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Vocabulary Builder Reference from...

Rishi Manchanda: What makes us get sick? Look upstream | TED Talk

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

All Words

IMPORTANT

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Session 1: Word List

homeless

adj. without a home, and therefore typically living on the streets

synonym : destitute, displaced, transient

(1) **homeless** shelter, (2) a **homeless** cat

He became **homeless** after losing his job.

veteran

n. a person who has had long experience in a particular area or activity

synonym : expert, pro, vet

(1) A 20-year **veteran** in the industry, (2) **veteran** teacher

The **veteran** soldiers have the role of teaching recruits the stringencies of training.

harsh

adj. severe and unkind; extremely tough and unpleasant to inhabit

synonym : brutal, severe, backbreaking

(1) **harsh** climate, (2) use of **harsh** chemicals

The prime minister faced **harsh** criticism.

fundamental

adj. forming an essential base or core from which everything else develops or is affected

synonym : basic, essential, entire

(1) **fundamental** education, (2) **fundamental** rights

Human behavior has **fundamental** characteristics.

healthcare

n. the organized activity or business of preserving mental and physical health by preventing or treating illness through services offered by the health profession

(1) **healthcare** agency, (2) rising **healthcare** cost

In an aging population, citizens must pay more to maintain quality **healthcare**.

symptom

n. any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease

synonym: sign, manifestation, syndrome

(1) **symptoms** of low testosterone, (2) neurotic **symptoms**

The patient displays a **symptom** of a side effect.

clinic

n. a building or hospital department where people can go for medical care or advice, especially of a particular condition

synonym: hospital, infirmary

(1) visit to the veterinary **clinic**, (2) a dental **clinic**

She holds a **clinic** on Tuesday mornings.

improve

v. to make or become better

synonym: enhance, ameliorate, enrich

(1) **improve** a process, (2) **improve** the test score

We want to **improve** ties between our two countries.

illustrate

v. to provide pictures, photographs, diagrams, etc. in a book or something for explanation

synonym: demonstrate, explain, exemplify

(1) **illustrate** a key point, (2) **illustrate** a story

The company's financial records **illustrate** how successful it has been.

patient

n. a person who is receiving medical treatment, care, or attention from a healthcare professional, such as a

doctor, nurse, or therapist; a personal quality or characteristic

synonym : client, recipient, subject

(1) **patient** in the hospital, (2) **patient** with weight loss

The doctor carefully examined the **patient's** medical history.

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.

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.

episode

n. a happening or story that is distinctive in a series of related events; an abrupt short period during which someone suffers from the effects of a physical or mental illness

synonym : event, chapter, seizure

(1) end of the first **episode**, (2) **episode** of vertigo

I want to put that **episode** of my life behind me.

emergency

n. a sudden unforeseen crisis usually involving danger that requires immediate action

synonym : crisis, trouble, difficulty

(1) **emergency** action, (2) acute **emergency**

The president declared a state of **emergency**.

norm

n. something that is regarded as usual, typical, or standard

synonym : criterion, mean, standard

(1) **norm** of action, (2) cultural **norm**

The systems we have developed has accepted as industry **norms**.

medication

n. a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease

synonym: cure, drug, medicine

(1) antibiotic **medication**, (2) **medication** by mouth

The pharmacist not only prescribes the **medication** but also guides its proper use.

primary

adj. first or highest in rank, order, or importance; most fundamental or essential; pertaining to the initial or introductory stage of something, such as a school year or election cycle

synonym: chief, main, fundamental

(1) **primary** school, (2) **primary** education

The **primary** cause of the accident was due to the icy road conditions.

persist

v. to continue to do and refuse to stop something despite difficulties or opposition, even if it appears unreasonable

synonym: endure, continue, carry on

(1) **persist** over time, (2) **persist** in success

Consult your doctor if the symptoms **persist**.

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.

instruction

n. detailed direction, order, etc., on how to do or use something

synonym: education, direction, guidance

(1) individual **instruction**, (2) follow his **instructions**

They needed further **instruction** to perform their duties efficiently.

relief

n. a feeling of happiness and relaxation that comes when something burdensome is removed or reduced

synonym: remedy, consolation, alleviation

(1) tax **relief**, (2) sigh of **relief**

He devoted his life to establishing a humanitarian **relief** fund.

encounter

v. to face something, particularly something unpleasant or difficult, while attempting to do something else; to meet, especially unexpectedly

synonym: meet, run into, come across

(1) **encounter** a crisis, (2) **encounter** a storm

I'm prepared to **encounter** challenges throughout this adventure.

medical

adj. relating to the treatment of illness or injuries; relating to the practice of medicine

synonym: health, disease, treatment

(1) a **medical** opinion, (2) temporary **medical** treatment

The **medical** team worked quickly to save the patient's life.

assistant

n. someone who helps or supports someone else to do a job

synonym: aide, helper, associate

(1) an unwilling **assistant**, (2) **assistant** professor

An executive **assistant** director administers each branch.

communal

adj. belonging to or used by a group rather than individuals; for common use

synonym: collaborative, combined, collective

(1) **communal** swimming pool, (2) **communal** combination of funds

Communal elections were held in several European countries.

routine

n. a usual or habitual way of doing things; a set sequence of steps, part of a larger computer program

synonym: habit, custom, procedure

(1) **routine** business, (2) a built-in diagnostic **routine**

She studies gardening on a **routine** basis.

chief

adj. most important or primary; (noun) a person who is in charge

synonym: essential, primary, leading

(1) **chief** accountant, (2) **chief** events of the year

Mining is a **chief** source of income for the country.

complaint

n. a statement that expresses dissatisfaction or annoyance about something

synonym: grievance, objection, accusation

(1) **complaint** department, (2) **complaint** about price-gouging

She filed a **complaint** with the manager about the poor service.

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.

specifically

adv. only associated with or meant for one thing

synonym: especially, particularly, notably

(1) designed **specifically** for men, (2) for **specifically** American customers

This ad campaign is aimed **specifically** at young women.

mold

n. a hollow container used to give shape to liquid or soft substance, which then becomes solid in the same shape as the container; a soft, green, or gray growth that forms on stale food or objects exposed to warm, moist air for too long

synonym : cavity, cast, mildew

(1) a casting **mold**, (2) **mold** allergy

Mushrooms and **mold** are fungi.

leak

v. to allow liquid or gas to get in or out from a hole or crack in a pipe or container

synonym : outflow, divulge, disclose

(1) **leak** data, (2) **leak** a classified memo

He **leaked** serious accounting irregularities that only people in the company's executive could know.

cockroach

n. a flat, brown or black, chiefly nocturnal insects sometimes found in the home

synonym : roach

(1) **cockroach** killer, (2) have a **cockroach** phobia

Cockroaches sometimes cause allergic reactions in humans.

chart

n. a visual display of information such as a diagram, lists of figures, etc.; a map designed to assist navigation by air or sea

synonym : diagram, graph, map

(1) a weather **chart**, (2) a statistical **chart**

This pie **chart** represents our market share.

handle

v. to deal with a situation, problem, or strong emotion

synonym : control, manage, deal with

(1) **handle** a precious object, (2) **handled** the incident

We all should learn how to **handle** stress.

privilege

n. a special right or advantage that only one person or group of people has, usually because they are rich and powerful in a society

synonym : benefit, authorization, advantage

(1) a breach of **privilege**, (2) **privilege** of membership

In the Middle Ages, the right to hunt in the wild was the **privilege** of royalty and nobility.

dignify

v. to make something worthy of respect or honor; to elevate or give importance to something that may otherwise be considered insignificant

synonym : elevate, ennoble, honor

(1) **dignify** the role, (2) **dignify** the occasion

It's important to **dignify** other people's opinions and not dismiss them without consideration.

formidable

adj. causing fear, apprehension, or awe; difficult to deal with or overcome; capable of inspiring respect or admiration

synonym : daunting, intimidating, fearful

(1) **formidable** challenge, (2) **formidable** competitor

The mountain range was a **formidable** obstacle for the hikers.

presence

n. the fact or state that someone or something exists, occurs, or is present

synonym : existence, actuality, fact

(1) the evidence of the **presence**, (2) his majestic **presence**

The path to a solid online **presence** necessitates a high technical ability.

throb

v. to beat with a strong, regular rhythm, as a pulse or a heart

synonym : pulse, beat, pound

(1) **throb** at the thought of the accident, (2) **throb** with excitement

The wound continued to **throb** with pain, despite the medication.

lift

v. to raise something to a higher position or level; to pick up something or somebody and move them to a different position

synonym : raise, elevate, move up

(1) **lift** sagging skin, (2) **lift** a ban on alcohol

The drought **lifted** the prices of grain globally.

immediately

adv. now or without delay

synonym : directly, instantly, promptly

(1) **immediately** recall a product, (2) write him an answer **immediately**

A suspension order from the court is effective **immediately**.

crease

n. a line or mark made by folding or wrinkling a surface or material; a slight ridge or fold in fabric or paper caused by pressing or folding

synonym : fold, wrinkle, ridge

(1) **crease** in fabric, (2) deep **crease**

The shirt had a noticeable **crease** along the sleeve from being folded.

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.

allergic

adj. having or caused by an allergy

synonym : hypersensitive, supersensitive, susceptible

(1) **allergic** children, (2) **allergic** to pollen

The infection triggered a high fever and **allergic** reactions.

salute

v. to show respect or recognition for someone or something, often by making a gesture or performing an action; to greet or acknowledge someone in a formal or ceremonious way

synonym : greet, acknowledge, acclaim

(1) **salute** to the flag, (2) **salute** him in military fashion

The soldiers stood at attention to **salute** their commanding officer.

allergy

n. a hypersensitivity disorder of the immune system, characterized by an exaggerated response to certain allergens, such as pollens, foods, and drugs

synonym : hypersensitivity, reaction

(1) food **allergy**, (2) **allergy** treatment

The **allergy** test helped to determine the cause of her symptoms.

rub

v. to move one's hand or an object over the surface of something with pressure

synonym : scrub, massage, stroke

(1) **rub** shoulders, (2) **rub** a glass window

She **rubbed** the sore spot on her leg to ease the pain.

rid

v. to make someone or something free of unwanted or unpleasant tasks, objects, or person

synonym : do away with, free, clear

(1) get **rid** of the rats, (2) **rid** the body of waste products

We must **rid** ourselves of pollution.

telltale

adj. revealing or betraying information or evidence; serving as a sign or indicator of something

synonym : revealing, indicative, suggestive

(1) **telltale** evidence, (2) **telltale** heart

The **telltale** signs of a dishonest employee were missing files and constant delay.

examine

v. to study or consider a person or object attentively and thoroughly to learn something about them

synonym : study, probe, analyze

(1) **examine** the data studiously, (2) **examine** the issue

Initially, we must **examine** all project-related expenses.

migraine

n. a severe headache typically felt as a throbbing pain on one side of the head

synonym : headache, cephalalgia, hemicrania

(1) suffer from **migraine**, (2) **migraine** attack

She gets **migraines** whenever she's under a lot of stress.

sinus

n. a cavity in a bone, especially in the bones of the head, or a similar cavity or channel in a plant or animal

synonym : cavity, pocket, air space

(1) chronic **sinus** infections, (2) paranasal **sinus**

The **sinus** pressure was causing me a lot of pain.

