

Englist.me



Vocabulary Builder Reference from...

Richard Weller: Could the sun be good for your heart? | TED Talk

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

Advanced Words Only

IMPORTANT

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

Session 1: Word List

dermatology

n. a branch of medicine that deals with the diagnosis and treatment of skin disorders and diseases

synonym: skin care, skin medicine, skin science

(1) pediatric **dermatology**, (2) **dermatology** research

She visited a **dermatology** clinic to get treatment for her skin condition.

medicinal

adj. of or relating to the treatment or cure of disease

synonym: curative, therapeutic, healing

(1) **medicinal** chemistry, (2) traditional **medicinal**

The **medicinal** properties of this herb have been known to help with various ailments.

magnanimous

adj. having or showing a generous, noble, and forgiving spirit; being unselfish and kind to others, especially those who have wronged or offended you

synonym: generous, benevolent, noble

(1) **magnanimous** forgiveness, (2) **magnanimous** attitude

The company's **magnanimous** donation to the charity helped many people in need.

rickets

n. a childhood disease caused by a deficiency of vitamin D, calcium, or phosphate, characterized by weak or

deformed bones

synonym : bone softening disease, vitamin D deficiency

(1) **rickets** diagnosis, (2) childhood **rickets**

Poor nutrition and lack of sunlight contributed to the development of **rickets** in the child.

distinctly

adv. in a way that is clearly or noticeably different or separates from something else; in a way that is unmistakably or unequivocally defined or identifiable

synonym : clearly, obviously, unmistakably

(1) **distinctly** remember, (2) **distinctly** different

The **distinctly** floral scent of the perfume lingered in the air long after the wearer had left the room.

nitric

n. pertaining to or containing nitrogen in its higher valence states, particularly compounds containing nitrogen and oxygen

synonym : nitrogen, NO, n-oxide

(1) **nitric** oxide, (2) **nitric** compound

The **nitric** acid spilled and caused a hazardous situation in the laboratory.

dilate

v. to make something wider, larger, or more open

synonym : widen, open, enlarge

(1) **dilate** the bronchial tubes, (2) **dilate** blood vessel

The pupils of the eyes **dilate** in low light.

shave

v. to remove body hair with a razor; to cut the price of something

synonym : trim, cut down, prune

(1) **shave** my head, (2) **shave** cheese

That supermarket tried to **shave** certain costs by saving electricity.

picket

n. a pointed wooden or metal stake driven into the ground used as a support or for marking an area or boundary; a

group of people, typically strikers or protestors, stationed or moving around in front of a workplace, government building, or other location, to demonstrate opposition or to pick up supporters

synonym : fence, stake, lookout

(1) **picket** sign, (2) cross the **picket** line

The farmer built a **picket** fence around his garden to keep the animals out.

inject

v. to put a liquid such as a drug or other substance into a person's or an animal's body using a needle and syringe (= small tube)

synonym : shoot, infiltrate, insinuate

(1) **inject** under the skin, (2) **inject** a personal opinion into a debate

Let's try to **inject** a bit of enthusiasm into your performance.

nit

n. the egg of a louse (= that is a tiny insect that lives in human hair) or some other insect; a foolish person

(1) **nit** in the dog's fur, (2) she is a little **nit**

Careful brushing can remove **nit**.

ultraviolet

adj. relating to or occupying the part of the spectrum beyond the violet end, especially radiation

synonym : black light, UV light, invisible light

(1) **ultraviolet** protection, (2) **ultraviolet** light

Ultraviolet radiation can cause skin damage if one is exposed for too long.

sunlamp

n. a device that produces ultraviolet light for tanning, improving one's skin color, or treating certain medical conditions; a lamp that emits light similar to that of the sun

synonym : tanning bed, UV light, solarium

(1) tanning **sunlamp**, (2) indoor **sunlamp**

The doctor prescribed **sunlamp** therapy to help alleviate my skin condition.

