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Vocabulary Builder Reference from...

Janine Shepherd: A broken body isn't a broken person | TED Talk

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

All Words

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Session 1: Word List

opportune

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

synonym: suitable, timely, practical

(1) **opportune** occasion, (2) an **opportune** remark

The phone rang at the most **opportune** time.

embrace

v. to accept something willingly and enthusiastically;
(*noun*) the act of clasping another person in the arms as in greeting or affection

synonym: grasp, hold tightly, accept

(1) **embrace** an opportunity, (2) a warm **embrace**

The woods **embrace** the house.

olympiad

n. a period of four years, originally the time between the ancient Olympic Games and now commonly used to refer to the modern Olympic Games, which are held every four years

(1) the modern **olympiad**, (2) summer **olympiad**

She won a gold medal in the physics **olympiad** and was praised by her teachers and peers.

define

v. to state or explain precisely the nature, scope, or meaning of something

synonym

: characterize, depict, express

(1) **define** a word, (2) **define** my position

To advance this discussion, we must **define** "success" rigorously.

bliss

n. extreme happiness or joy

synonym: delight, euphoria, happiness

(1) ignorance is **bliss**, (2) ultimate **bliss**

The first two years of her marriage were sheer **bliss**.

cross-country

adj. relating to or taking place across the open country rather than on roads or tracks; involving travel by foot, horse, or vehicle over rough terrain or through wilderness areas; (noun) a long-distance race or journey that takes place over rough or varied terrain, such as hills, forests, or fields

synonym: rural, remote, backcountry

(1) **cross-country** road trip, (2) **cross-country** skiing

We had to take a **cross-country** flight because no direct flights were available.

fellow

adj. someone who has the same job or interests as you, or is in the same class, profession, or situation as you

synonym: buddy, mate, affiliate

(1) junior **fellow**, (2) nice **fellow**

He is the kind of **fellow** who only works for his success.

spectacular

adj. striking or impressive to look at or in performance or achievement

synonym: breathtaking, impressive, grand

(1) **spectacular** view, (2) achieve **spectacular** growth

The **spectacular** fireworks display was the highlight of the festival.

sunshine

n. the direct light and heat that comes from the sun

synonym: sunlight, daylight, rays

(1) warm **sunshine**, (2) morning **sunshine**

The **sunshine** was so bright that I had to wear sunglasses to protect my eyes.

eucalyptus

n. a genus of flowering trees and shrubs native to Australia that are known for their aromatic leaves and medicinal properties

synonym: gum tree, Australian tree

(1) **eucalyptus** oil, (2) **eucalyptus** leaves

The scent of **eucalyptus** is often used in aromatherapy to promote relaxation.

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.

lung

n. either of the two organs in the chest that people and some animals use for breathing

(1) **lung** capacity, (2) do **lung** transplantation

He has terminal **lung** cancer.

consume

v. to spend something, especially fuel, energy, or time, in a large amount

synonym: absorb, ingest, use up

(1) **consume** a large of alcohol, (2) **consume** electricity

A smaller car will **consume** less fuel.

utility

n. the state or quality of being useful or convenient; the service, such as electric power or water or transportation, provided by a public

synonym: usefulness, practicality, utility

(1) **utility** costs, (2) marginal **utility**

The **utility** of the device was immediately apparent to all who saw it.

airlift

n. the transportation of people or goods by aircraft often used to refer to a major operation to move large numbers of people or supplies to or from an area in need, particularly in times of disaster or conflict

synonym : airdrop, air transport

(1) humanitarian **airlift**, (2) military **airlift**

The humanitarian organization organized an **airlift** of supplies to the disaster-stricken area.

accident

n. an unfortunate event, especially one causing damage or injury

synonym : calamity, casualty, chance

(1) cause an **accident**, (2) injury in a car **accident**

The **accident** partially destroyed my vehicle.

rescue

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

synonym : save, extricate, retrieve

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

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

helicopter

n. a type of aircraft that is capable of hovering in place and moving vertically, as well as flying horizontally; often used for emergency medical services, military operations, and transport in areas with limited access

synonym : chopper, copter, whirlybird

(1) **helicopter** ride, (2) police **helicopter**

The company's CEO arrived at the meeting via **helicopter** to avoid traffic congestion

spinal

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

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

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

extensive

adj. covering a large area; having a wide range

synonym: ample, comprehensive, vast

(1) **extensive** experience, (2) have **extensive** vocabulary

The incident attracted **extensive** media coverage throughout the world.

threaten

v. to utter intentions of injury or punishment against someone

synonym: endanger, terrorize, intimidate

(1) **threaten** a healthy relationship, (2) **threaten** national security

Various artificially induced causes are **threatening** our ecosystem.

injury

n. harm done to a person's or an animal's body caused by an accident or an attack

synonym: wound, damage, hurt

(1) without **injury**, (2) a fatal **injury**

My accidental **injury** got better right away.

rib

n. each of a series of curved bones that are connected to the spine and surround the chest; (adjective) subject to laughter or ridicule

synonym: costa

(1) break a **rib**, (2) **rib** cage

The accident caused a cracked **rib**.

collarbone

n. the bone that connects the shoulder blade to the breastbone; also known as the clavicle

synonym: clavicle, shoulder blade, scapula

(1) broken **collarbone**, (2) dislocated **collarbone**

The athlete suffered a broken **collarbone** after a hard fall

during the game.

rip v. to tear something or be torn violently or suddenly
synonym: tear, cut, slit
(1) **rip** a notebook apart, (2) **rip** a hole in the roof
During transit, the stuff may **rip** off the luggage tag.

gravel n. small stones and pebbles, often mixed with sand, used for road surfaces, concrete, landscaping, or as a decorative material
synonym: pebbles, stones, rocks
(1) **gravel** road, (2) **gravel** pit
We spread **gravel** over the driveway to prevent cars from getting stuck in the mud.

lift v. to raise something to a higher position or level; to pick up something or somebody and move them to a different position
synonym: raise, elevate, move up
(1) **lift** sagging skin, (2) **lift** a ban on alcohol
The drought **lifted** the prices of grain globally.

exposition n. a comprehensive description and explanation of an idea or theory; a collection of things, such as goods or works of art, etc., for public display
synonym: explanation, description, account
(1) an international **exposition**, (2) rational **exposition**
The **exposition** in the novel provides background information on the characters and setting.

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.

underneath

adv. under or below something else

synonym : below, under, beneath

(1) **underneath** the surface of the water, (2) **underneath** the laughter

The penny fell **underneath** the piano.

internal

adj. of or relating to the inside of something

synonym : interior, inner, domestic

(1) **internal** organs, (2) the **internal** economy

The prime minister canceled visits to other countries to resolve **internal** disputes.

massive

adj. enormous amount; very heavy and solid

synonym : enormous, giant, immense

(1) **massive** amounts, (2) **massive** stars

The recent economic downturn has resulted in **massive** layoffs.

drift

v. to move smoothly and slowly in water or air, especially as a result of outside forces, with no control over the direction

synonym : float, wander, freewheel

(1) **drift** down the stream, (2) **drift** away on a raft

I **drifted** around for years in Europe before going to university.

dimension

n. a measurable extent of a particular kind, such as width, height, or length

synonym : extent, measurement, size

(1) new **dimension**, (2) the crosswise **dimension**

Overall **dimensions** are approximately 400x200mm.

crossroad

n. a place where two or more roads or paths cross or intersect; a point of decision or choice, often involving significant consequences

synonym : intersection, junction, fork

(1) critical **crossroad**, (2) major **crossroad**

I'm at a career **crossroads** and unsure which path to take.

decision

n. the act or process of making up someone's mind about something; a choice or judgment reached after considering options

synonym: choice, determination, judgment

(1) **decision** authority, (2) a selfish **decision**

She was struggling to make a **decision** between two job offers.

paralyze

v. to cause a person or part of the body to become unable to move or feel

synonym: immobilize, disable, numb

(1) **paralyze** a city, (2) **paralyze** a person

The venom from the snake bite **paralyzed** his arm.

waist

n. the part of the human body between the ribs and hips or the corresponding part in other animals

synonym: midriff, torso, abdomen

(1) **waist** measurement, (2) a slim **waist**

She cinched her dress at the **waist** to accentuate her hourglass figure.

stable

adj. firm and steady; not easily moved, disturbed, or changed

synonym: sturdy, unmoving, durable

(1) in **stable** condition, (2) have a **stable** job

Relations between the two countries have been relatively **stable** due to the summit meeting.

fracture

n. the breaking or cracking of a rigid material or object such as bone

synonym: break, crack, rupture

(1) **fracture** test, (2) risk of bone **fractures**

X-ray inspection revealed many **fractures**.

crush

v. to press it firmly, usually with your hands or a tool, so that it becomes flat or smaller

synonym : destroy, demolish, pulverize

(1) **crush** coffee beans, (2) **crush** a revolt

The car was completely **crushed** in the accident.

vertebra

n. a bone in the spine, or the spinal column forming the supporting structure of the spine and protecting the spinal cord

(1) cervical **vertebra**, (2) **vertebra** injury

He uses a **vertebra** traction machine for his treatment.

peanut

n. a type of legume that grows underground and is widely cultivated and consumed as a food source

synonym : nut, groundnut, earthnut

(1) **peanut** butter, (2) the seed of a **peanut**

Some people have severe allergies to **peanuts** and must avoid them completely.

smashing

adj. very successful or impressive; causing something to be broken or destroyed

synonym : great, wonderful, breaking

(1) a **smashing** blow, (2) give **smashing** results

The band's new album was a **smashing** success, reaching the top of the charts.

beanbag

n. a small bag filled with dried beans or similar materials, used in games and as a low seat

synonym : sack chair, seat cushion, floor pillow

(1) **beanbag** toss, (2) portable **beanbag** cushion

We bought a new **beanbag** chair for our family room.

scar

n. a mark that remains on the skin after a wound has healed

synonym : blemish, imperfection, blotch

(1) burn **scar**, (2) carry a **scar**

Even after the wound has healed, a **scar** remains.

wrap

v. to cover or enclose something entirely with paper, cloth, or other material

synonym: surround, cover, bandage

(1) **wrap** a fish in foil, (2) **wrap** up a meeting

Wrap the bandage tightly around the injured arm.

lodge

n. a small country house where people stay when they want to participate in outdoor activities; (verb) officially present a complaint, appeal, claim, etc. to the appropriate authorities

synonym: clubhouse, inn, (verb) file

(1) **lodged** a complaint against him, (2) a ski **lodge**

The final decision should be **lodged** with the chairman.

cord

n. a strong, thick, or thin thread or rope; a piece of plastic-coated wire used to transport electricity to a piece of equipment

synonym: wire, cable, string

(1) spinal **cord**, (2) electrical **cord**

Your spinal **cord** is located deep within your body.

rebuild

v. to build again or anew

synonym: reconstruct, renovate, restore

(1) **rebuild** a company, (2) **rebuild** communities

They are planning to **rebuild** the house after the fire.

fused

adj. joined together or combined into one; blended or integrated in a way that creates a new entity

synonym: merged, blended, united

(1) **fused** glass, (2) **fused** bones

The **fused** wires in the electrical circuit caused a power outage.

stitch

n. one of the tiny thread lines visible on a piece of fabric after it has been sewn

(1) a **stitch** in a garment, (2) pattern **stitch**

The wound was so deep that it needed a surgical procedure

and **stitches**.

intensive

adj. involving a lot of work or activity in a short time

synonym : thorough, comprehensive, in-depth

(1) **intensive** agriculture, (2) **intensive** care

The construction industry is labor **intensive**, although it has been somewhat automated by introducing large machinery.

excite

v. to make someone feel suddenly enthusiastic or eager

synonym : thrill, exhilarate, animate

(1) **excite** the crowd, (2) **excite** rebellion

The news of her promotion **excited** her.

movement

n. a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively

synonym : motion, progression, action

(1) a circular **movement**, (2) **movement** of troops

The **movement** of the dancers on stage was graceful and elegant.