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**.

relate

v. to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something

synonym : connect, link, associate

(1) **relate** a story, (2) **relate** a message

He tried to **relate** his experience to the group, but they couldn't understand.

relieve

v. to make something burdensome, unpleasant, or painful less severe

synonym : alleviate, ease, assuage

(1) **relieve** his thirst, (2) **relieve** stress

The medicine **relieved** his headache, and he felt much better.

diagnose

v. to determine or distinguish the nature of a problem or an illness through a careful analysis

synonym : identify, analyze, interpret

(1) **diagnose** the problem, (2) **diagnose** with CT scans

This device is used to **diagnose** brain cancer and other tumors.

refer

v. to direct someone's attention, thoughts, or questions to another source or person; to mention, cite, or allude to

something as evidence or support

synonym : cite, allude, mention

(1) **refer** to a book, (2) **refer** to a map

Please **refer** to the instruction manual for further assistance.

specialize

v. to become an expert in a specific career field, study, or business

synonym : narrow down, particularize

(1) **specialize** in child care, (2) **specialize** in market research

The restaurant has chefs who **specialize** in beef.

landlord

n. a person or organization that rents a room, a house, an office, etc.

synonym : lessor, owner, proprietor

(1) suit against the **landlord**, (2) the **landlord** of an inn

He complained about the price of tenant pays to the **landlord**.

improvisation

n. the act of making something up on the spot or creating or performing something without preparation

synonym : spontaneity, ad-lib, extemporization

(1) **improvisation** on stage, (2) jazz **improvisation**

He created a beautiful piece of music using only **improvisation**.

shuttle

n. a vehicle or boat that regularly moves between two places; bobbin that passes the weft thread between the warp threads

synonym : ferry, transport, convey

(1) space **shuttle**, (2) **shuttle** service

The **shuttle** bus will take you to the airport in 15 minutes.

remarkable

adj. worthy of attention because unusual or special

synonym : outstanding, exceptional, extraordinary

(1) **remarkable** achievement, (2) the **remarkable** breadth of knowledge

The election was a **remarkable** success for the Whigs.

asthma

n. a chronic respiratory disease characterized by wheezing, coughing, and difficulty breathing

synonym: bronchial, bronchitis, respiratory ailment

(1) **asthma** attack, (2) **asthma** symptoms

He always had to carry an inhaler due to his severe **asthma**.

coincident

adj. happening or operating in the same place or at the same time

synonym: concurrent, accompanying, coextensive

(1) **coincident** indicators, (2) a series of **coincident** events

Coincident with the negotiation, the bank was permitted to open a Beijing branch.

routinely

adv. on a regular or habitual basis; in a manner that is customary or expected

synonym: habitually, regularly, customarily

(1) **routinely** check, (2) **routinely** scheduled maintenance

They **routinely** conduct fire drills to ensure everyone in the building knows what to do in an emergency.

unfortunately

adv. by bad luck; unluckily

synonym: regrettably, unluckily, alas

(1) **unfortunately** caught in a shower, (2) even more **unfortunately**

The treatments were done but, **unfortunately**, were unsuccessful.

insecure

adj. not firm or firmly fixed; likely to fail or give way, or not assured of safety

synonym: uncertain, unsure, unconfident

(1) an **insecure** future, (2) **insecure** attachment

Children in an unstructured environment often feel **insecure**.

transport

n. a system for moving people or products from one location to another using automobiles, roads, and so on

synonym : shipment, transit, conveyance

(1) **transport** facilities, (2) access to public **transport**

Enhanced rail **transportation** is crucial for our business.

barrier

n. a fence or other obstruction that makes it hard to move or get in; any condition that makes it difficult to make progress or to achieve an objective

synonym : border, barricade, fence

(1) cost **barrier**, (2) information **barrier**

The police placed a **barrier** across the street to halt traffic.

obesity

n. the condition of being significantly overweight, typically defined as having a body mass index (BMI) of 30 or greater.

synonym : overweight, corpulence, fattiness

(1) **obesity-related** diseases, (2) suffer from **obesity**

The prevalence of **obesity** has increased significantly in recent years.

violent

adj. involving or caused by physical force or aggression against someone or something

synonym : aggressive, intense, turbulent

(1) victim of a **violent** crime, (2) **violent** incident

The protesters became **violent** when the police tried to disperse them.

upstream

adj. in the direction against a stream's current; (adverb) toward the source or beginning of a stream, river, or process

synonym : upriver, up-current

(1) swim **upstream**, (2) **upstream** direction

The company is investing heavily in **upstream** research and development.

parable

n. a short allegorical story designed to illustrate a moral or spiritual lesson

synonym : allegory, fable, tale

(1) **parable** story, (2) biblical **parable**

Jesus quoted **parables** to teach important lessons to his disciples.

rescue

v. to save someone or something from a dangerous or difficult situation

synonym : save, extricate, retrieve

(1) **rescue** a dying dog, (2) **rescue** a company from bankruptcy

The fire department arrived just in time to **rescue** the family from the burning building.

drown

v. to die or cause to die by being unable to breathe underwater

synonym : douse, drench, overwhelm

(1) **drown** in a bath, (2) I was **drowned** in work

Floods have the potential to **drown** any subsurface animals easily.

waterfall

n. a point in a river or stream where water falls from a high place, for example, over a cliff or rock

synonym : cascade, falls, rapids

(1) scenic **waterfall**, (2) a **waterfall** with a fall of ten feet

Years of river erosion have formed the uniquely shaped **waterfall** basin.

raft

n. a flat structure, usually made of logs or planks, that can be used for transport or as a platform for swimmer

synonym : flatboat, boat, barge

(1) a **raft** for carrying horses, (2) a life **raft**

The rubber **raft** was swept out to sea.

usher

n. a person who shows people to their seats in a theater or church or who guides them through a building

synonym : guide, escort, conductor

(1) act as **usher**, (2) **usher** theater

The uniformed **usher** showed the guests to their seats.

coordinate

v. to bring the different parts of the activity and the people into an organized, ordered, or efficient relationship;
(adjective) of equal importance, rank, or degree

synonym : organize, harmonize, ordinate

(1) **coordinate** a special project, (2) a **coordinate** clause

We want to **coordinate** a schedule for the investigation.

branch

n. a division of a tree or woody shrub that grows out from the trunk or a main stem; a division of some larger or more complex organization

synonym : limb, twig, bough

(1) **branch** office, (2) a **branch** pipe

The **branch** of the tree had fallen and blocked the road.

nowhere

adv. not in, at, or to any place; not anywhere

(1) **nowhere** else to go, (2) come out of **nowhere**

I've been thinking all day and getting **nowhere**.

spot

n. a particular location or place; a small round or roundish area, differing in color or feels from the surface around it

synonym : dot, mark, place

(1) beauty **spot**, (2) a **spot** on his honor

This remote **spot** is rarely visited.

trauma

n. an emotional wound or shock often has long-lasting effects caused by a highly upsetting or shocking experience

synonym : agony, injury, ordeal

(1) psychic **trauma**, (2) **trauma** care

Many civilians have suffered **trauma** as a result of the war.

surgeon

n. a doctor who is trained to perform medical operations that involve cutting open a person's body

synonym : sawbones, doctor

(1) an excellent brain **surgeon**, (2) army **surgeon**

He is a skilled **surgeon** that has many years of training and experience.

nurse

n. a healthcare professional who is trained to provide care for the sick or injured; (verb) to try to cure by special care or treatment of an illness or injury

synonym : healthcare worker, caregiver, medic

(1) **nurse** practitioner, (2) a volunteer **nurse**

The night shift **nurse** checked my vital signs before administering the medication.

dire

adj. extremely serious or urgent; critical, grave, or disastrous

synonym : serious, critical, desperate

(1) suffer **dire** poverty, (2) **dire** situation

The **dire** economic straits called for immediate action.

strait

n. a narrow stretch of water or sea connecting two larger bodies of water or seas

synonym : narrows, channel, passage

(1) **strait** passage, (2) **strait** channel

The ship navigated through the **strait** with great care.

clinician

n. a practitioner, especially of medicine or psychology, who has direct contact with patients

synonym : psychiatrist, therapist, doctor

(1) experienced **clinician**, (2) from a **clinician's** perspective

Some **clinicians** believe that psychological characteristics alone may cause mental disorders.

diabetes

n. a medical condition in which the body cannot produce enough insulin to control the glucose levels in the blood

(1) juvenile **diabetes**, (2) **diabetes** patient

My father was tested for **diabetes**.

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.

checkup

n. an examination of a person's health by a medical professional, typically including a physical examination, laboratory tests, and diagnostic imaging

synonym : examination, diagnosis, consultation

(1) regular **checkup**, (2) health **checkup**

I am going to the doctor for my annual **checkup**.

vaccine

n. a substance that is put into the body and protects them from disease by causing them to produce antibodies (= proteins that attack harmful bacteria, viruses, etc.)

synonym : vaccinum

(1) development of **vaccines**, (2) an oral **vaccine**

The mRNA **vaccine** was approved in less than a year because it did not contain the fragments of the target virus.

mobilize

v. to make something ready for action or use; to organize people or resources for a particular purpose

synonym : activate, rally, marshal

(1) **mobilize** cooperation, (2) **mobilize** a stiff joint

The military **mobilized** troops to the border.

obvious

adj. easy to see, discover or understand

synonym : apparent, conspicuous, evident

(1) **obvious** reasons, (2) his conclusion was **obvious**

There are **obvious** differences between the two wine-producing regions.

colleague

n. one of a group of a coworker, especially in a profession or a business

synonym: coworker, associate, fellow

(1) collaborate with **colleagues**, (2) former **colleague**

I decided to seek counseling on the advice of my **colleague**.

procedure

n. a way of doing something, especially the official or well-known way

synonym: action, approach, course

(1) undergo a surgical **procedure**, (2) standard **procedure**

The pilot and flight attendant ran through the check-out **procedure**.

argue

v. to express differing opinions or points of view, often in a heated or contentious manner; to present a case or reasoning to persuade or convince others

synonym: debate, dispute, quarrel

(1) **argue** a case, (2) **argue** passionately

The couple began to **argue** over which restaurant to go to for dinner.

absolutely

adv. without restriction or limitation; completely or utterly

synonym: completely, utterly, definitely

(1) **absolutely** against, (2) **absolutely** obsessed with the girl

I am **absolutely** opposed to his idea because of morality.

genetic

adj. of or relating to genes (= parts of the DNA in cells) or the science of genes

synonym: hereditary, genetical, inborn

(1) have **genetic** testing, (2) a **genetic** disorder

Understanding protein folding is a vital step in deciphering the **genetic** code.

structure

n. the way of construction of something and the arrangement of its parts, or a complex thing constructed of many parts

synonym: construction, architecture, establishment

(1) the **structure** of a machine, (2) **structure** and function of the brain

The organizational **structure** of start-ups is often flat and straightforward.

environment

n. the natural world such as air, water, and land in which humans, animals, and plants live

synonym: atmosphere, surroundings, climate

(1) **environment** affairs, (2) chaotic **environment**

Every human is responsible for taking care of the Earth's **environment**.

fabric

n. cloth or other material produced by weaving wool, cotton, silk, etc., used for making clothes, covering furniture, etc.

synonym: cloth, material, goods

(1) a hand-loomed **fabric**, (2) **fabric** of creation

These synthetic **fabrics** are used in military vests because of their excellent abrasion resistance.

weave

v. to make cloth, a carpet, a basket, etc., by repeatedly crossing a single thread through two sets of long threads at a right angle to them

synonym: braid, unite, contrive

(1) **weave** on a loom, (2) **weave** a story

The girl **weaves** a garland for her friend.

administrator

n. a person or organization responsible for managing and directing the affairs of a business, institution, government agency, or other organization; someone who administers, regulates, or supervises

synonym: manager, executive, supervisor

(1) school **administrator**, (2) network **administrator**

The university's **administrator** announced new policies regarding campus safety.

combine

v. to join or merge to form a single thing or group
synonym: coalesce, cohere, blend

- (1) **combine** chemically with another substance,
(2) **combine** augmented reality

Hydrogen and oxygen **combine** to form water.

technological

adj. based on scientific and industrial progress
synonym: specialized, technical

- (1) **technological** advancement, (2) **technological** policy
Technological advances have disrupted many industries.

start-up

n. a newly established company or business

- (1) **start-up** business, (2) early-stage **start-up**

Our company's services are targeted at **start-up** executives.

disease

n. a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems

synonym: illness, ailment, affliction

- (1) **disease** prevention, (2) **disease** control

The doctor diagnosed him with a rare **disease** that had no known cure.

invest

v. to put money, effort, time, etc. into something to make a profit or achieve a result

synonym: fund, sponsor, support

- (1) **invest** in stocks, (2) **invest** capital

The government should view children as national assets and actively **invest** in them.

