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Vocabulary Builder Reference from...

Timothy Ihrig: What we can do to die well | TED Talk
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Advanced Words Only

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Session 1: Word List

palliate

v. to make a disease, condition, or symptom appear less severe or intense than it actually is; to alleviate or ease symptoms without curing the underlying cause

synonym: extenuate, soothe, relieve

(1) **palliate** symptoms, (2) attempts to **palliate**

The charity provided meals and shelter to **palliate** the suffering of the homeless population.

medicinal

adj. of or relating to the treatment or cure of disease

synonym: curative, therapeutic, healing

(1) **medicinal** chemistry, (2) traditional **medicinal**

The **medicinal** properties of this herb have been known to help with various ailments.

stumble

v. to miss a step and fall or nearly fall; to walk unsteadily

synonym: bumble, struggle, misstep

(1) **stumble** financially, (2) **stumble** through life

She **stumbled** over the tree root.

rev

n. a measure of the rate at which an engine or motor rotates, often expressed in revolutions per minute (RPM); (verb) to increase the number of rotations per minute

synonym: revolution, RPM, speed

(1) low- **rev** engine, (2) **rev** up the crowd

He stepped on the gas pedal, and the engine released a loud **rev**.

prognosis

n. the likely outcome or course of a disease or illness based on medical analysis and examination of the patient; a forecast or prediction of future events or developments

synonym : prospect, forecast, diagnosis

(1) **prognosis** of cancer, (2) poor **prognosis**

The doctor gave a positive **prognosis** for her recovery from the illness.

slap

v. to strike something or someone with an open palm or flat object, producing a sharp sound or sensation; to place something firmly, suddenly, or unexpectedly

synonym : smack, hit, whack

(1) **slap** on the back, (2) **slap** a heavy fine

The politician tried to **slap** down the rumors about his personal life.

infrequent

adj. occurring rarely or irregularly; happening at long intervals; not happening often or in large numbers

synonym : rare, sporadic, uncommon

(1) **infrequent** showers, (2) **infrequent** meetings

Traveling to remote villages can be difficult due to **infrequent** transportation.

extrapolate

v. to guess or think about what might happen or estimate something using the facts that you have now

synonym : deduce, reason, infer

(1) **extrapolate** the results, (2) **extrapolate** animal dose

This predictive model mechanically **extrapolates** past trends into the future.

capita

n. a Latin word meaning "head," used to express the amount for each person; any head or headlike

expansion on a structure, as on a bone

synonym : head, headcount, person

(1) per **capita** sales, (2) the agricultural yield per **capita**
GDP per **capita** shrunk by almost 10 percent for the third consecutive year.

bloc

n. a group of countries or political parties that have similar interests or goals and often act together

synonym : group, alliance, coalition

(1) **bloc** countries, (2) a **bloc** of developing nations

The country decided to join the economic **bloc** to benefit from the trade agreements.

sub-Saharan

adj. of or relating to or situated in the area south of the Sahara Desert

(1) **sub-Saharan** Africa, (2) **sub-Saharan** countries

The coffee producers in **sub-Saharan** countries are at the sharp end of fluctuations in price.

whistle

v. to make a high-pitched sound by forcing breath through a small opening, usually with the lips or fingers; (noun) a piece of equipment that forces air or steam against an edge or into a cavity and so produces a loud shrill sound

synonym : sound, honk, tweet

(1) **whistle** a tune, (2) **whistle** for help

The employee decided to **whistle-blow** on the company's illegal activities.

industrious

adj. hardworking, diligent, and persistent in effort

synonym : diligent, hardworking, assiduous

(1) **industrious** worker, (2) **industrious** student

He was known to be very **industrious** and would often work late into the night.

opportune

adj. suitable or happening at a time that is suitable or convenient for a particular purpose

synonym :

suitable, timely, practical

(1) **opportune** occasion, (2) an **opportune** remark
The phone rang at the most **opportune** time.

dementia

n. a severe decline in cognitive function, especially memory, as a result of disease or injury

synonym: cognitive decline, memory loss, Alzheimer's disease

(1) **dementia** patients, (2) probably have **dementia**

The study found that regular exercise can help to prevent the onset of **dementia** in older age.

