

Englist.me



Vocabulary Builder Reference from...

Douglas J. Casa: What happens when you get heat stroke? | TED Talk

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

Advanced Words Only

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

straightaway

adv. immediately or without any delay or hesitation; without any deviation or detour

synonym: directly, immediately, straight

(1) turn **straightaway**, (2) go **straightaway**

I accelerated **straightaway** to catch up to the car ahead of me on the highway.

exert

v. to put forth effort; to put into action; to bring into play

synonym: exert, apply, use

(1) **exert** control, (2) **exert** influence

He **exerted** himself to lift the heavyweight.

heatstroke

n. a serious and potentially life-threatening condition caused by prolonged exposure to high temperatures, which symptoms include high body temperature, rapid heartbeat, and confusion or loss of consciousness

synonym: heat exhaustion, hyperthermia, sunstroke

(1) **heatstroke** symptoms, (2) **heatstroke** prevention

The hiker experienced a severe **heatstroke** after hiking in the desert for several hours without enough water.

dissipate

v. to disperse or scatter widely

synonym: scatter, disperse, evaporate

(1) **dissipate** heat, (2) **dissipate** stress

The fog **dissipated**, and the air cleared up.

evaporation

n. the process of a liquid changing into a gas or vapor, often as a result of high temperatures or reduced pressure; the gradual disappearance or dissipation of something, such as money or resources

synonym : vaporization, dehydration, desiccation

(1) **evaporation** cooling, (2) slow **evaporation**

The formation of clouds is facilitated by the process of **evaporation** and condensation

exertion

n. the act of using one's energy, effort, or strength to achieve something; a physical or mental effort that produces a result

synonym : exercise, effort, struggle

(1) physical **exertion**, (2) **exertion** of energy

The intense **exertion** required to climb the mountain left him feeling exhausted.

leaky

adj. having a hole or crack that allows liquids or gases to pass through it

synonym : faulty, permeable, porous

(1) heal **leaky** gut, (2) **leaky** bucket

The boat had a **leaky** hull and needed to be patched.

proliferate

v. to grow or increase rapidly in number; to reproduce or spread rapidly, especially in an uncontrolled manner

synonym : multiply, spread, propagate

(1) **proliferate** cells, (2) **proliferate** weeds

The number of COVID cases continued to **proliferate** in many countries worldwide.

clot

n. a thick mass or lump of coagulated liquid, especially blood; a group of people or things that form an obstructive, unsympathetic, or resistant force

synonym : clump, coagulation, thrombus

(1) blood **clot**, (2) **clot** prevention

The **clot** in the blood vessel required immediate medical attention.

gastrointestinal

adj. relating to the stomach and intestines, particularly about the digestive system or related disorders

synonym: digestive, intestinal, stomach

(1) **gastrointestinal** disorders, (2) **gastrointestinal** symptoms

Certain foods can cause **gastrointestinal** problems if eaten in excess.

confuse

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

synonym: confound, obscure, disorient

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

Her remarks **confused** the debate.

rectum

n. the final segment of the large intestine, responsible for storing and expelling fecal matter from the body

synonym: anal canal, proctum

(1) **rectum** cancer, (2) inflammation of the **rectum**

Hemorrhoids can cause discomfort and bleeding in the **rectum**.

thermometer

n. a device used to measure temperature, typically consisting of a glass or plastic tube containing a column of liquid, such as mercury, that rises and falls with changes in temperature

synonym: thermos, gauge, climate gauge

(1) digital **thermometer**, (2) clinical **thermometer**

My mother always used a mercury **thermometer** to check our temperature when we were sick.

douse

v. to extinguish or soak something completely with a liquid, typically water; to pour the liquid over something or someone in a sudden and heavy manner

synonym : drench, soak, saturate

(1) **douse** his anger, (2) **douse** the lights

The firefighters had to **douse** the flames to put out the fire in the building.

Session 2: Spelling

1. hea_____ke prevention *n.* a serious and potentially life-threatening condition caused by prolonged exposure to high temperatures, which symptoms include high body temperature, rapid heartbeat, and confusion or loss of consciousness
2. ex__t influence *v.* to put forth effort; to put into action; to bring into play
3. hea_____ke symptoms *n.* a serious and potentially life-threatening condition caused by prolonged exposure to high temperatures, which symptoms include high body temperature, rapid heartbeat, and confusion or loss of consciousness
4. di_____te heat *v.* to disperse or scatter widely
5. c__t prevention *n.* a thick mass or lump of coagulated liquid, especially blood; a group of people or things that form an obstructive, unsympathetic, or resistant force
6. blood c__t *n.* a thick mass or lump of coagulated liquid, especially blood; a group of people or things that form an obstructive, unsympathetic, or resistant force
7. digital the_____er *n.* a device used to measure temperature, typically consisting of a glass or plastic tube containing a column of liquid, such as mercury, that rises and falls with changes in temperature

ANSWERS: 1. heatstroke, 2. exert, 3. heatstroke, 4. dissipate, 5. clot, 6. clot, 7. thermometer