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.

permanent

adj. lasting for a long time without essential change

synonym : lasting, ceaseless, endless

(1) literature of **permanent** value, (2) **permanent** life insurance

She is searching for a **permanent** residence.

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.

paraplegia

n. a form of paralysis that affects all or part of the lower body, typically caused by injury to the spinal cord or nervous system

synonym : spinal cord injury, paralysis

(1) **paraplegia** treatment, (2) traumatic **paraplegia**

After his accident, he was left with **paraplegia** and had to use a wheelchair.

catheter

n. a thin, flexible tube that is inserted into a body cavity, duct, or vessel to drain fluid, inject medication, or perform a medical procedure

synonym : tube, drainage tube, pipe

(1) insert **catheter**, (2) urinary **catheter**

After the surgery, the patient was required to wear a **catheter** for several days.

caliper

n. a tool used to measure the distance between two points or the thickness of an object

(1) **caliper** measurement, (2) dial **caliper**

The machinist used a digital **caliper** to measure the precise dimensions of the metal.

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**.

rethink

v. to consider again a plan, idea, etc., especially to change it

synonym : reexplore, review, reconsider

(1) **rethink** a marketing plan, (2) **rethink** the role of the manager

We have to **rethink** our company's product lineup for further growth.

grasp

v. to take hold of something or someone quickly and firmly
synonym: grab, clasp, grip

(1) **grasp** his hand, (2) **grasp** a chance

They spent a lot of time trying to **grasp** the current situation.

athlete

n. 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**.

acute

adj. extremely sharp or severe

synonym: sharp, perceptive, keen

(1) **acute** pain, (2) **acute** triangle

The patient died from **acute** alcohol intoxication.

tight

adj. fixed, fastened, or kept together firmly or closely

synonym: closed, secured, cramped

(1) a **tight** game, (2) student on a **tight** budget

The national election was held amid **tight** security.

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.

plaster

n. a substance made of lime that becomes hard as it dries and is used for the protective or decorative coating of

walls and ceilings and for molding and casting decorative elements

synonym : cement, adhesive, mortar

(1) daub the ceiling with **plaster**, (2) cracks in the **plaster**
Patience is the **plaster** of all sores.

drip

v. to fall in drops or make it fall in drops; (noun) liquid or moisture that falls in drops

synonym : drop, drizzle, trickle

(1) **drip** liquid, (2) **drip** from the vicious wound
Water is **dripping** from the faucet.

brace

n. a device, typically one of a pair, for holding something in position or for strengthening an object; (verb) to support or hold steady and make steadfast

synonym : support, clamp, (verb) strengthen

(1) **brace** for impact, (2) **brace** my energies
She wore a **brace** on her leg to support her injured ankle.

suspend

v. to stop something from continuing or being in force or effect, either temporarily or permanently; to hang something freely

synonym : stop, postpone, adjourn

(1) **suspend** a decision, (2) **suspend** fruits from the ceiling
The University **suspended** the most recalcitrant demonstrators.

ward

n. a room in a hospital for patients requiring special care

synonym : room, division, unit

(1) a children's **ward**, (2) **ward** nurse
The patient was moved to the intensive care **ward** for further treatment.

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.

judgment

n. the ability to form valuable opinions and make reasonable decisions

synonym : conclusion, decision, determination

(1) an emotional **judgment** , (2) deliver a **judgment**
Her **judgments** are consistently rational and sensible.

spirit

n. the part of a person which is the seat of their mind, feelings, and character rather than their physical body; the general atmosphere of a place or situation and the effect that it has on people

synonym : soul, attitude, enthusiasm

(1) **spirit** and the letter of the law, (2) an indomitable **spirit**
Despite their tragic loss, the family is showing great **spirit**.

superficial

adj. existing or occurring only at or on the surface; appearing to be true or real only until examined more closely

synonym : shallow, facile, cursory

(1) **superficial** wound, (2) **superficial** knowledge
The journalist's **superficial** reporting should have captured the full scope of the issue.

conversation

n. an informal talk between two or more people to exchange their views, ideas, information, etc.

synonym : chat, discussion, dialogue

(1) **conversation** in English, (2) a friendly **conversation**
Your **conversation** reflects your thoughts.

innermost

adj. situated or occurring at the deepest or most central part or point; relating to one's deepest or most private thoughts, feelings, or experiences

synonym : deepest, inner, intimate

(1) **innermost** secrets, (2) **innermost** longings
It took years of therapy before the patient could reveal their **innermost** thoughts and feelings.

nurse

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

synonym : healthcare worker, caregiver, medic

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

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

straw

n. dry stalks of cereal plants used as fodder, fuel, basket, etc.

synonym : hay, stalk, reed

(1) **straw** basket, (2) rice **straw**

The **straw** hat protected her face from the sun while she worked in the fields.

pile

n. a collection of objects positioned one on top of another; a large sum of something, such as money

synonym : accumulation, heap, stack

(1) a sand **pile**, (2) the height of a **pile**

After the party, they had to clean up **piles** of dirty dishes.

thread

n. a fine cord of natural or synthetic fibers or filaments, such as cotton or nylon, used in sewing, knitting, or weaving; a series of connected messages or comments on a social media platform or online forum, often related to a particular topic; a sequence or line of events, ideas, or actions that are connected or related; (verb) to pass a thread through a needle or other small opening, in preparation for sewing or stitching

synonym : filament, string, yarn

(1) **thread** a catheter, (2) start a new **thread**

The detective followed a **thread** of clues which ultimately led to the suspect's arrest.

silent

adj. without any or little sound

synonym : quiet, hushed, mute

(1) **silent** reading, (2) give **silent** consent

The politician remained **silent** despite intense media scrutiny.

loop

n. a shape like a curve or a circle made by something long and thin, such as a piece of string, that bends round and crosses itself

synonym : circle, curl, spiral

(1) exit from a **loop**, (2) positive feedback **loop**

Many people in this city use the **loop** railway for transportation.

incredible

adj. unbelievable; enormous

synonym : unbelievable, fantastical, inconceivable

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

Her response revealed **incredible** idiocy.

depth

n. the distance between the top and bottom of something; between the top surface and a distance below it

synonym : deepness, profoundness, extent

(1) **depth** camera, (2) the **depth** of the water

The pond's **depth** was around five feet.

authenticity

n. the quality of being real or genuine

synonym : genuineness, originality, credibility

(1) **authenticity** verification, (2) lack **authenticity**

The museum's experts confirmed the **authenticity** of the painting.

wheelchair

n. a chair fitted with large wheels for use as a means of transport by a person who is unable to walk

(1) electric-powered **wheelchair**, (2) **wheelchair** accessibility

This library rents out various types of folding **wheelchairs** for visitors.

cast

v. to cause light or shadow to appear on a surface; to assign or choose someone such as an actor or representative, especially by selection process

synonym : throw, project, select

(1) **cast** a ballot, (2) **cast** a charming eye

This accident **cast** a dark shadow over their lives.

soaked

adj. completely wet; saturated or drenched with a liquid

synonym : drenched, saturated, wet

(1) **soaked** clothes, (2) **soaked** sponge

The hiker's boots were **soaked** from walking through the stream.

grant

v. to agree to give or allow somebody

synonym : allocate, authorize, give

(1) **grant** a new license, (2) **grant** a land

The chairperson **granted** him the right to speak.

incredibly

adv. in a way that is very difficult to believe; exceedingly or extremely

synonym : enormously, exceptionally, extraordinarily

(1) **incredibly** cheerful character, (2) get **incredibly** insecure

Several cities are experiencing **incredibly** high unemployment rates.

grateful

adj. feeling or showing an appreciation of kindness; thankful

synonym : thankful, appreciative, indebted

(1) a **grateful** breeze, (2) put a **grateful** expression

She was **grateful** for the help he provided.

depressed

adj. sad and without any hope

synonym : despondent, despairing, sad

(1) **depressed** feeling, (2) the market is **depressed**

After his mother died, he got **depressed**.

nickname

n. a familiar or humorous name given to a person or thing instead of or as well as the real name

synonym : moniker, sobriquet, handle

(1) endearing **nickname**, (2) **nickname** for a person
The team has a **nickname** for their star player: "The Ace."

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**.

attach

v. to fasten, join, or connect one thing to another
synonym: fix, fasten, bind

(1) **attach** firmly, (2) **attach** a file to an e-mail
He does not **attach** importance to these rumors.

weigh

v. to have a particular weight; to carefully evaluate things before making a conclusion
synonym: consider, cogitate, count

(1) **weigh** heavily on stock prices, (2) **weigh** a cargo
The baby **weighs** 1 pound 3 oz.

pound

n. the standard unit of money in the UK; the standard unit of weight equal to 16 ounces

(1) three-fourths of a **pound**, (2) thousands of **pounds**
The car's front bumper cost fifteen hundred **pounds**.

quadriplegia

n. paralysis of all four limbs and the torso, usually resulting from injury to the spinal cord in the neck region

(1) **quadriplegia** patients, (2) **quadriplegia** care
After the accident, he had **quadriplegia** and could not move his arms or legs.

chord

n. a straight line connecting two points on a curve; a combination of three or more musical notes played or sung at the same time

synonym: harmony, concord, consonance

(1) **chord** transition, (2) his vocal **chords**

The pianist played a **chord** that filled the room with a rich, harmonious sound.

react

v. to take action in response to something

synonym: respond, reply, oppose

(1) **react** at a high temperature, (2) **react** against his way of thinking

How did he **react** to your idea?

blessing

n. a gift or favor from a higher power or force; an act or expression of approval, encouragement, or gratitude; something that brings happiness or good fortune

synonym: favor, benediction, boon

(1) count your **blessings**, (2) bestowed **blessings**

Receiving support from his friends was a great **blessing** in his time of need.

complain

v. to say dissatisfaction or annoyance about something or somebody

synonym: gripe, claim, denounce

(1) **complain** about a job, (2) call and **complain** frequently

Our users are often **complaining** about the slow application.

circumstance

n. 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.

creative

adj. relating to or involving the use of skill and original and unusual ideas to create something

synonym: imaginative, innovative, inventive

(1) **creative** writing, (2) barren of **creative** spirit

All the supervisor has to do is assign tasks that make his subordinates more **creative**.

embark

v. to go on board a ship or plane; to set out on an enterprise or subject of study; to start something

synonym: enter, undertake, commence

(1) **embark** on a trip, (2) **embark** on a foolish adventure

We **embarked** on a new project.

absolutely

adv. without restriction or limitation; completely or utterly

synonym: completely, utterly, definitely

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

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

uncertain

adj. not being sure of something; not being able to choose

synonym: doubtful, skeptical, pending

(1) numerous **uncertain** factors, (2) take an **uncertain** attitude

She was **uncertain** about her friend's intentions.

infinite

adj. unlimited or very great; impossible to measure

synonym: boundless, countless, limitless

(1) **infinite** appetite, (2) **infinite** in supply

The battle had an **infinite** impact on the nation.

possibility

n. a chance that something may happen or be true

synonym: chance, prospect, likelihood

(1) **possibility** for growth, (2) **possibility** of a major earthquake

The **possibility** of getting the disease will drastically increase.

overhead

n. the expense of maintaining something that is involved in operating a business, such as rent and heating; (adverb) above your head; in the sky

synonym: expense, upkeep, (adverb) aloft

(1) **overhead** capital, (2) a cloud passing **overhead**

This merger will help them reduce **overhead** costs

substantially.

