

Englist.me



Vocabulary Builder Reference from...

Jeff Iliff: One more reason to get a good night's sleep

| TED Talk

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

All Words

IMPORTANT

This material is a commentary and does not contain any copyrighted material of the reference source. We strongly recommend accessing/buying the reference source at the same time.

Session 1: Word List

prominent

adj. important, well-known, or noticeable

synonym : notable, distinguished, prominent

(1) **prominent** figure, (2) play a **prominent** role

The media frequently interviewed **prominent** scientists.

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.

ancient

adj. relating to the long ago, particularly the historical period preceding the fall of the Western Roman Empire; very old

synonym : archaic, age-old, obsolete

(1) pre-Christian **ancient**, (2) **ancient** stories

They have been living near water since **ancient** times.

propose

v. to make a proposal, declare a plan for something

synonym : suggest, offer, recommend

(1) **propose** the amendment, (2) **propose** changes

I want to **propose** a toast in honor of our longstanding relationship.

- brain** *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
synonym: intellect, mind, encephalon
(1) basic **brain** function, (2) permanent **brain** damage
X-rays revealed a small tumor in his **brain**.
- motive** *n.* the reason or incentive that drives a person to act in a certain way
synonym: reason, incentive, drive
(1) murder **motive**, (2) an unworthy **motive**
The detective tried to uncover the **motive** behind the crime.
- animate** *v.* to make something full of interest and energy
synonym: invigorate, energize, enliven
(1) **animate** the body, (2) **animate** his soul
The positive attitude of the supervisor **animated** the discussion.
- moisture** *n.* small amounts of liquid, especially water, that are present in or absorbed by a substance
synonym: dampness, humidity, wetness
(1) **moisture** level, (2) lot of **moisture**
My hair looks greasy because there is too much **moisture** in the air.
- hydrate** *v.* to add water or moisture to something; to drink enough fluids to maintain proper moisture; (noun) any compound that contains water of crystallization
synonym: moisturize, water, rehydrate
(1) **hydrate** my skin, (2) acid **hydrate**
She drank water to **hydrate** her body.
- ridiculous** *adj.* very silly or unreasonable and deserving to be laughed at
synonym: absurd, fatuous, foolish
(1) a **ridiculous** amount of money, (2) a **ridiculous** suggestion

Everyone regarded the theory he advocated as **ridiculous** but was later proven correct.

murky

adj. dark and gloomy or difficult to see through

synonym : dim, fuzzy, foggy

(1) **murky** waters, (2) a **murky** dungeon

Prospects for the suspect's conviction are **murky** due to a lack of helpful evidence.

incredible

adj. unbelievable; enormous

synonym : unbelievable, fantastical, inconceivable

(1) **incredible** amount, (2) at **incredible** speed

Her response revealed **incredible** idiocy.

function

n. the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose

synonym : purpose, mapping, job

(1) **function** properly, (2) immune **function**

The brain is an incredibly complex organ that controls the body's **function**.

elegant

adj. pleasing and graceful in appearance or manner, or showing good taste and refinement

synonym : refined, sophisticated, graceful

(1) **elegant** design, (2) write **elegant** sentences

She wore an **elegant** evening gown to the gala.

margin

n. the space around the edge of a page or document; (finance) the net sales minus the cost of goods and services sold

synonym : edge, border, periphery

(1) **margin** error, (2) a profit **margin**

Unfortunately, the book's **margin** was too small to make

notes.

biology

n. the scientific study of life and the natural processes of living things

(1) evolutionary **biology**, (2) cell and molecular **biology**

In junior high school, we had to dissect a frog in **biology** class.

observe

v. to watch or notice something carefully, often to gather information or insights; to take note of something or someone; to celebrate or commemorate a special event or occasion

synonym: watch, monitor, scrutinize

(1) **observe** a tradition, (2) **observe** wildlife

It is important to **observe** safety procedures in the workplace to prevent accidents.

corresponding

adj. similar to, connected with, or accompanying something, especially in position or purpose

synonym: matching, equivalent, analogous

(1) find a **corresponding** lack, (2) the **corresponding** word in Spanish

The **corresponding** number on the dial was 3.

continuous

adj. occurring or existing without a pause or interruption

synonym: ceaseless, regular, repeated

(1) **continuous** improvement, (2) a **continuous** row of warehouses

The heavy snow has been **continuous** since last morning.

nutrient

n. any substance that is essential for the maintenance and growth of living things

synonym: food, vitamin

(1) **nutrient** medicine, (2) a **nutrient** for hair

They used fast-acting **nutrients** on the flowers in the flower beds.

- fuel** *n.* a substance that is typically burned to generate heat or energy
synonym: energy, power, gas
(1) biomass **fuel**, (2) smokeless **fuel**
The **fuel** scarcity most severely impacted the manufacturing sector
- 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**.
- intense** *adj.* (especially of a feeling) very strong; extremely sharp or severe
synonym: extreme, fierce, harsh
(1) **intense** heat, (2) develop **intense** itching
That statement by the prime minister drew **intense** international criticism.
- electrical** *adj.* relating to electricity
(1) an **electrical** storm, (2) degree in **electrical** engineering
Actuators convert **electrical** pulses into motion.
- quarter** *n.* one of four equal parts; a fourth part or portion
synonym: fourth, one-fourth
(1) a **quarter** mile, (2) end of the first **quarter**
The unemployment rate in the first **quarter** was 2.3 percentage points higher than in the previous.
- mass** *n.* a large amount of a substance with no definite shape or form; a large number of people or things grouped or crowded together
synonym: abundance, crowd, mob
(1) a **mass** of molten rock, (2) critical **mass**

The **mass** of people who do not own property is politically impotent.

circulatory

adj. relating to the system that moves blood through the body, which includes the heart, arteries, and veins

synonym : circulative, rotating

(1) a **circulatory** disease, (2) cause **circulatory** failure shock

The **circulatory** system of the animal is also responsible for heat transportation.

delivery

n. the act of taking or sending something to a destination; the bringing of a baby during childbirth

synonym : sending, transporting, bringing

(1) an easy **delivery**, (2) special **delivery**

The **delivery** truck arrived with the packages.

vessel

n. a ship or large boat

synonym : boat, ship, craft

(1) blood **vessels**, (2) naval **vessels**

The **vessel** arrived in port the following day.

oxygen

n. the chemical element with the symbol O that is present in air and water and is necessary for people, animals, and plants to live

(1) the hydrogen binds the **oxygen**, (2) lack of **oxygen**

The passenger grabbed for the **oxygen** mask.

complexity

n. the state or quality of being complicated or intricate and difficult to understand

synonym : intricacy, sophistication, elaboration

(1) cognitive **complexity**, (2) **complexity** theory

The project's **complexity** made it difficult for the team to complete it on time.