8. do__e his anger *v.* to extinguish or soak something completely with a liquid, typically water; to pour the liquid over something or someone in a sudden and heavy manner
9. do__e the lights *v.* to extinguish or soak something completely with a liquid, typically water; to pour the liquid over something or someone in a sudden and heavy manner
10. pro_____te cells *v.* to grow or increase rapidly in number; to reproduce or spread rapidly, especially in an uncontrolled manner
11. heal le__y gut *adj.* having a hole or crack that allows liquids or gases to pass through it
12. co_____e fantasy with reality *v.* to mistake one thing for another; to make somebody hard to understand
13. physical ex_____on *n.* the act of using one's energy, effort, or strength to achieve something; a physical or mental effort that produces a result
14. ex_____on of energy *n.* the act of using one's energy, effort, or strength to achieve something; a physical or mental effort that produces a result
15. go str_____way *adv.* immediately or without any delay or hesitation; without any deviation or detour
16. inflammation of the re___m *n.* the final segment of the large intestine, responsible for storing and expelling fecal matter from the body

ANSWERS: 8. douse, 9. douse, 10. proliferate, 11. leaky, 12. confuse, 13. exertion, 14. exertion, 15. straightaway, 16. rectum

17. eva_____on cooling *n.* the process of a liquid changing into a gas or vapor, often as a result of high temperatures or reduced pressure; the gradual disappearance or dissipation of something, such as money or resources
18. gas_____nal symptoms *adj.* relating to the stomach and intestines, particularly about the digestive system or related disorders
19. di_____te stress *v.* to disperse or scatter widely
20. turn str_____way *adv.* immediately or without any delay or hesitation; without any deviation or detour
21. slow eva_____on *n.* the process of a liquid changing into a gas or vapor, often as a result of high temperatures or reduced pressure; the gradual disappearance or dissipation of something, such as money or resources
22. le__y bucket *adj.* having a hole or crack that allows liquids or gases to pass through it
23. re___m cancer *n.* the final segment of the large intestine, responsible for storing and expelling fecal matter from the body
24. co_____e the listener *v.* to mistake one thing for another; to make somebody hard to understand
25. gas_____nal disorders *adj.* relating to the stomach and intestines, particularly about the digestive system or related disorders
26. pro_____te weeds *v.* to grow or increase rapidly in number; to reproduce or spread rapidly, especially in an uncontrolled manner

ANSWERS: 17. evaporation, 18. gastrointestinal, 19. dissipate, 20. straightaway, 21. evaporation, 22. leaky, 23. rectum, 24. confuse, 25. gastrointestinal, 26. proliferate

27. ex__t control

v. to put forth effort; to put into action; to bring into play

28. clinical the_____er

n. a device used to measure temperature, typically consisting of a glass or plastic tube containing a column of liquid, such as mercury, that rises and falls with changes in temperature

ANSWERS: 27. exert, 28. thermometer

Session 3: Fill in the Blanks

1. I accelerated _____ to catch up to the car ahead of me on the highway.
adv. immediately or without any delay or hesitation; without any deviation or detour
2. The hiker experienced a severe _____ after hiking in the desert for several hours without enough water.
n. a serious and potentially life-threatening condition caused by prolonged exposure to high temperatures, which symptoms include high body temperature, rapid heartbeat, and confusion or loss of consciousness
3. The boat had a _____ hull and needed to be patched.
adj. having a hole or crack that allows liquids or gases to pass through it
4. The intense _____ required to climb the mountain left him feeling exhausted.
n. the act of using one's energy, effort, or strength to achieve something; a physical or mental effort that produces a result
5. The fog _____ and the air cleared up.
v. to disperse or scatter widely
6. Her remarks _____ the debate.
v. to mistake one thing for another; to make somebody hard to understand
7. Hemorrhoids can cause discomfort and bleeding in the _____.
n. the final segment of the large intestine, responsible for storing and expelling fecal matter from the body
8. The _____ in the blood vessel required immediate medical attention.
n. a thick mass or lump of coagulated liquid, especially blood; a group of people or things that form an obstructive, unsympathetic, or resistant force

ANSWERS: 1. straightaway, 2. heatstroke, 3. leaky, 4. exertion, 5. dissipated, 6. confused, 7. rectum, 8. clot

9. He _____ himself to lift the heavyweight.
- v.* to put forth effort; to put into action; to bring into play
10. Certain foods can cause _____ problems if eaten in excess.
- adj.* relating to the stomach and intestines, particularly about the digestive system or related disorders
11. My mother always used a mercury _____ to check our temperature when we were sick.
- n.* a device used to measure temperature, typically consisting of a glass or plastic tube containing a column of liquid, such as mercury, that rises and falls with changes in temperature
12. The number of COVID cases continued to _____ in many countries worldwide.
- v.* to grow or increase rapidly in number; to reproduce or spread rapidly, especially in an uncontrolled manner
13. The firefighters had to _____ the flames to put out the fire in the building.
- v.* to extinguish or soak something completely with a liquid, typically water; to pour the liquid over something or someone in a sudden and heavy manner
14. The formation of clouds is facilitated by the process of _____ and condensation
- n.* the process of a liquid changing into a gas or vapor, often as a result of high temperatures or reduced pressure; the gradual disappearance or dissipation of something, such as money or resources

ANSWERS: 9. exerted, 10. gastrointestinal, 11. thermometer, 12. proliferate, 13. douse, 14. evaporation