# **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\_hap pens\_when\_you\_get\_heat\_stroke



# **All Words**

#### **IMPORTANT**

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# **Session 1: Word List**

# championship

 a contest to decide who is the best player or team in a particular sport; the act of providing approval and support

*synonym*: crown, title, contest

(1) a world **championship**, (2) **championship** flag His team won the **championship** for three years running.

# empire

n. a group of countries ruled by one leader or governmentsynonym: imperium, conglomerate, kingdom

(1) **empire** building, (2) **empire** of the Maya He has built a thriving e-commerce **empire**.

# suddenly

adv. quickly and unexpectedly

synonym: abruptly, unexpectedly, unawares(1) suddenly attacked by an enemy, (2) die suddenly

Who answers **suddenly** knows little.

# collapse

v. to fall down or give way suddenly, often after breaking apart

synonym: tumble, spill, bankruptcy

(1) the stock market **collapsed**, (2) ready to **collapse**The roof finally **collapsed** after three days and three nights of heavy snowfall.

# 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.

# temperature

- n. the degree of hotness or coldness of a thing or placesynonym: climate, warmth, degree
- (1) extreme **temperatures**, (2) the atmospheric **temperature**

Cities around the world set records for highest **temperatures** this summer.

#### suffer

v. to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant

synonym: endure, undergo, tolerate

(1) **suffer** a setback, (2) **suffer** bad grades

The older man **suffers** from arthritis and finds it difficult to move around.

#### 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.

#### stroke

 a medical condition in which poor blood flow to the brain causes cell death; the act of swinging or striking at a ball with a club, racket, etc.

*synonym*: blow

(1) suffer **stroke**, (2) a **stroke** of the putter

This year's extreme heat has resulted in many heat **stroke** cases.

#### fortunate

adj. having good luck or lucky

synonym: fortuitous, lucky, blessed

(1) **fortunate** situation, (2) less **fortunate** person He was pretty **fortunate** to pass the exam.

# immediate

adj. happening or done without delay or occurring shortly after something else

synonym: prompt, quick, instantaneous

(1) take **immediate** effect, (2) the **immediate** past Both forts were subject to **immediate** attacks.

#### survive

- v. to live or exist despite a dangerous event or period synonym: endure, persist, stay
- (1) **survive** a blizzard, (2) **survive** a plane crash These birds can only **survive** in temperate climates.

# episode

 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

end of the first episode, (2) episode of vertigo
 want to put that episode of my life behind me.

#### circumstance

the specific conditions or events that surround a particular situation or occurrence

*synonym*: condition, context, environment

(1) **circumstance** of birth, (2) **circumstance** of injury

She explained the **circumstances** surrounding the accident.

#### 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

pre-Christian ancient, (2) ancient stories
 They have been living near water since ancient times.

#### battlefield

n. a place where a battle or conflict is foughtsynonym: warzone, front line, combat area

(1) **battlefield** casualties, (2) tactics on the **battlefield**The general reviewed the plans for the upcoming battle on the **battlefield**.

#### modern

warrior

adj. of or belonging to the present time or recent times synonym: contemporary, stylish, current

- (1) **modern** poetry, (2) pre- **modern** agricultural society Their headquarters are in a **modern** skyscraper.
- n. a person who engaged in or experienced warfare, especially in the past

*synonym*: fighter, soldier, combatant

(1) armored warrior,(2) warrior spiritThe poem depicts the heroics of a legendary warrior.

# grid

 a pattern of regularly spaced horizontal and vertical lines; a system of high tension cables by which electrical power is distributed throughout a region

synonym: gridiron, battery grid, power system

(1) a grid design, (2) a wire gridGrid pattern roads often appear in urban areas.

#### heatstroke

 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.

#### vulnerable

adj. capable of being hurt or influenced physically or mentally

synonym: susceptible, exposed, weak

(1) a **vulnerable** bridge, (2) **vulnerable** parts of the body Infants and pregnant women are particularly **vulnerable**.

infant

a baby or very young child

synonym: baby, newborn, tot

(1) infant daughter, (2) infant food

Mozart was an **infant** prodigy.

elderly

adj. (a polite word for) old

synonym: aged, old, senior

(1) a home for the **elderly**, (2) **elderly** woman

The **elderly** woman is quite energetic.

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.

athlete

- a person who competes in one or more sports that involve physical strength, speed, or endurance
- synonym: player, contestant, jock
- (1) become a professional **athlete**, (2) high school **athletes** His dream is to become an Olympic **athlete**.

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.

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**.

### compensate

v. to make up for a loss, injury, or inconvenience by giving something of value

synonym: reimburse, pay, recompense

(1) **compensate** a loss, (2) **compensate** for a car accident The company offered to **compensate** the employees for the overtime they worked.