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.

landmark

n. a notable or important event, place, or achievement; a significant object or feature that serves as a reference point

synonym: marker, reference point, guidepost

(1) a **landmark** discovery, (2) historical **landmark**

The Empire State Building is a **landmark** in New York City.

resident

n. a person who lives in a particular place or has their home in a place

synonym: dweller, inhabitant, inhabitant

(1) a **resident** of the city, (2) **resident** tax

Visa renewal for **resident** foreigners in this country is once every five years.

variable

adj. likely to change or vary often; (noun) a symbol, like x or y, that is used in mathematical or logical expressions to represent a value that may be changed

synonym: erratic, inconsistent, irregular

(1) a **variable** species, (2) a dependent **variable**

Rainfall in the tropics is highly **variable**.

adjust

v. to make a minor modification to something to make it more suited for a new set of conditions or to make it function better.

synonym: adapt, alter, acclimate

(1) **adjust** a schedule, (2) **adjust** the rearview mirror

You have to **adjust** your content to the age of the audience.

exposure

n. the state of being in a particular situation or place where there is no protection from or guarantee to something harmful; the disclosure of something secret

synonym: vulnerability, disclosure, uncovering

(1) a southern **exposure**, (2) the **exposure** of a fraud

The long **exposure** to the air tarnished the antique tableware.

influence

n. the ability to affect someone's or something's character, growth, or behavior, or the effect itself

synonym : power, leverage, effect

(1) **influence** a child's future, (2) **influence** the daily life

The former emperor had a particular **influence** even after he abdicated.

zip

n. a fastener made of interlocking teeth or ridges that is used to join two edges or pieces of fabric; a sound or motion that resembles the sound made by a zipper when it is pulled; (of a computer) a popular file compression and archiving format; (short for Zone Improvement Plan) a system of postal codes used in the United States to help facilitate mail delivery more efficiently

synonym : fastener, postcode, slide

(1) **zip** code, (2) **zip** file

She put her phone in the **zip** pocket of her backpack.

epigenetic

adj. relating to changes in gene expression that are not caused by alterations in the underlying DNA sequence but rather by modifications to the structure of DNA or proteins that regulate gene activity

synonym : environmental, hereditary, inherited

(1) **epigenetic** inheritance, (2) **epigenetic** markers

Epigenetic research has opened up new possibilities for the treatment of certain diseases.

molecular

adj. of or relating to molecules (= a group of two or more atoms held together by attractive forces known as chemical bonds)

synonym : microscopic, atomic

(1) **molecular** structure, (2) **molecular** biology

Molecular weight is the sum of all the atoms.

mechanism

n. a part of a machine, or a set of parts that performs a task; a natural or established process that occurs during a specific situation or reaction

synonym : means, method, system

(1) the **mechanism** for DNA replication, (2) defense **mechanism**

He discovered unique **mechanisms** for photochemical reactions.

intricate

adj. having many different parts and small details that all work together

synonym : complicated, convoluted, complex

(1) **intricate** details, (2) **intricate** lacework

The politician managed to deal with that **intricate** issue.

compelling

adj. arousing strong and irresistible interest, attention, or admiration

synonym : tempting, captivating, influential

(1) tell a **compelling** story, (2) new and **compelling** evidence

His **compelling** presentation deeply moved everyone.

scan

v. to examine something hastily, with the eyes or with a machine, to get information

synonym : look over, scrutinize, browse

(1) **scan** the face of the man, (2) **scan** a document into PDF

She stood on the podium and **scanned** an audience.

needle

n. a thin, pointed object typically used for sewing or medical purposes; a metal or plastic instrument used for administering injections or drawing blood

synonym : thorn, spike, pin

(1) **needle** prick, (2) sewing **needle**

The acupuncturist inserted **needles** into specific points on my body to alleviate my pain.

spinal

adj. of or relating to the spine (= the long bone in the body's back)

(1) **spinal** injury, (2) brain and **spinal** cord

The surgeon carefully confirmed how to remove the tumor to avoid damaging the **spinal** nerves.

fluid

n. a substance that can flow and is not solid

synonym: liquid, aqua, sap

(1) plenty of **fluids**, (2) **fluid** assets

She was diagnosed with a **fluid** buildup in her lungs.

volume

n. the amount of space occupied by an object or substance; the magnitude of sound

synonym: capacity, amount, intensity

(1) **volume** of work, (2) high **volume**

This container has a **volume** of 10 cubic meters.

necessarily

adv. in an essential manner; in such a way as could not be otherwise

synonym: inevitable, certainly, automatically

(1) not **necessarily** a problem, (2) **necessarily** true

This accident was something that happened **necessarily**.

phenomenon

n. something that exists and can be perceptible, especially one that is not fully understood

synonym: marvel, wonder, splendor

(1) natural **phenomenon**, (2) historical **phenomenon**

A rainbow is a natural **phenomenon**.

survey

n. an investigation of the opinions, behavior, etc. of a particular group of people, made by asking people questions

synonym: study, examination, poll

(1) a comprehensive **survey**, (2) recent **survey**

That **survey** shows that people are accepting the tax increase to some extent.

physician

n. a medical doctor who practices medicine

synonym: doctor, practitioner, medic

(1) the advice of the **physician**, (2) consult with a **physician**
She visited the local **physician** to seek treatment for her persistent headache.

widespread

adj. existing or happening in various places or among many people

synonym: across-the-board, overall, general

(1) **widespread** use, (2) **widespread** fear of nuclear war
In medieval times, death punishment was **widespread** and socially accepted.

importance

n. the quality of being important and worthy of note

synonym: significance, primacy, matter

(1) a man of **importance**, (2) high **importance**
I stopped by the branch though I have no business of **importance**.

confidence

n. the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something

synonym: self-trust, certainty, belief

(1) **confidence** as a teacher, (2) boost my **confidence**
Skill and **confidence** are an unconquered army.

gap

n. a conspicuous disparity or difference separates something such as a figure, people, their opinions, situation, etc.

synonym: opening, lacuna, spread

(1) the **gap** between ideal and reality, (2) distance **gap**
Many people are working together to close the gender **gap**.

context

n. the circumstances, facts, or conditions that surround a particular event, situation, or statement and that give it meaning

synonym: background, setting, environment

(1) historical **context**, (2) legal **context**
It's important to understand the **context** of a situation before

making a decision.

responsible

adj. answerable or accountable for something within one's power, control, or management

synonym: accountable, answerable, liable

(1) **responsible** action, (2) **responsible** for a customer service

She's a **responsible** pet owner who ensures her dog gets enough exercise and a healthy diet.

conundrum

n. a confusing and difficult problem or question

synonym: puzzle, riddle, enigma

(1) **conundrum** of choice, (2) pose a **conundrum**

The group faced a **conundrum** when they couldn't decide whether to go hiking or to the beach.

specific

adj. clearly defined or particular to a certain thing or situation; distinct, explicit, and precise

synonym: particular, definite, distinct

(1) **specific** instructions, (2) industry- **specific** regulations

The scientist conducted a study that provided **specific** details about the species' behavior.

degree

n. a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment

synonym: level, qualification, diploma

(1) bachelor's **degree**, (2) **degree** centigrade

She received her **degree** in psychology from the university.

implement

v. to put a decision, plan, or system into effect

synonym: execute, enforce, put through

(1) **implement** a corporate strategy, (2) **implement** security measures

The government promised to **implement** a new system to control the financial crisis.

process

n. a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products

synonym: procedure, method, system

(1) **process** improvement, (2) decision-making **process**

The **process** for applying for a visa can be lengthy and complicated.

transform

v. to change in outward structure or looks;

synonym: alter, convert, change

(1) **transform** an education system, (2) **transform** heat into power

My father's death **transformed** my life completely.

assist

v. to help someone in doing anything

synonym: help, support, aid

(1) **assist** a patient, (2) **assist** his goal

Please **assist** her with the furniture relocation.

identify

v. to recognize someone or something and say or prove who or what they are

synonym: determine, specify, recognize

(1) **identify** handwriting, (2) **identify** gene sequences

I will introduce you to how to **identify** the leading causes of the malfunction.

clinical

adj. of or relating to the examination and treatment of patients rather than theoretical or laboratory studies

synonym: dispassionate, analytic, scientific

(1) **clinical** surgery, (2) participate in **clinical** trials

She received special **clinical** training at the hospital.

instance

n. a particular example or single occurrence of something

synonym: example, sample, illustration

(1) for **instance**, (2) notable **instance**

These articles cite five **instances** of climate change.

bounce

v. to cause to move up or away after hitting a surface; to spring back

synonym: bound, leap, spring

(1) **bounce** across the floor, (2) **bounce** back from failure
They will **bounce** between various emotional states.

analyze

v. to think about in-depth and evaluate to discover essential features or meaning

synonym: explore, examine, investigate

(1) **analyze** a chemical compound, (2) **analyze** your real motives

The teacher attempted to **analyze** the root cause of our mistake.

simplistic

adj. oversimplified or lacking in complexity or depth; characterized by an attempt to explain something complex or multifaceted with overly vague or simple terms

synonym: basic, uncomplicated, elementary

(1) **simplistic** approach, (2) **simplistic** design

The politician's solution to the problem was too **simplistic** to solve the underlying issue.

worldview

n. a particular philosophy or cognitive orientation of life or conception of the world

synonym: perspective, position, viewpoint

(1) mainstream **worldview**, (2) the **worldview** of the ancient civilization

The war between the two countries was also a battle between competing **worldviews**.

freeway

n. a major highway designed for high-speed traffic, with no stoplights or grade crossings and having interchanges or access roads to other highways

synonym: highway, expressway, motorway

(1) **freeway** exit, (2) expanded **freeway**

We got stuck in a traffic jam on the **freeway** for over an hour.

pollution

n. the introduction of harmful substances or waste into the natural environment that causes adverse change

synonym : corrosion, deterioration, corruption

(1) environmental **pollution**, (2) high levels of air **pollution**

The **pollution** is endangering the local plants and animals.

trigger

v. to make something happen suddenly; to cause something such as a device, machine, etc. to function

synonym : activate, spark, drive

(1) **trigger** a biochemical response, (2) **trigger** inflation

The incident **triggered** a political controversy.

critic

n. someone who expresses opinions about the quality of books, music, etc.

synonym : pundit, analyst, attacker

(1) art **critic**, (2) severe **critic**

Advocates for legal reform hear less harsh words from their **critics**.

sector

n. a distinct part or division of something often used to refer to a segment of an economy or industry; an area or field of work or activity

synonym : division, department, branch

(1) industrial **sector**, (2) private **sector**

The technology **sector** is constantly evolving and innovating.

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.

decide

v. to make up someone's mind about something; to come to a conclusion or judgment after considering options

synonym: choose, determine, settle

(1) **decide** a question, (2) **decide** on a course of action

She couldn't **decide** whether to order the pizza or the pasta for dinner.

metric

adj. using or relating to the meter as a unit of length; a system of related measures that facilitates the quantification of some particular characteristic

synonym: metrical, measured

(1) **metric** units, (2) key performance **metrics**

In the **metric** system, measurements are made in meters and liters.

triple

adj. consisting of three items or people; three times as great or many

synonym: threefold

(1) a **triple** mirror, (2) **triple** digits

His coach is a **triple** Olympic champion.

glimpse

n. a brief or partial view; the act of seeing something or someone for a very short time or only partly

synonym: glance, peek, sighting

(1) a momentary **glimpse**, (2) passing **glimpse**

Our team caught a **glimpse** of the world-class technique in this game.

frank

adj. honest and sincere; open and candid in expression

synonym: candid, direct, freehearted

(1) **frank** and open discussion, (2) make a **frank** apology

Full involvement means **frank** and prompt responses.

depart

v. to go away or leave, especially to start a journey

synonym: go away, leave, vacate

(1) arrive and **depart** on time, (2) **depart** from the faith

We **departed** before the temperature fell below zero.

discovery

n. the act or process of finding information, a place, or an object, or learning about something that was previously not known

synonym : finding, uncovering, detection

(1) a scientific **discovery**, (2) the great **discovery** of the century

Her research team made an important **discovery**.

align

v. to put or arrange two or more things in a straight line or to form a straight line

synonym : coordinate, regulate, adjust

(1) **align** the economic interest of each other, (2) **align** with a historical trend

Both parties are now entirely ideologically **aligned**.

certify

v. to formally state, especially in writing, that something is true

synonym : accredit, approve, authorize

(1) **certify** product quality, (2) **certify** the authenticity of the painting

As a witness, I can **certify** his innocence.

backbone

n. the spinal column of a vertebrate; a symbolic representation of strength and resilience

synonym : spine, courage, fortitude

(1) **backbone** of society, (2) **backbone** curve

She showed great **backbone** when standing up for her beliefs in opposition.

jog

v. to run or move at a slow or leisurely pace, typically for exercise; to continue talking or writing without a definite plan or purpose

synonym : run, sprint, trot

(1) **jog** in place, (2) **jog** my memory

She decided to **jog** around the park to clear her head.

allocate

v. to give or distribute something, such as resources or duties, to someone or something for a particular purpose

synonym: apportion, assign, distribute

(1) **allocate** resource, (2) **allocate** budgets

The company **allocated** a portion of its profits to developing new products.

