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Julian Treasure: Shh! Sound health in 8 steps | TED Talk

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Advanced Words Only

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Session 1: Word List

Brahma

n. (of Hinduism) the creator god, one of the three primary deities in the Hindu trinity or Trimurti; (often spelled as "Brahman") the ultimate reality or supreme cosmic power in Hinduism; a breed of large chicken that is often raised for meat

(1) **Brahma** chicken, (2) **Brahma** sutra

The temple had a dedicated shrine to **Brahma**, adorned with fresh flowers daily.

vibrate

v. to move or cause anything to move fast and in small increments from side to side

synonym : oscillate, convulse, jerk

(1) **vibrate** at a regular frequency, (2) **vibrate** with anger

During the flight, the wings of the plane **vibrate**.

octave

n. a musical interval encompassing eight diatonic scale degrees, such as the interval from C to the next C in a C major scale

synonym : eighth, interval, range

(1) **octave** key, (2) **octave** range

The singer's range was impressive, covering three **octaves** with ease.

incidentally

adv. by the way; as an aside or in passing

synonym : by chance, by accident, inadvertently

(1) **incidentally** discovered, (2) **incidentally** mentioned
Incidentally, I know the answer to that question.

eardrum

n. a membrane in the middle ear that vibrates in response to sound waves and transmits the vibrations to the inner ear

synonym : tympanum, auricular membrane, myringa

(1) burst **eardrum**, (2) protect **eardrum**

The loud noise ruptured my **eardrum**, and I had to go to the hospital.

posit

v. to suggest or accept something as fact or as a basis for argument or consideration

synonym : assert, declare, assume

(1) **posit** the existence of life after death, (2) **posit** the premise

We should **posit** several hypotheses to discuss the matter.

expansive

adj. large or wide in extent or scope; friendly and open and willing to talk

synonym : large, extensive, vast

(1) with an **expansive** spirit, (2) **expansive** ocean views

The company has an **expansive** network of offices and locations around the world.

devastate

v. to wreck a place or an area or cause significant damage

synonym : demolish, destroy, crush

(1) **devastate** an area, (2) **devastate** the economy

Earthquakes can also trigger tsunamis, which **devastate** coastal areas.

humming

adj. producing a continuous, low, vibrating sound like that of the bee

synonym : buzzing, droning, vibrating

(1) **humming** sound, (2) **humming** bird

The **humming** of the bees filled the air as she walked through the garden.

dislocate

v. to move out of a position of the bone in a joint; to put out of its usual place, position, or relationship

synonym: displace

(1) **dislocate** my shoulder, (2) **dislocate** residents

X-rays revealed that several of his joints were **dislocated**.

unhealthy

adj. not conducive to good health; detrimental to physical or mental well-being

synonym: unwholesome, detrimental, insalubrious

(1) **unhealthy** diet, (2) **unhealthy** habit

Sitting for long hours in front of the computer is considered **unhealthy**.

squash

v. to forcefully crush or flatten something; to suppress, stifle, or defeat an idea or opposition forcefully

synonym: smash, crush, compress

(1) **squash** a package, (2) **squash** a rebellion

I like to **squash** my grapes when making homemade wine.

compress

v. to press or squeeze together to make something take up less space

synonym: condense, constrict, squeeze

(1) **compress** the chest, (2) **compress** gas

She **compressed** the files into a single ZIP archive to save space on her computer.

irritable

adj. easily or frequently agitated, annoyed, or angered; prone to becoming tense or angry in response to minor stimuli or events

synonym: cranky, grumpy, touchy

(1) **irritable** bowel syndrome, (2) **irritable** mood

Lack of sleep can make me **irritable** and easily annoyed.

protector

n. a person or thing that provides protection, support, or defense; a guardian or defender

synonym: guardian, defender, custodian

(1) environmental **protector**, (2) wildlife **protector**

The bodyguard acted as a **protector** for the celebrity.