metastatic

adj. used to describe cancer cells that have spread from the primary site of origin to other parts of the body through the bloodstream or lymphatic system

synonym: spreading, invasive, secondary

(1) **metastatic** disease, (2) **metastatic** spreading

Metastatic cancer has spread from its original site to other body parts.

testicle

n. one of the two oval-shaped organs in men that produce sperm and testosterone; in animals, the equivalent organ responsible for producing sperm and often also regulating testosterone levels

synonym: ballock, gonad, ball

(1) **testicle** injury, (2) swollen **testicles**

The athlete was hit in the **testicle** during the game and had to be removed.

empower

v. to give someone the power or authority to do something

synonym: authorize, endow, entitle

(1) **empower** my life, (2) **empower** the secretary to do the same

The company **empowered** employees to buy low-price items without approval to achieve efficient purchasing.

seminal

adj. highly original, influential, or innovative; containing the seeds or beginnings of future development or growth; (of medicine) of or relating to semen or the male reproductive system

synonym : influential, groundbreaking, original

(1) **seminal** research, (2) **seminal** duct

The book was a **seminal** work in psychology, influencing generations of researchers.

hospitalize

v. to admit someone to a hospital for medical treatment

synonym : admit, place in hospital

(1) **hospitalize** patient, (2) **hospitalize** child

She had to be **hospitalized** due to her injuries.

goofy

adj. silly or foolish

synonym : silly, crazy, dopey

(1) wore a **goofy** hat, (2) with a **goofy** expression

He made a **goofy** face as he recalled this morning's events.

mantra

n. a word or phrase, often repeated, that is used as a focus for the mind during meditation

synonym : hymn, chant, phrase

(1) campaign **mantra**, (2) chant the **mantra** of structural reform

She repeated her personal **mantra** to herself to stay motivated.

grandchild

n. a child of someone's son or daughter

synonym : offspring, descendant, progeny

(1) **grandchild-grandparent** relationship, (2) **grandchild** development

The grandparents take care of their **grandchild** while the parents are at work.

Session 2: Spelling

1. with a go__y expression *adj.* silly or foolish
2. wh_____e a tune *v.* to make a high-pitched sound by forcing breath through a small opening, usually with the lips or fingers; (noun) a piece of equipment that forces air or steam against an edge or into a cavity and so produces a loud shrill sound
3. ind_____us student *adj.* hardworking, diligent, and persistent in effort
4. em_____r my life *v.* to give someone the power or authority to do something
5. se_____l duct *adj.* highly original, influential, or innovative; containing the seeds or beginnings of future development or growth; (of medicine) of or relating to semen or the male reproductive system
6. poor pr_____is *n.* the likely outcome or course of a disease or illness based on medical analysis and examination of the patient; a forecast or prediction of future events or developments
7. inf_____nt showers *adj.* occurring rarely or irregularly; happening at long intervals; not happening often or in large numbers
8. ext_____te animal dose *v.* to guess or think about what might happen or estimate something using the facts that you have now

ANSWERS: 1. goofy, 2. whistle, 3. industrious, 4. empower, 5. seminal, 6. prognosis, 7. infrequent, 8. extrapolate

9. swollen te____les *n.* one of the two oval-shaped organs in men that produce sperm and testosterone; in animals, the equivalent organ responsible for producing sperm and often also regulating testosterone levels
10. gra_____ld-grandparent relationship *n.* a child of someone's son or daughter
11. ext_____te the results *v.* to guess or think about what might happen or estimate something using the facts that you have now
12. the agricultural yield per ca____a *n.* a Latin word meaning "head," used to express the amount for each person; any head or headlike expansion on a structure, as on a bone
13. attempts to pa_____te *v.* to make a disease, condition, or symptom appear less severe or intense than it actually is; to alleviate or ease symptoms without curing the underlying cause
14. met_____ic spreading *adj.* used to describe cancer cells that have spread from the primary site of origin to other parts of the body through the bloodstream or lymphatic system
15. hos_____ze patient *v.* to admit someone to a hospital for medical treatment
16. campaign ma____a *n.* a word or phrase, often repeated, that is used as a focus for the mind during meditation
17. r_v up the crowd *n.* a measure of the rate at which an engine or motor rotates, often expressed in revolutions per minute (RPM); (verb) to increase the number of rotations per minute