# 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

#### **sweat**

*n*. the salty liquid that is produced by the glands in the skin, especially when the body is hot or under stress

synonym: perspiration, steam, hardwork

(1) all in a **sweat**, (2) **sweat** bath

She wiped the **sweat** off her forehead with a towel.

# 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.

# humidity

 the amount of water vapor in the air, typically as a percentage of the maximum that the air could hold at

# that temperature

synonym: moisture, dampness, wetness

(1) uncomfortable **humidity**, (2) **humidity** sensor

The **humidity** in the tropical forest was so high that it was hard to breathe.

# protein

- 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.

#### membrane

- n. a soft, thin layer that forms animal or vegetable tissuesynonym: tissue layer
- (1) cell membranes,(2) nuclear membraneLoud noises might harm the fragile ear membrane.

den

 a wild animal's lair or hiding places, such as a fox or bear

synonym: lair, burrow, nest

(1) gambling den, (2) bear den

The fox had dug a **den** in the side of the hill, where it could rest and hide from predators.

# **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**.

# prop

n. a piece of wood, metal, etc., placed beneath or against something to support it or keep it in position; a system, institution, or person that gives help or support to someone or something

*synonym*: support, buttress, column

(1) emotional **prop**, (2) **prop** stick

We have finally lost our last **prop**.

## 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.

# 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.

# devastating

*adj.* causing a great deal of destruction or damage *synonym*: destructive, annihilative, disastrous

(1) have **devastating** effects, (2) treat this **devastating** disease

This typhoon was the most **devastating** in years.

#### liver

 a large organ in the body, involved in many metabolic processes, such as detoxification of the organism, and the synthesis of proteins

# (1) liver disease, (2) fatty liver

The patient will undergo **liver** transplant surgery tomorrow.

# damage

v. to harm or cause injury to something or someone, often resulting in decreased value or functionality; to impair or negatively affect something, such as a reputation or relationship; (noun) harm or injury that is caused to a person, thing, or entity

synonym: harm, impair, injure

- (1) **damage** a relationship, (2) **damage** assessment During the surgery, the doctor had to be extremely cautious not to **damage** a blood vessel.
- 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.

# kidney

clot

- either of a pair of small organs in the body that filter waste products, especially urea, from the blood and excrete them and water in urine
- (1) an artificial **kidney**, (2) chronic **kidney** disease
  The surgeon removed the healthy **kidney** from the donor.

# 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.

tract

a region of land, often with a specific purpose or use,
 such as farming, forestry, or mining; a bundle of nerves

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or a system of organs in the body

synonym: region, area, tube

(1) a urinary **tract** infection, (2) a **tract** of virgin forest The farmer owns a large **tract** of land where he grows corn and soybeans.

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.

# 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.

# criterion

 a standard or principle used for determining the quality or feasibility of something; a rule or requirement that must be met for something to be considered acceptable or satisfactory

synonym: standard, measure, benchmark

criterion measure, (2) evaluation criterion
 main criterion for selecting the candidate was their experience and qualifications.

degree

 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 centigradeShe received her degree in psychology from the university.

observe

 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.

# symptom

 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.

#### nervous

adj. worried and anxious about something; relating to the nerves

*synonym*: neural, anxious, uneasy

(1) development of the **nervous** system, (2) get **nervous** He suffers from **nervous** breakdowns.

# dysfunction

 a problem or fault in a system, organism, or part of the body or machine

synonym: malfunction, disorder, disfunction

(1) **dysfunction** of kidneys, (2) brain **dysfunction**The **dysfunction** in the relationship was causing problems for both partners.

#### 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.

# aggression

 the act of attacking or assaulting; hostile or violent behavior

synonym: hostility, assertiveness, antagonism

(1) **aggression** by a hostile country, (2) naked **aggression** The dog's **aggression** made it difficult for its owners to take it for a walk.

#### conscious

adj. being aware of and able to respond to what is happening around you

synonym: aware, cognizant, deliberate

(1) **conscious** effort, (2) **conscious** of having succeeded He became **conscious** that he was being followed.

#### feasible

*adj.* capable of being or likely to be made, done, or achieved *synonym*: achievable, possible, attainable

(1) economically **feasible**, (2) **feasible** assumption It is not **feasible** and inefficient to complete many tasks at once.

#### accurate

adj. correct and exact in all detailssynonym: exact, precise, proper

(1) provide **accurate** information, (2) **accurate** measurements

The official transcript contains accurate academic records.

#### rectum

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

digital thermometer, (2) clinical thermometer
 My mother always used a mercury thermometer to check

our temperature when we were sick.

# transport

- 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.