- flee** *v.* to leave by running away, especially out of fear or danger
synonym: exit, escape, run away
(1) **flee** their homes, (2) **flee** abroad
It is a basic instinct to **flee** from a dangerous situation.
- baggy** *adj.* loose-fitting or puffed out in shape, typically about clothing
synonym: loose, roomy, oversized
(1) **baggy** sweater, (2) **baggy** sweatpants
I prefer **baggy** clothes to tight-fitting ones.
- candidate** *n.* a person who is seeking or being considered for some kind of position, title, honor, or award; a job applicant
synonym: applicant, nominee, contender
(1) **candidate** selection, (2) PhD **candidate**
The **candidate's** platform focused on healthcare reform and reducing income inequality.
- pilot** *n.* a person who flies an aircraft, especially as a job; a person qualified to guide ships through a difficult area of water
synonym: aviator, flyer, chief
(1) a test **pilot**, (2) **pilot** production
The **pilot** exercised great care in landing.
- license** *n.* an official permission or authorization to do, use, or own something; a legal document that grants the holder the right to perform certain activities, such as driving a car, practicing a profession, or using a particular product or service
synonym: permit, authorization, certificate
(1) **license** renewal, (2) software **license**
Before driving, ensure you have a valid driver's **license**.

fin *n.* a thin flat part on the body of a fish or other aquatic animal used for propulsion or balance

synonym: flipper, appendage, stabilizer

(1) back **fin**, (2) a **fin** of a plane

The shark's powerful **fins** allowed it to swim at high speeds.

tarmac *n.* (also "blacktop") a hard surface made of asphalt, concrete, or other materials, typically used as a runway or surface for vehicles to move on, such as a road, parking lot, or airport runway; (verb) to surface or pave a road or runway with tarmac

synonym: runway, airstrip, path

(1) **tarmac** repair, (2) **tarmac** a driveway

The plane pulled onto the **tarmac** and stopped at the gate.

slide *v.* to move or cause to move smoothly along a surface without interruption

synonym: glide, drift, drop

(1) **slide** a card across the table, (2) **slide** a glance

If necessary, you can **slide** the front seats forward.

cockpit *n.* the area in an aircraft or spacecraft from which the pilot controls the aircraft or spacecraft

synonym: flight deck, control room, bridge

(1) navigator's **cockpit**, (2) **cockpit** ship

The pilot sat in the **cockpit** of the airplane.

dial *v.* to adjust or set the controls of a machine or device by turning a controller called dial; (noun) a disc on a telephone that is rotated a fixed distance for each number called

synonym: adjust, set, turn

(1) **dial** up the volume, (2) **dial** down the tension

He **dialed** the phone number and waited for an answer.

rudder *n.* a flat, vertical blade at the rear of a vessel that can be turned horizontally to steer the vessel by changing its

direction of movement; a device used in aircraft to control its yaw (side-to-side movement)

synonym : helm, tiller, steering gear

(1) **rudder** control, (2) **rudder** movement

The small boat's **rudder** was damaged in the storm, making it difficult to steer.

pedal

n. a foot-operated lever or control, especially one used to control a vehicle, machine, or musical instrument

synonym : treadle, accelerator

(1) clutch **pedal**, (2) piano **pedal**

He pressed the **pedal** with all his might, but the car still wouldn't start.

runway

n. the catwalk or platform where models walk to display clothing or other fashion items during a fashion show; a strip of hard ground along which planes take off and land;

synonym : strip, landing field, tarmac

(1) **runway** lighting, (2) **runway** show

The model strutted down the **runway** during the fashion show.

airborne

adj. moved or conveyed by or through the air; in the air

synonym : flying, aerial, floating

(1) **airborne** troop, (2) **airborne** particles

The amount of **airborne** pollen this year is higher than usual.

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.

progression

n. the act or process of changing to the next stage or phase or moving forward

synonym :

advancement, development, evolution

(1) **progression** of civilization, (2) **progression** of disease

The company has made great strides in its **progression** toward sustainability.

wipe

v. to clean or dry something by rubbing with a piece of cloth or paper or one's hand and removing dirt, food, or liquid

synonym: clean, brush, swab

(1) **Wipe** off dirt, (2) **wipe** with water

Please **wipe** your sweat with this towel.

fingerprint

n. a unique pattern of ridges and valleys on the surface of a finger that can be used to identify a person

synonym: print, mark, impression

(1) **fingerprint** at a crime scene, (2) **fingerprint** identification

The police used a **fingerprint** scanner to identify the suspect.

eventually

adv. finally, particularly after a long time or a lot of struggle, complications, and so on

synonym: finally, someday, ultimately

(1) **eventually** become obsolete, (2) **eventually** succeed

The corporation **eventually** dominated the entire tobacco business.

comfort

n. a state of physical ease and freedom from pain or constraint

synonym: ease, solace, coziness

(1) words of **comfort**, (2) **comfort** level

He found **comfort** in the warm embrace of his loved ones.

zone

n. a specific area, region, or section that is marked off or defined in some way

synonym: area, region, territory

(1) time **zone**, (2) **zone** defense

He was reluctant to leave his comfort **zone** and try something new.

hop *v.* to jump lightly and quickly on one foot or both feet; to move rapidly from one place to another; to travel using an aircraft, bus, etc.
synonym : jump, bounce, skip
(1) **hop** on one foot, (2) **hop** from one place to another
The rabbit **hopped** over the fence.

steel *n.* a strong metal alloy made up of iron with typically a few tenths of a percent of carbon used for making things that need a strong structure
synonym : iron
(1) magnetic **steel**, (2) **steel** beam
This bridge is the third largest **steel** bridge in the world.

medication *n.* a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease
synonym : cure, drug, medicine
(1) antibiotic **medication**, (2) **medication** by mouth
The pharmacist not only prescribes the **medication** but also guides its proper use.

limp *adj.* having no strength or energy; walking with difficulty because of pain, injury, or disability in one's leg or foot
synonym : unsteady, weak, faltering
(1) **limp** handshake, (2) **limp** hair
The steak was so undercooked that it was almost raw and had a **limp** texture.

outweigh *v.* to be heavier, more significant, or more critical than something
synonym : dominate, outrank, overpower
(1) **outweigh** the benefit, (2) **outweigh** our wishes
The advantages would undoubtedly **outweigh** the disadvantages.

navigate

v. to plan and direct the way that a ship, plane, etc. will travel, often by using a map

synonym : guide, helm, voyage

(1) **navigate** the Pacific, (2) **navigate** through a document

Our knowledge helps **navigate** our clients successfully.

engine

n. a machine that converts thermal energy to mechanical work; something that has an important role used to achieve a purpose

synonym : motor, locomotive, driver

(1) a steam **engine**, (2) an air-cooled **engine**

The policies he announces can be the **engine** of economic growth in the country.

twin

n. either of two children born at the same time from the same mother

(1) a **twin-lens** camera, (2) a **twin** room

Its **twin** brothers are difficult to tell apart except for their parents.

instrument

n. an object used to make musical sounds, such as a piano, guitar, or drum; a tool or device used for a specific activity, particularly in specialist or scientific work

synonym : apparatus, tool, device

(1) musical **instruments**, (2) surgical **instruments**

This electronic **instrument** is required to undergo periodic inspections to ensure precision.

commerce

n. the activity of buying and selling things, especially on a large scale

synonym : trade, transaction, dealings

(1) interstate **commerce**, (2) the local chamber of **commerce**

This company has invested heavily in Internet **commerce**.

instruct

v. to teach someone practical skills or knowledge; to formally order or tell someone to do something

synonym: train, coach, guide

(1) **instruct** a student, (2) **instruct** a computer

The facility manager **instructed** the security guards to be on high alert.

upside

n. the positive aspect or potential of something; the upper side of something

synonym: advantage, benefit, top

(1) have no **upside**, (2) market **upside**

Many people see the **upside** of traveling as an opportunity to experience new cultures and broaden their horizons.

aerobic

adj. relating to or requiring oxygen; (noun) an exercise or form of physical activity that enhances cardiovascular fitness and endurance, such as running or cycling

synonym: cardiovascular, aerophilous, heart-healthy

(1) **aerobic** bacteria, (2) **aerobic** respiration

Aerobic exercise is important for maintaining a healthy heart and lungs.

unstoppable

adj. impossible to stop or prevent

synonym: unshakable, unyielding, relentless

(1) **unstoppable** force, (2) **unstoppable** momentum

The team's winning streak was **unstoppable**.

philosophy

n. the study of general and fundamental questions, such as those about existence, reason, knowledge, values, mind

synonym: doctrine, attitude, creed

(1) **philosophy** of education, (2) western **philosophy**

Ethics is a branch of **philosophy**.

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.

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.

unchanged

adj. not altered, modified, or varied in any way

synonym : unaltered, constant

(1) **unchanged** routine, (2) **unchanged** from the previous month

The company's policy remained **unchanged** despite the criticism.

alight

adj. lighted up by or as by fire or flame; (verb) to come down

synonym : burning, lighted up, (verb) land

(1) catch **alight**, (2) **alight** from a train

The witness stated that he set a house **alight**.

fan

n. a person who admires and supports a person, group, sport, sports team, etc.; a device for creating a current of air by the movement of a surface or surfaces

synonym : lover, devotee, blade

(1) a film **fan**, (2) engine cooling **fan**

I'm a big **fan** of French food.

flame

n. a bright, visible light and heat source caused by combustion; a strong, intense feeling typically associated with passion, aggression, or anger

synonym : blaze, inferno, fire

(1) **flame** of passion, (2) simmering **flame**

The **flame** of the candle flickered in the darkness of the room.

ultimate

adj. furthest or highest in degree or order

synonym : highest, maximum, foremost

(1) the **ultimate** goal in life, (2) the **ultimate** luxury
Management must take **ultimate** responsibility for the
accident.

virtue

n. high moral standards in behavior or attitudes
synonym: integrity, probity, goodness

(1) **virtue** of frugality, (2) acquire a **virtue**
She had many good **virtues** and few faults.

Session 2: Spelling

1. ru___r movement
n. a flat, vertical blade at the rear of a vessel that can be turned horizontally to steer the vessel by changing its direction of movement; a device used in aircraft to control its yaw (side-to-side movement)
2. em___k on a trip
v. to go on board a ship or plane; to set out on an enterprise or subject of study; to start something
3. ca_____te selection
n. a person who is seeking or being considered for some kind of position, title, honor, or award; a job applicant
4. in_____ct a computer
v. to teach someone practical skills or knowledge; to formally order or tell someone to do something
5. warm su_____ne
n. the direct light and heat that comes from the sun
6. st__w basket
n. dry stalks of cereal plants used as fodder, fuel, basket, etc.
7. de_____ed feeling
adj. sad and without any hope
8. burn s__r
n. a mark that remains on the skin after a wound has healed
9. the seed of a pe____t
n. a type of legume that grows underground and is widely cultivated and consumed as a food source
10. western phi_____hy
n. the study of general and fundamental questions, such as those about existence, reason, knowledge, values, mind

ANSWERS: 1. rudder, 2. embark, 3. candidate, 4. instruct, 5. sunshine, 6. straw, 7. depressed, 8. scar, 9. peanut, 10. philosophy

11. be____g toss *n.* a small bag filled with dried beans or similar materials, used in games and as a low seat
12. deliver a ju____nt *n.* the ability to form valuable opinions and make reasonable decisions
13. pa____ze a city *v.* to cause a person or part of the body to become unable to move or feel
14. W__e off dirt *v.* to clean or dry something by rubbing with a piece of cloth or paper or one's hand and removing dirt, food, or liquid
15. cir_____nce of birth *n.* the specific conditions or events that surround a particular situation or occurrence
16. gr____l pit *n.* small stones and pebbles, often mixed with sand, used for road surfaces, concrete, landscaping, or as a decorative material
17. electric-powered whe_____ir *n.* a chair fitted with large wheels for use as a means of transport by a person who is unable to walk
18. fin_____nt at a crime scene *n.* a unique pattern of ridges and valleys on the surface of a finger that can be used to identify a person
19. at____h firmly *v.* to fasten, join, or connect one thing to another
20. numerous un_____in factors *adj.* not being sure of something; not being able to choose
21. give si____t consent *adj.* without any or little sound

