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Vocabulary Builder Reference from...

Ruby Wax: What's so funny about mental illness? |

TED Talk

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

Advanced Words Only

IMPORTANT

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Session 1: Word List

inherit

v. to receive money, property, or a title from someone after they have died

synonym : obtain, gain, acquire

(1) **inherit** estate, (2) **inherit** ancestral property

After his death, his sons **inherited** his business.

sponge

n. a soft material with many microscopic pores that can absorb a large amount of liquid and is used for washing and cleaning

(1) sea **sponge**, (2) metallic **sponge**

The tiny marine **sponge** has existed for more than 500 million years.

footprint

n. a mark of a foot, shoe, or animal's foot left on a surface

synonym : footmark, imprint, impression

(1) **footprints** in the snow, (2) the **footprints** of an earlier civilization

We choose transportation that has a smaller carbon **footprint**.

sausage

n. a type of meat product usually made from pork, beef, or poultry, chopped into small pieces, put in a long tube of skin, then cooked or served cold in thin slices

synonym : bratwurst, wurst, frankfurter

(1) beef **sausage**, (2) German **sausage**
The mother sliced off a piece of **sausage**.

rigor

n. strictness or severity in opinion, temper, or judgment
synonym: strictness, exactness, accuracy

(1) the **rigor** of the law, (2) academic **rigor**

When the dead body was found, **rigor** mortis had already begun.

nibble

v. to take small or cautious bites or tastes, especially of food; to bite at or nibble on something repeatedly, often playfully or curiously; to gradually or slowly consume or erode something

synonym: bite, peck, chomp on

(1) **nibble** an ear of corn, (2) **nibble** here and there

I like to **nibble on** fruit in the morning for breakfast.

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.

mummy

n. a body of a human or animal that has been preserved, typically by being embalmed and wrapped in linen or other material

synonym: corpse, remains

(1) **mummy** tomb, (2) ancient Egyptian **mummy**

The well-preserved **mummy** was discovered in an ancient tomb in the desert.

inmate

n. a person who is confined to an institution such as a prison, hospital, or mental health facility

synonym: prisoner, convict, detainee

(1) **inmate** population, (2) **inmate** rights

The prison implemented a new educational program for **inmates** to learn skills and prepare for life after release.

inundate

v. to flood or overwhelm with an excessive amount of something

synonym: flood, submerge, overwhelm

(1) **inundate** swaths of farmland, (2) **inundate** his entire body

The heavy rain **inundated** the low-lying areas and caused flooding.

perk

n. an advantage or something extra, such as money or goods, you receive as well as your wages for doing a particular job

synonym: extra, bonus, benefit

(1) **perks** for repeat guests, (2) worker **perk**

A yacht cruise is our company's ultimate **perk**.

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**.

disgust

n. a strong feeling of dislike or disapproval

synonym: nauseate, hate, dislike

(1) public **disgust**, (2) show **disgust** at his actions

He was filled with **disgust** and fear for the threat of war.

neuron

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

synonym: nerve cell

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

Our body transfers information along each **neuron** using an

electrical impulse.

iceberg

n. a large piece of ice floating in the sea, detached from a glacier

synonym: glacier, ice mass, floe

(1) hit an **iceberg**, (2) **iceberg** melting

The ship encountered a series of **icebergs** and had to change its course.

homegrown

adj. grown or produced locally rather than imported from another area

synonym: indigenous, local, native

(1) **homegrown** talent, (2) **homegrown** produce

The restaurant prides itself on its **homegrown** ingredients sourced from local farms.

psychotic

adj. relating to or characterized by a loss of touch with reality; exhibiting or suffering from a severe mental disorder characterized by delusions, hallucinations, or disordered thinking

synonym: deranged, unstable, certifiable

(1) **psychotic** medication, (2) **psychotic** episode

Her husband's death caused her to experience a **psychotic** break.

teeny

adj. extremely small; tiny

synonym: tiny, mini, minuscule

(1) **teeny** bit, (2) so **teeny** tiny

The ring was so **teeny** that it almost looked like a toy.

ameba

n. a single-celled organism that typically has the shape of a small, round blob and moves by means of temporary projections called pseudopodia

synonym: protozoan, single-celled organism, unicellular organism

(1) **ameba** culture, (2) **ameba** movement

The pathogenetic **ameba** moved by extending and retracting its pseudopodia.