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.

dive

v. to jump into the water with your head and arms going in first, or to move down to a deeper level underwater

synonym : dip, leap, plunge

(1) **dive** into anime communities, (2) **dive** off a cliff

The sperm whale can **dive** to 1,000 meters.

tissue

n. an ensemble of similar cells of the animal or plant that together carry out a specific function

synonym : structure, texture, anatomy

(1) a facial **tissue**, (2) loss of muscle **tissue**

The researcher separated the nervous **tissue** for microscopic examinations.

byproduct

n. a secondary or incidental product produced in the manufacture or synthesis of something else

synonym : side effect, spinoff, outgrowth

(1) toxic **byproducts**, (2) **byproduct** of technology

The **byproduct** of the energy production process is a large amount of carbon dioxide emissions.

diagram

n. a simplified illustration of the appearance, structure, or workings of something

synonym : chart, figure, graph

(1) 3D **diagram**, (2) in a **diagram**

He is drawing a **diagram** illustrating how the equipment operates.

lymph

n. a colorless fluid containing white blood cells that carry waste matter away from body tissue and help to prevent infections from spreading

(1) **lymph** vessel, (2) **lymph** flow

There was a massive swelling of the **lymph** nodes.

evolve

v. to develop gradually, or to cause the development of something or someone gradually

synonym: develop, mature, grow

(1) **evolve**, (2) **evolve** over the past decade

Eyeless fish **evolved** in dark caves.

parallel

adj. being everywhere equidistant and not intersecting; of or relating to the simultaneous performance of multiple operations

synonym: aligned, side-by-side, similar

(1) a **parallel** case, (2) **parallel** processing

He walked a road **parallel** to the railroad.

extend

v. to broaden in scope, range, or area

synonym: prolong, lengthen, advance

(1) **extend** the warranty, (2) **extend** a line

Her visit will **extend** from Monday to Friday.

protein

n. a molecule made up of a long chain of amino acids, which is essential for the structure and function of the body's tissues

(1) stress **protein**, (2) **protein** synthesis

The body needs a certain amount of **protein** to build and repair tissues.

dump

v. to deposit or dispose of something, such as trash, waste, etc., carelessly or hurriedly

synonym: throw away, dispose

(1) **dump** the gravel on the road, (2) **dump** hazardous waste

The company **dumped** him after several years of service.

disposed

adj. inclined or willing to do something

synonym: prepared, inclined, apt

(1) he is evilly **disposed**, (2) **disposed** of without being eaten

I'm **disposed** to agree with your opinion.

zoom

v. to move along very quickly; (noun) the act of rising upward into the air

synonym: move quickly, dive, buzz

(1) **zoom** in on a photo, (2) **zoom** lens

He **zoomed** back in time to the soccer game.

efficiently

adv. in a way that produces maximum output with minimum effort or expense

synonym: expeditiously, skillfully, ably

(1) **efficiently** combined, (2) develop software more **efficiently**

We can resolve support requests quickly and **efficiently** by utilization of AI.

mundane

adj. very ordinary and therefore lacking interest or excitement

synonym: ordinary, everyday, prosaic

(1) **mundane** affairs, (2) **mundane** objects

After returning from the war, he had a pretty **mundane** life.

neuron

n. a cell that is specialized to carry information within the brain and between the brain and other parts of the body

synonym: nerve cell

(1) excite the **neurons**, (2) **neuron** cell body

Our body transfers information along each **neuron** using an electrical impulse.

unexpected

adj. not anticipated or regarded as likely to happen

synonym: surprising, unanticipated, incredible

(1) an **unexpected** visitor, (2) some **unexpected** events

The **unexpected** rainstorm caused the collapse of the corral.

ingenious

adj. showing inventiveness and ability or skill

synonym: creative, innovative, inventive

(1) **ingenious** device, (2) **ingenious** idea

I always look forward to reading his stories since they're so **ingenious**.

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.

cerebrospinal

adj. relating to the brain and spinal cord

(1) **cerebrospinal** fluid, (2) **cerebrospinal** pathway

The **cerebrospinal** nerves carry messages between the brain and the rest of the body.

surround

v. to be all around something or somebody

synonym: encircle, encompass, envelop

(1) **surround** a town, (2) a stone wall **surrounds** the palace

On three sides, mountains **surround** the settlement.

percolate

v. to filter through a porous substance or material; to pass through gradually or spread slowly; to rise or pass through a liquid or container, as in a coffee maker

synonym: filter, strain, drip

(1) **percolate** around the web, (2) **percolate** through the whole industry

The coffee slowly **percolated** through the filter and into the cup.

random

adj. made, done, or happening without method, conscious decision, or any regular pattern

synonym: incidental, arbitrary, unanticipated

(1) a **random** choice, (2) bombs fell at **random**

To find drunk drivers, police conduct **random** tests.

plumbing

n. the system of pipes, fittings, and fixtures that are used to distribute water and remove waste in a building or

structure; the trade or profession of installing and maintaining such systems

synonym : pipefitting, piping

(1) **plumbing** problem, (2) **plumbing** service

The **plumbing** in my house needs to be replaced because it keeps leaking.

facilitate

v. to make something easier or more likely to happen

synonym : aid, assist, help

(1) **facilitate** a smooth transition, (2) **facilitate** the process

The company implemented a new software system to **facilitate** employee communication and collaboration.

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.

frame

n. a strong border or structure of the wood, metal, etc. that surrounds something such as a picture, door, or window

synonym : body, skeleton, scaffolding

(1) a picture **frame**, (2) the **frame** of the policy

The detective looked for fingerprints on the window **frame**.

label

n. a small piece of paper, fabric, or other material attached to an object and giving information about it; (verb) to assign to a category

synonym : tag, mark, identifier

(1) a mailing **label**, (2) **label** a bag with my name

The **label** on the food package lists the ingredients and nutritional information.

surrounding

adj. that is near or around, or closely encircling something
synonym : circumferent, encircling, neighboring

(1) **surrounding** areas, (2) a fence **surrounding** a castle
The **surrounding** mountains make the city difficult to be invaded.

pump

v. to cause water, air, gas, etc. to move from one place to another by using mechanical equipment; to get or supply something such as money, information, etc. in significant quantities

synonym : drain, inject, send

(1) **pump** a secret out of success, (2) **pump** blood throughout the body

He was alert and could not **pump** any critical information out of him.

flush

v. to become red on your face, especially because you are embarrassed, angry, or hot; to rinse, clean, or empty something, especially a toilet, by causing large quantities of water to flow

synonym : redden, burn, suffuse

(1) the blood **flush** into my face, (2) **flush** the toilet

The girl **flushed** when a young man whistled as she walked by.

enclose

v. to surround, as with a fence, wall, or barrier; to put within boundaries; to include

synonym : surround, encase, contain

(1) **enclose** a check with a letter, (2) **enclose** area

The walls were **enclosed** to create a private outdoor space.

rigid

adj. extremely strict and difficult to change or adapt; incapable of or resistant to bending

synonym : strict, inflexible, stringent

(1) **rigid** rules, (2) **rigid** structure

He was unpopular because of his **rigid** adherence to the rules.

skull

n. a bone framework that surrounds the brain and gives the head its shape

synonym : cranium, scalp, brain

(1) **skull** fracture, (2) have a thick **skull**

Archaeologists found a Neanderthal **skull** at that historic site.

repurpose

v. to use something again for a different purpose than it was originally intended

synonym : reutilize, recycle, reuse

(1) **repurpose** an old building, (2) **repurpose** a used car

The old barn was **repurposed** into a modern event space.

replace

v. to take the place of something

synonym : substitute, supersede, displace

(1) **replace** one word with another, (2) **replace** a phone

Eventually, the new design will **replace** all older models.

amazing

adj. extremely surprising, especially in a way that you like or admire

synonym : exceptional, extraordinary, wonderful

(1) **amazing** advances, (2) the most **amazing** feeling

The golfer recorded an **amazing** distance.

entirely

adv. completely

synonym : completely, fully, totally

(1) **entirely** satisfied with the meal, (2) he was **entirely** to blame

Later, his claim was found to be **entirely** false.