#### withstand

- to resist the effect or impact of something synonym: endure, bear, resist
- (1) withstand pressure, (2) withstand temptation The new phone is waterproof and can withstand being dropped in water.

### essential

adj. indispensable; fundamental synonym: critical, crucial, basic

(1) essential amino acid, (2) essential commodities of life Trial and error is an **essential** part of education.

#### athletics

the physical activities or sports that involve physical n. exertion and competition, such as running, jumping, throwing, or walking

synonym: sports, physical activity, exercise

- (1) high school athletics, (2) professional athletics She excelled in **athletics** during high school and went on to compete at the collegiate level.
- a toothed wheel that engages another toothed gear mechanism to change the speed or direction of transmitted motion; a set of tools, equipment, or other

synonym: equipment, tools, apparatus

items for a particular purpose

(1) sports **gear**, (2) a **gear** change lever She checked her **gear** before embarking on the hike.

# victim

a person who has been harmed, injured, or otherwise negatively affected by a particular action, circumstance,

#### or event

synonym: prey, target, sufferer

(1) **victim** support, (2) **victim** compensation

The **victim** of the crime deserves justice and support to recover from the trauma.

tub

 a large, deep, round container, typically made of metal or plastic, used for washing or soaking things, especially clothes or a person's body

synonym: bathtub, bath, basin

(1) tub for foot soaking, (2) tub for washing

I like to take a long soak in the **tub** after a long day.

stir

 to mix a liquid or substance by using a spoon or something similar; to cause to be agitated, excited, or roused

synonym: mix, swirl, provoke

(1) **stir** a sauce, (2) **stir** up controversy

Topics related to that war may stir up a political hornets' nest.

monitor

v. to observe, check, and track the progress or quality of something over a period of time

synonym: proctor, check, observe

(1) **monitor** an exam, (2) **monitor** the data carefully They used a special receiver to **monitor** police radio channels.

# continuously

- *adv.* without being interrupted or paused; repeatedly *synonym*: constantly, frequently, always
- (1) use one thing **continuously**, (2) **continuously** removed The country's domestic coal consumption has been **continuously** declining for decades.

douse

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.

# emergency

 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**.

#### calm

adj. not excited, angry, or nervous; free from wind, large waves

synonym: quiet, peaceful, tranquility

(1) calm sea, (2) calm manner

It was the first time in a long time that I felt truly **calm** and at peace.

# personnel

 a group of people who are employed in an organization or one of the armed forces; the department responsible for hiring, training, and placing employees

synonym: workforce, staff, labor force

(1) competent **personnel**, (2) **personnel** evaluation

Please forward the resumes to the **personnel** department.

### 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.

strike

- v. to wallop somebody or something with the hand, fist, or weapon; to have an emotional or cognitive impact upon synonym: hit, impact, influence
- strike up a conversation, (2) strike a blow
   we strike to achieve more wages and safer working

#### conditions.

# strength

*n.* the quality or state of being physically, or sometimes mentally, strong

synonym: resilience, power, muscles

(1) **strength** of the economy, (2) muscular **strength** Health and **strength** are, above all, gold.

oppose

- v. to be against or in conflict with something or someone;to resist or to try to prevent something from happeningsynonym: match, resist, confront
- oppose a decision, (2) publicly oppose
   strongly oppose the new proposed law that would harm our environment.

## obstacle

a thing that blocks one's way or prevents or hinders progress

synonym: hindrance, barrier, block

(1) an **obstacle** to progress, (2) **obstacle** avoidance The **obstacle** course was challenging but fun.

# **Session 2: Spelling**

1.	turn	str		wa	١V
			 		,

2. a tr\_t of virgin forest

3. op\_\_\_e a decision

4. ep\_\_\_e of vertigo

5. vul\_\_\_\_le parts of the body

6. ac te measurements

7. cha\_\_\_\_hip flag

8. di\_\_\_\_te stress

9. pr\_\_\_n synthesis

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

 a region of land, often with a specific purpose or use, such as farming, forestry, or mining; a bundle of nerves or a system of organs in the body

v. to be against or in conflict with something or someone; to resist or to try to prevent something from happening

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

adj. capable of being hurt or influenced physically or mentally

adj. correct and exact in all details

 a contest to decide who is the best player or team in a particular sport; the act of providing approval and support

v. to disperse or scatter widely

 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: 1. straightaway, 2. tract, 3. oppose, 4. episode, 5. vulnerable, 6. accurate, 7. championship, 8. dissipate, 9. protein