Elizabethan

n. pertaining to the reign of Queen Elizabeth I of England (1558-1603); relating to the culture, literature, and history of that time period

(1) **Elizabethan** religious settlement, (2) **Elizabethan** theatre

The **Elizabethan** era is known for its rich literature and theatrical productions.

soundscape

n. the overall sound environment of a particular area or place

synonym: auditory environment, acoustics

(1) **soundscape** music, (2) tranquil **soundscape**

The **soundscape** of the city was a symphony of car horns and chatter.

foreground

n. the part of a view, picture, etc., that is nearest to the viewer

(1) **foreground** segmentation, (2) **foreground** galaxy

A happy group of friends occupies the **foreground** of the picture.

multimodal

adj. involving or using several ways of communication or expression

synonym: multiple-mode

(1) **multimodal** input device, (2) **multimodal** approach

The **multimodal** transportation system included trains, buses, and bikes.

lithotripsy

n. a medical procedure or technique used to break down or destroy kidney stones or other urinary tract stones using high-energy shock waves or laser technology; the

process of crushing or disintegrating stones in the body through non-invasive means

synonym: shock wave lithotripsy, ultrasonic disintegration

(1) **lithotripsy** procedure, (2) endoscopic **lithotripsy**

Lithotripsy treatment has become a preferred method for many patients with kidney stones due to its non-invasive nature.

scalpel

n. a small, sharp knife or blade used in surgery or dissection for cutting tissue or separating parts of the body

synonym: knife, surgical instrument, blade

(1) surgical **scalpel**, (2) precision **scalpel**

The surgeon used an electric **scalpel** to make a precise incision during the operation.

pulverize

v. to break into fine particles or dust; to crush, pound, or grind into a powder or a paste; to destroy completely or utterly

synonym: crush, smash, demolish

(1) **pulverize** rocks, (2) **pulverize** competition

The demolition crew had to **pulverize** the old building to make room for the new one.

intensify

v. to increase or make something increase in extent or strength

synonym: amplify, boost, strengthen

(1) **intensify** diplomatic efforts, (2) **intensify** a good relationship

Rebels have pledged to **intensify** the armed struggle against the dictatorship.

dementia

n. a severe decline in cognitive function, especially memory, as a result of disease or injury

synonym: cognitive decline, memory loss, Alzheimer's disease

(1) **dementia** patients, (2) probably have **dementia**

The study found that regular exercise can help to prevent the onset of **dementia** in older age.

consciously

adv. with awareness; in a deliberate manner

synonym : intentionally, deliberately, knowingly

(1) **consciously** aware of a problem, (2) act **consciously**
He **consciously** criticizes her in the publicity.

secondly

adv. used to introduce the second point or item in a list or series of statements, considerations, etc.

synonym : in the second place, next, subsequently

(1) **secondly** connected, (2) **secondly**, it is important
Firstly, we will discuss the budget; **secondly**, we will go over the schedule.

antidote

n. a chemical substance or remedy that stops or controls the effects of a poison or disease

synonym : remedy, treatment, restorative

(1) the **antidote** to the poison, (2) the **antidote** for aging
Knowledge is the **antidote** to fear.

steward

n. a person responsible for the management and care of another's property or for the supervision of the domestic staff of a large household or organization; a person in charge of arranging for the supply of food to a college, club, etc.

synonym : caretaker, manager, custodian

(1) **steward** duties, (2) **steward** service

The **steward** on the flight was very helpful in assisting passengers with their needs.

assail

v. to attack violently or to criticize harshly and aggressively; to make a concerted effort to overcome or defeat

synonym : attack, assault, pounce

(1) **assail** with questions, (2) **assail** an opponent with criticism

The army will **assail** the enemy's camp under the cover of darkness.