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**.

shrink

v. to become smaller, or to make something smaller in size or amount

synonym: decrease, diminish, shy away

(1) **shrink** the tumor, (2) **shrink** with fear

This shirt will **shrink** in the wash.

shift

n. a slight transition in position, direction, or trend

synonym: transition, change, modification

(1) Doppler **shift**, (2) major paradigm **shift**

Could you help me **shift** some furniture?

accumulate

v. to collect or acquire a large number of things over a long period of time

synonym: amass, stash, earn

(1) **accumulate** cash value, (2) **accumulate** evidence

He has **accumulated** his wealth through real estate investments.

roll

v. to move in a particular direction by turning over and over or from side to side

synonym: spin, swirl, wheel

(1) **roll** a ball, (2) **roll** down his cheeks

He was exhausted and **rolled** into bed as soon as he got home.

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.

amyloid

n. a type of protein that can accumulate abnormally in various tissues and organs in the body and is linked to various diseases, including Alzheimer's disease

synonym: protein deposit, plaque buildup

(1) **amyloid** beta, (2) **amyloid** accumulation

Alzheimer's disease is characterized by the buildup of **amyloid** plaques in the brain.

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.

Alzheimer

n. a neurodegenerative disease that causes memory loss, cognitive decline, and behavioral issues; is the most common cause of dementia in older adults

synonym: dementia, memory loss, cognitive decline

(1) **Alzheimer's** brain, (2) **Alzheimer's** risk factors

My grandmother has **Alzheimer's** disease requires special care and attention from her caregivers.

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.

aggregate

n. a collection or sum of different things often used to describe a total or combination of items

synonym: total, sum, whole

(1) data **aggregate**, (2) an **aggregate** of people

The **aggregate** amount of money raised for the charity was over a million dollars.

suppose

v. to think that something is likely to be actual or possible

synonym: guess, assume, presume

(1) **suppose** you're right, (2) **suppose** beforehand

What do you **suppose** the culprit's motive was?

buildup

n. the accumulation or increase of something over time
synonym : accumulation, increase, growth

(1) lactic acid **buildup**, (2) huge military **buildup**

The **buildup** of stress over time can lead to health problems.

develop

v. to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created

synonym : evolve, progress, advance

(1) **develop** a strategy, (2) **develop** a skill

We must **develop** a new system to streamline our workflow and increase efficiency.

asleep

adj. in a state of sleep

synonym : sleeping, fallen, at rest

(1) **asleep** at the wheel, (2) dead **asleep**

He lay down and fell **asleep** immediately.

dramatically

adv. in a very impressive manner

synonym : greatly, noticeably, suddenly

(1) he confessed **dramatically**, (2) the cabin pressure fell **dramatically**

Life expectancy has grown **dramatically** this century.

relation

n. the way two persons or groups of people feel and act toward one another

synonym : association, linkage, connection

(1) **relation** between cause and effect, (2) **relation** of inclusion

The industrial **relations** laws were passed with little to no alteration.

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.

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.

duration

n. the length of time something lasts or continues

synonym : period, span, course

(1) the **duration** of insurance, (2) short **duration**

The military incarcerated him for the **duration** of the war.

associate

v. to mentally connect someone or something with someone or something else

synonym : tie in, link, consociate

(1) **associate** alcohol with gambling, (2) **associate** with people widely

The majority of consumers **associate** this brand with quality.

contribute

v. to give something, especially money or goods, to provide or achieve something together with other people

synonym : donate, devote, commit

(1) **contribute** a large sum of money to the fund,

(2) **contribute** to society

Government workers cannot **contribute** to political campaigns.

machinery

n. a group of large machines or the components of a machine that make it work; social institution functions or structure for doing something

synonym : apparatus, appliance, equipment

(1) heavy **machinery**, (2) inactive **machinery**

The **machinery** of audit formally issued a business improvement order.

maintain

v. to continue to uphold or sustain; to keep in a particular state or condition; to assert or declare something to be true

synonym: preserve, uphold, sustain

(1) **maintain** order, (2) **maintain** good health

I need to **maintain** my car regularly to prevent any major mechanical issues.

unimaginable

adj. beyond what can be imagined or conceived; impossible to comprehend or envision

synonym: unthinkable, inconceivable, incredulous

(1) **unimaginable** horror, (2) **unimaginable** depths

The complexity of scientific theories was **unimaginable** for most people.

housework

n. the tasks involved in cleaning and maintaining a house

synonym: chores, cleaning, domestic duties

(1) **housework** robot, (2) light **housework**

She didn't mind doing the **housework** as long as it kept her busy and productive.

thankless

adj. referring to a situation or activity that brings no gratitude or recognition from others; not receiving thanks or appreciation for one's efforts or actions

synonym: ungrateful, ungratifying, unappreciative

(1) **thankless** job, (2) **thankless** duty

Being a stay-at-home parent can be a **thankless** job, but it's also extremely rewarding.

livable

adj. capable of being lived in comfortably and sustainably; suitable for human habitation

synonym: habitable, comfortable, pleasant

(1) **livable** city, (2) **livable** housing

Finding a safe and **livable** neighborhood is important when looking for a new place to live.

consequence

n. the outcome of a particular action or event, especially relative to an individual

synonym: result, impact, outcome

(1) unintended **consequences**, (2) the **consequence** of an argument

These economic activities had disastrous environmental **consequences**.

embarrass

v. to cause someone to feel awkward, worried, or ashamed

synonym: disconcert, unsettle, agitate

(1) **embarrass** political enemy, (2) **embarrass** my project

He looked for an opportunity to **embarrass** that actor in public.

stake

n. a share or financial investment in something such as a business; a wooden or metal post set up to mark something

synonym: share, interest, post

(1) execution by burning at a **stake**, (2) buy the company's **stake**

The **stake** of the company is too high nowadays.

housekeeping

n. the management and upkeep of a household, hotel, or other living or working space, including cleaning, maintenance, organization, and other related tasks

synonym: cleaning, housework, tidying up

(1) **housekeeping** duties, (2) daily **housekeeping**

The hotel's **housekeeping** staff does a great job keeping the rooms clean and tidy.