10.	ready to cose	<i>v</i> .	to fall down or give way suddenly, often after breaking apart
11.	coe fantasy with reality	<i>v</i> .	to mistake one thing for another; to make somebody hard to understand
12.	trrm an education system	<i>v</i> .	to change in outward structure or looks;
13.	sue a plane crash	<i>v</i> .	to live or exist despite a dangerous event or period
14.	ely woman	adj.	(a polite word for) old
15.	peel evaluation	n.	a group of people who are employed in an organization or one of the armed forces; the department responsible for hiring, training, and placing employees
16.	bachelor's dee	n.	a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment
17.	dise the problem	<i>v</i> .	to determine or distinguish the nature of a problem or an illness through a careful analysis
18.	a ste of the putter	n.	a medical condition in which poor blood flow to the brain causes cell death; the act of swinging or striking at a ball with a club, racket, etc.
19.	rem cancer	n.	the final segment of the large intestine, responsible for storing and expelling fecal matter from the body
20.	high school ates	n.	a person who competes in one or more sports that involve physical strength, speed, or endurance

ANSWERS: 10. collapse, 11. confuse, 12. transform, 13. survive, 14. elderly, 15. personnel, 16. degree, 17. diagnose, 18. stroke, 19. rectum, 20. athlete

21.	trrm heat into power	<i>v</i> .	to change in outward structure or looks;
22.	dae a relationship	ν.	to harm or cause injury to something or someone, often resulting in decreased value or functionality; to impair or negatively affect something, such as a reputation or relationship; (noun) harm or injury that is caused to a person, thing, or entity
23.	huty sensor	n.	the amount of water vapor in the air, typically as a percentage of the maximum that the air could hold at that temperature
24.	comte a loss	ν.	to make up for a loss, injury, or inconvenience by giving something of value
25.	dee centigrade	n.	a unit of measurement for angles, temperature, or level of proficiency or achievement; a rank or level of academic or professional attainment
26.	all in a swt	n.	the salty liquid that is produced by the glands in the skin, especially when the body is hot or under stress
27.	tactics on the batld	n.	a place where a battle or conflict is fought
28.	use one thing consly	adv.	without being interrupted or paused; repeatedly
29.	t_b for washing	n.	a large, deep, round container, typically made of metal or plastic, used for washing or soaking things, especially clothes or a person's body

ANSWERS: 21. transform, 22. damage, 23. humidity, 24. compensate, 25. degree, 26. sweat, 27. battlefield, 28. continuously, 29. tub

30. s_r a sauce	<i>v</i> .	to mix a liquid or substance by using a spoon or something similar; to cause to be agitated, excited, or roused
31. pre-mon agricultural society	adj.	of or belonging to the present time or recent times
32. cirnce of birth	n.	the specific conditions or events that surround a particular situation or occurrence
33. Ik a classified memo	<i>v</i> .	to allow liquid or gas to get in or out from a hole or crack in a pipe or container
34. less fote person	adj.	having good luck or lucky
35. wind temptation	<i>v</i> .	to resist the effect or impact of something
36. muscular stth	n.	the quality or state of being physically, or sometimes mentally, strong
37. evaon 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
38. doe his anger	<i>v</i> .	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
39. an artificial kiy	n.	either of a pair of small organs in the body that filter waste products, especially urea, from the blood and excrete them and water in urine

ANSWERS: 30. stir, 31. modern, 32. circumstance, 33. leak, 34. fortunate, 35. withstand, 36. strength, 37. evaporation, 38. douse, 39. kidney

particularly about the digestive system or related disorders

temperatures or reduced pressure; the gradual disappearance or dissipation of something, such as money or resources

adj. relating to the stomach and intestines,

ANSWERS: 40. emergency, 41. thermometer, 42. victim, 43. vital, 44. victim, 45. symptom, 46. evaporation, 47. gastrointestinal

47. gas\_\_\_\_\_nal disorders

to mistake one thing for another; to 48. co e the listener ν. make somebody hard to understand 49. mo\_\_\_\_r the data carefully to observe, check, and track the ν. progress or quality of something over a period of time adj. having a hole or crack that allows 50. le\_\_y bucket liquids or gases to pass through it 51. heal le\_\_y gut adj. having a hole or crack that allows liquids or gases to pass through it a pattern of regularly spaced horizontal 52. a g d design and vertical lines; a system of high tension cables by which electrical power is distributed throughout a region a large organ in the body, involved in 53. fatty li\_\_r n. many metabolic processes, such as detoxification of the organism, and the synthesis of proteins a group of people who are employed in 54. competent pe\_\_\_\_el n. an organization or one of the armed forces; the department responsible for hiring, training, and placing employees the act of using one's energy, effort, or 55. physical ex on strength to achieve something; a physical or mental effort that produces a result 56. es\_\_\_\_al amino acid adj. indispensable; fundamental a wild animal's lair or hiding places, 57. bear d n n. such as a fox or bear 58. clinical the er a device used to measure temperature, n. 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: 48. confuse, 49. monitor, 50. leaky, 51. leaky, 52. grid, 53. liver, 54. personnel, 55. exertion, 56. essential, 57. den, 58. thermometer