ANSWERS: 11. beanbag, 12. judgment, 13. paralyze, 14. wipe, 15. circumstance, 16. gravel, 17. wheelchair, 18. fingerprint, 19. attach, 20. uncertain, 21. silent

22. gr__t a land *v.* to agree to give or allow somebody
23. inc_____le amount *adj.* unbelievable; enormous
24. med_____on by mouth *n.* a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease
25. un_____ed routine *adj.* not altered, modified, or varied in any way
26. catch al__t *adj.* lighted up by or as by fire or flame; (verb) to come down
27. 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
28. eve_____ly become obsolete *adv.* finally, particularly after a long time or a lot of struggle, complications, and so on
29. the ul_____te goal in life *adj.* furthest or highest in degree or order
30. da___e assessment *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
31. eve_____ly succeed *adv.* finally, particularly after a long time or a lot of struggle, complications, and so on
32. un_____ed from the previous month *adj.* not altered, modified, or varied in any way

ANSWERS: 22. grant, 23. incredible, 24. medication, 25. unchanged, 26. alight, 27. clot, 28. eventually, 29. ultimate, 30. damage, 31. eventually, 32. unchanged

33. an indomitable sp___t *n.* the part of a person which is the seat of their mind, feelings, and character rather than their physical body; the general atmosphere of a place or situation and the effect that it has on people
34. risk of bone fr_____res *n.* the breaking or cracking of a rigid material or object such as bone
35. ma_____e amounts *adj.* enormous amount; very heavy and solid
36. ignorance is bl___s *n.* extreme happiness or joy
37. fl___e of passion *n.* a bright, visible light and heat source caused by combustion; a strong, intense feeling typically associated with passion, aggression, or anger
38. em___k on a foolish adventure *v.* to go on board a ship or plane; to set out on an enterprise or subject of study; to start something
39. so___d sponge *adj.* completely wet; saturated or drenched with a liquid
40. l___g capacity *n.* either of the two organs in the chest that people and some animals use for breathing
41. a cloud passing ov_____ad *n.* the expense of maintaining something that is involved in operating a business, such as rent and heating; (adverb) above your head; in the sky
42. an op_____ne remark *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose

ANSWERS: 33. spirit, 34. fracture, 35. massive, 36. bliss, 37. flame, 38. embark, 39. soaked, 40. lung, 41. overhead, 42. opportune

43. st__l beam *n.* a strong metal alloy made up of iron with typically a few tenths of a percent of carbon used for making things that need a strong structure
44. daub the ceiling with pl____r *n.* a substance made of lime that becomes hard as it dries and is used for the protective or decorative coating of walls and ceilings and for molding and casting decorative elements
45. uns_____le force *adj.* impossible to stop or prevent
46. lack aut_____ity *n.* the quality of being real or genuine
47. aut_____ity verification *n.* the quality of being real or genuine
48. pro_____on of civilization *n.* the act or process of changing to the next stage or phase or moving forward
49. fu__d bones *adj.* joined together or combined into one; blended or integrated in a way that creates a new entity
50. l__t sagging skin *v.* to raise something to a higher position or level; to pick up something or somebody and move them to a different position
51. an emotional ju_____nt *n.* the ability to form valuable opinions and make reasonable decisions
52. a fatal in____y *n.* harm done to a person's or an animal's body caused by an accident or an attack
53. give sm_____ng results *adj.* very successful or impressive; causing something to be broken or destroyed

ANSWERS: 43. steel, 44. plaster, 45. unstoppable, 46. authenticity, 47. authenticity, 48. progression, 49. fused, 50. lift, 51. judgment, 52. injury, 53. smashing

54. n__m of action *n.* something that is regarded as usual, typical, or standard
55. in____ct a student *v.* to teach someone practical skills or knowledge; to formally order or tell someone to do something
56. ov____ad capital *n.* the expense of maintaining something that is involved in operating a business, such as rent and heating; (adverb) above your head; in the sky
57. have ex_____ve vocabulary *adj.* covering a large area; having a wide range
58. insert ca_____er *n.* a thin, flexible tube that is inserted into a body cavity, duct, or vessel to drain fluid, inject medication, or perform a medical procedure
59. the ul_____te luxury *adj.* furthest or highest in degree or order
60. gr____l road *n.* small stones and pebbles, often mixed with sand, used for road surfaces, concrete, landscaping, or as a decorative material
61. re___e a company from bankruptcy *v.* to save someone or something from a dangerous or difficult situation
62. cr__h coffee beans *v.* to press it firmly, usually with your hands or a tool, so that it becomes flat or smaller
63. th_____en a healthy relationship *v.* to utter intentions of injury or punishment against someone
64. und_____th the laughter *adv.* under or below something else

ANSWERS: 54. norm, 55. instruct, 56. overhead, 57. extensive, 58. catheter, 59. ultimate, 60. gravel, 61. rescue, 62. crush, 63. threaten, 64. underneath

65. marginal ut____y *n.* the state or quality of being useful or convenient; the service, such as electric power or water or transportation, provided by a public
66. co____in about a job *v.* to say dissatisfaction or annoyance about something or somebody
67. h_p on one foot *v.* to jump lightly and quickly on one foot or both feet; to move rapidly from one place to another; to travel using an aircraft, bus, etc.
68. time z__e *n.* a specific area, region, or section that is marked off or defined in some way
69. inc____ly cheerful character *adv.* in a way that is very difficult to believe; exceedingly or extremely
70. ex____ve experience *adj.* covering a large area; having a wide range
71. market up___e *n.* the positive aspect or potential of something; the upper side of something
72. ru___r control *n.* a flat, vertical blade at the rear of a vessel that can be turned horizontally to steer the vessel by changing its direction of movement; a device used in aircraft to control its yaw (side-to-side movement)
73. dr__t away on a raft *v.* to move smoothly and slowly in water or air, especially as a result of outside forces, with no control over the direction
74. cr____ve writing *adj.* relating to or involving the use of skill and original and unusual ideas to create something

ANSWERS: 65. utility, 66. complain, 67. hop, 68. zone, 69. incredibly, 70. extensive, 71. upside, 72. rudder, 73. drift, 74. creative

75. fr____re test *n.* the breaking or cracking of a rigid material or object such as bone
76. a steam en____e *n.* a machine that converts thermal energy to mechanical work; something that has an important role used to achieve a purpose
77. ta____c a driveway *n.* (also "blacktop") a hard surface made of asphalt, concrete, or other materials, typically used as a runway or surface for vehicles to move on, such as a road, parking lot, or airport runway; (verb) to surface or pave a road or runway with tarmac
78. nu__e practitioner *n.* a healthcare professional who is trained to provide care for the sick or injured; (verb) to try to cure by special care or treatment of an illness or injury
79. piano pe__l *n.* a foot-operated lever or control, especially one used to control a vehicle, machine, or musical instrument
80. a film f_n *n.* a person who admires and supports a person, group, sport, sports team, etc.; a device for creating a current of air by the movement of a surface or surfaces
81. major cr____ad *n.* a place where two or more roads or paths cross or intersect; a point of decision or choice, often involving significant consequences
82. ut____y costs *n.* the state or quality of being useful or convenient; the service, such as electric power or water or transportation, provided by a public

ANSWERS: 75. fracture, 76. engine, 77. tarmac, 78. nurse, 79. pedal, 80. fan, 81. crossroad, 82. utility

83. pi__t production *n.* a person who flies an aircraft, especially as a job; a person qualified to guide ships through a difficult area of water
84. 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
85. musical ins_____nts *n.* an object used to make musical sounds, such as a piano, guitar, or drum; a tool or device used for a specific activity, particularly in specialist or scientific work
86. l__p handshake *adj.* having no strength or energy; walking with difficulty because of pain, injury, or disability in one's leg or foot
87. the height of a p__e *n.* a collection of objects positioned one on top of another; a large sum of something, such as money
88. ac__e triangle *adj.* extremely sharp or severe
89. w__d nurse *n.* a room in a hospital for patients requiring special care
90. r_b cage *n.* each of a series of curved bones that are connected to the spine and surround the chest; (adjective) subject to laughter or ridicule
91. simmering fl__e *n.* a bright, visible light and heat source caused by combustion; a strong, intense feeling typically associated with passion, aggression, or anger

ANSWERS: 83. pilot, 84. frame, 85. instrument, 86. limp, 87. pile, 88. acute, 89. ward, 90. rib, 91. flame

92. em____e an opportunity *v.* to accept something willingly and enthusiastically; (noun) the act of claspng another person in the arms as in greeting or affection
93. interstate co____ce *n.* the activity of buying and selling things, especially on a large scale
94. w__p up a meeting *v.* to cover or enclose something entirely with paper, cloth, or other material
95. am____g advances *adj.* extremely surprising, especially in a way that you like or admire
96. pe____t butter *n.* a type of legume that grows underground and is widely cultivated and consumed as a food source
97. a ti__t game *adj.* fixed, fastened, or kept together firmly or closely
98. temporary me____l treatment *adj.* relating to the treatment of illness or injuries; relating to the practice of medicine
99. su____d fruits from the ceiling *v.* to stop something from continuing or being in force or effect, either temporarily or permanently; to hang something freely
100. positive feedback l__p *n.* a shape like a curve or a circle made by something long and thin, such as a piece of string, that bends round and crosses itself
101. ma____e stars *adj.* enormous amount; very heavy and solid
102. na____te the Pacific *v.* to plan and direct the way that a ship, plane, etc. will travel, often by using a map

ANSWERS: 92. embrace, 93. commerce, 94. wrap, 95. amazing, 96. peanut, 97. tight, 98. medical, 99. suspend, 100. loop, 101. massive, 102. navigate

103. f__e their homes *v.* to leave by running away, especially out of fear or danger
104. sl__e a card across the table *v.* to move or cause to move smoothly along a surface without interruption
105. call and co_____in frequently *v.* to say dissatisfaction or annoyance about something or somebody
106. a f_n of a plane *n.* a thin flat part on the body of a fish or other aquatic animal used for propulsion or balance
107. the most am_____g feeling *adj.* extremely surprising, especially in a way that you like or admire
108. qua_____gia care *n.* paralysis of all four limbs and the torso, usually resulting from injury to the spinal cord in the neck region
109. wa__t measurement *n.* the part of the human body between the ribs and hips or the corresponding part in other animals
110. have no up___e *n.* the positive aspect or potential of something; the upper side of something
111. pattern st___h *n.* one of the tiny thread lines visible on a piece of fabric after it has been sewn
112. a me_____l opinion *adj.* relating to the treatment of illness or injuries; relating to the practice of medicine
113. da___e a relationship *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

ANSWERS: 103. flee, 104. slide, 105. complain, 106. fin, 107. amazing, 108. quadriplegia, 109. waist, 110. upside, 111. stitch, 112. medical, 113. damage

114. humanitarian ai_____t *n.* the transportation of people or goods by aircraft often used to refer to a major operation to move large numbers of people or supplies to or from an area in need, particularly in times of disaster or conflict
115. cir_____nce of injury *n.* the specific conditions or events that surround a particular situation or occurrence
116. muscular st_____th *n.* the quality or state of being physically, or sometimes mentally, strong
117. ultimate bl____s *n.* extreme happiness or joy
118. si____t reading *adj.* without any or little sound
119. a sand p____e *n.* a collection of objects positioned one on top of another; a large sum of something, such as money
120. br____e my energies *n.* a device, typically one of a pair, for holding something in position or for strengthening an object; (verb) to support or hold steady and make steadfast
121. co_____e a large of alcohol *v.* to spend something, especially fuel, energy, or time, in a large amount
122. acquire a vi____e *n.* high moral standards in behavior or attitudes
123. take an un_____in attitude *adj.* not being sure of something; not being able to choose
124. development of the ne_____s system *adj.* worried and anxious about something; relating to the nerves