Session 2: Spelling

1. Br___a sutra
n. (of Hinduism) the creator god, one of the three primary deities in the Hindu trinity or Trimurti; (often spelled as "Brahman") the ultimate reality or supreme cosmic power in Hinduism; a breed of large chicken that is often raised for meat
2. act con_____ly
adv. with awareness; in a deliberate manner
3. po__t the existence of life after death
v. to suggest or accept something as fact or as a basis for argument or consideration
4. surgical sc_____l
n. a small, sharp knife or blade used in surgery or dissection for cutting tissue or separating parts of the body
5. po__t the premise
v. to suggest or accept something as fact or as a basis for argument or consideration
6. con_____ly aware of a problem
adv. with awareness; in a deliberate manner
7. hu_____g sound
adj. producing a continuous, low, vibrating sound like that of the bee
8. in_____fy diplomatic efforts
v. to increase or make something increase in extent or strength
9. wildlife pr_____or
n. a person or thing that provides protection, support, or defense; a guardian or defender
10. burst ea_____m
n. a membrane in the middle ear that vibrates in response to sound waves and transmits the vibrations to the inner ear

ANSWERS: 1. Brahma, 2. consciously, 3. posit, 4. scalpel, 5. posit, 6. consciously, 7. humming, 8. intensify, 9. protector, 10. eardrum

11. di_____te my shoulder *v.* to move out of a position of the bone in a joint; to put out of its usual place, position, or relationship
12. hu_____g bird *adj.* producing a continuous, low, vibrating sound like that of the bee
13. oc___e range *n.* a musical interval encompassing eight diatonic scale degrees, such as the interval from C to the next C in a C major scale
14. Br___a chicken *n.* (of Hinduism) the creator god, one of the three primary deities in the Hindu trinity or Trimurti; (often spelled as "Brahman") the ultimate reality or supreme cosmic power in Hinduism; a breed of large chicken that is often raised for meat
15. environmental pr_____or *n.* a person or thing that provides protection, support, or defense; a guardian or defender
16. protect ea_____m *n.* a membrane in the middle ear that vibrates in response to sound waves and transmits the vibrations to the inner ear
17. se_____ly, it is important *adv.* used to introduce the second point or item in a list or series of statements, considerations, etc.
18. co_____ss the chest *v.* to press or squeeze together to make something take up less space
19. precision sc_____l *n.* a small, sharp knife or blade used in surgery or dissection for cutting tissue or separating parts of the body

ANSWERS: 11. dislocate, 12. humming, 13. octave, 14. Brahma, 15. protector, 16. eardrum, 17. secondly, 18. compress, 19. scalpel

20. probably have de_____ia *n.* a severe decline in cognitive function, especially memory, as a result of disease or injury
21. di_____te residents *v.* to move out of a position of the bone in a joint; to put out of its usual place, position, or relationship
22. un_____hy habit *adj.* not conducive to good health; detrimental to physical or mental well-being
23. lit_____sy procedure *n.* a medical procedure or technique used to break down or destroy kidney stones or other urinary tract stones using high-energy shock waves or laser technology; the process of crushing or disintegrating stones in the body through non-invasive means
24. co_____ss gas *v.* to press or squeeze together to make something take up less space
25. the an_____te for aging *n.* a chemical substance or remedy that stops or controls the effects of a poison or disease
26. as____l an opponent with criticism *v.* to attack violently or to criticize harshly and aggressively; to make a concerted effort to overcome or defeat
27. ex_____ve ocean views *adj.* large or wide in extent or scope; friendly and open and willing to talk
28. ir_____le bowel syndrome *adj.* easily or frequently agitated, annoyed, or angered; prone to becoming tense or angry in response to minor stimuli or events

ANSWERS: 20. dementia, 21. dislocate, 22. unhealthy, 23. lithotripsy, 24. compress, 25. antidote, 26. assail, 27. expansive, 28. irritable

29. tranquil sou_____pe *n.* the overall sound environment of a particular area or place
30. mul_____al input device *adj.* involving or using several ways of communication or expression
31. de_____te the economy *v.* to wreck a place or an area or cause significant damage
32. de_____te an area *v.* to wreck a place or an area or cause significant damage
33. se_____ly connected *adv.* used to introduce the second point or item in a list or series of statements, considerations, etc.
34. de_____ia patients *n.* a severe decline in cognitive function, especially memory, as a result of disease or injury
35. un_____hy diet *adj.* not conducive to good health; detrimental to physical or mental well-being
36. as___l with questions *v.* to attack violently or to criticize harshly and aggressively; to make a concerted effort to overcome or defeat
37. vi_____e at a regular frequency *v.* to move or cause anything to move fast and in small increments from side to side
38. vi_____e with anger *v.* to move or cause anything to move fast and in small increments from side to side
39. Eli_____an theatre *n.* pertaining to the reign of Queen Elizabeth I of England (1558-1603); relating to the culture, literature, and history of that time period