59.	n_m of action	<i>n</i> .	something that is regarded as usual, typical, or standard
60.	cm manner	adj.	not excited, angry, or nervous; free from wind, large waves
61.	comte for a car accident	<i>v</i> .	to make up for a loss, injury, or inconvenience by giving something of value
62.	dite heat	v.	to disperse or scatter widely
63.	the imte past	adj.	happening or done without delay or occurring shortly after something else
64.	become a professional ate	n.	a person who competes in one or more sports that involve physical strength, speed, or endurance
65.	professional atcs	n.	the physical activities or sports that involve physical exertion and competition, such as running, jumping, throwing, or walking
66.	evaluation cron	n.	a standard or principle used for determining the quality or feasibility of something; a rule or requirement that must be met for something to be considered acceptable or satisfactory
67.	access to public trrt	n.	a system for moving people or products from one location to another using automobiles, roads, and so on
68.	get nes	adj.	worried and anxious about something; relating to the nerves
69.	sur a setback	<i>v</i> .	to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant

ANSWERS: 59. norm, 60. calm, 61. compensate, 62. dissipate, 63. immediate, 64. athlete, 65. athletics, 66. criterion, 67. transport, 68. nervous, 69. suffer

70.	mon poetry	adj.	of or belonging to the present time or recent times
71.	gasnal symptoms	adj.	relating to the stomach and intestines, particularly about the digestive system or related disorders
72.	suly attacked by an enemy	adv.	quickly and unexpectedly
73.	ant stories	adj.	relating to the long ago, particularly the historical period preceding the fall of the Western Roman Empire; very old
74.	neurotic syms	n.	any sensation or change in body or mind that is experienced by a patient and is associated with a particular disease
75.	a world chahip	n.	a contest to decide who is the best player or team in a particular sport; the act of providing approval and support
76.	have devng effects	adj.	causing a great deal of destruction or damage
77.	naked aggon	<i>n</i> .	the act of attacking or assaulting; hostile or violent behavior
78.	development of the nes system	adj.	worried and anxious about something; relating to the nerves
79.	prote cells	ν.	to grow or increase rapidly in number; to reproduce or spread rapidly, especially in an uncontrolled manner
80.	sr up controversy	<i>v</i> .	to mix a liquid or substance by using a spoon or something similar; to cause to be agitated, excited, or roused

ANSWERS: 70. modern, 71. gastrointestinal, 72. suddenly, 73. ancient, 74. symptom, 75. championship, 76. devastating, 77. aggression, 78. nervous, 79. proliferate, 80. stir

or government  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  84. a urinary trt infection  n. a region of land, often with a specific purpose or use, such as farming, forestry, or mining; a bundle of nerves or a system of organs in the body	81.	go strway	adv.	immediately or without any delay or hesitation; without any deviation or detour
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  84. a urinary tr_t infection  n. a region of land, often with a specific purpose or use, such as farming, forestry, or mining; a bundle of nerves or a system of organs in the body  85. aggon by a hostile country  n. the act of attacking or assaulting; hostile or violent behavior  86. the atmospheric temre  n. the degree of hotness or coldness of a thing or place  87. a vulle bridge  adj. capable of being hurt or influenced physically or mentally  88. batld casualties  n. a place where a battle or conflict is fought  89. int daughter  n. a baby or very young child  90. cultural n_m  n. something that is regarded as usual,	82.	eme building	n.	a group of countries ruled by one leader or government
purpose or use, such as farming, forestry, or mining; a bundle of nerves or a system of organs in the body  85. aggon by a hostile country  n. the act of attacking or assaulting; hostile or violent behavior  86. the atmospheric temre  n. the degree of hotness or coldness of a thing or place  87. a vulle bridge  adj. capable of being hurt or influenced physically or mentally  88. batld casualties  n. a place where a battle or conflict is fought  89. int daughter  n. a baby or very young child  90. cultural n_m  n. something that is regarded as usual,	83.	fuon properly	n.	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
or violent behavior  86. the atmospheric temre  n. the degree of hotness or coldness of a thing or place  87. a vulle bridge  adj. capable of being hurt or influenced physically or mentally  88. batld casualties  n. a place where a battle or conflict is fought  89. int daughter  n. a baby or very young child  90. cultural nm  n. something that is regarded as usual,	84.	a urinary trt infection	n.	purpose or use, such as farming, forestry, or mining; a bundle of nerves
thing or place  87. a vulle bridge  adj. capable of being hurt or influenced physically or mentally  88. batld casualties  n. a place where a battle or conflict is fought  89. int daughter  n. a baby or very young child  90. cultural nm  n. something that is regarded as usual,	85.	aggon by a hostile country	n.	the act of attacking or assaulting; hostile or violent behavior
physically or mentally  88. batld casualties  n. a place where a battle or conflict is fought  89. int daughter  n. a baby or very young child  90. cultural nm  n. something that is regarded as usual,	86.	the atmospheric temre	n.	
fought  89. int daughter  n. a baby or very young child  90. cultural nm  n. something that is regarded as usual,	87.	a vulle bridge	adj.	
90. cultural n_m n. something that is regarded as usual,	88.	batld casualties	n.	•
	89.	int daughter	n.	a baby or very young child
	90.	cultural nm	n.	