circulate

v. to move continuously or freely around a place or closed system

synonym: flow, disperse, rotate

(1) **circulate** a rumor, (2) **circulate** an agenda before the meeting

The fan **circulates** the air in the room quickly.

chop

v. to cut something into pieces with a sharp tool, such as a knife

synonym: cut, hack, slice

(1) **chop** wood, (2) **chop** a meet with a knife

The cook **chopped** the vegetables for the soup.

clamp

v. to fasten or secure something tightly, often using a tool or device called a clamp; to restrict something or someone's freedom or movement; (noun) a device used to secure, fasten, or hold objects together; a mass or group of things that are held or gathered tightly together

synonym: fasten, secure, hold tight

(1) **clamp** down on extremism, (2) **clamp** coupling

He used a wrench to **clamp** down the pipes tightly.

swell

v. to become larger or more inflated; to become more intense or important

synonym: expand, increase, inflate

(1) **swell** at room temperature, (2) **swell** a population

His arm was **swelling** from the insect bite.

sham

n. something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not

synonym: bogus, counterfeit, fraudulent

(1) a **sham** battle, (2) turn out to be all **sham**

The data he prepared was completely **sham**.

irradiate

v. to expose or subject something to radiation or intense light, often for sterilization or treatment; to emit or give

off rays of light or energy; to illuminate or make something clear or evident

synonym : radiate, beam, emit

(1) **irradiate** the atmosphere, (2) **irradiate** a tumor

The nuclear power plant was designed to **irradiate** the uranium rods to produce energy.

cleave

v. to split or divide something into two parts, often with force; to adhere or cling to something closely and cohesively

synonym : split, sever, cleave

(1) **cleave** meat, (2) **cleave** the party

He swung the axe with all his might to **cleave** the wood in half.

equator

n. an line of latitude that separates Earth's northern and southern hemispheres and has a radius of around 40,075 kilometers (24,901 miles)

(1) south of the **equator**, (2) above the **equator**

Ecuador is on the **equator**.

leafy

adj. covered with or having many leaves; of or relating to plants that produce many leaves, especially those that are broad and flat

synonym : verdant, leaf-covered, foliated

(1) **leafy** canopy, (2) **leafy** suburbs

The neighborhood is known for its **leafy** trees and verdant gardens.

beet

n. a thick, fleshy, edible root vegetable typically having a dark red or purplish color; a plant of the goosefoot family that produces this vegetable

(1) **beet** salad, (2) roasted **beet**

She made a delicious salad using fresh **beets** from her garden.

lettuce

n. a leafy vegetable that is often used as a base for salads or sandwiches; it has green leaves and a mild flavor

synonym: greens, salad, cress

(1) crisp **lettuce**, (2) wilted **lettuce**

I want a sandwich with extra **lettuce**, please.

finesse

n. skillful handling of a situation or problem with diplomacy, tact, or grace; subtle, artful maneuvering; refinement or delicacy in performance or execution; (verb) to handle a situation or problem with sensitivity, tact, and diplomacy

synonym: skill, dexterity, refinement

(1) creative **finesse**, (2) **finesse** a shot in golf

He displays great **finesse** when playing the guitar.

Session 2: Spelling

1. c__p wood *v.* to cut something into pieces with a sharp tool, such as a knife
2. le__y suburbs *adj.* covered with or having many leaves; of or relating to plants that produce many leaves, especially those that are broad and flat
3. cross the pi___t line *n.* a pointed wooden or metal stake driven into the ground used as a support or for marking an area or boundary; a group of people, typically strikers or protestors, stationed or moving around in front of a workplace, government building, or other location, to demonstrate opposition or to pick up supporters
4. ult_____et protection *adj.* relating to or occupying the part of the spectrum beyond the violet end, especially radiation
5. crisp le_____e *n.* a leafy vegetable that is often used as a base for salads or sandwiches; it has green leaves and a mild flavor
6. pediatric der_____gy *n.* a branch of medicine that deals with the diagnosis and treatment of skin disorders and diseases
7. in___t a personal opinion into a debate *v.* to put a liquid such as a drug or other substance into a person's or an animal's body using a needle and syringe (= small tube)