horsepower

n. a unit of power used to measure the output of mechanical engines, specifically the amount of work that one horse can do in a set amount of time

synonym : HP, power, energy

(1) maximum **horsepower**, (2) engine **horsepower**

The company's new generator has a **horsepower** rating of 1000, making it ideal for large buildings.

lobe

n. a rounded projection or division, especially of the brain, lung, or liver

synonym : part, section, division

(1) **lobe** of the liver, (2) frontal **lobe**

The lungs are divided into five **lobes**.

occiput

n. the back part of the head or skull

synonym : back of the head, skull base

(1) **occiput** muscles, (2) **occiput** pain

The massage therapist focused on the client's **occiput** region to relieve tension in the neck.

dendrite

n. a branched, tree-like structure that extends from a neuron (= nerve cell) and receives signals from other neurons and sensory receptors

synonym : nerve cell, branch, projection

(1) **dendrite** growth, (2) basal **dendrite**

Damage to **dendrites** can result in communication problems between neurons and may contribute to certain neurological disorders.

glitch

n. a minor problem or malfunction, especially in a computer program, system, or machine

synonym : malfunction, bug, fault

(1) computer **glitch**, (2) unanticipated **glitch**

The computer system had a minor **glitch** that caused a delay.

predator

n. an animal whose natural behavior is to prey on others
synonym : vulture, bloodsucker

(1) apex **predator**, (2) sexual **predators**

The native South American animals were in danger because of the **predator's** arrival.

adrenaline

n. (also "epinephrine") a substance secreted by the adrenal medulla in response to stress, which makes the heart beat faster and prepares the body to react to danger

synonym : epinephrine

(1) **adrenaline** receptor, (2) **adrenaline** addiction

The band has released a lot of **adrenaline-pumping** rock music.

cortisol

n. a hormone produced by the adrenal gland that is involved in regulating the body's metabolism, immune system, and blood pressure

synonym : stress hormone, hydrocortisone

(1) **cortisol** stress, (2) excessive **cortisol**

Cortisol levels in the body are often elevated during times of stress.

warden

n. a person responsible for the supervision and management of a particular place, such as a prison, a national park, or a university campus

synonym : guardian, supervisor, keeper

(1) **warden** duties, (2) forest **warden**

The **warden** of the prison made sure that the inmates followed the rules.

saber

n. a type of sword with a curved blade, typically used in cavalry or fencing

synonym : sword, cutlass, blade

(1) **saber** fencing, (2) ceremonial **saber**

The military commander drew his **saber** and shouted orders to the troops.

thigh

n. the part of the human leg between the hip and the knee; in animals, the corresponding upper part of the hind leg

synonym: thigh-bone, femur, upper leg

(1) **thigh** muscle, (2) chicken **thigh**

The marathon runner felt a cramp in her **thigh** at the 20th mile.

nag

v. to annoy or irritate someone persistently with repeated complaints, requests, or criticism; (noun) an old or over-worked horse

synonym: hassle, bother, badger

(1) **nag** about the minor thing, (2) **nag** political leaders

She couldn't stop **nagging** her husband to take out the trash.

stigma

n. a mark of shame or disgrace associated with a particular circumstance, quality, or person

synonym: mark, blemish, disgrace

(1) social **stigma**, (2) **stigma** against obesity

The mental health **stigma** often prevents people from seeking treatment.

Session 2: Spelling

- | | |
|---------------------------------|---|
| 1. computer gl___h | <i>n.</i> a minor problem or malfunction, especially in a computer program, system, or machine |
| 2. oc____t muscles | <i>n.</i> the back part of the head or skull |
| 3. engine hor_____er | <i>n.</i> a unit of power used to measure the output of mechanical engines, specifically the amount of work that one horse can do in a set amount of time |
| 4. st___a against obesity | <i>n.</i> a mark of shame or disgrace associated with a particular circumstance, quality, or person |
| 5. ceremonial sa__r | <i>n.</i> a type of sword with a curved blade, typically used in cavalry or fencing |
| 6. mu__y tomb | <i>n.</i> a body of a human or animal that has been preserved, typically by being embalmed and wrapped in linen or other material |
| 7. in_____te swaths of farmland | <i>v.</i> to flood or overwhelm with an excessive amount of something |
| 8. metallic sp___e | <i>n.</i> a soft material with many microscopic pores that can absorb a large amount of liquid and is used for washing and cleaning |
| 9. the ri__r of the law | <i>n.</i> strictness or severity in opinion, temper, or judgment |
| 10. ne___n cell body | <i>n.</i> a cell that is specialized to carry information within the brain and between the brain and other parts of the body |