Session 2: Spelling

1. re____on of inclusion *n.* the way two persons or groups of people feel and act toward one another
2. li____e city *adj.* capable of being lived in comfortably and sustainably; suitable for human habitation
3. the con_____ce of an argument *n.* the outcome of a particular action or event, especially relative to an individual
4. la__l a bag with my name *n.* a small piece of paper, fabric, or other material attached to an object and giving information about it; (verb) to assign to a category
5. art cr____c *n.* someone who expresses opinions about the quality of books, music, etc.
6. immune fu____on *n.* the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose
7. temporary me____l treatment *adj.* relating to the treatment of illness or injuries; relating to the practice of medicine
8. sur_____ng areas *adj.* that is near or around, or closely encircling something

ANSWERS: 1. relation, 2. livable, 3. consequence, 4. label, 5. critic, 6. function, 7. medical, 8. surrounding

9. buy the company's st__e *n.* a share or financial investment in something such as a business; a wooden or metal post set up to mark something
10. a qu____r mile *n.* one of four equal parts; a fourth part or portion
11. pre-Christian an____t *adj.* relating to the long ago, particularly the historical period preceding the fall of the Western Roman Empire; very old
12. an____e his soul *v.* to make something full of interest and energy
13. pr____e the amendment *v.* to make a proposal, declare a plan for something
14. en____e a check with a letter *v.* to surround, as with a fence, wall, or barrier; to put within boundaries; to include
15. re____se a used car *v.* to use something again for a different purpose than it was originally intended
16. a rid____us suggestion *adj.* very silly or unreasonable and deserving to be laughed at
17. special de____ry *n.* the act of taking or sending something to a destination; the bringing of a baby during childbirth
18. stress pr____n *n.* a molecule made up of a long chain of amino acids, which is essential for the structure and function of the body's tissues
19. fl__d assets *n.* a substance that can flow and is not solid

ANSWERS: 9. stake, 10. quarter, 11. ancient, 12. animate, 13. propose, 14. enclose, 15. repurpose, 16. ridiculous, 17. delivery, 18. protein, 19. fluid

20. sh___k the tumor *v.* to become smaller, or to make something smaller in size or amount
21. a mailing la__l *n.* a small piece of paper, fabric, or other material attached to an object and giving information about it; (verb) to assign to a category
22. z__m in on a photo *v.* to move along very quickly; (noun) the act of rising upward into the air
23. smokeless f__l *n.* a substance that is typically burned to generate heat or energy
24. ri__d rules *adj.* extremely strict and difficult to change or adapt; incapable of or resistant to bending
25. 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
26. th_____ss duty *adj.* referring to a situation or activity that brings no gratitude or recognition from others; not receiving thanks or appreciation for one's efforts or actions
27. con_____te to society *v.* to give something, especially money or goods, to provide or achieve something together with other people
28. the fr__e of the policy *n.* a strong border or structure of the wood, metal, etc. that surrounds something such as a picture, door, or window

ANSWERS: 20. shrink, 21. label, 22. zoom, 23. fuel, 24. rigid, 25. process, 26. thankless, 27. contribute, 28. frame

29. at inc_____le speed *adj.* unbelievable; enormous
30. 3D di_____m *n.* a simplified illustration of the appearance, structure, or workings of something
31. cer_____nal fluid *adj.* relating to the brain and spinal cord
32. an une_____ed visitor *adj.* not anticipated or regarded as likely to happen
33. cause cir_____ry failure shock *adj.* relating to the system that moves blood through the body, which includes the heart, arteries, and veins
34. r__l down his cheeks *v.* to move in a particular direction by turning over and over or from side to side
35. the hydrogen binds the ox___n *n.* the chemical element with the symbol O that is present in air and water and is necessary for people, animals, and plants to live
36. bombs fell at ra___m *adj.* made, done, or happening without method, conscious decision, or any regular pattern
37. pe_____te around the web *v.* to filter through a porous substance or material; to pass through gradually or spread slowly; to rise or pass through a liquid or container, as in a coffee maker
38. ev___e over the past decade *v.* to develop gradually, or to cause the development of something or someone gradually
39. li_____e housing *adj.* capable of being lived in comfortably and sustainably; suitable for human habitation

ANSWERS: 29. incredible, 30. diagram, 31. cerebrospinal, 32. unexpected, 33. circulatory, 34. roll, 35. oxygen, 36. random, 37. percolate, 38. evolve, 39. livable

40. 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
41. as_____te alcohol with gambling *v.* to mentally connect someone or something with someone or something else
42. de_____p a skill *v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created
43. su_____e you're right *v.* to think that something is likely to be actual or possible
44. el_____t design *adj.* pleasing and graceful in appearance or manner, or showing good taste and refinement
45. a con_____us row of warehouses *adj.* occurring or existing without a pause or interruption
46. cer_____nal pathway *adj.* relating to the brain and spinal cord
47. pl_____ng service *n.* the system of pipes, fittings, and fixtures that are used to distribute water and remove waste in a building or structure; the trade or profession of installing and maintaining such systems
48. inc_____le amount *adj.* unbelievable; enormous
49. ma_____n error *n.* the space around the edge of a page or document; (finance) the net sales minus the cost of goods and services sold

ANSWERS: 40. disease, 41. associate, 42. develop, 43. suppose, 44. elegant, 45. continuous, 46. cerebrospinal, 47. plumbing, 48. incredible, 49. margin

50. a pa_____el case *adj.* being everywhere equidistant and not intersecting; of or relating to the simultaneous performance of multiple operations
51. degree in ele_____al engineering *adj.* relating to electricity
52. lactic acid bu_____p *n.* the accumulation or increase of something over time
53. mo_____re level *n.* small amounts of liquid, especially water, that are present in or absorbed by a substance
54. re_____on between cause and effect *n.* the way two persons or groups of people feel and act toward one another
55. in a di_____m *n.* a simplified illustration of the appearance, structure, or workings of something
56. a nu_____nt for hair *n.* any substance that is essential for the maintenance and growth of living things
57. con_____us improvement *adj.* occurring or existing without a pause or interruption
58. ly__h vessel *n.* a colorless fluid containing white blood cells that carry waste matter away from body tissue and help to prevent infections from spreading
59. uni_____ble horror *adj.* beyond what can be imagined or conceived; impossible to comprehend or envision
60. in_____us idea *adj.* showing inventiveness and ability or skill

ANSWERS: 50. parallel, 51. electrical, 52. buildup, 53. moisture, 54. relation, 55. diagram, 56. nutrient, 57. continuous, 58. lymph, 59. unimaginable, 60. ingenious

61. sk__l fracture *n.* a bone framework that surrounds the brain and gives the head its shape
62. the cor_____ing word in Spanish *adj.* similar to, connected with, or accompanying something, especially in position or purpose
63. re_____e a phone *v.* to take the place of something
64. Al_____er's risk factors *n.* a neurodegenerative disease that causes memory loss, cognitive decline, and behavioral issues; is the most common cause of dementia in older adults
65. em_____ss my project *v.* to cause someone to feel awkward, worried, or ashamed
66. a profit ma____n *n.* the space around the edge of a page or document; (finance) the net sales minus the cost of goods and services sold
67. develop software more eff_____ly *adv.* in a way that produces maximum output with minimum effort or expense
68. severe cr____c *n.* someone who expresses opinions about the quality of books, music, etc.
69. acc_____te cash value *v.* to collect or acquire a large number of things over a long period of time
70. a mu__y dungeon *adj.* dark and gloomy or difficult to see through
71. industry-sp_____ic regulations *adj.* clearly defined or particular to a certain thing or situation; distinct, explicit, and precise
72. d__p the gravel on the road *v.* to deposit or dispose of something, such as trash, waste, etc., carelessly or hurriedly

