

1. Notorious

■ Famous or well known for something bad

• **ANT:** Infamous

- A notorious computer hacker
- Notorious cases of human rights abuses
- A judge notorious for his cruelty and corruption

► **Notoriously [adverb]**

- Statistics can be notoriously unreliable.
- The program is notoriously difficult to learn.

○ Your Example:

2. Obscure

■ Not well known and usually not very important

- An obscure poet
- The details of his life remain obscure.

■ Difficult to understand

- Obscure legal phrases
- For some obscure reason, the group is very popular.

○ Your Example:

3. Convenient

■ Useful, easy, or quick to do; not causing problems

• **ANT:** Inconvenient

- Let's meet on Friday. What's the most convenient time for you?

■ Near to a place or easy to get to

- I like to buy food at the farmer's market, but it's not very convenient.

▶ **Conveniently [adverb]**

- Our office is conveniently located near a subway stop.

○ Your Example:

4. Welfare

■ Someone's welfare is their health and happiness.

- Our only concern is the children's welfare.

■ Help that is provided for people who have personal or social problems.

▶ **welfare benefits/services/programs etc.**

- The provision of education and welfare services

- The company's welfare officer deals with employees' personal problems.

■ Money that is paid by the government in the US to people who are very poor or unemployed

• **SYN:** Benefit

▶ **on welfare**

- Most of the people in this neighborhood are on welfare.

○ Your Example:

5. Vital

■ **Extremely important and necessary for something to succeed or exist**

• **SYN: Crucial**

- The work she does is absolutely vital.
- These measures are vital to national security.
- It is vital to be honest with your children.
- The tourist industry is of vital importance to the national economy. The tourist industry is of vital importance to the national economy.

■ **full of energy in a way that is exciting and attractive**

- Rodgers and Hart's music sounds as fresh and vital as the day it was written.

○ Your Example:

6. Urgent

■ **So important that you must do it or answer it quickly.**

- Is your message urgent?
- He was in urgent need of medical attention.

▶ **Urgently [adverb]**

- I must see you urgently.

○ Your Example:

7. Crucial

■ **Something that is crucial is extremely important, because everything else depends on it.**

- A crucial moment

- This aid money is crucial to the government's economic policies.

▶ **crucial in/to doing something**

- The work of monks was crucial in spreading Christianity.

○ Your Example:

8. Metaphor

■ **A word or phrase that is used to describe something by comparing it to something else.**

- "She has a heart of stone" is a metaphor.

- She uses some wonderful images and metaphors in her writing.

- A very creative use of metaphor

▶ **metaphorical [adjective]**

- Metaphorical language

○ Your Example:

9. Profess

■ **To say that you do, are etc. something, especially when it is not really true**

- The government professes to care about the poor.
- He professed to be an expert on Islamic art.

■ **To state a personal feeling or belief openly**

- He finally made up his mind to profess his love for her.
- He professed himself satisfied with the results.

■ **To have a religion or belief**

- Matt professed no religion.

○ Your Example:

10. Admit

■ **To say that you have done something wrong or that something bad is true**

• **ANT: Deny**

- He admitted stealing the money.
- I admit that I made a mistake.

■ **To allow someone or something to go into a place**

- This ticket admits one person to the museum.

○ Your Example:

11. Acknowledge



- **To agree or accept that something is true**

- He acknowledged that he had made a mistake.

- **To write to someone who has sent you a letter, etc. to say that you have received it**

- She never acknowledged my letter.

- **To show that you have noticed someone**

- He acknowledged me with a wave.

- ▶ **acknowledgment [noun]**

- I didn't receive an acknowledgment of my application.

○ Your Example:

12. Enquire

- **Enquire is to be used for general senses of 'ask',**

- Could I enquire about your mother's health?

- Every enquiry is very welcome.

- **Hint:** The traditional distinction between the verbs enquire and **inquire** is that **enquire** is to be used for general senses of 'ask', while inquire is reserved for uses meaning 'make a formal investigation'.

- **Hint: Enquire,** and the associated noun enquiry, are more common in **British English** while **inquire** (and the noun inquiry) are more common in **American English**.

○ Your Example:

13. Esteem

■ To respect and admire someone or something

- Paden was greatly esteemed by the people of Ayrshire.

- He was esteemed as a literary wit

■ A feeling of respect for someone, or a good opinion of someone

▶ hold somebody in high/great esteem

- The critics held him in high esteem as an actor.