ANSWERS: 81. straightaway, 82. empire, 83. function, 84. tract, 85. aggression, 86. temperature, 87. vulnerable, 88. battlefield, 89. infant, 90. norm

91.	esal commodities of life	adj.	indispensable; fundamental
92.	obe 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
93.	an oble to progress	n.	a thing that blocks one's way or prevents or hinders progress
94.	fele assumption	adj.	capable of being or likely to be made, done, or achieved
95.	ine heat	adj.	(especially of a feeling) very strong; extremely sharp or severe
96.	t_b for foot soaking	n.	a large, deep, round container, typically made of metal or plastic, used for washing or soaking things, especially clothes or a person's body
97.	oble avoidance	n.	a thing that blocks one's way or prevents or hinders progress
98.	obe 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
99.	a g_r change lever	n.	a toothed wheel that engages another toothed mechanism to change the speed or direction of transmitted motion; a set of tools, equipment, or other items for a particular purpose
100	. cous effort	adj.	being aware of and able to respond to what is happening around you

ANSWERS: 91. essential, 92. observe, 93. obstacle, 94. feasible, 95. intense, 96. tub, 97. obstacle, 98. observe, 99. gear, 100. conscious

101. cous of having succeeded	adj.	being aware of and able to respond to what is happening around you
102. p_p stick	n.	a piece of wood, metal, etc., placed beneath or against something to support it or keep it in position; a system, institution, or person that gives help or support to someone or something
103. treat this devng disease	adj.	causing a great deal of destruction or damage
104. trrt facilities	n.	a system for moving people or products from one location to another using automobiles, roads, and so on
105. immune fuon	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
106. exon 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
107. ct 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

а

ANSWERS: 101. conscious, 102. prop, 103. devastating, 104. transport, 105. function, 106. exertion, 107. clot

108. prote weeds	ν.	to grow or increase rapidly in number; to reproduce or spread rapidly, especially in an uncontrolled manner
109. lir disease	n.	a large organ in the body, involved in many metabolic processes, such as detoxification of the organism, and the synthesis of proteins
110. lk data	ν.	to allow liquid or gas to get in or out from a hole or crack in a pipe or container
111. dise with CT scans	ν.	to determine or distinguish the nature of a problem or an illness through a careful analysis
112. provide acte information	adj.	correct and exact in all details
113. sur bad grades	v.	to experience pain, distress, or hardship; to undergo or endure something painful or unpleasant
114. pre-Christian ant	adj.	relating to the long ago, particularly the historical period preceding the fall of the Western Roman Empire; very old
115. economically fele	adj.	capable of being or likely to be made, done, or achieved
116. play a vil role	adj.	necessary for the success or continued existence of something
117. develop ine itching	adj.	(especially of a feeling) very strong; extremely sharp or severe
118. publicly ope	v.	to be against or in conflict with something or someone; to resist or to try to prevent something from happening

ANSWERS: 108. proliferate, 109. liver, 110. leak, 111. diagnose, 112. accurate, 113. suffer, 114. ancient, 115. feasible, 116. vital, 117. intense, 118. oppose

119. take imte effect	adj.	happening or done without delay or occurring shortly after something else
120. end of the first epe	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
121. a home for the ely	adj.	(a polite word for) old
122. wind pressure	<i>v</i> .	to resist the effect or impact of something
123. consly removed	adv.	without being interrupted or paused; repeatedly
124. heake 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
125. brain dyson	n.	a problem or fault in a system, organism, or part of the body or machine
126. stth of the economy	n.	the quality or state of being physically, or sometimes mentally, strong
127. heake 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

ANSWERS: 119. immediate, 120. episode, 121. elderly, 122. withstand, 123. continuously, 124. heatstroke, 125. dysfunction, 126. strength, 127. heatstroke