ANSWERS: 9. testicle, 10. grandchild, 11. extrapolate, 12. capita, 13. palliate, 14. metastatic, 15. hospitalize, 16. mantra, 17. rev

18. pr_____is of cancer *n.* the likely outcome or course of a disease or illness based on medical analysis and examination of the patient; a forecast or prediction of future events or developments
19. se_____l research *adj.* highly original, influential, or innovative; containing the seeds or beginnings of future development or growth; (of medicine) of or relating to semen or the male reproductive system
20. s__p a heavy fine *v.* to strike something or someone with an open palm or flat object, producing a sharp sound or sensation; to place something firmly, suddenly, or unexpectedly
21. hos_____ze child *v.* to admit someone to a hospital for medical treatment
22. sub_____an countries *adj.* of or relating to or situated in the area south of the Sahara Desert
23. ware a go__y hat *adj.* silly or foolish
24. probably have de_____ia *n.* a severe decline in cognitive function, especially memory, as a result of disease or injury
25. traditional me_____al *adj.* of or relating to the treatment or cure of disease
26. s__p on the back *v.* to strike something or someone with an open palm or flat object, producing a sharp sound or sensation; to place something firmly, suddenly, or unexpectedly

ANSWERS: 18. prognosis, 19. seminal, 20. slap, 21. hospitalize, 22. sub-Saharan, 23. goofy, 24. dementia, 25. medicinal, 26. slap

27. te____le injury *n.* one of the two oval-shaped organs in men that produce sperm and testosterone; in animals, the equivalent organ responsible for producing sperm and often also regulating testosterone levels
28. op_____ne occasion *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
29. low-r_v engine *n.* a measure of the rate at which an engine or motor rotates, often expressed in revolutions per minute (RPM); (verb) to increase the number of rotations per minute
30. per ca___a sales *n.* a Latin word meaning "head," used to express the amount for each person; any head or headlike expansion on a structure, as on a bone
31. chant the ma___a of structural reform *n.* a word or phrase, often repeated, that is used as a focus for the mind during meditation
32. me_____al chemistry *adj.* of or relating to the treatment or cure of disease
33. de_____ia patients *n.* a severe decline in cognitive function, especially memory, as a result of disease or injury
34. a b__c of developing nations *n.* a group of countries or political parties that have similar interests or goals and often act together
35. em_____r the secretary to do the same *v.* to give someone the power or authority to do something

ANSWERS: 27. testicle, 28. opportune, 29. rev, 30. capita, 31. mantra, 32. medicinal, 33. dementia, 34. bloc, 35. empower

36. pa____te symptoms
v. to make a disease, condition, or symptom appear less severe or intense than it actually is; to alleviate or ease symptoms without curing the underlying cause
37. sub_____an Africa
adj. of or relating to or situated in the area south of the Sahara Desert
38. st____e financially
v. to miss a step and fall or nearly fall; to walk unsteadily
39. inf_____nt meetings
adj. occurring rarely or irregularly; happening at long intervals; not happening often or in large numbers
40. an op_____ne remark
adj. suitable or happening at a time that is suitable or convenient for a particular purpose
41. met_____ic disease
adj. used to describe cancer cells that have spread from the primary site of origin to other parts of the body through the bloodstream or lymphatic system
42. st____e through life
v. to miss a step and fall or nearly fall; to walk unsteadily
43. wh____e for help
v. to make a high-pitched sound by forcing breath through a small opening, usually with the lips or fingers; (noun) a piece of equipment that forces air or steam against an edge or into a cavity and so produces a loud shrill sound
44. gra_____ld development
n. a child of someone's son or daughter
45. b__c countries
n. a group of countries or political parties that have similar interests or goals and often act together

ANSWERS: 36. palliate, 37. sub-Saharan, 38. stumble, 39. infrequent, 40. opportune, 41. metastatic, 42. stumble, 43. whistle, 44. grandchild, 45. bloc