▶ token/mark of somebody's esteem (=a sign of their respect)

- Please accept the small gift we enclose as a mark of our esteem.

- my father's complete lack of esteem for actors

○ Your Example:

14. Absurd

■ So silly that it makes you laugh

• SYN: Ridiculous

- It seems an absurd idea.

- The guards look absurd in that new uniform.

▶ Absurdity [noun]

- Duncan laughed at the absurdity of the situation.

○ Your Example:

15. Enthusiast



■ **A person who is very interested in an activity or a subject**

- Car enthusiasts
- An enthusiast for the latest management thinking
- Dennis was a genuine enthusiast for financial matters.

○ Your Example:

16. Avid

■ **Very enthusiastic about something, usually something you do in your free time**

• **SYN: Keen**

- An avid golfer
- An avid reader
- Tim's father is an avid collector of old blues and jazz records.

○ Your Example:

17. Associate

■ **To make a connection between things or people in your mind**

- Most people associate Colorado with snow and skiing.
- These illnesses are associated with smoking.

■ **To spend time with someone**

- I don't want you associating with that wild crowd anymore.

○ Your Example:

18. Pathetic

■ **Something or someone that is pathetic is so useless, unsuccessful, or weak that they annoy you.**

- You're pathetic! Here, let me do it.

- I know it sounds pathetic now, but at the time I was frightened.

■ **Making you feel pity or sympathy.**

- The child looked a pathetic sight.

▶ **pathetically** [adverb]

- She whimpered pathetically.

○ Your Example:

19. Fanatic

■ **Someone who has extreme political or religious ideas and is often dangerous**

• **SYN: extremist**

- Fanatics who represent a real danger to democracy

- His parents were religious fanatics who didn't allow him to play with other children.

■ **Someone who likes a particular thing or activity very much**

• **SYN: Enthusiast**

- A health food fanatic a fitness fanatic

▶ **Fanatical** [adjective]

- A fanatical sportsman He was fanatical about tidiness.

○ Your Example:

20. Hypocrite

■ **Someone who pretends to have certain beliefs or opinions that they do not really have – used to show disapproval.**

- He was also a hypocrite, a puritan, and a racist
- Jack failed thoroughly as a hypocrite.
- Some reporters believe politicians are hypocrites.

○ Your Example:

21. Compel

■ **To force someone to do something**

- The law will compel employers to provide health insurance.
- She felt compelled to resign because of the scandal.

■ **To make people have a particular feeling or attitude**

- His performance compelled the audience's attention.

○ Your Example:

22. Sympathy



■ **The feeling of being sorry for someone who is in a bad situation**

- I have a lot of sympathy for her; she had to bring up the children on her own.
- I have absolutely no sympathy for students who get caught cheating in exams.
- Our sympathies are with the families of the victims.

■ **Belief in or support for a plan, idea, or action, especially a political one**

- Willard is in sympathy with many Green Party issues.
- Her sympathies lie firmly with the Conservative Party.

○ Your Example:

23. Compassion

■ **A strong feeling of sympathy for someone who is suffering, and a desire to help them**

- Compassion for the sick
- This is a place of compassion, a place of forgiveness.

▶ **feel/show/have compassion**

- Did he feel any compassion for the victim of his crime?
- I was shocked by the doctor's lack of compassion.

○ Your Example:

24. Mutter

■ **To speak in a low voice, especially because you are annoyed about something, or you do not want people to hear you**

- 'I never want to come here again,' he muttered to himself.
- Elsie muttered something I couldn't catch and walked off.

■ **To complain about something or express doubts about it, but without saying clearly and openly what you think**

- Some senators muttered darkly about the threat to national security.

○ Your Example:

25. Mumble

■ To say something too quietly or not clearly enough, so that other people cannot understand you

- He bumped into someone and mumbled an apology.
- Stop mumbling!
- A woman on the corner was mumbling to herself.

○ Your Example:

26. Yell



■ To shout or say something very loudly, especially because you are frightened, angry, or excited

- 'Help me!' she yelled hysterically.
- I yelled out, 'Here I am!'
- The crowd are on their feet yelling.
- He could hear Pete yelling at the top of his voice (=very loudly).

○ Your Example:

27. Gaze



■ To look at someone or something for a long time

- She sat and gazed out of the window.
- He was gazing at her.

○ Your Example:

28. Wander

■ To walk slowly across or around an area, usually without a clear direction or purpose.