ANSWERS: 29. soundscape, 30. multimodal, 31. devastate, 32. devastate, 33. secondly, 34. dementia, 35. unhealthy, 36. assail, 37. vibrate, 38. vibrate, 39. Elizabethan

40. endoscopic lit_____sy *n.* a medical procedure or technique used to break down or destroy kidney stones or other urinary tract stones using high-energy shock waves or laser technology; the process of crushing or disintegrating stones in the body through non-invasive means
41. ir_____le mood *adj.* easily or frequently agitated, annoyed, or angered; prone to becoming tense or angry in response to minor stimuli or events
42. with an ex_____ve spirit *adj.* large or wide in extent or scope; friendly and open and willing to talk
43. st_____d duties *n.* a person responsible for the management and care of another's property or for the supervision of the domestic staff of a large household or organization; a person in charge of arranging for the supply of food to a college, club, etc.
44. inc_____lly discovered *adv.* by the way; as an aside or in passing
45. sq___h a rebellion *v.* to forcefully crush or flatten something; to suppress, stifle, or defeat an idea or opposition forcefully
46. Eli_____an religious settlement *n.* pertaining to the reign of Queen Elizabeth I of England (1558-1603); relating to the culture, literature, and history of that time period
47. sq___h a package *v.* to forcefully crush or flatten something; to suppress, stifle, or defeat an idea or opposition forcefully

ANSWERS: 40. lithotripsy, 41. irritable, 42. expansive, 43. steward, 44. incidentally, 45. squash, 46. Elizabethan, 47. squash

48. st____d service *n.* a person responsible for the management and care of another's property or for the supervision of the domestic staff of a large household or organization; a person in charge of arranging for the supply of food to a college, club, etc.
49. the an____te to the poison *n.* a chemical substance or remedy that stops or controls the effects of a poison or disease
50. inc____lly mentioned *adv.* by the way; as an aside or in passing
51. pu____ze competition *v.* to break into fine particles or dust; to crush, pound, or grind into a powder or a paste; to destroy completely or utterly
52. pu____ze rocks *v.* to break into fine particles or dust; to crush, pound, or grind into a powder or a paste; to destroy completely or utterly
53. sou____pe music *n.* the overall sound environment of a particular area or place
54. for____nd galaxy *n.* the part of a view, picture, etc., that is nearest to the viewer
55. oc____e key *n.* a musical interval encompassing eight diatonic scale degrees, such as the interval from C to the next C in a C major scale
56. for____nd segmentation *n.* the part of a view, picture, etc., that is nearest to the viewer
57. in____fy a good relationship *v.* to increase or make something increase in extent or strength

ANSWERS: 48. steward, 49. antidote, 50. incidentally, 51. pulverize, 52. pulverize, 53. soundscape, 54. foreground, 55. octave, 56. foreground, 57. intensify

58. mul_____al approach

adj. involving or using several ways of communication or expression

ANSWERS: 58. multimodal

Session 3: Fill in the Blanks

1. Earthquakes can also trigger tsunamis, which _____ coastal areas.
v. to wreck a place or an area or cause significant damage
2. The demolition crew had to _____ the old building to make room for the new one.
v. to break into fine particles or dust; to crush, pound, or grind into a powder or a paste; to destroy completely or utterly
3. Firstly, we will discuss the budget; _____ we will go over the schedule.
adv. used to introduce the second point or item in a list or series of statements, considerations, etc.
4. X-rays revealed that several of his joints were _____.
v. to move out of a position of the bone in a joint; to put out of its usual place, position, or relationship
5. _____ I know the answer to that question.
adv. by the way; as an aside or in passing
6. The _____ transportation system included trains, buses, and bikes.
adj. involving or using several ways of communication or expression
7. Lack of sleep can make me _____ and easily annoyed.
adj. easily or frequently agitated, annoyed, or angered; prone to becoming tense or angry in response to minor stimuli or events
8. The army will _____ the enemy's camp under the cover of darkness.
v. to attack violently or to criticize harshly and aggressively; to make a concerted effort to overcome or defeat