ANSWERS: 61. skull, 62. corresponding, 63. replace, 64. Alzheimer, 65. embarrass, 66. margin, 67. efficiently, 68. critic, 69. accumulate, 70. murky, 71. specific, 72. dump

73. cognitive com_____ty *n.* the state or quality of being complicated or intricate and difficult to understand
74. sh___k with fear *v.* to become smaller, or to make something smaller in size or amount
75. a ra___m choice *adj.* made, done, or happening without method, conscious decision, or any regular pattern
76. some une_____ed events *adj.* not anticipated or regarded as likely to happen
77. as_____te with people widely *v.* to mentally connect someone or something with someone or something else
78. eff_____ly combined *adv.* in a way that produces maximum output with minimum effort or expense
79. high vo___e *n.* the amount of space occupied by an object or substance; the magnitude of sound
80. toxic by_____cts *n.* a secondary or incidental product produced in the manufacture or synthesis of something else
81. write el_____t sentences *adj.* pleasing and graceful in appearance or manner, or showing good taste and refinement
82. find a cor_____ing lack *adj.* similar to, connected with, or accompanying something, especially in position or purpose
83. su_____nd a town *v.* to be all around something or somebody
84. by_____ct of technology *n.* a secondary or incidental product produced in the manufacture or synthesis of something else

ANSWERS: 73. complexity, 74. shrink, 75. random, 76. unexpected, 77. associate, 78. efficiently, 79. volume, 80. byproduct, 81. elegant, 82. corresponding, 83. surround, 84. byproduct

85. loss of muscle ti___e *n.* an ensemble of similar cells of the animal or plant that together carry out a specific function
86. en____ly satisfied with the meal *adv.* completely
87. a facial ti___e *n.* an ensemble of similar cells of the animal or plant that together carry out a specific function
88. fl__h the toilet *v.* to become red on your face, especially because you are embarrassed, angry, or hot; to rinse, clean, or empty something, especially a toilet, by causing large quantities of water to flow
89. vo___e of work *n.* the amount of space occupied by an object or substance; the magnitude of sound
90. acid hy_____e *v.* to add water or moisture to something; to drink enough fluids to maintain proper moisture; (noun) any compound that contains water of crystallization
91. develop in_____e itching *adj.* (especially of a feeling) very strong; extremely sharp or severe
92. unintended con_____ces *n.* the outcome of a particular action or event, especially relative to an individual
93. an_____e the body *v.* to make something full of interest and energy
94. major paradigm sh__t *n.* a slight transition in position, direction, or trend
95. the blood fl__h into my face *v.* to become red on your face, especially because you are embarrassed, angry, or hot; to rinse, clean, or empty something, especially a toilet, by causing large quantities of water to flow

ANSWERS: 85. tissue, 86. entirely, 87. tissue, 88. flush, 89. volume, 90. hydrate, 91. intense, 92. consequence, 93. animate, 94. shift, 95. flush

96. pr_____nt figure *adj.* important, well-known, or noticeable
97. de_____p a strategy *v.* to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created
98. the du_____on of insurance *n.* the length of time something lasts or continues
99. he was en_____ly to blame *adv.* completely
100. ma_____in good health *v.* to continue to uphold or sustain; to keep in a particular state or condition; to assert or declare something to be true
101. a stone wall su_____nds the palace *v.* to be all around something or somebody
102. d__p hazardous waste *v.* to deposit or dispose of something, such as trash, waste, etc., carelessly or hurriedly
103. hy_____e my skin *v.* to add water or moisture to something; to drink enough fluids to maintain proper moisture; (noun) any compound that contains water of crystallization
104. data ag_____te *n.* a collection or sum of different things often used to describe a total or combination of items
105. heavy ma_____ry *n.* a group of large machines or the components of a machine that make it work; social institution functions or structure for doing something

ANSWERS: 96. prominent, 97. develop, 98. duration, 99. entirely, 100. maintain, 101. surround, 102. dump, 103. hydrate, 104. aggregate, 105. machinery

106. am_____d beta *n.* a type of protein that can accumulate abnormally in various tissues and organs in the body and is linked to various diseases, including Alzheimer's disease
107. acc_____te evidence *v.* to collect or acquire a large number of things over a long period of time
108. a cir_____ry disease *adj.* relating to the system that moves blood through the body, which includes the heart, arteries, and veins
109. daily hou_____ing *n.* the management and upkeep of a household, hotel, or other living or working space, including cleaning, maintenance, organization, and other related tasks
110. ma_____in order *v.* to continue to uphold or sustain; to keep in a particular state or condition; to assert or declare something to be true
111. p__p a secret out of success *v.* to cause water, air, gas, etc. to move from one place to another by using mechanical equipment; to get or supply something such as money, information, etc. in significant quantities
112. mu_____e affairs *adj.* very ordinary and therefore lacking interest or excitement
113. 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
114. cl_____al surgery *adj.* of or relating to the examination and treatment of patients rather than theoretical or laboratory studies

ANSWERS: 106. amyloid, 107. accumulate, 108. circulatory, 109. housekeeping, 110. maintain, 111. pump, 112. mundane, 113. discovery, 114. clinical

115. re_____se an old building *v.* to use something again for a different purpose than it was originally intended
116. com_____ty theory *n.* the state or quality of being complicated or intricate and difficult to understand
117. ev___e *v.* to develop gradually, or to cause the development of something or someone gradually
118. ex___d a line *v.* to broaden in scope, range, or area
119. huge military bu_____p *n.* the accumulation or increase of something over time
120. play a pr_____nt role *adj.* important, well-known, or noticeable
121. nu_____nt medicine *n.* any substance that is essential for the maintenance and growth of living things
122. permanent br__n damage *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
123. Al_____er's brain *n.* a neurodegenerative disease that causes memory loss, cognitive decline, and behavioral issues; is the most common cause of dementia in older adults
124. Doppler sh__t *n.* a slight transition in position, direction, or trend
125. pe_____te through the whole industry *v.* to filter through a porous substance or material; to pass through gradually or spread slowly; to rise or pass through a liquid or container, as in a coffee maker
126. d__e off a cliff *v.* to jump into the water with your head and arms going in first, or to move down to a deeper level underwater

ANSWERS: 115. repurpose, 116. complexity, 117. evolve, 118. extend, 119. buildup, 120. prominent, 121. nutrient, 122. brain, 123. Alzheimer, 124. shift, 125. percolate, 126. dive