128. armored wa r a person who engaged in or n. experienced warfare, especially in the past 129. ex t control to put forth effort; to put into action; to ν. bring into play to observe, check, and track the 130. mo\_\_\_\_r an exam ν. progress or quality of something over a period of time 131. emotional p\_\_p a piece of wood, metal, etc., placed beneath or against something to support it or keep it in position; a system, institution, or person that gives help or support to someone or something to wallop somebody or something with 132. st\_\_\_e a blow the hand, fist, or weapon; to have an emotional or cognitive impact upon 133. a me I opinion adj. relating to the treatment of illness or injuries; relating to the practice of medicine 134. sports g r a toothed wheel that engages another toothed mechanism to change the speed or direction of transmitted motion; a set of tools, equipment, or other items for a particular purpose 135. suffer st\_\_\_e a medical condition in which poor blood flow to the brain causes cell death; the act of swinging or striking at a ball with a club, racket, etc. to put forth effort; to put into action; to 136. ex tinfluence ν. bring into play

ANSWERS: 128. warrior, 129. exert, 130. monitor, 131. prop, 132. strike, 133. medical, 134. gear, 135. stroke, 136. exert

137. a wire gd	n.	a pattern of regularly spaced horizontal and vertical lines; a system of high tension cables by which electrical power is distributed throughout a region
138. cron measure	n.	a standard or principle used for determining the quality or feasibility of something; a rule or requirement that must be met for something to be considered acceptable or satisfactory
139. ste up a conversation	v.	to wallop somebody or something with the hand, fist, or weapon; to have an emotional or cognitive impact upon
140. cell menes	n.	a soft, thin layer that forms animal or vegetable tissue
141. extreme temres	n.	the degree of hotness or coldness of a thing or place
142. dae assessment	ν.	to harm or cause injury to something or someone, often resulting in decreased value or functionality; to impair or negatively affect something, such as a reputation or relationship; (noun) harm or injury that is caused to a person, thing, or entity
143. fote situation	adj.	having good luck or lucky
144. swt bath	n.	the salty liquid that is produced by the glands in the skin, especially when the body is hot or under stress
145. die suly	adv.	quickly and unexpectedly
146. war spirit	n.	a person who engaged in or experienced warfare, especially in the past

ANSWERS: 137. grid, 138. criterion, 139. strike, 140. membrane, 141. temperature, 142. damage, 143. fortunate, 144. sweat, 145. suddenly, 146. warrior

147. temporary me | I treatment adj. relating to the treatment of illness or injuries; relating to the practice of medicine 148. nuclear me\_\_\_\_ne a soft, thin layer that forms animal or n. vegetable tissue a wild animal's lair or hiding places, 149. gambling d n n. such as a fox or bear 150. in\_\_\_t food a baby or very young child n. 151. do e the lights 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 152. uncomfortable hu\_\_\_\_ty the amount of water vapor in the air, n. typically as a percentage of the maximum that the air could hold at that temperature adj. not excited, angry, or nervous; free from 153. c m sea wind, large waves a molecule made up of a long chain of 154. stress pr\_\_\_n n. amino acids, which is essential for the structure and function of the body's tissues a group of countries ruled by one leader 155. em\_\_\_e of the Maya or government 156. blood c t a thick mass or lump of coagulated liquid, especially blood; a group of people or things that form an obstructive, unsympathetic, or resistant

ANSWERS: 147. medical, 148. membrane, 149. den, 150. infant, 151. douse, 152. humidity, 153. calm, 154. protein, 155. empire, 156. clot

force

157. the stock market cosed	<i>v</i> .	to fall down or give way suddenly, often after breaking apart
158. high school atcs	n.	the physical activities or sports that involve physical exertion and competition, such as running, jumping, throwing, or walking
159. inflammation of the rem	n.	the final segment of the large intestine, responsible for storing and expelling fecal matter from the body
160. emcy action	n.	a sudden unforeseen crisis usually involving danger that requires immediate action
161. dyson of kidneys	n.	a problem or fault in a system, organism, or part of the body or machine
162. chronic kiy disease	n.	either of a pair of small organs in the body that filter waste products, especially urea, from the blood and excrete them and water in urine
163. sue a blizzard	<i>v</i> .	to live or exist despite a dangerous event or period
164. cirnce of injury	n.	the specific conditions or events that surround a particular situation or occurrence

ANSWERS: 157. collapse, 158. athletics, 159. rectum, 160. emergency, 161. dysfunction, 162. kidney, 163. survive, 164. circumstance