ANSWERS: 1. devastate, 2. pulverize, 3. secondly, 4. dislocated, 5. Incidentally, 6. multimodal, 7. irritable, 8. assail

9. She _____ the files into a single ZIP archive to save space on her computer.
- v.* to press or squeeze together to make something take up less space
10. The _____ on the flight was very helpful in assisting passengers with their needs.
- n.* a person responsible for the management and care of another's property or for the supervision of the domestic staff of a large household or organization; a person in charge of arranging for the supply of food to a college, club, etc.
11. A happy group of friends occupies the _____ of the picture.
- n.* the part of a view, picture, etc., that is nearest to the viewer
12. The temple had a dedicated shrine to _____ adorned with fresh flowers daily.
- n.* (of Hinduism) the creator god, one of the three primary deities in the Hindu trinity or Trimurti; (often spelled as "Brahman") the ultimate reality or supreme cosmic power in Hinduism; a breed of large chicken that is often raised for meat
13. The _____ of the city was a symphony of car horns and chatter.
- n.* the overall sound environment of a particular area or place
14. The surgeon used an electric _____ to make a precise incision during the operation.
- n.* a small, sharp knife or blade used in surgery or dissection for cutting tissue or separating parts of the body
15. Knowledge is the _____ to fear.
- n.* a chemical substance or remedy that stops or controls the effects of a poison or disease

ANSWERS: 9. compressed, 10. steward, 11. foreground, 12. Brahma, 13. soundscape, 14. scalpel, 15. antidote

16. The bodyguard acted as a _____ for the celebrity.
- n.* a person or thing that provides protection, support, or defense; a guardian or defender
17. The study found that regular exercise can help to prevent the onset of _____ in older age.
- n.* a severe decline in cognitive function, especially memory, as a result of disease or injury
18. The loud noise ruptured my _____ and I had to go to the hospital.
- n.* a membrane in the middle ear that vibrates in response to sound waves and transmits the vibrations to the inner ear
19. The _____ era is known for its rich literature and theatrical productions.
- n.* pertaining to the reign of Queen Elizabeth I of England (1558-1603); relating to the culture, literature, and history of that time period
20. The _____ of the bees filled the air as she walked through the garden.
- adj.* producing a continuous, low, vibrating sound like that of the bee
21. Sitting for long hours in front of the computer is considered _____.
- adj.* not conducive to good health; detrimental to physical or mental well-being
22. We should _____ several hypotheses to discuss the matter.
- v.* to suggest or accept something as fact or as a basis for argument or consideration
23. _____ treatment has become a preferred method for many patients with kidney stones due to its non-invasive nature.
- n.* a medical procedure or technique used to break down or destroy kidney stones or other urinary tract stones using high-energy shock waves or laser technology; the process of crushing or disintegrating stones in the body through non-invasive means

ANSWERS: 16. protector, 17. dementia, 18. eardrum, 19. Elizabethan, 20. humming, 21. unhealthy, 22. posit, 23. Lithotripsy

24. I like to _____ my grapes when making homemade wine.
- v. to forcefully crush or flatten something; to suppress, stifle, or defeat an idea or opposition forcefully
25. During the flight, the wings of the plane _____.
- v. to move or cause anything to move fast and in small increments from side to side
26. He _____ criticizes her in the publicity.
- adv. with awareness; in a deliberate manner
27. Rebels have pledged to _____ the armed struggle against the dictatorship.
- v. to increase or make something increase in extent or strength
28. The company has an _____ network of offices and locations around the world.
- adj. large or wide in extent or scope; friendly and open and willing to talk
29. The singer's range was impressive, covering three _____ with ease.
- n. a musical interval encompassing eight diatonic scale degrees, such as the interval from C to the next C in a C major scale

ANSWERS: 24. squash, 25. vibrate, 26. consciously, 27. intensify, 28. expansive, 29. octaves