127. in_____e heat *adj.* (especially of a feeling) very strong; extremely sharp or severe
128. fac_____te a smooth transition *v.* to make something easier or more likely to happen
129. a picture fr__e *n.* a strong border or structure of the wood, metal, etc. that surrounds something such as a picture, door, or window
130. light ho_____rk *n.* the tasks involved in cleaning and maintaining a house
131. the cabin pressure fell dra_____lly *adv.* in a very impressive manner
132. a fence sur_____ng a castle *adj.* that is near or around, or closely encircling something
133. r__l a ball *v.* to move in a particular direction by turning over and over or from side to side
134. en_____e area *v.* to surround, as with a fence, wall, or barrier; to put within boundaries; to include
135. short du_____on *n.* the length of time something lasts or continues
136. pr_____e changes *v.* to make a proposal, declare a plan for something
137. critical m__s *n.* a large amount of a substance with no definite shape or form; a large number of people or things grouped or crowded together
138. pl_____ng problem *n.* the system of pipes, fittings, and fixtures that are used to distribute water and remove waste in a building or structure; the trade or profession of installing and maintaining such systems

ANSWERS: 127. intense, 128. facilitate, 129. frame, 130. housework, 131. dramatically, 132. surrounding, 133. roll, 134. enclose, 135. duration, 136. propose, 137. mass, 138. plumbing

139. lack of ox___n *n.* the chemical element with the symbol O that is present in air and water and is necessary for people, animals, and plants to live
140. a me____l opinion *adj.* relating to the treatment of illness or injuries; relating to the practice of medicine
141. biomass f__l *n.* a substance that is typically burned to generate heat or energy
142. an____t stories *adj.* relating to the long ago, particularly the historical period preceding the fall of the Western Roman Empire; very old
143. cell and molecular bi____y *n.* the scientific study of life and the natural processes of living things
144. 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
145. mu____e objects *adj.* very ordinary and therefore lacking interest or excitement
146. plenty of fl__ds *n.* a substance that can flow and is not solid
147. lot of mo____re *n.* small amounts of liquid, especially water, that are present in or absorbed by a substance

ANSWERS: 139. oxygen, 140. medical, 141. fuel, 142. ancient, 143. biology, 144. process, 145. mundane, 146. fluid, 147. moisture

148. evolutionary bi____y *n.* the scientific study of life and the natural processes of living things
149. pa____el processing *adj.* being everywhere equidistant and not intersecting; of or relating to the simultaneous performance of multiple operations
150. an unworthy mo____e *n.* the reason or incentive that drives a person to act in a certain way
151. an ag____te of people *n.* a collection or sum of different things often used to describe a total or combination of items
152. am____g advances *adj.* extremely surprising, especially in a way that you like or admire
153. 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
154. p__p blood throughout the body *v.* to cause water, air, gas, etc. to move from one place to another by using mechanical equipment; to get or supply something such as money, information, etc. in significant quantities
155. blood ve____ls *n.* a ship or large boat
156. a rid____us amount of money *adj.* very silly or unreasonable and deserving to be laughed at
157. in____us device *adj.* showing inventiveness and ability or skill
158. z__m lens *v.* to move along very quickly; (noun) the act of rising upward into the air

ANSWERS: 148. biology, 149. parallel, 150. motive, 151. aggregate, 152. amazing, 153. discovery, 154. pump, 155. vessel, 156. ridiculous, 157. ingenious, 158. zoom

159. end of the first qu____r *n.* one of four equal parts; a fourth part or portion
160. di____ed of without being eaten *adj.* inclined or willing to do something
161. hou_____ing duties *n.* the management and upkeep of a household, hotel, or other living or working space, including cleaning, maintenance, organization, and other related tasks
162. murder mo____e *n.* the reason or incentive that drives a person to act in a certain way
163. have a thick sk__l *n.* a bone framework that surrounds the brain and gives the head its shape
164. he is evilly di____ed *adj.* inclined or willing to do something
165. ex____d the warranty *v.* to broaden in scope, range, or area
166. 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
167. wo____n a relation *v.* to become or make something worse
168. 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
169. pr____n synthesis *n.* a molecule made up of a long chain of amino acids, which is essential for the structure and function of the body's tissues

ANSWERS: 159. quarter, 160. disposed, 161. housekeeping, 162. motive, 163. skull, 164. disposed, 165. extend, 166. patient, 167. worsen, 168. disease, 169. protein

170. ly__h flow *n.* a colorless fluid containing white blood cells that carry waste matter away from body tissue and help to prevent infections from spreading
171. basic br__n function *n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
172. excite the ne___ns *n.* a cell that is specialized to carry information within the brain and between the brain and other parts of the body
173. ho_____rk robot *n.* the tasks involved in cleaning and maintaining a house
174. ob_____e a tradition *v.* to watch or notice something carefully, often to gather information or insights; to take note of something or someone; to celebrate or commemorate a special event or occasion
175. fac_____te the process *v.* to make something easier or more likely to happen
176. naval ve___ls *n.* a ship or large boat
177. fu_____on properly *n.* the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose

ANSWERS: 170. lymph, 171. brain, 172. neuron, 173. housework, 174. observe, 175. facilitate, 176. vessel, 177. function

178. a m__s of molten rock *n.* a large amount of a substance with no definite shape or form; a large number of people or things grouped or crowded together
179. execution by burning at a st__e *n.* a share or financial investment in something such as a business; a wooden or metal post set up to mark something
180. sp____ic instructions *adj.* clearly defined or particular to a certain thing or situation; distinct, explicit, and precise
181. em_____ss political enemy *v.* to cause someone to feel awkward, worried, or ashamed
182. as__p at the wheel *adj.* in a state of sleep
183. d__e into anime communities *v.* to jump into the water with your head and arms going in first, or to move down to a deeper level underwater
184. participate in cl____al trials *adj.* of or relating to the examination and treatment of patients rather than theoretical or laboratory studies
185. an ele_____al storm *adj.* relating to electricity
186. 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
187. an easy de____ry *n.* the act of taking or sending something to a destination; the bringing of a baby during childbirth

ANSWERS: 178. mass, 179. stake, 180. specific, 181. embarrass, 182. asleep, 183. dive, 184. clinical, 185. electrical, 186. patient, 187. delivery

188. ri__d structure *adj.* extremely strict and difficult to change or adapt; incapable of or resistant to bending
189. he confessed dra_____lly *adv.* in a very impressive manner
190. re_____e one word with another *v.* to take the place of something
191. the most am_____g feeling *adj.* extremely surprising, especially in a way that you like or admire
192. su_____e beforehand *v.* to think that something is likely to be actual or possible
193. th_____ss job *adj.* referring to a situation or activity that brings no gratitude or recognition from others; not receiving thanks or appreciation for one's efforts or actions
194. ne____n cell body *n.* a cell that is specialized to carry information within the brain and between the brain and other parts of the body
195. ob_____e wildlife *v.* to watch or notice something carefully, often to gather information or insights; to take note of something or someone; to celebrate or commemorate a special event or occasion
196. inactive ma_____ry *n.* a group of large machines or the components of a machine that make it work; social institution functions or structure for doing something
197. con_____te a large sum of money to the fund *v.* to give something, especially money or goods, to provide or achieve something together with other people

ANSWERS: 188. rigid, 189. dramatically, 190. replace, 191. amazing, 192. suppose, 193. thankless, 194. neuron, 195. observe, 196. machinery, 197. contribute