ANSWERS: 1. chop, 2. leafy, 3. picket, 4. ultraviolet, 5. lettuce, 6. dermatology, 7. inject

8. she is a little n_t *n.* the egg of a louse (= that is a tiny insect that lives in human hair) or some other insect; a foolish person
9. di___e the bronchial tubes *v.* to make something wider, larger, or more open
10. roasted b__t *n.* a thick, fleshy, edible root vegetable typically having a dark red or purplish color; a plant of the goosefoot family that produces this vegetable
11. di___e blood vessel *v.* to make something wider, larger, or more open
12. wilted le_____e *n.* a leafy vegetable that is often used as a base for salads or sandwiches; it has green leaves and a mild flavor
13. above the eq____r *n.* an line of latitude that separates Earth's northern and southern hemispheres and has a radius of around 40,075 kilometers (24,901 miles)
14. traditional me_____al *adj.* of or relating to the treatment or cure of disease
15. childhood ri_____s *n.* a childhood disease caused by a deficiency of vitamin D, calcium, or phosphate, characterized by weak or deformed bones
16. ir_____te a tumor *v.* to expose or subject something to radiation or intense light, often for sterilization or treatment; to emit or give off rays of light or energy; to illuminate or make something clear or evident

ANSWERS: 8. nit, 9. dilate, 10. beet, 11. dilate, 12. lettuce, 13. equator, 14. medicinal, 15. rickets, 16. irradiate

17. tanning su____p *n.* a device that produces ultraviolet light for tanning, improving one's skin color, or treating certain medical conditions; a lamp that emits light similar to that of the sun
18. n_t in the dog's fur *n.* the egg of a louse (= that is a tiny insect that lives in human hair) or some other insect; a foolish person
19. turn out to be all s__m *n.* something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not
20. cl__p down on extremism *v.* to fasten or secure something tightly, often using a tool or device called a clamp; to restrict something or someone's freedom or movement; (noun) a device used to secure, fasten, or hold objects together; a mass or group of things that are held or gathered tightly together
21. sw__l a population *v.* to become larger or more inflated; to become more intense or important
22. pi___t sign *n.* a pointed wooden or metal stake driven into the ground used as a support or for marking an area or boundary; a group of people, typically strikers or protestors, stationed or moving around in front of a workplace, government building, or other location, to demonstrate opposition or to pick up supporters

ANSWERS: 17. sunlamp, 18. nit, 19. sham, 20. clamp, 21. swell, 22. picket

23. ult_____et light *adj.* relating to or occupying the part of the spectrum beyond the violet end, especially radiation
24. ri_____s diagnosis *n.* a childhood disease caused by a deficiency of vitamin D, calcium, or phosphate, characterized by weak or deformed bones
25. mag_____us attitude *adj.* having or showing a generous, noble, and forgiving spirit; being unselfish and kind to others, especially those who have wronged or offended you
26. dis_____ly different *adv.* in a way that is clearly or noticeably different or separates from something else; in a way that is unmistakably or unequivocally defined or identifiable
27. south of the eq_____r *n.* an line of latitude that separates Earth's northern and southern hemispheres and has a radius of around 40,075 kilometers (24,901 miles)
28. fi_____e a shot in golf *n.* skillful handling of a situation or problem with diplomacy, tact, or grace; subtle, artful maneuvering; refinement or delicacy in performance or execution; (verb) to handle a situation or problem with sensitivity, tact, and diplomacy
29. dis_____ly remember *adv.* in a way that is clearly or noticeably different or separates from something else; in a way that is unmistakably or unequivocally defined or identifiable
30. ir_____te the atmosphere *v.* to expose or subject something to radiation or intense light, often for sterilization or treatment; to emit or give off rays of light or energy; to illuminate or make something clear or evident