Session 2: Spelling

- | | |
|-------------------------------|--|
| 1. es_____te a fair value | <i>v.</i> to guess or calculate the cost, size, value, etc. of something |
| 2. the la_____rd of an inn | <i>n.</i> a person or organization that rents a room, a house, an office, etc. |
| 3. biblical pa_____e | <i>n.</i> a short allegorical story designed to illustrate a moral or spiritual lesson |
| 4. re_____e a story | <i>v.</i> to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something |
| 5. ro_____e business | <i>n.</i> a usual or habitual way of doing things; a set sequence of steps, part of a larger computer program |
| 6. expanded fr_____y | <i>n.</i> a major highway designed for high-speed traffic, with no stoplights or grade crossings and having interchanges or access roads to other highways |
| 7. regular ch_____p | <i>n.</i> an examination of a person's health by a medical professional, typically including a physical examination, laboratory tests, and diagnostic imaging |
| 8. s____n a document into PDF | <i>v.</i> to examine something hastily, with the eyes or with a machine, to get information |
| 9. pr_____y school | <i>adj.</i> first or highest in rank, order, or importance; most fundamental or essential; pertaining to the initial or introductory stage of something, such as a school year or election cycle |

ANSWERS: 1. estimate, 2. landlord, 3. parable, 4. relate, 5. routine, 6. freeway, 7. checkup, 8. scan, 9. primary

10. private se___r *n.* a distinct part or division of something often used to refer to a segment of an economy or industry; an area or field of work or activity
11. juvenile di_____es *n.* a medical condition in which the body cannot produce enough insulin to control the glucose levels in the blood
12. pe_____t in success *v.* to continue to do and refuse to stop something despite difficulties or opposition, even if it appears unreasonable
13. high levels of air po_____on *n.* the introduction of harmful substances or waste into the natural environment that causes adverse change
14. tell a com_____ng story *adj.* arousing strong and irresistible interest, attention, or admiration
15. epi_____ic inheritance *adj.* relating to changes in gene expression that are not caused by alterations in the underlying DNA sequence but rather by modifications to the structure of DNA or proteins that regulate gene activity
16. ch_____c alcohol consumption *adj.* being long-lasting and recurrent or characterized by long suffering; habitual
17. st___t channel *n.* a narrow stretch of water or sea connecting two larger bodies of water or seas
18. his conclusion was ob_____s *adj.* easy to see, discover or understand
19. tr_____r a biochemical response *v.* to make something happen suddenly; to cause something such as a device, machine, etc. to function

ANSWERS: 10. sector, 11. diabetes, 12. persist, 13. pollution, 14. compelling, 15. epigenetic, 16. chronic, 17. strait, 18. obvious, 19. trigger

20. recent su___y *n.* an investigation of the opinions, behavior, etc. of a particular group of people, made by asking people questions
21. nu__e practitioner *n.* a healthcare professional who is trained to provide care for the sick or injured; (verb) to try to cure by special care or treatment of an illness or injury
22. act as us__r *n.* a person who shows people to their seats in a theater or church or who guides them through a building
23. ha___e a precious object *v.* to deal with a situation, problem, or strong emotion
24. m__d allergy *n.* a hollow container used to give shape to liquid or soft substance, which then becomes solid in the same shape as the container; a soft, green, or gray growth that forms on stale food or objects exposed to warm, moist air for too long
25. army su____n *n.* a doctor who is trained to perform medical operations that involve cutting open a person's body
26. z_p code *n.* a fastener made of interlocking teeth or ridges that is used to join two edges or pieces of fabric; a sound or motion that resembles the sound made by a zipper when it is pulled; (of a computer) a popular file compression and archiving format; (short for Zone Improvement Plan) a system of postal codes used in the United States to help facilitate mail delivery more efficiently

ANSWERS: 20. survey, 21. nurse, 22. usher, 23. handle, 24. mold, 25. surgeon, 26. zip

27. de___e a question *v.* to make up someone's mind about something; to come to a conclusion or judgment after considering options
28. brain and sp___l cord *adj.* of or relating to the spine (= the long bone in the body's back)
29. a br___h pipe *n.* a division of a tree or woody shrub that grows out from the trunk or a main stem; a division of some larger or more complex organization
30. ob____y-related diseases *n.* the condition of being significantly overweight, typically defined as having a body mass index (BMI) of 30 or greater.
31. j_g my memory *v.* to run or move at a slow or leisurely pace, typically for exercise; to continue talking or writing without a definite plan or purpose
32. suffer d__e poverty *adj.* extremely serious or urgent; critical, grave, or disastrous
33. ha__h climate *adj.* severe and unkind; extremely tough and unpleasant to inhabit
34. I was dr__ned in work *v.* to die or cause to die by being unable to breathe underwater
35. the st_____re of a machine *n.* the way of construction of something and the arrangement of its parts, or a complex thing constructed of many parts
36. pr____s improvement *n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products

ANSWERS: 27. decide, 28. spinal, 29. branch, 30. obesity, 31. jog, 32. dire, 33. harsh, 34. drown, 35. structure, 36. process

37. end of the first ep____e *n.* a happening or story that is distinctive in a series of related events; an abrupt short period during which someone suffers from the effects of a physical or mental illness
38. chaotic env_____nt *n.* the natural world such as air, water, and land in which humans, animals, and plants live
39. pr_____ge of membership *n.* a special right or advantage that only one person or group of people has, usually because they are rich and powerful in a society
40. bo___e back from failure *v.* to cause to move up or away after hitting a surface; to spring back
41. wid_____ad use *adj.* existing or happening in various places or among many people
42. al_____te resource *v.* to give or distribute something, such as resources or duties, to someone or something for a particular purpose
43. co_____nt about price-gouging *n.* a statement that expresses dissatisfaction or annoyance about something
44. tracking de___e *n.* a piece of equipment, tool, or technology that serves a particular purpose or function, often mechanical or electronic
45. space sh_____e *n.* a vehicle or boat that regularly moves between two places; bobbin that passes the weft thread between the warp threads

ANSWERS: 37. episode, 38. environment, 39. privilege, 40. bounce, 41. widespread, 42. allocate, 43. complaint, 44. device, 45. shuttle

46. arrive and de___t on time *v.* to go away or leave, especially to start a journey
47. the g_p between ideal and reality *n.* a conspicuous disparity or difference separates something such as a figure, people, their opinions, situation, etc.
48. pr____y education *adj.* first or highest in rank, order, or importance; most fundamental or essential; pertaining to the initial or introductory stage of something, such as a school year or election cycle
49. vi_____t incident *adj.* involving or caused by physical force or aggression against someone or something
50. legal co_____t *n.* the circumstances, facts, or conditions that surround a particular event, situation, or statement and that give it meaning
51. en_____er a crisis *v.* to face something, particularly something unpleasant or difficult, while attempting to do something else; to meet, especially unexpectedly
52. te_____le heart *adj.* revealing or betraying information or evidence; serving as a sign or indicator of something
53. a hand-loomed fa___c *n.* cloth or other material produced by weaving wool, cotton, silk, etc., used for making clothes, covering furniture, etc.
54. as_____nt professor *n.* someone who helps or supports someone else to do a job

ANSWERS: 46. depart, 47. gap, 48. primary, 49. violent, 50. context, 51. encounter, 52. telltale, 53. fabric, 54. assistant

55. art cr___c *n.* someone who expresses opinions about the quality of books, music, etc.
56. vi__l for a healthy society *adj.* necessary for the success or continued existence of something
57. ne___e prick *n.* a thin, pointed object typically used for sewing or medical purposes; a metal or plastic instrument used for administering injections or drawing blood
58. write him an answer imm_____ly *adv.* now or without delay
59. fr__k and open discussion *adj.* honest and sincere; open and candid in expression
60. plenty of fl__ds *n.* a substance that can flow and is not solid
61. ho_____ss shelter *adj.* without a home, and therefore typically living on the streets
62. con_____ce as a teacher *n.* the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something
63. network adm_____tor *n.* a person or organization responsible for managing and directing the affairs of a business, institution, government agency, or other organization; someone who administers, regulates, or supervises
64. im_____nt security measures *v.* to put a decision, plan, or system into effect
65. traditional me_____al *adj.* of or relating to the treatment or cure of disease

ANSWERS: 55. critic, 56. vital, 57. needle, 58. immediately, 59. frank, 60. fluid, 61. homeless, 62. confidence, 63. administrator, 64. implement, 65. medicinal

66. di_____e prevention *n.* a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems
67. co_____um of choice *n.* a confusing and difficult problem or question
68. env_____nt affairs *n.* the natural world such as air, water, and land in which humans, animals, and plants live
69. the me_____sm for DNA replication *n.* a part of a machine, or a set of parts that performs a task; a natural or established process that occurs during a specific situation or reaction
70. tr_____rm heat into power *v.* to change in outward structure or looks;
71. mo_____ar structure *adj.* of or relating to molecules (= a group of two or more atoms held together by attractive forces known as chemical bonds)
72. access to public tr_____rt *n.* a system for moving people or products from one location to another using automobiles, roads, and so on
73. an unwilling as_____nt *n.* someone who helps or supports someone else to do a job
74. the advice of the ph_____an *n.* a medical doctor who practices medicine
75. 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

ANSWERS: 66. disease, 67. conundrum, 68. environment, 69. mechanism, 70. transform, 71. molecular, 72. transport, 73. assistant, 74. physician, 75. hypertension

76. the ex_____re of a fraud *n.* the state of being in a particular situation or place where there is no protection from or guarantee to something harmful; the disclosure of something secret
77. fr_____y exit *n.* a major highway designed for high-speed traffic, with no stoplights or grade crossings and having interchanges or access roads to other highways
78. unf_____ely caught in a shower *adv.* by bad luck; unluckily
79. designed spe_____lly for men *adv.* only associated with or meant for one thing
80. a me_____l opinion *adj.* relating to the treatment of illness or injuries; relating to the practice of medicine
81. come out of no_____e *adv.* not in, at, or to any place; not anywhere
82. ch__f events of the year *adj.* most important or primary; (noun) a person who is in charge
83. in_____te lacework *adj.* having many different parts and small details that all work together
84. a series of coi_____nt events *adj.* happening or operating in the same place or at the same time
85. sy_____ms of low testosterone *n.* any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease
86. in_____re attachment *adj.* not firm or firmly fixed; likely to fail or give way, or not assured of safety

ANSWERS: 76. exposure, 77. freeway, 78. unfortunately, 79. specifically, 80. medical, 81. nowhere, 82. chief, 83. intricate, 84. coincident, 85. symptom, 86. insecure

87. ro_____ly scheduled maintenance *adv.* on a regular or habitual basis; in a manner that is customary or expected
88. decision-making pr_____s *n.* a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products
89. imm_____ly recall a product *adv.* now or without delay
90. mo_____ar biology *adj.* of or relating to molecules (= a group of two or more atoms held together by attractive forces known as chemical bonds)
91. jazz imp_____ion *n.* the act of making something up on the spot or creating or performing something without preparation
92. the great di_____ry of the century *n.* the act or process of finding information, a place, or an object, or learning about something that was previously not known
93. pa_____t with weight loss *n.* a person who is receiving medical treatment, care, or attention from a healthcare professional, such as a doctor, nurse, or therapist; a personal quality or characteristic
94. sim_____ic approach *adj.* oversimplified or lacking in complexity or depth; characterized by an attempt to explain something complex or multifaceted with overly vague or simple terms

ANSWERS: 87. routinely, 88. process, 89. immediately, 90. molecular, 91. improvisation, 92. discovery, 93. patient, 94. simplistic

95. ce____y the authenticity of the painting *v.* to formally state, especially in writing, that something is true
96. ill_____te a key point *v.* to provide pictures, photographs, diagrams, etc. in a book or something for explanation
97. suffer from ob____y *n.* the condition of being significantly overweight, typically defined as having a body mass index (BMI) of 30 or greater.
98. th__b with excitement *v.* to beat with a strong, regular rhythm, as a pulse or a heart
99. tr_____rt facilities *n.* a system for moving people or products from one location to another using automobiles, roads, and so on
100. beauty s__t *n.* a particular location or place; a small round or roundish area, differing in color or feels from the surface around it
101. industry-sp____ic regulations *adj.* clearly defined or particular to a certain thing or situation; distinct, explicit, and precise
102. co_____al swimming pool *adj.* belonging to or used by a group rather than individuals; for common use
103. early-stage st____up *n.* a newly established company or business
104. al__n the economic interest of each other *v.* to put or arrange two or more things in a straight line or to form a straight line
105. participate in cl____al trials *adj.* of or relating to the examination and treatment of patients rather than theoretical or laboratory studies

ANSWERS: 95. certify, 96. illustrate, 97. obesity, 98. throb, 99. transport, 100. spot, 101. specific, 102. communal, 103. start-up, 104. align, 105. clinical

106. coo_____te a special project *v.* to bring the different parts of the activity and the people into an organized, ordered, or efficient relationship; (adjective) of equal importance, rank, or degree
107. severe cr____c *n.* someone who expresses opinions about the quality of books, music, etc.
108. risk of ch____c disease *adj.* being long-lasting and recurrent or characterized by long suffering; habitual
109. st_____re and function of the brain *n.* the way of construction of something and the arrangement of its parts, or a complex thing constructed of many parts
110. have a co_____ch phobia *n.* a flat, brown or black, chiefly nocturnal insects sometimes found in the home
111. sp_____ic instructions *adj.* clearly defined or particular to a certain thing or situation; distinct, explicit, and precise
112. r_d the body of waste products *v.* to make someone or something free of unwanted or unpleasant tasks, objects, or person
113. id_____fy gene sequences *v.* to recognize someone or something and say or prove who or what they are
114. use of ha__h chemicals *adj.* severe and unkind; extremely tough and unpleasant to inhabit
115. neurotic sy_____ms *n.* any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease

ANSWERS: 106. coordinate, 107. critic, 108. chronic, 109. structure, 110. cockroach, 111. specific, 112. rid, 113. identify, 114. harsh, 115. symptom

116. the wo_____ew of the ancient civilization *n.* a particular philosophy or cognitive orientation of life or conception of the world
117. a dependent va_____le *adj.* likely to change or vary often; (noun) a symbol, like x or y, that is used in mathematical or logical expressions to represent a value that may be changed
118. development of va_____es *n.* a substance that is put into the body and protects them from disease by causing them to produce antibodies (= proteins that attack harmful bacteria, viruses, etc.)
119. a weather ch__t *n.* a visual display of information such as a diagram, lists of figures, etc.; a map designed to assist navigation by air or sea
120. a built-in diagnostic ro_____e *n.* a usual or habitual way of doing things; a set sequence of steps, part of a larger computer program
121. tr_____rm an education system *v.* to change in outward structure or looks;
122. sigh of re____f *n.* a feeling of happiness and relaxation that comes when something burdensome is removed or reduced
123. imp_____ion on stage *n.* the act of making something up on the spot or creating or performing something without preparation
124. res_____le for a customer service *adj.* answerable or accountable for something within one's power, control, or management

ANSWERS: 116. worldview, 117. variable, 118. vaccine, 119. chart, 120. routine, 121. transform, 122. relief, 123. improvisation, 124. responsible

125. sa___e to the flag *v.* to show respect or recognition for someone or something, often by making a gesture or performing an action; to greet or acknowledge someone in a formal or ceremonious way
126. di_____es patient *n.* a medical condition in which the body cannot produce enough insulin to control the glucose levels in the blood
127. a scientific di_____ry *n.* the act or process of finding information, a place, or an object, or learning about something that was previously not known
128. ch__f accountant *adj.* most important or primary; (noun) a person who is in charge
129. co_____ch killer *n.* a flat, brown or black, chiefly nocturnal insects sometimes found in the home
130. distance g_p *n.* a conspicuous disparity or difference separates something such as a figure, people, their opinions, situation, etc.
131. im_____e a process *v.* to make or become better
132. di_____se with CT scans *v.* to determine or distinguish the nature of a problem or an illness through a careful analysis
133. for spe_____lly American customers *adv.* only associated with or meant for one thing
134. as___a symptoms *n.* a chronic respiratory disease characterized by wheezing, coughing, and difficulty breathing

ANSWERS: 125. salute, 126. diabetes, 127. discovery, 128. chief, 129. cockroach, 130. gap, 131. improve, 132. diagnose, 133. specifically, 134. asthma

135. as___t a patient *v.* to help someone in doing anything
136. paranasal si___s *n.* a cavity in a bone, especially in the bones of the head, or a similar cavity or channel in a plant or animal
137. antibiotic med_____on *n.* a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease
138. med_____on by mouth *n.* a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease
139. im_____nt a corporate strategy *v.* to put a decision, plan, or system into effect
140. 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
141. notable in_____ce *n.* a particular example or single occurrence of something
142. passing gl_____e *n.* a brief or partial view; the act of seeing something or someone for a very short time or only partly
143. mo_____ze cooperation *v.* to make something ready for action or use; to organize people or resources for a particular purpose
144. victim of a vi_____t crime *adj.* involving or caused by physical force or aggression against someone or something
145. in_____te details *adj.* having many different parts and small details that all work together

ANSWERS: 135. assist, 136. sinus, 137. medication, 138. medication, 139. implement, 140. congest, 141. instance, 142. glimpse, 143. mobilize, 144. violent, 145. intricate

146. tec_____cal policy *adj.* based on scientific and industrial progress
147. a southern ex_____re *n.* the state of being in a particular situation or place where there is no protection from or guarantee to something harmful; the disclosure of something secret
148. a man of imp_____ce *n.* the quality of being important and worthy of note
149. cost ba_____r *n.* a fence or other obstruction that makes it hard to move or get in; any condition that makes it difficult to make progress or to achieve an objective
150. new and com_____ng evidence *adj.* arousing strong and irresistible interest, attention, or admiration
151. a ge_____c disorder *adj.* of or relating to genes (= parts of the DNA in cells) or the science of genes
152. de____t from the faith *v.* to go away or leave, especially to start a journey
153. boost my con_____ce *n.* the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something
154. his majestic pr_____ce *n.* the fact or state that someone or something exists, occurs, or is present
155. experienced cl_____an *n.* a practitioner, especially of medicine or psychology, who has direct contact with patients
156. spe_____ze in market research *v.* to become an expert in a specific career field, study, or business

ANSWERS: 146. technological, 147. exposure, 148. importance, 149. barrier, 150. compelling, 151. genetic, 152. depart, 153. confidence, 154. presence, 155. clinician, 156. specialize

157. food al____y *n.* a hypersensitivity disorder of the immune system, characterized by an exaggerated response to certain allergens, such as pollens, foods, and drugs
158. me____c units *adj.* using or relating to the meter as a unit of length; a system of related measures that facilitates the quantification of some particular characteristic
159. bo____e across the floor *v.* to cause to move up or away after hitting a surface; to spring back
160. up____am direction *adj.* in the direction against a stream's current; (adverb) toward the source or beginning of a stream, river, or process
161. nec____ly true *adv.* in an essential manner; in such a way as could not be otherwise
162. a wa____ll with a fall of ten feet *n.* a point in a river or stream where water falls from a high place, for example, over a cliff or rock
163. me____al chemistry *adj.* of or relating to the treatment or cure of disease
164. pose a co____um *n.* a confusing and difficult problem or question
165. electronic de____e *n.* a piece of equipment, tool, or technology that serves a particular purpose or function, often mechanical or electronic
166. tr____a care *n.* an emotional wound or shock often has long-lasting effects caused by a highly upsetting or shocking experience

ANSWERS: 157. allergy, 158. metric, 159. bounce, 160. upstream, 161. necessarily, 162. waterfall, 163. medicinal, 164. conundrum, 165. device, 166. trauma

167. historical co_____t *n.* the circumstances, facts, or conditions that surround a particular event, situation, or statement and that give it meaning
168. get r_d of the rats *v.* to make someone or something free of unwanted or unpleasant tasks, objects, or person
169. re__r to a map *v.* to direct someone's attention, thoughts, or questions to another source or person; to mention, cite, or allude to something as evidence or support
170. from a cl_____an's perspective *n.* a practitioner, especially of medicine or psychology, who has direct contact with patients
171. dr__n in a bath *v.* to die or cause to die by being unable to breathe underwater
172. follow his ins_____ons *n.* detailed direction, order, etc., on how to do or use something
173. sp___l injury *adj.* of or relating to the spine (= the long bone in the body's back)
174. abs_____ly obsessed with the girl *adv.* without restriction or limitation; completely or utterly
175. r_b shoulders *v.* to move one's hand or an object over the surface of something with pressure
176. vo___e of work *n.* the amount of space occupied by an object or substance; the magnitude of sound
177. collaborate with co_____ues *n.* one of a group of a coworker, especially in a profession or a business

ANSWERS: 167. context, 168. rid, 169. refer, 170. clinician, 171. drown, 172. instruction, 173. spinal, 174. absolutely, 175. rub, 176. volume, 177. colleague

178. I__t a ban on alcohol *v.* to raise something to a higher position or level; to pick up something or somebody and move them to a different position
179. mainstream wo_____ew *n.* a particular philosophy or cognitive orientation of life or conception of the world
180. temporary me_____l treatment *adj.* relating to the treatment of illness or injuries; relating to the practice of medicine
181. an_____e your real motives *v.* to think about in-depth and evaluate to discover essential features or meaning
182. I__t sagging skin *v.* to raise something to a higher position or level; to pick up something or somebody and move them to a different position
183. j_g in place *v.* to run or move at a slow or leisurely pace, typically for exercise; to continue talking or writing without a definite plan or purpose
184. visit to the veterinary cl____c *n.* a building or hospital department where people can go for medical care or advice, especially of a particular condition
185. historical phe_____on *n.* something that exists and can be perceptible, especially one that is not fully understood
186. a s__t on his honor *n.* a particular location or place; a small round or roundish area, differing in color or feels from the surface around it

ANSWERS: 178. lift, 179. worldview, 180. medical, 181. analyze, 182. lift, 183. jog, 184. clinic, 185. phenomenon, 186. spot

187. an in_____re future *adj.* not firm or firmly fixed; likely to fail or give way, or not assured of safety
188. for in_____ce *n.* a particular example or single occurrence of something
189. re____e a message *v.* to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something
190. ce_____y product quality *v.* to formally state, especially in writing, that something is true
191. swim up_____am *adj.* in the direction against a stream's current; (adverb) toward the source or beginning of a stream, river, or process
192. play a vi__l role *adj.* necessary for the success or continued existence of something
193. in_____ce a child's future *n.* the ability to affect someone's or something's character, growth, or behavior, or the effect itself
194. r_b a glass window *v.* to move one's hand or an object over the surface of something with pressure
195. he_____he accompanied by fever *n.* pain in the head; someone or something that causes anxiety or trouble
196. make a fr__k apology *adj.* honest and sincere; open and candid in expression
197. former co_____ue *n.* one of a group of a coworker, especially in a profession or a business
198. mi_____ne attack *n.* a severe headache typically felt as a throbbing pain on one side of the head

ANSWERS: 187. insecure, 188. instance, 189. relate, 190. certify, 191. upstream, 192. vital, 193. influence, 194. rub, 195. headache, 196. frank, 197. colleague, 198. migraine

199. ex_____e the issue *v.* to study or consider a person or object attentively and thoroughly to learn something about them
200. a r__t for carrying horses *n.* a flat structure, usually made of logs or planks, that can be used for transport or as a platform for swimmer
201. d__e situation *adj.* extremely serious or urgent; critical, grave, or disastrous
202. even more unf_____ely *adv.* by bad luck; unluckily
203. key performance me___cs *adj.* using or relating to the meter as a unit of length; a system of related measures that facilitates the quantification of some particular characteristic
204. ep_____e of vertigo *n.* a happening or story that is distinctive in a series of related events; an abrupt short period during which someone suffers from the effects of a physical or mental illness
205. ar__e passionately *v.* to express differing opinions or points of view, often in a heated or contentious manner; to present a case or reasoning to persuade or convince others
206. ar__e a case *v.* to express differing opinions or points of view, often in a heated or contentious manner; to present a case or reasoning to persuade or convince others
207. co_____al combination of funds *adj.* belonging to or used by a group rather than individuals; for common use
208. em_____cy action *n.* a sudden unforeseen crisis usually involving danger that requires immediate action

ANSWERS: 199. examine, 200. raft, 201. dire, 202. unfortunately, 203. metric, 204. episode, 205. argue, 206. argue, 207. communal, 208. emergency

209. environmental po_____on *n.* the introduction of harmful substances or waste into the natural environment that causes adverse change
210. id_____fy handwriting *v.* to recognize someone or something and say or prove who or what they are
211. we___e on a loom *v.* to make cloth, a carpet, a basket, etc., by repeatedly crossing a single thread through two sets of long threads at a right angle to them
212. fun_____al rights *adj.* forming an essential base or core from which everything else develops or is affected
213. di_____y the occasion *v.* to make something worthy of respect or honor; to elevate or give importance to something that may otherwise be considered insignificant
214. a life r___t *n.* a flat structure, usually made of logs or planks, that can be used for transport or as a platform for swimmer
215. a va_____le species *adj.* likely to change or vary often; (noun) a symbol, like x or y, that is used in mathematical or logical expressions to represent a value that may be changed
216. sim_____ic design *adj.* oversimplified or lacking in complexity or depth; characterized by an attempt to explain something complex or multifaceted with overly vague or simple terms
217. a tr___e mirror *adj.* consisting of three items or people; three times as great or many

ANSWERS: 209. pollution, 210. identify, 211. weave, 212. fundamental, 213. dignify, 214. raft, 215. variable, 216. simplistic, 217. triple

218. the evidence of the pr____ce *n.* the fact or state that someone or something exists, occurs, or is present
219. co____t a highway *v.* to make something blocked or crowded so as to hinder or prevent freedom of movement or flow of liquid
220. cl____al surgery *adj.* of or relating to the examination and treatment of patients rather than theoretical or laboratory studies
221. as____t his goal *v.* to help someone in doing anything
222. ve____n teacher *n.* a person who has had long experience in a particular area or activity
223. ba____ne of society *n.* the spinal column of a vertebrate; a symbolic representation of strength and resilience
224. the rem____le breadth of knowledge *adj.* worthy of attention because unusual or special
225. al____y treatment *n.* a hypersensitivity disorder of the immune system, characterized by an exaggerated response to certain allergens, such as pollens, foods, and drugs
226. defense me____sm *n.* a part of a machine, or a set of parts that performs a task; a natural or established process that occurs during a specific situation or reaction
227. bachelor's de____e *n.* a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment

ANSWERS: 218. presence, 219. congest, 220. clinical, 221. assist, 222. veteran, 223. backbone, 224. remarkable, 225. allergy, 226. mechanism, 227. degree

228. pa____e story *n.* a short allegorical story designed to illustrate a moral or spiritual lesson
229. pe____t over time *v.* to continue to do and refuse to stop something despite difficulties or opposition, even if it appears unreasonable
230. health ch____p *n.* an examination of a person's health by a medical professional, typically including a physical examination, laboratory tests, and diagnostic imaging
231. de____e centigrade *n.* a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment
232. high vo____e *n.* the amount of space occupied by an object or substance; the magnitude of sound
233. im____e the test score *v.* to make or become better
234. mo____ze a stiff joint *v.* to make something ready for action or use; to organize people or resources for a particular purpose
235. have ge____c testing *adj.* of or relating to genes (= parts of the DNA in cells) or the science of genes
236. ex____e the data studiously *v.* to study or consider a person or object attentively and thoroughly to learn something about them
237. br____h office *n.* a division of a tree or woody shrub that grows out from the trunk or a main stem; a division of some larger or more complex organization

ANSWERS: 228. parable, 229. persist, 230. checkup, 231. degree, 232. volume, 233. improve, 234. mobilize, 235. genetic, 236. examine, 237. branch

238. wid_____ad fear of nuclear war *adj.* existing or happening in various places or among many people
239. chronic si__s infections *n.* a cavity in a bone, especially in the bones of the head, or a similar cavity or channel in a plant or animal
240. fun_____al education *adj.* forming an essential base or core from which everything else develops or is affected
241. hea_____re agency *n.* the organized activity or business of preserving mental and physical health by preventing or treating illness through services offered by the health profession
242. ob_____s reasons *adj.* easy to see, discover or understand
243. deep cr___e *n.* a line or mark made by folding or wrinkling a surface or material; a slight ridge or fold in fabric or paper caused by pressing or folding
244. re__r to a book *v.* to direct someone's attention, thoughts, or questions to another source or person; to mention, cite, or allude to something as evidence or support
245. bit of a he_____he *n.* pain in the head; someone or something that causes anxiety or trouble
246. a statistical ch__t *n.* a visual display of information such as a diagram, lists of figures, etc.; a map designed to assist navigation by air or sea

ANSWERS: 238. widespread, 239. sinus, 240. fundamental, 241. healthcare, 242. obvious, 243. crease, 244. refer, 245. headache, 246. chart

247. pa____t in the hospital *n.* a person who is receiving medical treatment, care, or attention from a healthcare professional, such as a doctor, nurse, or therapist; a personal quality or characteristic
248. a dental cl____c *n.* a building or hospital department where people can go for medical care or advice, especially of a particular condition
249. individual ins_____on *n.* detailed direction, order, etc., on how to do or use something
250. coi_____nt indicators *adj.* happening or operating in the same place or at the same time
251. school adm_____tor *n.* a person or organization responsible for managing and directing the affairs of a business, institution, government agency, or other organization; someone who administers, regulates, or supervises
252. cultural n__m *n.* something that is regarded as usual, typical, or standard
253. acute em_____cy *n.* a sudden unforeseen crisis usually involving danger that requires immediate action
254. tr_____r inflation *v.* to make something happen suddenly; to cause something such as a device, machine, etc. to function
255. st____t passage *n.* a narrow stretch of water or sea connecting two larger bodies of water or seas

ANSWERS: 247. patient, 248. clinic, 249. instruction, 250. coincident, 251. administrator, 252. norm, 253. emergency, 254. trigger, 255. strait

256. al____ic children *adj.* having or caused by an allergy
257. in_____ce the daily life *n.* the ability to affect someone's or something's character, growth, or behavior, or the effect itself
258. for_____le challenge *adj.* causing fear, apprehension, or awe; difficult to deal with or overcome; capable of inspiring respect or admiration
259. for_____le competitor *adj.* causing fear, apprehension, or awe; difficult to deal with or overcome; capable of inspiring respect or admiration
260. industrial se____r *n.* a distinct part or division of something often used to refer to a segment of an economy or industry; an area or field of work or activity
261. co_____e chemically with another substance *v.* to join or merge to form a single thing or group
262. co_____e augmented reality *v.* to join or merge to form a single thing or group
263. es_____te this chicken to weigh three pounds *v.* to guess or calculate the cost, size, value, etc. of something
264. di_____se the problem *v.* to determine or distinguish the nature of a problem or an illness through a careful analysis
265. rising hea_____re cost *n.* the organized activity or business of preserving mental and physical health by preventing or treating illness through services offered by the health profession

ANSWERS: 256. allergic, 257. influence, 258. formidable, 259. formidable, 260. sector, 261. combine, 262. combine, 263. estimate, 264. diagnose, 265. healthcare

266. ro_____ly check *adv.* on a regular or habitual basis; in a manner that is customary or expected
267. epi_____ic markers *adj.* relating to changes in gene expression that are not caused by alterations in the underlying DNA sequence but rather by modifications to the structure of DNA or proteins that regulate gene activity
268. consult with a ph_____an *n.* a medical doctor who practices medicine
269. a la_____rk discovery *n.* a notable or important event, place, or achievement; a significant object or feature that serves as a reference point
270. di_____y the role *v.* to make something worthy of respect or honor; to elevate or give importance to something that may otherwise be considered insignificant
271. tec_____cal advancement *adj.* based on scientific and industrial progress
272. ha___ed the incident *v.* to deal with a situation, problem, or strong emotion
273. wo___n a relation *v.* to become or make something worse
274. psychic tr___a *n.* an emotional wound or shock often has long-lasting effects caused by a highly upsetting or shocking experience
275. suffer from mi_____ne *n.* a severe headache typically felt as a throbbing pain on one side of the head
276. cr___e in fabric *n.* a line or mark made by folding or wrinkling a surface or material; a slight ridge or fold in fabric or paper caused by pressing or folding

ANSWERS: 266. routinely, 267. epigenetic, 268. physician, 269. landmark, 270. dignify, 271. technological, 272. handle, 273. worsen, 274. trauma, 275. migraine, 276. crease

277. re___e a company from bankruptcy *v.* to save someone or something from a dangerous or difficult situation
278. ad___t the rearview mirror *v.* to make a minor modification to something to make it more suited for a new set of conditions or to make it function better.
279. a re_____nt of the city *n.* a person who lives in a particular place or has their home in a place
280. fl__d assets *n.* a substance that can flow and is not solid
281. as___a attack *n.* a chronic respiratory disease characterized by wheezing, coughing, and difficulty breathing
282. z_p file *n.* a fastener made of interlocking teeth or ridges that is used to join two edges or pieces of fabric; a sound or motion that resembles the sound made by a zipper when it is pulled; (of a computer) a popular file compression and archiving format; (short for Zone Improvement Plan) a system of postal codes used in the United States to help facilitate mail delivery more efficiently
283. 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
284. a breach of pr_____ge *n.* a special right or advantage that only one person or group of people has, usually because they are rich and powerful in a society

ANSWERS: 277. rescue, 278. adjust, 279. resident, 280. fluid, 281. asthma, 282. zip, 283. hypertension, 284. privilege

285. di____e control *n.* a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems
286. n__m of action *n.* something that is regarded as usual, typical, or standard
287. co_____nt department *n.* a statement that expresses dissatisfaction or annoyance about something
288. re_____nt tax *n.* a person who lives in a particular place or has their home in a place
289. wo____n the food problem *v.* to become or make something worse
290. an_____e a chemical compound *v.* to think about in-depth and evaluate to discover essential features or meaning
291. te_____le evidence *adj.* revealing or betraying information or evidence; serving as a sign or indicator of something
292. ad____t a schedule *v.* to make a minor modification to something to make it more suited for a new set of conditions or to make it function better.
293. natural phe_____on *n.* something that exists and can be perceptible, especially one that is not fully understood
294. ill_____te a story *v.* to provide pictures, photographs, diagrams, etc. in a book or something for explanation
295. th__b at the thought of the accident *v.* to beat with a strong, regular rhythm, as a pulse or a heart

ANSWERS: 285. disease, 286. norm, 287. complaint, 288. resident, 289. worsen, 290. analyze, 291. telltale, 292. adjust, 293. phenomenon, 294. illustrate, 295. throb

296. spe_____ze in child care *v.* to become an expert in a specific career field, study, or business
297. a ho_____ss cat *adj.* without a home, and therefore typically living on the streets
298. standard pr_____re *n.* a way of doing something, especially the official or well-known way
299. sh_____e service *n.* a vehicle or boat that regularly moves between two places; bobbin that passes the weft thread between the warp threads
300. al_____te budgets *v.* to give or distribute something, such as resources or duties, to someone or something for a particular purpose
301. an oral va_____e *n.* a substance that is put into the body and protects them from disease by causing them to produce antibodies (= proteins that attack harmful bacteria, viruses, etc.)
302. a coo_____te clause *v.* to bring the different parts of the activity and the people into an organized, ordered, or efficient relationship; (adjective) of equal importance, rank, or degree
303. historical la_____rk *n.* a notable or important event, place, or achievement; a significant object or feature that serves as a reference point
304. re_____e stress *v.* to make something burdensome, unpleasant, or painful less severe
305. A 20-year ve_____n in the industry *n.* a person who has had long experience in a particular area or activity

ANSWERS: 296. specialize, 297. homeless, 298. procedure, 299. shuttle, 300. allocate, 301. vaccine, 302. coordinate, 303. landmark, 304. relieve, 305. veteran

306. information ba____r *n.* a fence or other obstruction that makes it hard to move or get in; any condition that makes it difficult to make progress or to achieve an objective
307. re___e a dying dog *v.* to save someone or something from a dangerous or difficult situation
308. tr___e digits *adj.* consisting of three items or people; three times as great or many
309. a volunteer nu___e *n.* a healthcare professional who is trained to provide care for the sick or injured; (verb) to try to cure by special care or treatment of an illness or injury
310. an excellent brain su____n *n.* a doctor who is trained to perform medical operations that involve cutting open a person's body
311. fa___c of creation *n.* cloth or other material produced by weaving wool, cotton, silk, etc., used for making clothes, covering furniture, etc.
312. ba____ne curve *n.* the spinal column of a vertebrate; a symbolic representation of strength and resilience
313. rem____le achievement *adj.* worthy of attention because unusual or special
314. l__k data *v.* to allow liquid or gas to get in or out from a hole or crack in a pipe or container
315. us__r theater *n.* a person who shows people to their seats in a theater or church or who guides them through a building

ANSWERS: 306. barrier, 307. rescue, 308. triple, 309. nurse, 310. surgeon, 311. fabric, 312. backbone, 313. remarkable, 314. leak, 315. usher

316. abs_____ly against *adv.* without restriction or limitation; completely or utterly
317. st_____up business *n.* a newly established company or business
318. res_____le action *adj.* answerable or accountable for something within one's power, control, or management
319. undergo a surgical pr_____re *n.* a way of doing something, especially the official or well-known way
320. tax re____f *n.* a feeling of happiness and relaxation that comes when something burdensome is removed or reduced
321. a momentary gl_____e *n.* a brief or partial view; the act of seeing something or someone for a very short time or only partly
322. al_____ic to pollen *adj.* having or caused by an allergy
323. we__e a story *v.* to make cloth, a carpet, a basket, etc., by repeatedly crossing a single thread through two sets of long threads at a right angle to them
324. scenic wa_____ll *n.* a point in a river or stream where water falls from a high place, for example, over a cliff or rock
325. suit against the la_____rd *n.* a person or organization that rents a room, a house, an office, etc.
326. no_____e else to go *adv.* not in, at, or to any place; not anywhere
327. a casting m__d *n.* a hollow container used to give shape to liquid or soft substance, which then becomes solid in the same shape as the container; a soft, green, or gray growth that forms on stale food or objects exposed to warm, moist air for too long

ANSWERS: 316. absolutely, 317. start-up, 318. responsible, 319. procedure, 320. relief, 321. glimpse, 322. allergic, 323. weave, 324. waterfall, 325. landlord, 326. nowhere, 327. mold

328. not nec_____ly a problem *adv.* in an essential manner; in such a way as could not be otherwise
329. high imp_____ce *n.* the quality of being important and worthy of note
330. s__n the face of the man *v.* to examine something hastily, with the eyes or with a machine, to get information
331. a comprehensive su____y *n.* an investigation of the opinions, behavior, etc. of a particular group of people, made by asking people questions
332. sewing ne____e *n.* a thin, pointed object typically used for sewing or medical purposes; a metal or plastic instrument used for administering injections or drawing blood
333. l__k a classified memo *v.* to allow liquid or gas to get in or out from a hole or crack in a pipe or container
334. al__n with a historical trend *v.* to put or arrange two or more things in a straight line or to form a straight line
335. en_____er a storm *v.* to face something, particularly something unpleasant or difficult, while attempting to do something else; to meet, especially unexpectedly
336. re_____e his thirst *v.* to make something burdensome, unpleasant, or painful less severe
337. in____t in stocks *v.* to put money, effort, time, etc. into something to make a profit or achieve a result