# **Session 3: Fill in the Blanks**

1.	We have finally lost our last
n.	a piece of wood, metal, etc., placed beneath or against something to support it or keep it in position; a system, institution, or person that gives help or support to someone or something
2.	The in the tropical forest was so high that it was hard to breathe.
n.	the amount of water vapor in the air, typically as a percentage of the maximum that the air could hold at that temperature
3.	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
4.	I strongly the new proposed law that would harm our environment.
v.	to be against or in conflict with something or someone; to resist or to try to prevent something from happening
5.	Loud noises might harm the fragile ear
n.	a soft, thin layer that forms animal or vegetable tissue
6.	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
7.	I like to take a long soak in the after a long day.
n.	a large, deep, round container, typically made of metal or plastic, used for washing or soaking things, especially clothes or a person's body
AN	SWERS: 1. prop, 2. humidity, 3. ancient, 4. oppose, 5. membrane, 6. leaky, 7. tub

- 16. The fox had dug a \_\_\_\_ in the side of the hill, where it could rest and hide from predators.
- n. a wild animal's lair or hiding places, such as a fox or bear

ANSWERS: 8. suddenly, 9. stir, 10. vulnerable, 11. norms, 12. vital, 13. intense, 14. dissipated, 15. thermometer, 16. den

ANSWERS: 17. suffers, 18. straightaway, 19. infant, 20. evaporation, 21. leaked, 22. gastrointestinal, 23. sweat, 24. episode

ANSWERS: 25. exertion, 26. accurate, 27. devastating, 28. liver, 29. degree, 30. battlefield, 31. continuously, 32. elderly, 33. monitor

34. 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
35. He became that he was being followed.
adj. being aware of and able to respond to what is happening around you
36. Trial and error is an part of education.
adj. indispensable; fundamental
37. It was the first time in a long time that I felt truly and at peace.
adj. not excited, angry, or nervous; free from wind, large waves
38. Health and are, above all, gold.
n. the quality or state of being physically, or sometimes mentally, strong
39. Both forts were subject to attacks.
adj. happening or done without delay or occurring shortly after something else
40. 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
41. Please forward the resumes to the department.
<ul> <li>a group of people who are employed in an organization or one of the armed forces; the department responsible for hiring, training, and placing employees</li> </ul>
42. The brain is an incredibly complex organ that controls the body's
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: 34. medical, 35. conscious, 36. essential, 37. calm, 38. strength, 39. immediate, 40. protein, 41. personnel, 42. function

43.	The president declared a state of
n.	a sudden unforeseen crisis usually involving danger that requires immediate action
44.	The course was challenging but fun.
n.	a thing that blocks one's way or prevents or hinders progress
45.	She checked her before embarking on the hike.
n.	a toothed wheel that engages another toothed mechanism to change the speed or direction of transmitted motion; a set of tools, equipment, or other items for a particular purpose
46.	The farmer owns a large of land where he grows corn and soybeans.
n.	a region of land, often with a specific purpose or use, such as farming, forestry, or mining; a bundle of nerves or a system of organs in the body
47.	It is important to safety procedures in the workplace to prevent accidents.
<i>v</i> .	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
48.	The roof finally after three days and three nights of heavy snowfall.
ν.	to fall down or give way suddenly, often after breaking apart
49.	pattern roads often appear in urban areas.
n.	a pattern of regularly spaced horizontal and vertical lines; a system of high tension cables by which electrical power is distributed throughout a region
50.	The dog's made it difficult for its owners to take it for a walk.
n.	the act of attacking or assaulting; hostile or violent behavior
	SWERS: 43. emergency, 44. obstacle, 45. gear, 46. tract, 47. observe, 48. apsed, 49. Grid, 50. aggression

ANSWERS: 51. transportation, 52. withstand, 53. stroke, 54. fortunate, 55. damage, 56. compensate, 57. kidney, 58. douse

59.	The poem depicts the heroics of a legendary
n.	a person who engaged in or experienced warfare, especially in the past
60.	She explained the surrounding the accident.
n.	the specific conditions or events that surround a particular situation or occurrence
61.	It is not and inefficient to complete many tasks at once.
adj	capable of being or likely to be made, done, or achieved
62. n.	The in the relationship was causing problems for both partners. a problem or fault in a system, organism, or part of the body or machine
	Their headquarters are in a skyscraper.  of or belonging to the present time or recent times
64. v.	He himself to lift the heavyweight. to put forth effort; to put into action; to bring into play
65.	Her remarks the debate.
ν.	to mistake one thing for another; to make somebody hard to understand
66.	This device is used to brain cancer and other tumors.
ν.	to determine or distinguish the nature of a problem or an illness through a careful analysis
67.	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
	SWERS: 59. warrior, 60. circumstances, 61. feasible, 62. dysfunction, 63. modern, exerted, 65. confused, 66. diagnose, 67. heatstroke

ANSWERS: 75. clot, 76. rectum, 77. championship, 78. temperatures, 79. nervous, 80. strike, 81. empire, 82. symptom

Vocab-Builder Ref from	"Douglas J.	Casa: What	happens when	you get heat s	troke?	TED Talk" (	82 words)
ANSWERS:							