ANSWERS: 114. airlift, 115. circumstance, 116. strength, 117. bliss, 118. silent, 119. pile, 120. brace, 121. consume, 122. virtue, 123. uncertain, 124. nervous

125. und_____th the surface of the water *adv.* under or below something else
126. l__p hair *adj.* having no strength or energy; walking with difficulty because of pain, injury, or disability in one's leg or foot
127. qua_____gia patients *n.* paralysis of all four limbs and the torso, usually resulting from injury to the spinal cord in the neck region
128. injury in a car ac_____nt *n.* an unfortunate event, especially one causing damage or injury
129. words of co_____t *n.* a state of physical ease and freedom from pain or constraint
130. exit from a l__p *n.* a shape like a curve or a circle made by something long and thin, such as a piece of string, that bends round and crosses itself
131. r_p a notebook apart *v.* to tear something or be torn violently or suddenly
132. fin_____nt identification *n.* a unique pattern of ridges and valleys on the surface of a finger that can be used to identify a person
133. dial ca_____r *n.* a tool used to measure the distance between two points or the thickness of an object
134. the market is de_____ed *adj.* sad and without any hope
135. back f_n *n.* a thin flat part on the body of a fish or other aquatic animal used for propulsion or balance

ANSWERS: 125. underneath, 126. limp, 127. quadriplegia, 128. accident, 129. comfort, 130. loop, 131. rip, 132. fingerprint, 133. caliper, 134. depressed, 135. fin

136. ch__d transition *n.* a straight line connecting two points on a curve; a combination of three or more musical notes played or sung at the same time
137. we__h heavily on stock prices *v.* to have a particular weight; to carefully evaluate things before making a conclusion
138. 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
139. surgical ins____nts *n.* an object used to make musical sounds, such as a piano, guitar, or drum; a tool or device used for a specific activity, particularly in specialist or scientific work
140. morning su____ne *n.* the direct light and heat that comes from the sun
141. pe____nt life insurance *adj.* lasting for a long time without essential change
142. student on a ti__t budget *adj.* fixed, fastened, or kept together firmly or closely
143. abs____ly against *adv.* without restriction or limitation; completely or utterly
144. na____te through a document *v.* to plan and direct the way that a ship, plane, etc. will travel, often by using a map
145. fu__d glass *adj.* joined together or combined into one; blended or integrated in a way that creates a new entity

ANSWERS: 136. chord, 137. weigh, 138. clot, 139. instrument, 140. sunshine, 141. permanent, 142. tight, 143. absolutely, 144. navigate, 145. fused

146. critical cr_____ad *n.* a place where two or more roads or paths cross or intersect; a point of decision or choice, often involving significant consequences
147. a ski lo__e *n.* a small country house where people stay when they want to participate in outdoor activities; (verb) officially present a complaint, appeal, claim, etc. to the appropriate authorities
148. de__h camera *n.* the distance between the top and bottom of something; between the top surface and a distance below it
149. thousands of po__ds *n.* the standard unit of money in the UK; the standard unit of weight equal to 16 ounces
150. sk__l fracture *n.* a bone framework that surrounds the brain and gives the head its shape
151. his vocal ch__ds *n.* a straight line connecting two points on a curve; a combination of three or more musical notes played or sung at the same time
152. he confessed dra_____lly *adv.* in a very impressive manner
153. par_____ia treatment *n.* a form of paralysis that affects all or part of the lower body, typically caused by injury to the spinal cord or nervous system
154. the crosswise di_____on *n.* a measurable extent of a particular kind, such as width, height, or length
155. al__t from a train *adj.* lighted up by or as by fire or flame; (verb) to come down

ANSWERS: 146. crossroad, 147. lodge, 148. depth, 149. pound, 150. skull, 151. chord, 152. dramatically, 153. paraplegia, 154. dimension, 155. alight

156. ae____c bacteria *adj.* relating to or requiring oxygen; (noun) an exercise or form of physical activity that enhances cardiovascular fitness and endurance, such as running or cycling
157. gr__p his hand *v.* to take hold of something or someone quickly and firmly
158. the in____al economy *adj.* of or relating to the inside of something
159. brake a r_b *n.* each of a series of curved bones that are connected to the spine and surround the chest; (adjective) subject to laughter or ridicule
160. re__t against his way of thinking *v.* to take action in response to something
161. rice st__w *n.* dry stalks of cereal plants used as fodder, fuel, basket, etc.
162. euc____us oil *n.* a genus of flowering trees and shrubs native to Australia that are known for their aromatic leaves and medicinal properties
163. ac__e pain *adj.* extremely sharp or severe
164. in____st longings *adj.* situated or occurring at the deepest or most central part or point; relating to one's deepest or most private thoughts, feelings, or experiences
165. a test pi__t *n.* a person who flies an aircraft, especially as a job; a person qualified to guide ships through a difficult area of water
166. th____en national security *v.* to utter intentions of injury or punishment against someone

ANSWERS: 156. aerobic, 157. grasp, 158. internal, 159. rib, 160. react, 161. straw, 162. eucalyptus, 163. acute, 164. innermost, 165. pilot, 166. threaten

167. cro_____try road trip *adj.* relating to or taking place across the open country rather than on roads or tracks; involving travel by foot, horse, or vehicle over rough terrain or through wilderness areas; (noun) a long-distance race or journey that takes place over rough or varied terrain, such as hills, forests, or fields
168. antibiotic med_____on *n.* a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease
169. police hel_____er *n.* a type of aircraft that is capable of hovering in place and moving vertically, as well as flying horizontally; often used for emergency medical services, military operations, and transport in areas with limited access
170. ca_____r measurement *n.* a tool used to measure the distance between two points or the thickness of an object
171. cervical ve_____ra *n.* a bone in the spine, or the spinal column forming the supporting structure of the spine and protecting the spinal cord
172. the cabin pressure fell dra_____lly *adv.* in a very impressive manner
173. at____h a file to an e-mail *v.* to fasten, join, or connect one thing to another
174. ou_____gh our wishes *v.* to be heavier, more significant, or more critical than something

ANSWERS: 167. cross-country, 168. medication, 169. helicopter, 170. caliper, 171. vertebra, 172. dramatically, 173. attach, 174. outweigh

175. dislocated col_____ne *n.* the bone that connects the shoulder blade to the breastbone; also known as the clavicle
176. cracks in the pl_____r *n.* a substance made of lime that becomes hard as it dries and is used for the protective or decorative coating of walls and ceilings and for molding and casting decorative elements
177. 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
178. in_____te appetite *adj.* unlimited or very great; impossible to measure
179. pa_____ze a person *v.* to cause a person or part of the body to become unable to move or feel
180. r_p a hole in the roof *v.* to tear something or be torn violently or suddenly
181. sup_____al knowledge *adj.* existing or occurring only at or on the surface; appearing to be true or real only until examined more closely
182. do l__g transplantation *n.* either of the two organs in the chest that people and some animals use for breathing
183. ou_____gh the benefit *v.* to be heavier, more significant, or more critical than something
184. re___e a dying dog *v.* to save someone or something from a dangerous or difficult situation

ANSWERS: 175. collarbone, 176. plaster, 177. pump, 178. infinite, 179. paralyze, 180. rip, 181. superficial, 182. lung, 183. outweigh, 184. rescue

185. co_____t ship *n.* the area in an aircraft or spacecraft from which the pilot controls the aircraft or spacecraft
186. carry a s__r *n.* a mark that remains on the skin after a wound has healed
187. lo__ed a complaint against him *n.* a small country house where people stay when they want to participate in outdoor activities; (verb) officially present a complaint, appeal, claim, etc. to the appropriate authorities
188. urinary ca_____er *n.* a thin, flexible tube that is inserted into a body cavity, duct, or vessel to drain fluid, inject medication, or perform a medical procedure
189. electrical c__d *n.* a strong, thick, or thin thread or rope; a piece of plastic-coated wire used to transport electricity to a piece of equipment
190. high school at_____es *n.* a person who competes in one or more sports that involve physical strength, speed, or endurance
191. a sm_____ng blow *adj.* very successful or impressive; causing something to be broken or destroyed
192. count your bl_____ngs *n.* a gift or favor from a higher power or force; an act or expression of approval, encouragement, or gratitude; something that brings happiness or good fortune
193. pro_____on of disease *n.* the act or process of changing to the next stage or phase or moving forward

ANSWERS: 185. cockpit, 186. scar, 187. lodge, 188. catheter, 189. cord, 190. athlete, 191. smashing, 192. blessing, 193. progression

194. without in___y *n.* harm done to a person's or an animal's body caused by an accident or an attack
195. put a gr____ul expression *adj.* feeling or showing an appreciation of kindness; thankful
196. the local chamber of co____ce *n.* the activity of buying and selling things, especially on a large scale
197. a friendly con_____ion *n.* an informal talk between two or more people to exchange their views, ideas, information, etc.
198. become a professional at____e *n.* a person who competes in one or more sports that involve physical strength, speed, or endurance
199. junior fe___w *adj.* someone who has the same job or interests as you, or is in the same class, profession, or situation as you
200. bestowed bl____ngs *n.* a gift or favor from a higher power or force; an act or expression of approval, encouragement, or gratitude; something that brings happiness or good fortune
201. co____e electricity *v.* to spend something, especially fuel, energy, or time, in a large amount
202. in____te in supply *adj.* unlimited or very great; impossible to measure
203. three-fourths of a po__d *n.* the standard unit of money in the UK; the standard unit of weight equal to 16 ounces
204. ve____ra injury *n.* a bone in the spine, or the spinal column forming the supporting structure of the spine and protecting the spinal cord

ANSWERS: 194. injury, 195. grateful, 196. commerce, 197. conversation, 198. athlete, 199. fellow, 200. blessing, 201. consume, 202. infinite, 203. pound, 204. vertebra

205. cro_____try skiing *adj.* relating to or taking place across the open country rather than on roads or tracks; involving travel by foot, horse, or vehicle over rough terrain or through wilderness areas; (noun) a long-distance race or journey that takes place over rough or varied terrain, such as hills, forests, or fields
206. d__l up the volume *v.* to adjust or set the controls of a machine or device by turning a controller called dial; (noun) a disc on a telephone that is rotated a fixed distance for each number called
207. op_____ne occasion *adj.* suitable or happening at a time that is suitable or convenient for a particular purpose
208. PhD ca_____te *n.* a person who is seeking or being considered for some kind of position, title, honor, or award; a job applicant
209. ex___e rebellion *v.* to make someone feel suddenly enthusiastic or eager
210. a st___h in a garment *n.* one of the tiny thread lines visible on a piece of fabric after it has been sewn
211. re__t at a high temperature *v.* to take action in response to something
212. magnetic st__l *n.* a strong metal alloy made up of iron with typically a few tenths of a percent of carbon used for making things that need a strong structure
213. ba__y sweater *adj.* loose-fitting or puffed out in shape, typically about clothing

ANSWERS: 205. cross-country, 206. dial, 207. opportune, 208. candidate, 209. excite, 210. stitch, 211. react, 212. steel, 213. baggy