198. uni_____ble depths *adj.* beyond what can be imagined or conceived; impossible to comprehend or envision
199. mu__y waters *adj.* dark and gloomy or difficult to see through
200. am_____d accumulation *n.* a type of protein that can accumulate abnormally in various tissues and organs in the body and is linked to various diseases, including Alzheimer's disease
201. wo___n the food problem *v.* to become or make something worse
202. dead as___p *adj.* in a state of sleep

ANSWERS: 198. unimaginable, 199. murky, 200. amyloid, 201. worsen, 202. asleep

Session 3: Fill in the Blanks

1. She didn't mind doing the _____ as long as it kept her busy and productive.
n. the tasks involved in cleaning and maintaining a house
2. The researcher separated the nervous _____ for microscopic examinations.
n. an ensemble of similar cells of the animal or plant that together carry out a specific function
3. Finding a safe and _____ neighborhood is important when looking for a new place to live.
adj. capable of being lived in comfortably and sustainably; suitable for human habitation
4. Archaeologists found a Neanderthal _____ at that historic site.
n. a bone framework that surrounds the brain and gives the head its shape
5. Being a stay-at-home parent can be a _____ job, but it's also extremely rewarding.
adj. referring to a situation or activity that brings no gratitude or recognition from others; not receiving thanks or appreciation for one's efforts or actions
6. He walked a road _____ to the railroad.
adj. being everywhere equidistant and not intersecting; of or relating to the simultaneous performance of multiple operations
7. She drank water to _____ her body.
v. to add water or moisture to something; to drink enough fluids to maintain proper moisture; (noun) any compound that contains water of crystallization

ANSWERS: 1. housework, 2. tissue, 3. livable, 4. skull, 5. thankless, 6. parallel, 7. hydrate

8. The body needs a certain amount of _____ to build and repair tissues.
n. a molecule made up of a long chain of amino acids, which is essential for the structure and function of the body's tissues
9. This container has a _____ of 10 cubic meters.
n. the amount of space occupied by an object or substance; the magnitude of sound
10. Later, his claim was found to be _____ false.
adv. completely
11. Unfortunately, the book's _____ was too small to make notes.
n. the space around the edge of a page or document; (finance) the net sales minus the cost of goods and services sold
12. I'm _____ to agree with your opinion.
adj. inclined or willing to do something
13. That statement by the prime minister drew _____ international criticism.
adj. (especially of a feeling) very strong; extremely sharp or severe
14. Life expectancy has grown _____ this century.
adv. in a very impressive manner
15. This shirt will _____ in the wash.
v. to become smaller, or to make something smaller in size or amount
16. Could you help me _____ some furniture?
n. a slight transition in position, direction, or trend

ANSWERS: 8. protein, 9. volume, 10. entirely, 11. margin, 12. disposed, 13. intense, 14. dramatically, 15. shrink, 16. shift

17. The _____ of audit formally issued a business improvement order.
- n.* a group of large machines or the components of a machine that make it work; social institution functions or structure for doing something
18. Government workers cannot _____ to political campaigns.
- v.* to give something, especially money or goods, to provide or achieve something together with other people
19. He _____ back in time to the soccer game.
- v.* to move along very quickly; (noun) the act of rising upward into the air
20. The company _____ him after several years of service.
- v.* to deposit or dispose of something, such as trash, waste, etc., carelessly or hurriedly
21. Actuators convert _____ pulses into motion.
- adj.* relating to electricity
22. Eyeless fish _____ in dark caves.
- v.* to develop gradually, or to cause the development of something or someone gradually
23. Advocates for legal reform hear less harsh words from their _____.
- n.* someone who expresses opinions about the quality of books, music, etc.
24. The _____ of the company is too high nowadays.
- n.* a share or financial investment in something such as a business; a wooden or metal post set up to mark something

ANSWERS: 17. machinery, 18. contribute, 19. zoomed, 20. dumped, 21. electrical, 22. evolved, 23. critics, 24. stake

25. He looked for an opportunity to _____ that actor in public.

v. to cause someone to feel awkward, worried, or ashamed

26. They have been living near water since _____ times.

adj. relating to the long ago, particularly the historical period preceding the fall of the Western Roman Empire; very old

27. We can resolve support requests quickly and _____ by utilization of AI.

adv. in a way that produces maximum output with minimum effort or expense

28. 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

29. 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

30. The _____ rainstorm caused the collapse of the corral.

adj. not anticipated or regarded as likely to happen

31. Prospects for the suspect's conviction are _____ due to a lack of helpful evidence.

adj. dark and gloomy or difficult to see through

32. The company implemented a new software system to _____ employee communication and collaboration.

v. to make something easier or more likely to happen

33. The _____ arrived in port the following day.

n. a ship or large boat

ANSWERS: 25. embarrass, 26. ancient, 27. efficiently, 28. medical, 29. discovery, 30. unexpected, 31. murky, 32. facilitate, 33. vessel

34. There was a massive swelling of the _____ nodes.
n. a colorless fluid containing white blood cells that carry waste matter away from body tissue and help to prevent infections from spreading
35. The industrial _____ laws were passed with little to no alteration.
n. the way two persons or groups of people feel and act toward one another
36. The _____ nerves carry messages between the brain and the rest of the body.
adj. relating to the brain and spinal cord
37. Her response revealed _____ idiocy.
adj. unbelievable; enormous
38. 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
39. What do you _____ the culprit's motive was?
v. to think that something is likely to be actual or possible
40. The unemployment rate in the first _____ was 2.3 percentage points higher than in the previous.
n. one of four equal parts; a fourth part or portion
41. The complexity of scientific theories was _____ for most people.
adj. beyond what can be imagined or conceived; impossible to comprehend or envision

ANSWERS: 34. lymph, 35. relations, 36. cerebrospinal, 37. incredible, 38. specific, 39. suppose, 40. quarter, 41. unimaginable

42. He lay down and fell _____ immediately.

adj. in a state of sleep

43. Everyone regarded the theory he advocated as _____ but was later proven correct.

adj. very silly or unreasonable and deserving to be laughed at

44. I always look forward to reading his stories since they're so _____.

adj. showing inventiveness and ability or skill

45. He has _____ his wealth through real estate investments.

v. to collect or acquire a large number of things over a long period of time

46. The media frequently interviewed _____ scientists.

adj. important, well-known, or noticeable

47. The hotel's _____ staff does a great job keeping the rooms clean and tidy.

n. the management and upkeep of a household, hotel, or other living or working space, including cleaning, maintenance, organization, and other related tasks

48. The brain is an incredibly complex organ that controls the body's _____.

n. the purpose or use of an object, system, or process; a particular activity or operation that is designed to serve a specific purpose; a mathematical concept that describes a relationship between two sets of values, called the input and output sets; (verb) to operate or work in a specific way, or to perform a particular task or purpose

49. She received special _____ training at the hospital.

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

ANSWERS: 42. asleep, 43. ridiculous, 44. ingenious, 45. accumulated, 46. prominent, 47. housekeeping, 48. function, 49. clinical

50. On three sides, mountains _____ the settlement.

v. to be all around something or somebody

51. The detective looked for fingerprints on the window _____.

n. a strong border or structure of the wood, metal, etc. that surrounds something such as a picture, door, or window

