privacy *v.* to enter aggressively into another's territory by military force for conquest and occupation
56. b\_\_t anything out of existence *v.* to soak up a liquid by using a piece of cloth, paper, etc.; to make a spot or spots onto paper

ANSWERS: 47. mucus, 48. saliva, 49. swelling, 50. bloodstream, 51. untreated, 52. discolor, 53. untreated, 54. confuse, 55. invade, 56. blot

## Session 3: Fill in the Blanks

1. The group of \_\_\_\_\_ walked in silence, deep in thought and prayer.
  - n.* a person who journeys, especially a long distance, to a sacred place as an act of religious devotion
  
2. The \_\_\_\_\_ vaccination is recommended for individuals at a high risk of contracting the illness, such as college students and military personnel.
  - n.* inflammation of the protective membranes surrounding the brain and spinal cord, typically caused by a bacterial or viral infection and characterized by fever, headache, and a stiff neck
  
3. The car's \_\_\_\_\_ function allows it to shift into a higher gear for better fuel efficiency on the highway.
  - n.* a gear in a vehicle that allows the engine to operate at a higher speed than the vehicle's speed, resulting in greater fuel efficiency and smoother driving; (verb) to drive or work too hard
  
4. When the body temperature drops, \_\_\_\_\_ secretion fails.
  - n.* a slimy liquid produced inside the nose and other body parts for lubrication, protection, etc.
  
5. The cold weather made my muscles \_\_\_\_\_ up.
  - v.* to make or become stiff or rigid; to become inflexible or unyielding in one's attitude or behavior
  
6. Mold exposure can release dangerous \_\_\_\_\_ into the air.
  - n.* a poisonous substance produced by a living organism, such as a plant, animal, or microorganism; a chemical compound that can cause harm or illness to a living organism

ANSWERS: 1. pilgrims, 2. meningitis, 3. overdrive, 4. mucus, 5. stiffen, 6. toxins

7. The dentist asked him to spit out the excess \_\_\_\_\_ into the sink.
- n.* the clear liquid that is secreted into the mouth by glands in the walls of the mouth and throat, helping to lubricate food during chewing and digestion
8. Her remarks \_\_\_\_\_ the debate.
- v.* to mistake one thing for another; to make somebody hard to understand
9. Certain types of \_\_\_\_\_ can be toxic to humans, causing severe illness if ingested.
- n.* a type of organism that includes yeasts, molds, and mushrooms, which are heterotrophic, meaning they do not produce their food and must consume organic matter to survive
10. Heat stroke is the result of \_\_\_\_\_ heat exhaustion.
- adj.* not given medical care or treatment; not subjected to chemical or physical treatment
11. The rain began to \_\_\_\_\_ through the roof, causing damage to the walls and floors.
- v.* to flow or leak slowly and gradually through small openings or spaces; to ooze or trickle out gradually
12. \_\_\_\_\_ of the limb is a last resort for the patient.
- n.* the act of cutting off a part of the body surgically
13. The sun had \_\_\_\_\_ the curtains, making them look faded.
- v.* to change color or become discolored, often as a result of exposure to sunlight, chemicals, or the aging process
14. Unilateral import bans have \_\_\_\_\_ that country's terms of trade.
- v.* to become or make something worse

ANSWERS: 7. saliva, 8. confused, 9. fungus, 10. untreated, 11. seep, 12. Amputation, 13. discolored, 14. worsened

15. Cancer cells are often carried throughout the body by the \_\_\_\_\_.
- n.* the blood flowing through the body
16. She tried to \_\_\_\_\_ out the unpleasant memory with alcohol.
- v.* to soak up a liquid by using a piece of cloth, paper, etc.; to make a spot or spots onto paper
17. Some species of \_\_\_\_\_ can be deadly to humans if bitten.
- adj.* containing or producing toxic substances; harmful or dangerous to living beings, often causing illness, injury, or death; capable of causing serious harm or destruction
18. The global community is undergoing \_\_\_\_\_ changes at present.
- adj.* radical and extreme; likely to have a significant or far-reaching impact
19. Children often \_\_\_\_\_ parents with this head cold.
- v.* to affect a person, an animal, or a plant with a disease-causing organism
20. I have no intention to \_\_\_\_\_ your privacy.
- v.* to enter aggressively into another's territory by military force for conquest and occupation
21. A clear and simple expression is the \_\_\_\_\_ of good writing.
- n.* a distinctive characteristic or attribute of a person or thing
22. The doctor prescribed antibiotics to treat the \_\_\_\_\_ infection.
- n.* a life-threatening infection of the bloodstream that causes fever, chills, and other severe symptoms; also known as blood poisoning

ANSWERS: 15. bloodstream, 16. blot, 17. poisonous snakes, 18. drastic, 19. infect, 20. invade, 21. hallmark, 22. septicemia

23. Every year, millions of Muslims make the \_\_\_\_\_ pilgrimage to Mecca, Saudi Arabia.
- n.* the annual pilgrimage to Mecca, Saudi Arabia, that is a requirement for all non-disabled, financially capable Muslims who can make the journey; one of the Five Pillars of Islam
24. This cuisine requires special kitchen \_\_\_\_\_.
- n.* a tool used in the house
25. Whenever I get a cold, I tend to \_\_\_\_\_ a lot.
- v.* to make a sudden, involuntary expulsion of air from the nose and mouth, usually due to irritation caused by the presence of dust, pollen, or other irritants
26. My \_\_\_\_\_ with end-rounded bristles is excellent for gently cleaning my teeth and gums.
- n.* a small brush with a handle used for cleaning the teeth
27. After intensive icing by the trainer, the \_\_\_\_\_ went down.
- n.* an abnormal local enlargement of a part of your body, mainly because of illness or injury
28. I'm so sorry to \_\_\_\_\_ you when you're pretty busy.
- v.* to prevent or stop something, especially an event, activity, or process, from continuing in the usual way by causing a problem or disturbance

ANSWERS: 23. hajj, 24. utensils, 25. sneeze, 26. toothbrush, 27. swelling, 28. disrupt