214. an air-cooled en___e *n.* a machine that converts thermal energy to mechanical work; something that has an important role used to achieve a purpose
215. w__p a fish in foil *v.* to cover or enclose something entirely with paper, cloth, or other material
216. ru___y show *n.* the catwalk or platform where models walk to display clothing or other fashion items during a fashion show; a strip of hard ground along which planes take off and land;
217. th___d a catheter *n.* a fine cord of natural or synthetic fibers or filaments, such as cotton or nylon, used in sewing, knitting, or weaving; a series of connected messages or comments on a social media platform or online forum, often related to a particular topic; a sequence or line of events, ideas, or actions that are connected or related; (*v.*) to pass a thread through a needle or other small opening, in preparation for sewing or stitching
218. euc_____us leaves *n.* a genus of flowering trees and shrubs native to Australia that are known for their aromatic leaves and medicinal properties
219. abs_____ly obsessed with the girl *adv.* without restriction or limitation; completely or utterly
220. in_____ve care *adj.* involving a lot of work or activity in a short time

ANSWERS: 214. engine, 215. wrap, 216. runway, 217. thread, 218. eucalyptus, 219. absolutely, 220. intensive

221. f__e abroad *v.* to leave by running away, especially out of fear or danger
222. uns_____le momentum *adj.* impossible to stop or prevent
223. a children's w__d *n.* a room in a hospital for patients requiring special care
224. 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
225. endearing ni_____me *n.* a familiar or humorous name given to a person or thing instead of or as well as the real name
226. st_____th of the economy *n.* the quality or state of being physically, or sometimes mentally, strong
227. a t__n room *n.* either of two children born at the same time from the same mother
228. hel_____er ride *n.* a type of aircraft that is capable of hovering in place and moving vertically, as well as flying horizontally; often used for emergency medical services, military operations, and transport in areas with limited access
229. the de__h of the water *n.* the distance between the top and bottom of something; between the top surface and a distance below it
230. gr__p a chance *v.* to take hold of something or someone quickly and firmly
231. nice fe___w *adj.* someone who has the same job or interests as you, or is in the same class, profession, or situation as you

ANSWERS: 221. flee, 222. unstoppable, 223. ward, 224. pump, 225. nickname, 226. strength, 227. twin, 228. helicopter, 229. depth, 230. grasp, 231. fellow

232. co_____t level *n.* a state of physical ease and freedom from pain or constraint
233. dr__t down the stream *v.* to move smoothly and slowly in water or air, especially as a result of outside forces, with no control over the direction
234. c__t a ballot *v.* to cause light or shadow to appear on a surface; to assign or choose someone such as an actor or representative, especially by selection process
235. re_____k a marketing plan *v.* to consider again a plan, idea, etc., especially to change it
236. a selfish de_____on *n.* the act or process of making up someone's mind about something; a choice or judgment reached after considering options
237. con_____ion in English *n.* an informal talk between two or more people to exchange their views, ideas, information, etc.
238. start a new th____d *n.* a fine cord of natural or synthetic fibers or filaments, such as cotton or nylon, used in sewing, knitting, or weaving; a series of connected messages or comments on a social media platform or online forum, often related to a particular topic; a sequence or line of events, ideas, or actions that are connected or related; (verb) to pass a thread through a needle or other small opening, in preparation for sewing or stitching

ANSWERS: 232. comfort, 233. drift, 234. cast, 235. rethink, 236. decision, 237. conversation, 238. thread

239. barren of cr____ve spirit *adj.* relating to or involving the use of skill and original and unusual ideas to create something
240. a gr____ul breeze *adj.* feeling or showing an appreciation of kindness; thankful
241. in st____e condition *adj.* firm and steady; not easily moved, disturbed, or changed
242. clutch pe__l *n.* a foot-operated lever or control, especially one used to control a vehicle, machine, or musical instrument
243. so____d clothes *adj.* completely wet; saturated or drenched with a liquid
244. de____on authority *n.* the act or process of making up someone's mind about something; a choice or judgment reached after considering options
245. in____ve agriculture *adj.* involving a lot of work or activity in a short time
246. get inc____ly insecure *adv.* in a way that is very difficult to believe; exceedingly or extremely
247. navigator's co____t *n.* the area in an aircraft or spacecraft from which the pilot controls the aircraft or spacecraft
248. phi____hy of education *n.* the study of general and fundamental questions, such as those about existence, reason, knowledge, values, mind
249. the modern ol____ad *n.* a period of four years, originally the time between the ancient Olympic Games and now commonly used to refer to the modern Olympic Games, which are held every four years

ANSWERS: 239. creative, 240. grateful, 241. stable, 242. pedal, 243. soaked, 244. decision, 245. intensive, 246. incredibly, 247. cockpit, 248. philosophy, 249. olympiad

250. re____d a company *v.* to build again or anew
251. sup_____al wound *adj.* existing or occurring only at or on the surface; appearing to be true or real only until examined more closely
252. cultural n__m *n.* something that is regarded as usual, typical, or standard
253. ai_____ne troop *adj.* moved or conveyed by or through the air; in the air
254. at inc_____le speed *adj.* unbelievable; enormous
255. c__t a charming eye *v.* to cause light or shadow to appear on a surface; to assign or choose someone such as an actor or representative, especially by selection process
256. traumatic par_____ia *n.* a form of paralysis that affects all or part of the lower body, typically caused by injury to the spinal cord or nervous system
257. li_____e renewal *n.* an official permission or authorization to do, use, or own something; a legal document that grants the holder the right to perform certain activities, such as driving a car, practicing a profession, or using a particular product or service
258. h_p from one place to another *v.* to jump lightly and quickly on one foot or both feet; to move rapidly from one place to another; to travel using an aircraft, bus, etc.
259. a volunteer nu__e *n.* a healthcare professional who is trained to provide care for the sick or injured; (verb) to try to cure by special care or treatment of an illness or injury

ANSWERS: 250. rebuild, 251. superficial, 252. norm, 253. airborne, 254. incredible, 255. cast, 256. paraplegia, 257. license, 258. hop, 259. nurse

260. ru___y lighting *n.* the catwalk or platform where models walk to display clothing or other fashion items during a fashion show; a strip of hard ground along which planes take off and land;
261. whe_____ir accessibility *n.* a chair fitted with large wheels for use as a means of transport by a person who is unable to walk
262. ae_____c respiration *adj.* relating to or requiring oxygen; (noun) an exercise or form of physical activity that enhances cardiovascular fitness and endurance, such as running or cycling
263. military ai_____t *n.* the transportation of people or goods by aircraft often used to refer to a major operation to move large numbers of people or supplies to or from an area in need, particularly in times of disaster or conflict
264. z__e defense *n.* a specific area, region, or section that is marked off or defined in some way
265. engine cooling f_n *n.* a person who admires and supports a person, group, sport, sports team, etc.; a device for creating a current of air by the movement of a surface or surfaces
266. re_____k the role of the manager *v.* to consider again a plan, idea, etc., especially to change it
267. in_____al organs *adj.* of or relating to the inside of something
268. a circular mo_____nt *n.* a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively

ANSWERS: 260. runway, 261. wheelchair, 262. aerobic, 263. airlift, 264. zone, 265. fan, 266. rethink, 267. internal, 268. movement

269. a t__n-lens camera *n.* either of two children born at the same time from the same mother
270. achieve spe_____ar growth *adj.* striking or impressive to look at or in performance or achievement
271. cr__h a revolt *v.* to press it firmly, usually with your hands or a tool, so that it becomes flat or smaller
272. ex___e the crowd *v.* to make someone feel suddenly enthusiastic or eager
273. w__e with water *v.* to clean or dry something by rubbing with a piece of cloth or paper or one's hand and removing dirt, food, or liquid
274. pos_____ty of a major earthquake *n.* a chance that something may happen or be true
275. spinal c__d *n.* a strong, thick, or thin thread or rope; a piece of plastic-coated wire used to transport electricity to a piece of equipment
276. sp___l injury *adj.* of or relating to the spine (= the long bone in the body's back)
277. get ne_____s *adj.* worried and anxious about something; relating to the nerves
278. portable be_____g cushion *n.* a small bag filled with dried beans or similar materials, used in games and as a low seat
279. have a thick sk__l *n.* a bone framework that surrounds the brain and gives the head its shape
280. de___e my position *v.* to state or explain precisely the nature, scope, or meaning of something

ANSWERS: 269. twin, 270. spectacular, 271. crush, 272. excite, 273. wipe, 274. possibility, 275. cord, 276. spinal, 277. nervous, 278. beanbag, 279. skull, 280. define

281. sl__e a glance v. to move or cause to move smoothly along a surface without interruption
282. d__l down the tension v. to adjust or set the controls of a machine or device by turning a controller called dial; (noun) a disc on a telephone that is rotated a fixed distance for each number called
283. ai_____ne particles *adj.* moved or conveyed by or through the air; in the air
284. in_____st secrets *adj.* situated or occurring at the deepest or most central part or point; relating to one's deepest or most private thoughts, feelings, or experiences
285. d__p from the vicious wound v. to fall in drops or make it fall in drops; (noun) liquid or moisture that falls in drops
286. d__p liquid v. to fall in drops or make it fall in drops; (noun) liquid or moisture that falls in drops
287. we__h a cargo v. to have a particular weight; to carefully evaluate things before making a conclusion
288. summer ol_____ad *n.* a period of four years, originally the time between the ancient Olympic Games and now commonly used to refer to the modern Olympic Games, which are held every four years
289. pos_____ty for growth *n.* a chance that something may happen or be true

ANSWERS: 281. slide, 282. dial, 283. airborne, 284. innermost, 285. drip, 286. drip, 287. weigh, 288. olympiad, 289. possibility

290. cause an ac_____nt *n.* an unfortunate event, especially one causing damage or injury
291. new di_____on *n.* a measurable extent of a particular kind, such as width, height, or length
292. su_____d a decision *v.* to stop something from continuing or being in force or effect, either temporarily or permanently; to hang something freely
293. software li_____e *n.* an official permission or authorization to do, use, or own something; a legal document that grants the holder the right to perform certain activities, such as driving a car, practicing a profession, or using a particular product or service
294. vi___e of frugality *n.* high moral standards in behavior or attitudes
295. literature of pe_____nt value *adj.* lasting for a long time without essential change
296. br___e for impact *n.* a device, typically one of a pair, for holding something in position or for strengthening an object; (verb) to support or hold steady and make steadfast
297. spe_____ar view *adj.* striking or impressive to look at or in performance or achievement
298. mo_____nt of troops *n.* a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively

ANSWERS: 290. accident, 291. dimension, 292. suspend, 293. license, 294. virtue, 295. permanent, 296. brace, 297. spectacular, 298. movement

299. rational exp_____on *n.* a comprehensive description and explanation of an idea or theory; a collection of things, such as goods or works of art, etc., for public display
300. re_____d communities *v.* to build again or anew
301. an international exp_____on *n.* a comprehensive description and explanation of an idea or theory; a collection of things, such as goods or works of art, etc., for public display
302. sp____t and the letter of the law *n.* the part of a person which is the seat of their mind, feelings, and character rather than their physical body; the general atmosphere of a place or situation and the effect that it has on people
303. gr__t a new license *v.* to agree to give or allow somebody
304. brain and sp____l cord *adj.* of or relating to the spine (= the long bone in the body's back)
305. ta____c repair *n.* (also "blacktop") a hard surface made of asphalt, concrete, or other materials, typically used as a runway or surface for vehicles to move on, such as a road, parking lot, or airport runway; (verb) to surface or pave a road or runway with tarmac
306. 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

ANSWERS: 299. exposition, 300. rebuild, 301. exposition, 302. spirit, 303. grant, 304. spinal, 305. tarmac, 306. frame