ANSWERS: 1. glitch, 2. occiput, 3. horsepower, 4. stigma, 5. saber, 6. mummy, 7. inundate, 8. sponge, 9. rigor, 10. neuron

11. ho_____wn produce *adj.* grown or produced locally rather than imported from another area
12. forest wa____n *n.* a person responsible for the supervision and management of a particular place, such as a prison, a national park, or a university campus
13. n_g about the minor thing *v.* to annoy or irritate someone persistently with repeated complaints, requests, or criticism; (noun) an old or over-worked horse
14. th__h muscle *n.* the part of the human leg between the hip and the knee; in animals, the corresponding upper part of the hind leg
15. p__ks for repeat guests *n.* an advantage or something extra, such as money or goods, you receive as well as your wages for doing a particular job
16. apex pr_____or *n.* an animal whose natural behavior is to prey on others
17. ancient Egyptian mu__y *n.* a body of a human or animal that has been preserved, typically by being embalmed and wrapped in linen or other material
18. so te__y tiny *adj.* extremely small; tiny
19. adr_____ne addiction *n.* (also "epinephrine") a substance secreted by the adrenal medulla in response to stress, which makes the heart beat faster and prepares the body to react to danger
20. in___e rights *n.* a person who is confined to an institution such as a prison, hospital, or mental health facility

ANSWERS: 11. homegrown, 12. warden, 13. nag, 14. thigh, 15. perk, 16. predator, 17. mummy, 18. teeny, 19. adrenaline, 20. inmate

21. beef sa_____e *n.* a type of meat product usually made from pork, beef, or poultry, chopped into small pieces, put in a long tube of skin, then cooked or served cold in thin slices
22. sea sp____e *n.* a soft material with many microscopic pores that can absorb a large amount of liquid and is used for washing and cleaning
23. ni____e an ear of corn *v.* to take small or cautious bites or tastes, especially of food; to bite at or nibble on something repeatedly, often playfully or curiously; to gradually or slowly consume or erode something
24. in_____te his entire body *v.* to flood or overwhelm with an excessive amount of something
25. sa__r fencing *n.* a type of sword with a curved blade, typically used in cavalry or fencing
26. ni____e here and there *v.* to take small or cautious bites or tastes, especially of food; to bite at or nibble on something repeatedly, often playfully or curiously; to gradually or slowly consume or erode something
27. in____e population *n.* a person who is confined to an institution such as a prison, hospital, or mental health facility
28. wa____n duties *n.* a person responsible for the supervision and management of a particular place, such as a prison, a national park, or a university campus
29. n_g political leaders *v.* to annoy or irritate someone persistently with repeated complaints, requests, or criticism; (noun) an old or over-worked horse

ANSWERS: 21. sausage, 22. sponge, 23. nibble, 24. inundate, 25. saber, 26. nibble, 27. inmate, 28. warden, 29. nag

30. te__y bit *adj.* extremely small; tiny
31. ho_____wn talent *adj.* grown or produced locally rather than imported from another area
32. ps_____ic episode *adj.* relating to or characterized by a loss of touch with reality; exhibiting or suffering from a severe mental disorder characterized by delusions, hallucinations, or disordered thinking
33. adr_____ne receptor *n.* (also "epinephrine") a substance secreted by the adrenal medulla in response to stress, which makes the heart beat faster and prepares the body to react to danger
34. social st___a *n.* a mark of shame or disgrace associated with a particular circumstance, quality, or person
35. German sa_____e *n.* a type of meat product usually made from pork, beef, or poultry, chopped into small pieces, put in a long tube of skin, then cooked or served cold in thin slices
36. am__a culture *n.* a single-celled organism that typically has the shape of a small, round blob and moves by means of temporary projections called pseudopodia
37. in_____t estate *v.* to receive money, property, or a title from someone after they have died
38. the fo_____nts of an earlier civilization *n.* a mark of a foot, shoe, or animal's foot left on a surface
39. co_____ol stress *n.* a hormone produced by the adrenal gland that is involved in regulating the body's metabolism, immune system, and blood pressure