52. I need to _____ my car regularly to prevent any major mechanical issues.

v. to continue to uphold or sustain; to keep in a particular state or condition; to assert or declare something to be true

53. The _____ in my house needs to be replaced because it keeps leaking.

n. the system of pipes, fittings, and fixtures that are used to distribute water and remove waste in a building or structure; the trade or profession of installing and maintaining such systems

54. After returning from the war, he had a pretty _____ life.

adj. very ordinary and therefore lacking interest or excitement

55. They used fast-acting _____ on the flowers in the flower beds.

n. any substance that is essential for the maintenance and growth of living things

56. He was exhausted and _____ into bed as soon as he got home.

v. to move in a particular direction by turning over and over or from side to side

57. Our body transfers information along each _____ using an electrical impulse.

n. a cell that is specialized to carry information within the brain and between the brain and other parts of the body

ANSWERS: 50. surround, 51. frame, 52. maintain, 53. plumbing, 54. mundane, 55. nutrients, 56. rolled, 57. neuron

58. To find drunk drivers, police conduct _____ tests.

adj. made, done, or happening without method, conscious decision, or any regular pattern

59. These economic activities had disastrous environmental _____.

n. the outcome of a particular action or event, especially relative to an individual

60. It is important to _____ safety procedures in the workplace to prevent accidents.

v. to watch or notice something carefully, often to gather information or insights; to take note of something or someone; to celebrate or commemorate a special event or occasion

61. In junior high school, we had to dissect a frog in _____ class.

n. the scientific study of life and the natural processes of living things

62. The _____ of people who do not own property is politically impotent.

n. a large amount of a substance with no definite shape or form; a large number of people or things grouped or crowded together

63. 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

64. Eventually, the new design will _____ all older models.

v. to take the place of something

65. 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

ANSWERS: 58. random, 59. consequences, 60. observe, 61. biology, 62. mass, 63. process, 64. replace, 65. disease

66. 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
67. I want to _____ a toast in honor of our longstanding relationship.
- v.* to make a proposal, declare a plan for something
68. She was diagnosed with a _____ buildup in her lungs.
- n.* a substance that can flow and is not solid
69. He is drawing a _____ illustrating how the equipment operates.
- n.* a simplified illustration of the appearance, structure, or workings of something
70. The _____ truck arrived with the packages.
- n.* the act of taking or sending something to a destination; the bringing of a baby during childbirth
71. The girl _____ when a young man whistled as she walked by.
- v.* to become red on your face, especially because you are embarrassed, angry, or hot; to rinse, clean, or empty something, especially a toilet, by causing large quantities of water to flow
72. My hair looks greasy because there is too much _____ in the air.
- n.* small amounts of liquid, especially water, that are present in or absorbed by a substance
73. The detective tried to uncover the _____ behind the crime.
- n.* the reason or incentive that drives a person to act in a certain way

ANSWERS: 66. patient's, 67. propose, 68. fluid, 69. diagram, 70. delivery, 71. flushed, 72. moisture, 73. motive

74. The _____ amount of money raised for the charity was over a million dollars.
- n.* a collection or sum of different things often used to describe a total or combination of items
75. My grandmother has _____ disease requires special care and attention from her caregivers.
- n.* a neurodegenerative disease that causes memory loss, cognitive decline, and behavioral issues; is the most common cause of dementia in older adults
76. The old barn was _____ into a modern event space.
- v.* to use something again for a different purpose than it was originally intended
77. The _____ mountains make the city difficult to be invaded.
- adj.* that is near or around, or closely encircling something
78. The majority of consumers _____ this brand with quality.
- v.* to mentally connect someone or something with someone or something else
79. The passenger grabbed for the _____ mask.
- n.* the chemical element with the symbol O that is present in air and water and is necessary for people, animals, and plants to live
80. X-rays revealed a small tumor in his _____.
- n.* the organ inside the head that is responsible for one's movement, thought, memory, and feeling
81. Alzheimer's disease is characterized by the buildup of _____ plaques in the brain.
- n.* a type of protein that can accumulate abnormally in various tissues and organs in the body and is linked to various diseases, including Alzheimer's disease

ANSWERS: 74. aggregate, 75. Alzheimer's, 76. repurposed, 77. surrounding, 78. associate, 79. oxygen, 80. brain, 81. amyloid

82. The coffee slowly _____ through the filter and into the cup.
v. to filter through a porous substance or material; to pass through gradually or spread slowly; to rise or pass through a liquid or container, as in a coffee maker
83. The walls were _____ to create a private outdoor space.
v. to surround, as with a fence, wall, or barrier; to put within boundaries; to include
84. The _____ number on the dial was 3.
adj. similar to, connected with, or accompanying something, especially in position or purpose
85. The _____ system of the animal is also responsible for heat transportation.
adj. relating to the system that moves blood through the body, which includes the heart, arteries, and veins
86. The _____ on the food package lists the ingredients and nutritional information.
n. a small piece of paper, fabric, or other material attached to an object and giving information about it; (verb) to assign to a category
87. We must _____ a new system to streamline our workflow and increase efficiency.
v. to grow or expand; to improve or refine through a process of progress and refinement, often to achieve greater sophistication or complexity; to elaborate or add detail to something that is in the process of being created
88. The heavy snow has been _____ since last morning.
adj. occurring or existing without a pause or interruption
89. The military incarcerated him for the _____ of the war.
n. the length of time something lasts or continues

ANSWERS: 82. percolated, 83. enclosed, 84. corresponding, 85. circulatory, 86. label, 87. develop, 88. continuous, 89. duration

90. He was unpopular because of his _____ adherence to the rules.
adj. extremely strict and difficult to change or adapt; incapable of or resistant to bending
91. Her visit will _____ from Monday to Friday.
v. to broaden in scope, range, or area
92. The positive attitude of the supervisor _____ the discussion.
v. to make something full of interest and energy
93. The _____ of stress over time can lead to health problems.
n. the accumulation or increase of something over time
94. The _____ scarcity most severely impacted the manufacturing sector
n. a substance that is typically burned to generate heat or energy
95. The golfer recorded an _____ distance.
adj. extremely surprising, especially in a way that you like or admire
96. She wore an _____ evening gown to the gala.
adj. pleasing and graceful in appearance or manner, or showing good taste and refinement
97. The project's _____ made it difficult for the team to complete it on time.
n. the state or quality of being complicated or intricate and difficult to understand
98. He was alert and could not _____ any critical information out of him.
v. to cause water, air, gas, etc. to move from one place to another by using mechanical equipment; to get or supply something such as money, information, etc. in significant quantities

ANSWERS: 90. rigid, 91. extend, 92. animated, 93. buildup, 94. fuel, 95. amazing, 96. elegant, 97. complexity, 98. pump

99. The _____ of the energy production process is a large amount of carbon dioxide emissions.
- n.* a secondary or incidental product produced in the manufacture or synthesis of something else
100. Unilateral import bans have _____ that country's terms of trade.
- v.* to become or make something worse
101. The sperm whale can _____ to 1,000 meters.
- v.* to jump into the water with your head and arms going in first, or to move down to a deeper level underwater

ANSWERS: 99. byproduct, 100. worsened, 101. dive