307. a warm em____e *v.* to accept something willingly and enthusiastically; (noun) the act of clasping another person in the arms as in greeting or affection
308. have a st___e job *adj.* firm and steady; not easily moved, disturbed, or changed
309. l__t a ban on alcohol *v.* to raise something to a higher position or level; to pick up something or somebody and move them to a different position
310. de___e a word *v.* to state or explain precisely the nature, scope, or meaning of something
311. ba__y sweatpants *adj.* loose-fitting or puffed out in shape, typically about clothing
312. a slim wa__t *n.* the part of the human body between the ribs and hips or the corresponding part in other animals
313. broken col_____ne *n.* the bone that connects the shoulder blade to the breastbone; also known as the clavicle
314. ni_____me for a person *n.* a familiar or humorous name given to a person or thing instead of or as well as the real name

ANSWERS: 307. embrace, 308. stable, 309. lift, 310. define, 311. baggy, 312. waist, 313. collarbone, 314. nickname

Session 3: Fill in the Blanks

1. The pianist played a _____ that filled the room with a rich, harmonious sound.
n. a straight line connecting two points on a curve; a combination of three or more musical notes played or sung at the same time
2. The politician remained _____ despite intense media scrutiny.
adj. without any or little sound
3. The construction industry is labor _____ although it has been somewhat automated by introducing large machinery.
adj. involving a lot of work or activity in a short time
4. We bought a new _____ chair for our family room.
n. a small bag filled with dried beans or similar materials, used in games and as a low seat
5. She was _____ about her friend's intentions.
adj. not being sure of something; not being able to choose
6. They spent a lot of time trying to _____ the current situation.
v. to take hold of something or someone quickly and firmly
7. Water is _____ from the faucet.
v. to fall in drops or make it fall in drops; (noun) liquid or moisture that falls in drops
8. After his mother died, he got _____.
adj. sad and without any hope

ANSWERS: 1. chord, 2. silent, 3. intensive, 4. beanbag, 5. uncertain, 6. grasp, 7. dripping, 8. depressed

9. The wound was so deep that it needed a surgical procedure and _____.
- n.* one of the tiny thread lines visible on a piece of fabric after it has been sewn
10. I'm at a career _____ and unsure which path to take.
- n.* a place where two or more roads or paths cross or intersect; a point of decision or choice, often involving significant consequences
11. After his accident, he was left with _____ and had to use a wheelchair.
- n.* a form of paralysis that affects all or part of the lower body, typically caused by injury to the spinal cord or nervous system
12. The company's policy remained _____ despite the criticism.
- adj.* not altered, modified, or varied in any way
13. The patient was moved to the intensive care _____ for further treatment.
- n.* a room in a hospital for patients requiring special care
14. She wore a _____ on her leg to support her injured ankle.
- n.* a device, typically one of a pair, for holding something in position or for strengthening an object; (verb) to support or hold steady and make steadfast
15. He found _____ in the warm embrace of his loved ones.
- n.* a state of physical ease and freedom from pain or constraint
16. 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
17. 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: 9. stitches, 10. crossroads, 11. paraplegia, 12. unchanged, 13. ward, 14. brace, 15. comfort, 16. frame, 17. pump

18. Ethics is a branch of _____.
- n.* the study of general and fundamental questions, such as those about existence, reason, knowledge, values, mind
19. The detective followed a _____ of clues which ultimately led to the suspect's arrest.
- n.* a fine cord of natural or synthetic fibers or filaments, such as cotton or nylon, used in sewing, knitting, or weaving; a series of connected messages or comments on a social media platform or online forum, often related to a particular topic; a sequence or line of events, ideas, or actions that are connected or related; (verb) to pass a thread through a needle or other small opening, in preparation for sewing or stitching
20. The company has made great strides in its _____ toward sustainability.
- n.* the act or process of changing to the next stage or phase or moving forward
21. The _____ fireworks display was the highlight of the festival.
- adj.* striking or impressive to look at or in performance or achievement
22. He uses a _____ traction machine for his treatment.
- n.* a bone in the spine, or the spinal column forming the supporting structure of the spine and protecting the spinal cord
23. The witness stated that he set a house _____.
- adj.* lighted up by or as by fire or flame; (verb) to come down
24. She was _____ for the help he provided.
- adj.* feeling or showing an appreciation of kindness; thankful
25. 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: 18. philosophy, 19. thread, 20. progression, 21. spectacular, 22. vertebra, 23. alight, 24. grateful, 25. clot

26. This library rents out various types of folding _____ for visitors.
- n.* a chair fitted with large wheels for use as a means of transport by a person who is unable to walk
27. This merger will help them reduce _____ costs substantially.
- n.* the expense of maintaining something that is involved in operating a business, such as rent and heating; (adverb) above your head; in the sky
28. He pressed the _____ with all his might, but the car still wouldn't start.
- n.* a foot-operated lever or control, especially one used to control a vehicle, machine, or musical instrument
29. If necessary, you can _____ the front seats forward.
- v.* to move or cause to move smoothly along a surface without interruption
30. The systems we have developed has accepted as industry _____.
- n.* something that is regarded as usual, typical, or standard
31. The corporation _____ dominated the entire tobacco business.
- adv.* finally, particularly after a long time or a lot of struggle, complications, and so on
32. Your spinal _____ is located deep within your body.
- n.* a strong, thick, or thin thread or rope; a piece of plastic-coated wire used to transport electricity to a piece of equipment
33. She cinched her dress at the _____ to accentuate her hourglass figure.
- n.* the part of the human body between the ribs and hips or the corresponding part in other animals

ANSWERS: 26. wheelchairs, 27. overhead, 28. pedal, 29. slide, 30. norms, 31. eventually, 32. cord, 33. waist

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 _____ the phone number and waited for an answer.

v. to adjust or set the controls of a machine or device by turning a controller called dial; (noun) a disc on a telephone that is rotated a fixed distance for each number called

36. The band's new album was a _____ success, reaching the top of the charts.

adj. very successful or impressive; causing something to be broken or destroyed

37. The car was completely _____ in the accident.

v. to press it firmly, usually with your hands or a tool, so that it becomes flat or smaller

38. She had many good _____ and few faults.

n. high moral standards in behavior or attitudes

39. The fire department arrived just in time to _____ the family from the burning building.

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

40. The plane pulled onto the _____ and stopped at the gate.

n. (also "blacktop") a hard surface made of asphalt, concrete, or other materials, typically used as a runway or surface for vehicles to move on, such as a road, parking lot, or airport runway; (verb) to surface or pave a road or runway with tarmac

41. The baby _____ 1 pound 3 oz.

v. to have a particular weight; to carefully evaluate things before making a conclusion

ANSWERS: 34. medical, 35. dialed, 36. smashing, 37. crushed, 38. virtues, 39. rescue, 40. tarmac, 41. weighs

42. The pharmacist not only prescribes the _____ but also guides its proper use.
- n.* a drug or other form of medicine that treats, prevents, or alleviates the symptoms of the disease
43. _____ the bandage tightly around the injured arm.
- v.* to cover or enclose something entirely with paper, cloth, or other material
44. The University _____ the most recalcitrant demonstrators.
- v.* to stop something from continuing or being in force or effect, either temporarily or permanently; to hang something freely
45. Our knowledge helps _____ our clients successfully.
- v.* to plan and direct the way that a ship, plane, etc. will travel, often by using a map
46. The _____ of the device was immediately apparent to all who saw it.
- n.* the state or quality of being useful or convenient; the service, such as electric power or water or transportation, provided by a public
47. Despite their tragic loss, the family is showing great _____.
- n.* the part of a person which is the seat of their mind, feelings, and character rather than their physical body; the general atmosphere of a place or situation and the effect that it has on people
48. I _____ around for years in Europe before going to university.
- v.* to move smoothly and slowly in water or air, especially as a result of outside forces, with no control over the direction
49. The _____ exercised great care in landing.
- n.* a person who flies an aircraft, especially as a job; a person qualified to guide ships through a difficult area of water

ANSWERS: 42. medication, 43. Wrap, 44. suspended, 45. navigate, 46. utility, 47. spirit, 48. drifted, 49. pilot

50. The _____ platform focused on healthcare reform and reducing income inequality.

n. a person who is seeking or being considered for some kind of position, title, honor, or award; a job applicant

51. The _____ of the candle flickered in the darkness of the room.

n. a bright, visible light and heat source caused by combustion; a strong, intense feeling typically associated with passion, aggression, or anger

52. Many people in this city use the _____ railway for transportation.

n. a shape like a curve or a circle made by something long and thin, such as a piece of string, that bends round and crosses itself

53. All the supervisor has to do is assign tasks that make his subordinates more _____.

adj. relating to or involving the use of skill and original and unusual ideas to create something

54. The pond's _____ was around five feet.

n. the distance between the top and bottom of something; between the top surface and a distance below it

55. Even after the wound has healed, a _____ remains.

n. a mark that remains on the skin after a wound has healed

56. The national election was held amid _____ security.

adj. fixed, fastened, or kept together firmly or closely

57. Its _____ brothers are difficult to tell apart except for their parents.

n. either of two children born at the same time from the same mother

ANSWERS: 50. candidate's, 51. flame, 52. loop, 53. creative, 54. depth, 55. scar, 56. tight, 57. twin

58. The _____ hat protected her face from the sun while she worked in the fields.
n. dry stalks of cereal plants used as fodder, fuel, basket, etc.
59. They are planning to _____ the house after the fire.
v. to build again or anew
60. The athlete suffered a broken _____ after a hard fall during the game.
n. the bone that connects the shoulder blade to the breastbone; also known as the clavicle
61. Many people see the _____ of traveling as an opportunity to experience new cultures and broaden their horizons.
n. the positive aspect or potential of something; the upper side of something
62. It took years of therapy before the patient could reveal their _____ thoughts and feelings.
adj. situated or occurring at the deepest or most central part or point; relating to one's deepest or most private thoughts, feelings, or experiences
63. The team has a _____ for their star player: "The Ace."
n. a familiar or humorous name given to a person or thing instead of or as well as the real name
64. During the surgery, the doctor had to be extremely cautious not to _____ a blood vessel.
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

ANSWERS: 58. straw, 59. rebuild, 60. collarbone, 61. upside, 62. innermost, 63. nickname, 64. damage

65. Your _____ reflects your thoughts.
n. an informal talk between two or more people to exchange their views, ideas, information, etc.
66. After the accident, he had _____ and could not move his arms or legs.
n. paralysis of all four limbs and the torso, usually resulting from injury to the spinal cord in the neck region
67. This electronic _____ is required to undergo periodic inspections to ensure precision.
n. an object used to make musical sounds, such as a piano, guitar, or drum; a tool or device used for a specific activity, particularly in specialist or scientific work
68. The night shift _____ checked my vital signs before administering the medication.
n. a healthcare professional who is trained to provide care for the sick or injured; (verb) to try to cure by special care or treatment of an illness or injury
69. He does not _____ importance to these rumors.
v. to fasten, join, or connect one thing to another
70. The _____ was so bright that I had to wear sunglasses to protect my eyes.
n. the direct light and heat that comes from the sun
71. The recent economic downturn has resulted in _____ layoffs.
adj. enormous amount; very heavy and solid
72. The accident caused a cracked _____.
n. each of a series of curved bones that are connected to the spine and surround the chest; (adjective) subject to laughter or ridicule

ANSWERS: 65. conversation, 66. quadriplegia, 67. instrument, 68. nurse, 69. attach, 70. sunshine, 71. massive, 72. rib

73. This accident _____ a dark shadow over their lives.

- v.* to cause light or shadow to appear on a surface; to assign or choose someone such as an actor or representative, especially by selection process

74. The amount of _____ pollen this year is higher than usual.

- adj.* moved or conveyed by or through the air; in the air

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

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

76. He suffers from _____ breakdowns.

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

77. The venom from the snake bite _____ his arm.

- v.* to cause a person or part of the body to become unable to move or feel

78. The police used a _____ scanner to identify the suspect.

- n.* a unique pattern of ridges and valleys on the surface of a finger that can be used to identify a person