ANSWERS: 23. ultraviolet, 24. rickets, 25. magnanimous, 26. distinctly, 27. equator, 28. finesse, 29. distinctly, 30. irradiate

31. sw__l at room temperature *v.* to become larger or more inflated; to become more intense or important
32. cl___e meat *v.* to split or divide something into two parts, often with force; to adhere or cling to something closely and cohesively
33. ci_____te an agenda before the meeting *v.* to move continuously or freely around a place or closed system
34. ni___c oxide *n.* pertaining to or containing nitrogen in its higher valence states, particularly compounds containing nitrogen and oxygen
35. mag_____us forgiveness *adj.* having or showing a generous, noble, and forgiving spirit; being unselfish and kind to others, especially those who have wronged or offended you
36. der_____gy research *n.* a branch of medicine that deals with the diagnosis and treatment of skin disorders and diseases
37. in___t under the skin *v.* to put a liquid such as a drug or other substance into a person's or an animal's body using a needle and syringe (= small tube)
38. c__p a meet with a knife *v.* to cut something into pieces with a sharp tool, such as a knife
39. sh__e cheese *v.* to remove body hair with a razor; to cut the price of something
40. creative fi_____e *n.* skillful handling of a situation or problem with diplomacy, tact, or grace; subtle, artful maneuvering; refinement or delicacy in performance or execution; (verb) to handle a situation or problem with sensitivity, tact, and diplomacy

ANSWERS: 31. swell, 32. cleave, 33. circulate, 34. nitric, 35. magnanimous, 36. dermatology, 37. inject, 38. chop, 39. shave, 40. finesse

41. ci_____te a rumor *v.* to move continuously or freely around a place or closed system
42. b__t salad *n.* a thick, fleshy, edible root vegetable typically having a dark red or purplish color; a plant of the goosefoot family that produces this vegetable
43. cl___e the party *v.* to split or divide something into two parts, often with force; to adhere or cling to something closely and cohesively
44. sh__e my head *v.* to remove body hair with a razor; to cut the price of something
45. me_____al chemistry *adj.* of or relating to the treatment or cure of disease
46. le__y canopy *adj.* covered with or having many leaves; of or relating to plants that produce many leaves, especially those that are broad and flat
47. cl__p coupling *v.* to fasten or secure something tightly, often using a tool or device called a clamp; to restrict something or someone's freedom or movement; (noun) a device used to secure, fasten, or hold objects together; a mass or group of things that are held or gathered tightly together
48. a s__m battle *n.* something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not

ANSWERS: 41. circulate, 42. beet, 43. cleave, 44. shave, 45. medicinal, 46. leafy, 47. clamp, 48. sham

49. indoor su____p

n. a device that produces ultraviolet light for tanning, improving one's skin color, or treating certain medical conditions; a lamp that emits light similar to that of the sun

50. ni____c compound

n. pertaining to or containing nitrogen in its higher valence states, particularly compounds containing nitrogen and oxygen

ANSWERS: 49. sunlamp, 50. nitric

Session 3: Fill in the Blanks

1. His arm was _____ from the insect bite.
v. to become larger or more inflated; to become more intense or important
2. The nuclear power plant was designed to _____ the uranium rods to produce energy.
v. to expose or subject something to radiation or intense light, often for sterilization or treatment; to emit or give off rays of light or energy; to illuminate or make something clear or evident
3. The _____ floral scent of the perfume lingered in the air long after the wearer had left the room.
adv. in a way that is clearly or noticeably different or separates from something else; in a way that is unmistakably or unequivocally defined or identifiable
4. The doctor prescribed _____ therapy to help alleviate my skin condition.
n. a device that produces ultraviolet light for tanning, improving one's skin color, or treating certain medical conditions; a lamp that emits light similar to that of the sun
5. Careful brushing can remove _____.
n. the egg of a louse (= that is a tiny insect that lives in human hair) or some other insect; a foolish person
6. She visited a _____ clinic to get treatment for her skin condition.
n. a branch of medicine that deals with the diagnosis and treatment of skin disorders and diseases
7. Poor nutrition and lack of sunlight contributed to the development of _____ in the child.
n. a childhood disease caused by a deficiency of vitamin D, calcium, or phosphate, characterized by weak or deformed bones