46. ind_____us worker

adj. hardworking, diligent, and persistent in effort

ANSWERS: 46. industrious

Session 3: Fill in the Blanks

1. _____ cancer has spread from its original site to other body parts.
adj. used to describe cancer cells that have spread from the primary site of origin to other parts of the body through the bloodstream or lymphatic system
2. GDP per _____ shrunk by almost 10 percent for the third consecutive year.
n. a Latin word meaning "head," used to express the amount for each person; any head or headlike expansion on a structure, as on a bone
3. The grandparents take care of their _____ while the parents are at work.
n. a child of someone's son or daughter
4. He made a _____ face as he recalled this morning's events.
adj. silly or foolish
5. The doctor gave a positive _____ for her recovery from the illness.
n. the likely outcome or course of a disease or illness based on medical analysis and examination of the patient; a forecast or prediction of future events or developments
6. She repeated her personal _____ to herself to stay motivated.
n. a word or phrase, often repeated, that is used as a focus for the mind during meditation
7. The coffee producers in _____ countries are at the sharp end of fluctuations in price.
adj. of or relating to or situated in the area south of the Sahara Desert

ANSWERS: 1. Metastatic, 2. capita, 3. grandchild, 4. goofy, 5. prognosis, 6. mantra, 7. sub-Saharan

8. The study found that regular exercise can help to prevent the onset of _____ in older age.
- n.* a severe decline in cognitive function, especially memory, as a result of disease or injury
9. This predictive model mechanically _____ past trends into the future.
- v.* to guess or think about what might happen or estimate something using the facts that you have now
10. The employee decided to _____ on the company's illegal activities.
- v.* to make a high-pitched sound by forcing breath through a small opening, usually with the lips or fingers; (noun) a piece of equipment that forces air or steam against an edge or into a cavity and so produces a loud shrill sound
11. Traveling to remote villages can be difficult due to _____ transportation.
- adj.* occurring rarely or irregularly; happening at long intervals; not happening often or in large numbers
12. The book was a _____ work in psychology, influencing generations of researchers.
- adj.* highly original, influential, or innovative; containing the seeds or beginnings of future development or growth; (of medicine) of or relating to semen or the male reproductive system
13. The phone rang at the most _____ time.
- adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
14. The company _____ employees to buy low-price items without approval to achieve efficient purchasing.
- v.* to give someone the power or authority to do something

ANSWERS: 8. dementia, 9. extrapolates, 10. whistle-blow, 11. infrequent, 12. seminal, 13. opportune, 14. empowered

15. She _____ over the tree root.

v. to miss a step and fall or nearly fall; to walk unsteadily

16. The charity provided meals and shelter to _____ the suffering of the homeless population.

v. to make a disease, condition, or symptom appear less severe or intense than it actually is; to alleviate or ease symptoms without curing the underlying cause

17. She had to be _____ due to her injuries.

v. to admit someone to a hospital for medical treatment

18. The country decided to join the economic _____ to benefit from the trade agreements.

n. a group of countries or political parties that have similar interests or goals and often act together

19. The athlete was hit in the _____ during the game and had to be removed.

n. one of the two oval-shaped organs in men that produce sperm and testosterone; in animals, the equivalent organ responsible for producing sperm and often also regulating testosterone levels

20. The _____ properties of this herb have been known to help with various ailments.

adj. of or relating to the treatment or cure of disease

21. He was known to be very _____ and would often work late into the night.

adj. hardworking, diligent, and persistent in effort

22. He stepped on the gas pedal, and the engine released a loud _____.

n. a measure of the rate at which an engine or motor rotates, often expressed in revolutions per minute (RPM); (verb) to increase the number of rotations per minute

ANSWERS: 15. stumbled, 16. palliate, 17. hospitalized, 18. bloc, 19. testicle, 20. medicinal, 21. industrious, 22. rev

23. The politician tried to _____ down the rumors about his personal life.

- v. to strike something or someone with an open palm or flat object, producing a sharp sound or sensation; to place something firmly, suddenly, or unexpectedly

ANSWERS: 23. slap