79. The advantages would undoubtedly _____ the disadvantages.

- v.* to be heavier, more significant, or more critical than something

80. I'm a big ____ of French food.

- n.* a person who admires and supports a person, group, sport, sports team, etc.; a device for creating a current of air by the movement of a surface or surfaces

81. The golfer recorded an _____ distance.

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

ANSWERS: 73. cast, 74. airborne, 75. spinal, 76. nervous, 77. paralyzed, 78. fingerprint, 79. outweigh, 80. fan, 81. amazing

82. Before driving, ensure you have a valid driver's _____.
- n.* an official permission or authorization to do, use, or own something; a legal document that grants the holder the right to perform certain activities, such as driving a car, practicing a profession, or using a particular product or service
83. Receiving support from his friends was a great _____ in his time of need.
- n.* a gift or favor from a higher power or force; an act or expression of approval, encouragement, or gratitude; something that brings happiness or good fortune
84. We had to take a _____ flight because no direct flights were available.
- adj.* relating to or taking place across the open country rather than on roads or tracks; involving travel by foot, horse, or vehicle over rough terrain or through wilderness areas; (noun) a long-distance race or journey that takes place over rough or varied terrain, such as hills, forests, or fields
85. We spread _____ over the driveway to prevent cars from getting stuck in the mud.
- n.* small stones and pebbles, often mixed with sand, used for road surfaces, concrete, landscaping, or as a decorative material
86. The battle had an _____ impact on the nation.
- adj.* unlimited or very great; impossible to measure
87. Overall _____ are approximately 400x200mm.
- n.* a measurable extent of a particular kind, such as width, height, or length
88. The machinist used a digital _____ to measure the precise dimensions of the metal.
- n.* a tool used to measure the distance between two points or the thickness of an object

ANSWERS: 82. license, 83. blessing, 84. cross-country, 85. gravel, 86. infinite, 87. dimensions, 88. caliper

89. _____ exercise is important for maintaining a healthy heart and lungs.
adj. relating to or requiring oxygen; (noun) an exercise or form of physical activity that enhances cardiovascular fitness and endurance, such as running or cycling
90. We have to _____ our company's product lineup for further growth.
v. to consider again a plan, idea, etc., especially to change it
91. The journalist's _____ reporting should have captured the full scope of the issue.
adj. existing or occurring only at or on the surface; appearing to be true or real only until examined more closely
92. The shark's powerful _____ allowed it to swim at high speeds.
n. a thin flat part on the body of a fish or other aquatic animal used for propulsion or balance
93. The prime minister canceled visits to other countries to resolve _____ disputes.
adj. of or relating to the inside of something
94. Her response revealed _____ idiocy.
adj. unbelievable; enormous
95. The humanitarian organization organized an _____ of supplies to the disaster-stricken area.
n. the transportation of people or goods by aircraft often used to refer to a major operation to move large numbers of people or supplies to or from an area in need, particularly in times of disaster or conflict

ANSWERS: 89. Aerobic, 90. rethink, 91. superficial, 92. fins, 93. internal, 94. incredible, 95. airlift

96. The _____ wires in the electrical circuit caused a power outage.

adj. joined together or combined into one; blended or integrated in a way that creates a new entity

97. The drought _____ the prices of grain globally.

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

98. I prefer _____ clothes to tight-fitting ones.

adj. loose-fitting or puffed out in shape, typically about clothing

99. She was struggling to make a _____ between two job offers.

n. the act or process of making up someone's mind about something; a choice or judgment reached after considering options

100. His dream is to become an Olympic _____.

n. a person who competes in one or more sports that involve physical strength, speed, or endurance

101. After the party, they had to clean up _____ of dirty dishes.

n. a collection of objects positioned one on top of another; a large sum of something, such as money

102. The news of her promotion _____ her.

v. to make someone feel suddenly enthusiastic or eager

103. He is the kind of _____ who only works for his success.

adj. someone who has the same job or interests as you, or is in the same class, profession, or situation as you

ANSWERS: 96. fused, 97. lifted, 98. baggy, 99. decision, 100. athlete, 101. piles, 102. excited, 103. fellow

104. The museum's experts confirmed the _____ of the painting.
n. the quality of being real or genuine
105. Health and _____ are, above all, gold.
n. the quality or state of being physically, or sometimes mentally, strong
106. The patient died from _____ alcohol intoxication.
adj. extremely sharp or severe
107. The chairperson _____ him the right to speak.
v. to agree to give or allow somebody
108. Some people have severe allergies to _____ and must avoid them completely.
n. a type of legume that grows underground and is widely cultivated and consumed as a food source
109. The _____ in the novel provides background information on the characters and setting.
n. a comprehensive description and explanation of an idea or theory; a collection of things, such as goods or works of art, etc., for public display
110. The policies he announces can be the _____ of economic growth in the country.
n. a machine that converts thermal energy to mechanical work; something that has an important role used to achieve a purpose
111. How did he _____ to your idea?
v. to take action in response to something

ANSWERS: 104. authenticity, 105. strength, 106. acute, 107. granted, 108. peanuts, 109. exposition, 110. engine, 111. react

112. Archaeologists found a Neanderthal _____ at that historic site.

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

113. My accidental _____ got better right away.

n. harm done to a person's or an animal's body caused by an accident or an attack

114. The _____ of the dancers on stage was graceful and elegant.

n. a group of people working together to achieve a shared goal, especially a political, social, or artistic one; the process of moving or being moved, physically or figuratively

115. The hiker's boots were _____ from walking through the stream.

adj. completely wet; saturated or drenched with a liquid

116. It is a basic instinct to _____ from a dangerous situation.

v. to leave by running away, especially out of fear or danger

117. The steak was so undercooked that it was almost raw and had a _____ texture.

adj. having no strength or energy; walking with difficulty because of pain, injury, or disability in one's leg or foot

118. The model strutted down the _____ during the fashion show.

n. the catwalk or platform where models walk to display clothing or other fashion items during a fashion show; a strip of hard ground along which planes take off and land;

119. Our users are often _____ about the slow application.

v. to say dissatisfaction or annoyance about something or somebody

ANSWERS: 112. skull, 113. injury, 114. movement, 115. soaked, 116. flee, 117. limp, 118. runway, 119. complaining

120. The car's front bumper cost fifteen hundred _____.

- n.* the standard unit of money in the UK; the standard unit of weight equal to 16 ounces

121. X-ray inspection revealed many _____.

- n.* the breaking or cracking of a rigid material or object such as bone

122. The first two years of her marriage were sheer _____.

- n.* extreme happiness or joy

123. He was reluctant to leave his comfort _____ and try something new.

- n.* a specific area, region, or section that is marked off or defined in some way

124. The facility manager _____ the security guards to be on high alert.

- v.* to teach someone practical skills or knowledge; to formally order or tell someone to do something

125. We _____ on a new project.

- v.* to go on board a ship or plane; to set out on an enterprise or subject of study; to start something

126. The pilot sat in the _____ of the airplane.

- n.* the area in an aircraft or spacecraft from which the pilot controls the aircraft or spacecraft

127. This bridge is the third largest _____ bridge in the world.

- n.* a strong metal alloy made up of iron with typically a few tenths of a percent of carbon used for making things that need a strong structure

ANSWERS: 120. pounds, 121. fractures, 122. bliss, 123. zone, 124. instructed, 125. embarked, 126. cockpit, 127. steel

128. Management must take _____ responsibility for the accident.

adj. furthest or highest in degree or order

129. During transit, the stuff may ____ off the luggage tag.

v. to tear something or be torn violently or suddenly

130. The company's CEO arrived at the meeting via _____ to avoid traffic congestion

n. a type of aircraft that is capable of hovering in place and moving vertically, as well as flying horizontally; often used for emergency medical services, military operations, and transport in areas with limited access

131. He has terminal _____ cancer.

n. either of the two organs in the chest that people and some animals use for breathing

132. After the surgery, the patient was required to wear a _____ for several days.

n. a thin, flexible tube that is inserted into a body cavity, duct, or vessel to drain fluid, inject medication, or perform a medical procedure

133. Patience is the _____ of all sores.

n. a substance made of lime that becomes hard as it dries and is used for the protective or decorative coating of walls and ceilings and for molding and casting decorative elements

134. Several cities are experiencing _____ high unemployment rates.

adv. in a way that is very difficult to believe; exceedingly or extremely

135. She won a gold medal in the physics _____ and was praised by her teachers and peers.

n. a period of four years, originally the time between the ancient Olympic Games and now commonly used to refer to the modern Olympic Games, which are held every four years

ANSWERS: 128. ultimate, 129. rip, 130. helicopter, 131. lung, 132. catheter, 133. plaster, 134. incredibly, 135. olympiad

136. The final decision should be _____ with the chairman.

- n.* a small country house where people stay when they want to participate in outdoor activities; (verb) officially present a complaint, appeal, claim, etc. to the appropriate authorities

137. She explained the _____ surrounding the accident.

- n.* the specific conditions or events that surround a particular situation or occurrence

138. Life expectancy has grown _____ this century.

- adv.* in a very impressive manner

139. The penny fell _____ the piano.

- adv.* under or below something else

140. This company has invested heavily in Internet _____.

- n.* the activity of buying and selling things, especially on a large scale

141. The _____ partially destroyed my vehicle.

- n.* an unfortunate event, especially one causing damage or injury

142. The rabbit _____ over the fence.

- v.* to jump lightly and quickly on one foot or both feet; to move rapidly from one place to another; to travel using an aircraft, bus, etc.

143. The small boat's _____ was damaged in the storm, making it difficult to steer.

- n.* a flat, vertical blade at the rear of a vessel that can be turned horizontally to steer the vessel by changing its direction of movement; a device used in aircraft to control its yaw (side-to-side movement)

ANSWERS: 136. lodged, 137. circumstances, 138. dramatically, 139. underneath, 140. commerce, 141. accident, 142. hopped, 143. rudder

144. Relations between the two countries have been relatively _____ due to the summit meeting.
adj. firm and steady; not easily moved, disturbed, or changed
145. The incident attracted _____ media coverage throughout the world.
adj. covering a large area; having a wide range
146. The phone rang at the most _____ time.
adj. suitable or happening at a time that is suitable or convenient for a particular purpose
147. Various artificially induced causes are _____ our ecosystem.
v. to utter intentions of injury or punishment against someone
148. The woods _____ the house.
v. to accept something willingly and enthusiastically; (noun) the act of clasping another person in the arms as in greeting or affection
149. A smaller car will _____ less fuel.
v. to spend something, especially fuel, energy, or time, in a large amount
150. Please _____ your sweat with this towel.
v. to clean or dry something by rubbing with a piece of cloth or paper or one's hand and removing dirt, food, or liquid
151. She is searching for a _____ residence.
adj. lasting for a long time without essential change
152. The _____ of getting the disease will drastically increase.
n. a chance that something may happen or be true

ANSWERS: 144. stable, 145. extensive, 146. opportune, 147. threatening, 148. embrace, 149. consume, 150. wipe, 151. permanent, 152. possibility

153. The team's winning streak was _____.

adj. impossible to stop or prevent

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

adv. without restriction or limitation; completely or utterly

155. The scent of _____ is often used in aromatherapy to promote relaxation.

n. a genus of flowering trees and shrubs native to Australia that are known for their aromatic leaves and medicinal properties

156. Her _____ are consistently rational and sensible.

n. the ability to form valuable opinions and make reasonable decisions

157. To advance this discussion, we must _____ "success" rigorously.

v. to state or explain precisely the nature, scope, or meaning of something

ANSWERS: 153. unstoppable, 154. absolutely, 155. eucalyptus, 156. judgments, 157. define