ANSWERS: 328. necessarily, 329. importance, 330. scan, 331. survey, 332. needle, 333. leak, 334. align, 335. encounter, 336. relieve, 337. invest

338. de___e on a course of action v. to make up someone's mind about something; to come to a conclusion or judgment after considering options
339. sa___e him in military fashion v. to show respect or recognition for someone or something, often by making a gesture or performing an action; to greet or acknowledge someone in a formal or ceremonious way
340. in___t capital v. to put money, effort, time, etc. into something to make a profit or achieve a result

ANSWERS: 338. decide, 339. salute, 340. invest

Session 3: Fill in the Blanks

1. The technology _____ is constantly evolving and innovating.
n. a distinct part or division of something often used to refer to a segment of an economy or industry; an area or field of work or activity
2. The ship navigated through the _____ with great care.
n. a narrow stretch of water or sea connecting two larger bodies of water or seas
3. The wound continued to _____ with pain, despite the medication.
v. to beat with a strong, regular rhythm, as a pulse or a heart
4. The police placed a _____ across the street to halt traffic.
n. a fence or other obstruction that makes it hard to move or get in; any condition that makes it difficult to make progress or to achieve an objective
5. This pie _____ represents our market share.
n. a visual display of information such as a diagram, lists of figures, etc.; a map designed to assist navigation by air or sea
6. Initially, we must _____ all project-related expenses.
v. to study or consider a person or object attentively and thoroughly to learn something about them
7. Many people are working together to close the gender _____.
n. a conspicuous disparity or difference separates something such as a figure, people, their opinions, situation, etc.
8. Consult your doctor if the symptoms _____.
v. to continue to do and refuse to stop something despite difficulties or opposition, even if it appears unreasonable

ANSWERS: 1. sector, 2. strait, 3. throb, 4. barrier, 5. chart, 6. examine, 7. gap, 8. persist

9. It's important to understand the _____ of a situation before making a decision.
n. the circumstances, facts, or conditions that surround a particular event, situation, or statement and that give it meaning
10. The company's financial records _____ how successful it has been.
v. to provide pictures, photographs, diagrams, etc. in a book or something for explanation
11. She studies gardening on a _____ basis.
n. a usual or habitual way of doing things; a set sequence of steps, part of a larger computer program
12. The night shift _____ checked my vital signs before administering the medication.
n. a healthcare professional who is trained to provide care for the sick or injured;
(verb) to try to cure by special care or treatment of an illness or injury
13. I've been thinking all day and getting _____.
adv. not in, at, or to any place; not anywhere
14. _____ elections were held in several European countries.
adj. belonging to or used by a group rather than individuals; for common use
15. She visited the local _____ to seek treatment for her persistent headache.
n. a medical doctor who practices medicine
16. The fire department arrived just in time to _____ the family from the burning building.
v. to save someone or something from a dangerous or difficult situation

ANSWERS: 9. context, 10. illustrate, 11. routine, 12. nurse, 13. nowhere, 14. Communal, 15. physician, 16. rescue

17. My father's death _____ my life completely.

v. to change in outward structure or looks;

18. I stopped by the branch though I have no business of _____.

n. the quality of being important and worthy of note

19. Mushrooms and _____ are fungi.

n. a hollow container used to give shape to liquid or soft substance, which then becomes solid in the same shape as the container; a soft, green, or gray growth that forms on stale food or objects exposed to warm, moist air for too long

20. The prevalence of _____ has increased significantly in recent years.

n. the condition of being significantly overweight, typically defined as having a body mass index (BMI) of 30 or greater.

21. Our company's services are targeted at _____ executives.

n. a newly established company or business

22. She couldn't _____ whether to order the pizza or the pasta for dinner.

v. to make up someone's mind about something; to come to a conclusion or judgment after considering options

23. _____ advances have disrupted many industries.

adj. based on scientific and industrial progress

24. We _____ before the temperature fell below zero.

v. to go away or leave, especially to start a journey

ANSWERS: 17. transformed, 18. importance, 19. mold, 20. obesity, 21. start-up, 22. decide, 23. Technological, 24. departed

25. He _____ serious accounting irregularities that only people in the company's executive could know.
- v.* to allow liquid or gas to get in or out from a hole or crack in a pipe or container
26. His coach is a _____ Olympic champion.
- adj.* consisting of three items or people; three times as great or many
27. The path to a solid online _____ necessitates a high technical ability.
- n.* the fact or state that someone or something exists, occurs, or is present
28. They _____ conduct fire drills to ensure everyone in the building knows what to do in an emergency.
- adv.* on a regular or habitual basis; in a manner that is customary or expected
29. I'm prepared to _____ challenges throughout this adventure.
- v.* to face something, particularly something unpleasant or difficult, while attempting to do something else; to meet, especially unexpectedly
30. The incident _____ a political controversy.
- v.* to make something happen suddenly; to cause something such as a device, machine, etc. to function
31. The medicine _____ his headache, and he felt much better.
- v.* to make something burdensome, unpleasant, or painful less severe
32. She gets _____ whenever she's under a lot of stress.
- n.* a severe headache typically felt as a throbbing pain on one side of the head
33. 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: 25. leaked, 26. triple, 27. presence, 28. routinely, 29. encounter, 30. triggered, 31. relieved, 32. migraines, 33. device

34. He discovered unique _____ for photochemical reactions.
n. a part of a machine, or a set of parts that performs a task; a natural or established process that occurs during a specific situation or reaction
35. The rubber _____ was swept out to sea.
n. a flat structure, usually made of logs or planks, that can be used for transport or as a platform for swimmer
36. This pill will relieve your _____ immediately.
n. pain in the head; someone or something that causes anxiety or trouble
37. A rainbow is a natural _____.
n. something that exists and can be perceptible, especially one that is not fully understood
38. 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
39. They will _____ between various emotional states.
v. to cause to move up or away after hitting a surface; to spring back
40. An executive _____ director administers each branch.
n. someone who helps or supports someone else to do a job
41. Advocates for legal reform hear less harsh words from their _____.
n. someone who expresses opinions about the quality of books, music, etc.
42. These articles cite five _____ of climate change.
n. a particular example or single occurrence of something

ANSWERS: 34. mechanisms, 35. raft, 36. headaches, 37. phenomenon, 38. congested, 39. bounce, 40. assistant, 41. critics, 42. instances

43. The _____ economic straits called for immediate action.
adj. extremely serious or urgent; critical, grave, or disastrous
44. The government should view children as national assets and actively _____ in them.
v. to put money, effort, time, etc. into something to make a profit or achieve a result
45. Every human is responsible for taking care of the Earth's _____.
n. the natural world such as air, water, and land in which humans, animals, and plants live
46. _____ sometimes cause allergic reactions in humans.
n. a flat, brown or black, chiefly nocturnal insects sometimes found in the home
47. The doctor diagnosed him with a rare _____ that had no known cure.
n. a disorder or illness that affects the body or mind, often characterized by specific symptoms or abnormal functioning of organs or systems
48. Both parties are now entirely ideologically _____.
v. to put or arrange two or more things in a straight line or to form a straight line
49. _____ with the negotiation, the bank was permitted to open a Beijing branch.
adj. happening or operating in the same place or at the same time
50. I want to put that _____ of my life behind me.
n. a happening or story that is distinctive in a series of related events; an abrupt short period during which someone suffers from the effects of a physical or mental illness

ANSWERS: 43. dire, 44. invest, 45. environment, 46. Cockroaches, 47. disease, 48. aligned, 49. Coincident, 50. episode

51. _____ hyperglycemia is a trigger for a variety of serious diseases.
adj. being long-lasting and recurrent or characterized by long suffering; habitual
52. Unilateral import bans have _____ that country's terms of trade.
v. to become or make something worse
53. Full involvement means _____ and prompt responses.
adj. honest and sincere; open and candid in expression
54. The organizational _____ of start-ups is often flat and straightforward.
n. the way of construction of something and the arrangement of its parts, or a complex thing constructed of many parts
55. The drought _____ the prices of grain globally.
v. to raise something to a higher position or level; to pick up something or somebody and move them to a different position
56. We want to _____ ties between our two countries.
v. to make or become better
57. The politician managed to deal with that _____ issue.
adj. having many different parts and small details that all work together
58. The _____ team worked quickly to save the patient's life.
adj. relating to the treatment of illness or injuries; relating to the practice of medicine
59. Understanding protein folding is a vital step in deciphering the _____ code.
adj. of or relating to genes (= parts of the DNA in cells) or the science of genes

ANSWERS: 51. Chronic, 52. worsened, 53. frank, 54. structure, 55. lifted, 56. improve, 57. intricate, 58. medical, 59. genetic

60. They needed further _____ to perform their duties efficiently.
n. detailed direction, order, etc., on how to do or use something
61. She's a _____ pet owner who ensures her dog gets enough exercise and a healthy diet.
adj. answerable or accountable for something within one's power, control, or management
62. Floods have the potential to _____ any subsurface animals easily.
v. to die or cause to die by being unable to breathe underwater
63. As a witness, I can _____ his innocence.
v. to formally state, especially in writing, that something is true
64. Please _____ to the instruction manual for further assistance.
v. to direct someone's attention, thoughts, or questions to another source or person; to mention, cite, or allude to something as evidence or support
65. She _____ the sore spot on her leg to ease the pain.
v. to move one's hand or an object over the surface of something with pressure
66. Enhanced rail _____ is crucial for our business.
n. a system for moving people or products from one location to another using automobiles, roads, and so on
67. The long _____ to the air tarnished the antique tableware.
n. the state of being in a particular situation or place where there is no protection from or guarantee to something harmful; the disclosure of something secret

ANSWERS: 60. instruction, 61. responsible, 62. drown, 63. certify, 64. refer, 65. rubbed, 66. transportation, 67. exposure

68. Children in an unstructured environment often feel _____.
adj. not firm or firmly fixed; likely to fail or give way, or not assured of safety
69. The _____ bus will take you to the airport in 15 minutes.
n. a vehicle or boat that regularly moves between two places; bobbin that passes the weft thread between the warp threads
70. Human behavior has _____ characteristics.
adj. forming an essential base or core from which everything else develops or is affected
71. The systems we have developed has accepted as industry _____.
n. something that is regarded as usual, typical, or standard
72. She was diagnosed with a _____ buildup in her lungs.
n. a substance that can flow and is not solid
73. There are _____ differences between the two wine-producing regions.
adj. easy to see, discover or understand
74. She decided to _____ around the park to clear her head.
v. to run or move at a slow or leisurely pace, typically for exercise; to continue talking or writing without a definite plan or purpose
75. This accident was something that happened _____.
adv. in an essential manner; in such a way as could not be otherwise
76. He complained about the price of tenant pays to the _____.
n. a person or organization that rents a room, a house, an office, etc.