ANSWERS: 30. teeny, 31. homegrown, 32. psychotic, 33. adrenaline, 34. stigma, 35. sausage, 36. ameba, 37. inherit, 38. footprint, 39. cortisol

40. public di_____t *n.* a strong feeling of dislike or disapproval
41. ps_____ic medication *adj.* relating to or characterized by a loss of touch with reality; exhibiting or suffering from a severe mental disorder characterized by delusions, hallucinations, or disordered thinking
42. in_____t ancestral property *v.* to receive money, property, or a title from someone after they have died
43. worker p__k *n.* an advantage or something extra, such as money or goods, you receive as well as your wages for doing a particular job
44. 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
45. show di_____t at his actions *n.* a strong feeling of dislike or disapproval
46. academic ri__r *n.* strictness or severity in opinion, temper, or judgment
47. 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
48. oc_____t pain *n.* the back part of the head or skull
49. sexual pr_____ors *n.* an animal whose natural behavior is to prey on others

ANSWERS: 40. disgust, 41. psychotic, 42. inherit, 43. perk, 44. sham, 45. disgust, 46. rigor, 47. tarmac, 48. occiput, 49. predator

50. excite the ne___ns *n.* a cell that is specialized to carry information within the brain and between the brain and other parts of the body
51. fo_____nts in the snow *n.* a mark of a foot, shoe, or animal's foot left on a surface
52. am__a movement *n.* a single-celled organism that typically has the shape of a small, round blob and moves by means of temporary projections called pseudopodia
53. 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
54. hit an ic_____g *n.* a large piece of ice floating in the sea, detached from a glacier
55. chicken th__h *n.* the part of the human leg between the hip and the knee; in animals, the corresponding upper part of the hind leg
56. 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
57. frontal l__e *n.* a rounded projection or division, especially of the brain, lung, or liver
58. ic_____g melting *n.* a large piece of ice floating in the sea, detached from a glacier

ANSWERS: 50. neuron, 51. footprint, 52. ameba, 53. tarmac, 54. iceberg, 55. thigh, 56. sham, 57. lobe, 58. iceberg

59. excessive co____ol *n.* a hormone produced by the adrenal gland that is involved in regulating the body's metabolism, immune system, and blood pressure
60. maximum hor_____er *n.* a unit of power used to measure the output of mechanical engines, specifically the amount of work that one horse can do in a set amount of time
61. de____te growth *n.* a branched, tree-like structure that extends from a neuron (= nerve cell) and receives signals from other neurons and sensory receptors
62. basal de____te *n.* a branched, tree-like structure that extends from a neuron (= nerve cell) and receives signals from other neurons and sensory receptors
63. l__e of the liver *n.* a rounded projection or division, especially of the brain, lung, or liver
64. unanticipated gl____h *n.* a minor problem or malfunction, especially in a computer program, system, or machine

ANSWERS: 59. cortisol, 60. horsepower, 61. dendrite, 62. dendrite, 63. lobe, 64. glitch

Session 3: Fill in the Blanks

1. The band has released a lot of _____ rock music.
n. (also "epinephrine") a substance secreted by the adrenal medulla in response to stress, which makes the heart beat faster and prepares the body to react to danger
2. The ship encountered a series of _____ and had to change its course.
n. a large piece of ice floating in the sea, detached from a glacier
3. The heavy rain _____ the low-lying areas and caused flooding.
v. to flood or overwhelm with an excessive amount of something
4. We choose transportation that has a smaller carbon _____.
n. a mark of a foot, shoe, or animal's foot left on a surface
5. The well-preserved _____ was discovered in an ancient tomb in the desert.
n. a body of a human or animal that has been preserved, typically by being embalmed and wrapped in linen or other material
6. The prison implemented a new educational program for _____ to learn skills and prepare for life after release.
n. a person who is confined to an institution such as a prison, hospital, or mental health facility
7. I like to _____ fruit in the morning for breakfast.
v. to take small or cautious bites or tastes, especially of food; to bite at or nibble on something repeatedly, often playfully or curiously; to gradually or slowly consume or erode something