ANSWERS: 1. swelling, 2. irradiate, 3. distinctly, 4. sunlamp, 5. nit, 6. dermatology, 7. rickets

8. The _____ properties of this herb have been known to help with various ailments.
adj. of or relating to the treatment or cure of disease
9. Ecuador is on the _____.
n. an line of latitude that separates Earth's northern and southern hemispheres and has a radius of around 40,075 kilometers (24,901 miles)
10. The _____ acid spilled and caused a hazardous situation in the laboratory.
n. pertaining to or containing nitrogen in its higher valence states, particularly compounds containing nitrogen and oxygen
11. She made a delicious salad using fresh _____ from her garden.
n. a thick, fleshy, edible root vegetable typically having a dark red or purplish color; a plant of the goosefoot family that produces this vegetable
12. The cook _____ the vegetables for the soup.
v. to cut something into pieces with a sharp tool, such as a knife
13. He displays great _____ when playing the guitar.
n. skillful handling of a situation or problem with diplomacy, tact, or grace; subtle, artful maneuvering; refinement or delicacy in performance or execution; (verb) to handle a situation or problem with sensitivity, tact, and diplomacy
14. The fan _____ the air in the room quickly.
v. to move continuously or freely around a place or closed system
15. The farmer built a _____ fence around his garden to keep the animals out.
n. a pointed wooden or metal stake driven into the ground used as a support or for marking an area or boundary; a group of people, typically strikers or protestors, stationed or moving around in front of a workplace, government building, or other location, to demonstrate opposition or to pick up supporters

ANSWERS: 8. medicinal, 9. equator, 10. nitric, 11. beets, 12. chopped, 13. finesse, 14. circulates, 15. picket

16. The neighborhood is known for its _____ trees and verdant gardens.
adj. covered with or having many leaves; of or relating to plants that produce many leaves, especially those that are broad and flat
17. He swung the axe with all his might to _____ the wood in half.
v. to split or divide something into two parts, often with force; to adhere or cling to something closely and cohesively
18. I want a sandwich with extra _____ please.
n. a leafy vegetable that is often used as a base for salads or sandwiches; it has green leaves and a mild flavor
19. The data he prepared was completely _____.
n. something that is not as good or true as it seems to be and is intended to deceive people; a person who pretends to be something they are not
20. The pupils of the eyes _____ in low light.
v. to make something wider, larger, or more open
21. _____ radiation can cause skin damage if one is exposed for too long.
adj. relating to or occupying the part of the spectrum beyond the violet end, especially radiation
22. Let's try to _____ a bit of enthusiasm into your performance.
v. to put a liquid such as a drug or other substance into a person's or an animal's body using a needle and syringe (= small tube)
23. He used a wrench to _____ down the pipes tightly.
v. to fasten or secure something tightly, often using a tool or device called a clamp; to restrict something or someone's freedom or movement; (noun) a device used to secure, fasten, or hold objects together; a mass or group of things that are held or gathered tightly together

ANSWERS: 16. leafy, 17. cleave, 18. lettuce, 19. sham, 20. dilate, 21. Ultraviolet, 22. inject, 23. clamp

24. The company's _____ donation to the charity helped many people in need.

adj. having or showing a generous, noble, and forgiving spirit; being unselfish and kind to others, especially those who have wronged or offended you

25. That supermarket tried to _____ certain costs by saving electricity.

v. to remove body hair with a razor; to cut the price of something

ANSWERS: 24. magnanimous, 25. shave