ANSWERS: 68. insecure, 69. shuttle, 70. fundamental, 71. norms, 72. fluid, 73. obvious, 74. jog, 75. necessarily, 76. landlord

77. The mRNA _____ was approved in less than a year because it did not contain the fragments of the target virus.
- n.* a substance that is put into the body and protects them from disease by causing them to produce antibodies (= proteins that attack harmful bacteria, viruses, etc.)
78. Hydrogen and oxygen _____ to form water.
- v.* to join or merge to form a single thing or group
79. She received her _____ in psychology from the university.
- n.* a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment
80. The doctor carefully examined the _____ medical history.
- n.* a person who is receiving medical treatment, care, or attention from a healthcare professional, such as a doctor, nurse, or therapist; a personal quality or characteristic
81. The company _____ a portion of its profits to developing new products.
- v.* to give or distribute something, such as resources or duties, to someone or something for a particular purpose
82. We must ____ ourselves of pollution.
- v.* to make someone or something free of unwanted or unpleasant tasks, objects, or person
83. The treatments were done but, _____ were unsuccessful.
- adv.* by bad luck; unluckily
84. This remote _____ is rarely visited.
- n.* a particular location or place; a small round or roundish area, differing in color or feels from the surface around it

ANSWERS: 77. vaccine, 78. combine, 79. degree, 80. patient's, 81. allocated, 82. rid, 83. unfortunately, 84. spot

85. Mining is a _____ source of income for the country.

adj. most important or primary; (noun) a person who is in charge

86. It's important to _____ other people's opinions and not dismiss them without consideration.

v. to make something worthy of respect or honor; to elevate or give importance to something that may otherwise be considered insignificant

87. I am going to the doctor for my annual _____.

n. an examination of a person's health by a medical professional, typically including a physical examination, laboratory tests, and diagnostic imaging

88. Visa renewal for _____ foreigners in this country is once every five years.

n. a person who lives in a particular place or has their home in a place

89. I decided to seek counseling on the advice of my _____.

n. one of a group of a coworker, especially in a profession or a business

90. The infection triggered a high fever and _____ reactions.

adj. having or caused by an allergy

91. The teacher attempted to _____ the root cause of our mistake.

v. to think about in-depth and evaluate to discover essential features or meaning

92. The surgeon carefully confirmed how to remove the tumor to avoid damaging the _____ nerves.

adj. of or relating to the spine (= the long bone in the body's back)

93. In the Middle Ages, the right to hunt in the wild was the _____ of royalty and nobility.

n. a special right or advantage that only one person or group of people has, usually because they are rich and powerful in a society

ANSWERS: 85. chief, 86. dignify, 87. checkup, 88. resident, 89. colleague, 90. allergic, 91. analyze, 92. spinal, 93. privilege

94. She holds a _____ on Tuesday mornings.

- n.* a building or hospital department where people can go for medical care or advice, especially of a particular condition

95. The pilot and flight attendant ran through the check-out _____.

- n.* a way of doing something, especially the official or well-known way

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

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

97. The president declared a state of _____.

- n.* a sudden unforeseen crisis usually involving danger that requires immediate action

98. The girl _____ a garland for her friend.

- v.* to make cloth, a carpet, a basket, etc., by repeatedly crossing a single thread through two sets of long threads at a right angle to them

99. She stood on the podium and _____ an audience.

- v.* to examine something hastily, with the eyes or with a machine, to get information

100. The military _____ troops to the border.

- v.* to make something ready for action or use; to organize people or resources for a particular purpose

101. We want to _____ a schedule for the investigation.

- v.* to bring the different parts of the activity and the people into an organized, ordered, or efficient relationship; (adjective) of equal importance, rank, or degree

ANSWERS: 94. clinic, 95. procedure, 96. estimated, 97. emergency, 98. weaves, 99. scanned, 100. mobilized, 101. coordinate

102. The protesters became _____ when the police tried to disperse them.
adj. involving or caused by physical force or aggression against someone or something
103. Years of river erosion have formed the uniquely shaped _____ basin.
n. a point in a river or stream where water falls from a high place, for example, over a cliff or rock
104. The _____ properties of this herb have been known to help with various ailments.
adj. of or relating to the treatment or cure of disease
105. In an aging population, citizens must pay more to maintain quality _____.
n. the organized activity or business of preserving mental and physical health by preventing or treating illness through services offered by the health profession
106. The shirt had a noticeable _____ along the sleeve from being folded.
n. a line or mark made by folding or wrinkling a surface or material; a slight ridge or fold in fabric or paper caused by pressing or folding
107. This ad campaign is aimed _____ at young women.
adv. only associated with or meant for one thing
108. The soldiers stood at attention to _____ their commanding officer.
v. to show respect or recognition for someone or something, often by making a gesture or performing an action; to greet or acknowledge someone in a formal or ceremonious way
109. The _____ of the tree had fallen and blocked the road.
n. a division of a tree or woody shrub that grows out from the trunk or a main stem; a division of some larger or more complex organization

ANSWERS: 102. violent, 103. waterfall, 104. medicinal, 105. healthcare, 106. crease, 107. specifically, 108. salute, 109. branch

110. This device is used to _____ brain cancer and other tumors.

- v.* to determine or distinguish the nature of a problem or an illness through a careful analysis

111. He tried to _____ his experience to the group, but they couldn't understand.

- v.* to establish a connection or association between two or more things; to narrate or tell about an event, experience, or relationship; to empathize or feel sympathy with someone or something

112. I am _____ opposed to his idea because of morality.

- adv.* without restriction or limitation; completely or utterly

113. The company is investing heavily in _____ research and development.

- adj.* in the direction against a stream's current; (adverb) toward the source or beginning of a stream, river, or process

114. Our team caught a _____ of the world-class technique in this game.

- n.* a brief or partial view; the act of seeing something or someone for a very short time or only partly

115. The pharmacist not only prescribes the _____ but also guides its proper use.

- n.* a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease

116. The mountain range was a _____ obstacle for the hikers.

- adj.* causing fear, apprehension, or awe; difficult to deal with or overcome; capable of inspiring respect or admiration

117. Jesus quoted _____ to teach important lessons to his disciples.

- n.* a short allegorical story designed to illustrate a moral or spiritual lesson

ANSWERS: 110. diagnose, 111. relate, 112. absolutely, 113. upstream, 114. glimpse, 115. medication, 116. formidable, 117. parables

118. I will introduce you to how to _____ the leading causes of the malfunction.
v. to recognize someone or something and say or prove who or what they are
119. A suspension order from the court is effective _____.
adv. now or without delay
120. The _____ soldiers have the role of teaching recruits the stringencies of training.
n. a person who has had long experience in a particular area or activity
121. He always had to carry an inhaler due to his severe _____.
n. a chronic respiratory disease characterized by wheezing, coughing, and difficulty breathing
122. _____ research has opened up new possibilities for the treatment of certain diseases.
adj. relating to changes in gene expression that are not caused by alterations in the underlying DNA sequence but rather by modifications to the structure of DNA or proteins that regulate gene activity
123. We got stuck in a traffic jam on the _____ for over an hour.
n. a major highway designed for high-speed traffic, with no stoplights or grade crossings and having interchanges or access roads to other highways
124. The politician's solution to the problem was too _____ to solve the underlying issue.
adj. oversimplified or lacking in complexity or depth; characterized by an attempt to explain something complex or multifaceted with overly vague or simple terms
125. The patient displays a _____ of a side effect.
n. any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease

ANSWERS: 118. identify, 119. immediately, 120. veteran, 121. asthma, 122. Epigenetic, 123. freeway, 124. simplistic, 125. symptom

126. The government promised to _____ a new system to control the financial crisis.
- v.* to put a decision, plan, or system into effect
127. The university's _____ announced new policies regarding campus safety.
- n.* a person or organization responsible for managing and directing the affairs of a business, institution, government agency, or other organization; someone who administers, regulates, or supervises
128. She showed great _____ when standing up for her beliefs in opposition.
- n.* the spinal column of a vertebrate; a symbolic representation of strength and resilience
129. He devoted his life to establishing a humanitarian _____ fund.
- n.* a feeling of happiness and relaxation that comes when something burdensome is removed or reduced
130. The scientist conducted a study that provided _____ details about the species' behavior.
- adj.* clearly defined or particular to a certain thing or situation; distinct, explicit, and precise
131. My father was tested for _____.
- n.* a medical condition in which the body cannot produce enough insulin to control the glucose levels in the blood
132. The _____ pressure was causing me a lot of pain.
- n.* a cavity in a bone, especially in the bones of the head, or a similar cavity or channel in a plant or animal

ANSWERS: 126. implement, 127. administrator, 128. backbone, 129. relief, 130. specific, 131. diabetes, 132. sinus

133. He became _____ after losing his job.

adj. without a home, and therefore typically living on the streets

134. The _____ test helped to determine the cause of her symptoms.

n. a hypersensitivity disorder of the immune system, characterized by an exaggerated response to certain allergens, such as pollens, foods, and drugs

135. She filed a _____ with the manager about the poor service.

n. a statement that expresses dissatisfaction or annoyance about something

136. The war between the two countries was also a battle between competing _____.

n. a particular philosophy or cognitive orientation of life or conception of the world

137. The _____ for applying for a visa can be lengthy and complicated.

n. a series of actions or operations performed to achieve a particular outcome or goal; a systematic procedure or approach used to accomplish a specific task or objective; a method of treating milk to make it suitable for consumption or use in other dairy products

138. Her research team made an important _____.

n. the act or process of finding information, a place, or an object, or learning about something that was previously not known

139. The former emperor had a particular _____ even after he abdicated.

n. the ability to affect someone's or something's character, growth, or behavior, or the effect itself

140. The restaurant has chefs who _____ in beef.

v. to become an expert in a specific career field, study, or business

ANSWERS: 133. homeless, 134. allergy, 135. complaint, 136. worldviews, 137. process, 138. discovery, 139. influence, 140. specialize

141. His _____ presentation deeply moved everyone.

adj. arousing strong and irresistible interest, attention, or admiration

142. Skill and _____ are an unconquered army.

n. the feeling or attitude that one can trust or rely on the abilities or good qualities of someone or something

143. The Empire State Building is a _____ in New York City.

n. a notable or important event, place, or achievement; a significant object or feature that serves as a reference point

144. The _____ cause of the accident was due to the icy road conditions.

adj. first or highest in rank, order, or importance; most fundamental or essential; pertaining to the initial or introductory stage of something, such as a school year or election cycle

145. We all should learn how to _____ stress.

v. to deal with a situation, problem, or strong emotion

146. He created a beautiful piece of music using only _____.

n. the act of making something up on the spot or creating or performing something without preparation

147. The _____ signs of a dishonest employee were missing files and constant delay.

adj. revealing or betraying information or evidence; serving as a sign or indicator of something

148. The uniformed _____ showed the guests to their seats.

n. a person who shows people to their seats in a theater or church or who guides them through a building

ANSWERS: 141. compelling, 142. confidence, 143. landmark, 144. primary, 145. handle, 146. improvisation, 147. telltale, 148. usher

149. She received special _____ training at the hospital.

adj. of or relating to the examination and treatment of patients rather than theoretical or laboratory studies

150. These synthetic _____ are used in military vests because of their excellent abrasion resistance.

n. cloth or other material produced by weaving wool, cotton, silk, etc., used for making clothes, covering furniture, etc.

151. You have to _____ your content to the age of the audience.

v. to make a minor modification to something to make it more suited for a new set of conditions or to make it function better.

152. _____ weight is the sum of all the atoms.

adj. of or relating to molecules (= a group of two or more atoms held together by attractive forces known as chemical bonds)

153. Many civilians have suffered _____ as a result of the war.

n. an emotional wound or shock often has long-lasting effects caused by a highly upsetting or shocking experience

154. In medieval times, death punishment was _____ and socially accepted.

adj. existing or happening in various places or among many people

155. She put her phone in the ___ pocket of her backpack.

n. a fastener made of interlocking teeth or ridges that is used to join two edges or pieces of fabric; a sound or motion that resembles the sound made by a zipper when it is pulled; (of a computer) a popular file compression and archiving format; (short for Zone Improvement Plan) a system of postal codes used in the United States to help facilitate mail delivery more efficiently

ANSWERS: 149. clinical, 150. fabrics, 151. adjust, 152. Molecular, 153. trauma, 154. widespread, 155. zip

156. 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
157. He is a skilled _____ that has many years of training and experience.
- n.* a doctor who is trained to perform medical operations that involve cutting open a person's body
158. This container has a _____ of 10 cubic meters.
- n.* the amount of space occupied by an object or substance; the magnitude of sound
159. The prime minister faced _____ criticism.
- adj.* severe and unkind; extremely tough and unpleasant to inhabit
160. The group faced a _____ when they couldn't decide whether to go hiking or to the beach.
- n.* a confusing and difficult problem or question
161. That _____ shows that people are accepting the tax increase to some extent.
- n.* an investigation of the opinions, behavior, etc. of a particular group of people, made by asking people questions
162. The election was a _____ success for the Whigs.
- adj.* worthy of attention because unusual or special
163. The _____ is endangering the local plants and animals.
- n.* the introduction of harmful substances or waste into the natural environment that causes adverse change

ANSWERS: 156. hypertension, 157. surgeon, 158. volume, 159. harsh, 160. conundrum, 161. survey, 162. remarkable, 163. pollution

164. Perseverance and optimism are _____ to success.

adj. necessary for the success or continued existence of something

165. Some _____ believe that psychological characteristics alone may cause mental disorders.

n. a practitioner, especially of medicine or psychology, who has direct contact with patients

166. Rainfall in the tropics is highly _____.

adj. likely to change or vary often; (noun) a symbol, like x or y, that is used in mathematical or logical expressions to represent a value that may be changed

167. The acupuncturist inserted _____ into specific points on my body to alleviate my pain.

n. a thin, pointed object typically used for sewing or medical purposes; a metal or plastic instrument used for administering injections or drawing blood

168. The couple began to _____ over which restaurant to go to for dinner.

v. to express differing opinions or points of view, often in a heated or contentious manner; to present a case or reasoning to persuade or convince others

169. In the _____ system, measurements are made in meters and liters.

adj. using or relating to the meter as a unit of length; a system of related measures that facilitates the quantification of some particular characteristic

170. Please _____ her with the furniture relocation.

v. to help someone in doing anything

ANSWERS: 164. vital, 165. clinicians, 166. variable, 167. needles, 168. argue, 169. metric, 170. assist