ANSWERS: 1. adrenaline-pumping, 2. icebergs, 3. inundated, 4. footprint, 5. mummy, 6. inmates, 7. nibble on

8. 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
9. Our body transfers information along each _____ using an electrical impulse.
- n.* a cell that is specialized to carry information within the brain and between the brain and other parts of the body
10. The military commander drew his _____ and shouted orders to the troops.
- n.* a type of sword with a curved blade, typically used in cavalry or fencing
11. 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
12. When the dead body was found, _____ mortis had already begun.
- n.* strictness or severity in opinion, temper, or judgment
13. The marathon runner felt a cramp in her _____ at the 20th mile.
- n.* the part of the human leg between the hip and the knee; in animals, the corresponding upper part of the hind leg
14. After his death, his sons _____ his business.
- v.* to receive money, property, or a title from someone after they have died
15. The tiny marine _____ has existed for more than 500 million years.
- n.* a soft material with many microscopic pores that can absorb a large amount of liquid and is used for washing and cleaning

ANSWERS: 8. tarmac, 9. neuron, 10. saber, 11. sham, 12. rigor, 13. thigh, 14. inherited, 15. sponge

16. The restaurant prides itself on its _____ ingredients sourced from local farms.

adj. grown or produced locally rather than imported from another area

17. She couldn't stop _____ her husband to take out the trash.

v. to annoy or irritate someone persistently with repeated complaints, requests, or criticism; (noun) an old or over-worked horse

18. The pathogenetic _____ moved by extending and retracting its pseudopodia.

n. a single-celled organism that typically has the shape of a small, round blob and moves by means of temporary projections called pseudopodia

19. The native South American animals were in danger because of the _____ arrival.

n. an animal whose natural behavior is to prey on others

20. The mother sliced off a piece of _____.

n. a type of meat product usually made from pork, beef, or poultry, chopped into small pieces, put in a long tube of skin, then cooked or served cold in thin slices

21. The _____ of the prison made sure that the inmates followed the rules.

n. a person responsible for the supervision and management of a particular place, such as a prison, a national park, or a university campus

22. Her husband's death caused her to experience a _____ break.

adj. relating to or characterized by a loss of touch with reality; exhibiting or suffering from a severe mental disorder characterized by delusions, hallucinations, or disordered thinking

23. Damage to _____ can result in communication problems between neurons and may contribute to certain neurological disorders.

n. a branched, tree-like structure that extends from a neuron (= nerve cell) and receives signals from other neurons and sensory receptors

ANSWERS: 16. homegrown, 17. nagging, 18. ameba, 19. predator's, 20. sausage, 21. warden, 22. psychotic, 23. dendrites

24. The company's new generator has a _____ rating of 1000, making it ideal for large buildings.

n. a unit of power used to measure the output of mechanical engines, specifically the amount of work that one horse can do in a set amount of time

25. The ring was so _____ that it almost looked like a toy.

adj. extremely small; tiny

26. The massage therapist focused on the client's _____ region to relieve tension in the neck.

n. the back part of the head or skull

27. The mental health _____ often prevents people from seeking treatment.

n. a mark of shame or disgrace associated with a particular circumstance, quality, or person

28. He was filled with _____ and fear for the threat of war.

n. a strong feeling of dislike or disapproval

29. The computer system had a minor _____ that caused a delay.

n. a minor problem or malfunction, especially in a computer program, system, or machine

30. _____ levels in the body are often elevated during times of stress.

n. a hormone produced by the adrenal gland that is involved in regulating the body's metabolism, immune system, and blood pressure

31. The lungs are divided into five _____.

n. a rounded projection or division, especially of the brain, lung, or liver

ANSWERS: 24. horsepower, 25. teeny, 26. occiput, 27. stigma, 28. disgust, 29. glitch, 30. Cortisol, 31. lobes

32. A yacht cruise is our company's ultimate _____.

- n.* an advantage or something extra, such as money or goods, you receive as well as your wages for doing a particular job

ANSWERS: 32. perk