▶ **wander in/through/around etc.**

- I'll wander around the mall for half an hour.
- She wandered aimlessly about the house.
- Ana wandered off to get a drink.

■ To walk away from where you are supposed to stay.

- Don't let any of the kids wander off.

■ If your mind, thoughts etc. wander, you no longer pay attention to something, especially because you are bored or worried.

- Mrs. Snell's mind wandered and the voices went on and on.

○ Your Example:

29. Accompany

school



■ To go with someone to a place

- Four teachers accompanied the class on their school trip.

■ To happen at the same time as something else

- Thunder is usually accompanied by lightning.

■ To play music while someone sings or plays another instrument

- You sing, and I'll accompany you on the guitar.

○ Your Example:

30. Outskirts

■ **the parts of a town or city that are furthest from the center**

- They live on the outskirts of Paris.
- We stayed on the outskirts of the capital.
- By 9 o'clock we reached the outskirts of Berlin.
- You sing, and I'll accompany you on the guitar.

○ Your Example:

31. Residential



■ **A residential part of a town consists of private houses, with no offices or factories.**

- A quiet residential neighborhood

■ **Relating to homes rather than offices or businesses**

- Telephone services for residential customers

■ **Residential property consists of private houses where people live, rather than offices or factories.**

- Opponents claim the development is too near residential areas.

- The company plans to provide cable television to business and residential customers.

○ Your Example:

32. Rural

■ **Happening in or relating to the countryside, not the city**

• **ANT: Urban**

- Rural bus routes.
- Compared to Los Angeles, Santa Barbara is rural.
- Crime is a concern in both rural and urban areas.

■ **Like the countryside or reminding you of the countryside.**

- It's very rural round here, isn't it?

○ Your Example:

33. Urban

■ **Relating to towns and cities**

• **ANT: Rural**

- Unemployment in urban areas
- The deprived sections of the urban population
- The problem of air pollution is especially serious in urban areas.

○ Your Example:

34. Domestic

■ **Connected with the home or family.**

- Cooking and cleaning are domestic jobs.
- Many cats and dogs are domestic animals (= animals that live in your home with you).

■ **Not international; only inside one country.**

- A domestic flight (= to a place in the same country)
- The booming domestic economy
- US foreign and domestic policy

○ Your Example:

35. Participate



■ **To do something together with other people**

• **SYN: Take part**

- Ten countries participated in the discussions.
- Some members refused to participate.
- Everyone in the class is expected to participate actively in these discussions.

▶ **participation** [noncount] .

- Your participation is greatly appreciated.

○ Your Example:

36. Anticipate

■ **To think that something will happen and be ready for it**

- We didn't anticipate so many problems.
- The schedule isn't final, but we don't anticipate many changes.
- I didn't anticipate having to do the cooking myself!

■ **To think about something that is going to happen, especially something pleasant**

• **SYN: Look forward to**

- Daniel was eagerly anticipating her arrival.

○ Your Example:

37. Take part



■ **To be involved in an activity, sport, event etc. with other people**

- About 400 students took part in the protest.

- She wanted to take part but she was too ill.

- At college I took an active part in student politics.

■ **Hint:** Don't say 'take a part in' something. Say **take part** in something.

○ Your Example:

38. Take place

■ **To happen, especially after being planned or arranged**

- The next meeting will take place on Thursday.

- Talks between the two sides are still taking place.

- Major changes are taking place in society.

○ Your Example:

39. Global

■ **Affecting or including the whole world.**

- Global climate changes

- The new global economy is exciting and full of possibilities.

■ **Considering all the parts of a problem or situation together.**

- We are taking a global view of our business.

○ Your Example:

40. Global warming



■ A general increase in world temperatures caused by increased amounts of carbon dioxide around the Earth.

- The proposals are the latest stage in the Government's battle against global warming.
- There will be displays on acid rain, the ozone layer and global warming.

○ Your Example:

41. Tropical

■ Coming from or existing in the hottest parts of the world.

- Most species live in tropical rain forests.
- Tropical fruit
- Weather that is tropical is very hot and wet.
- A steamy tropical night.

○ Your Example:

42. Deforestation

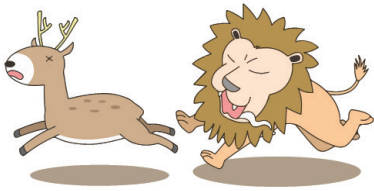


■ The cutting or burning down of all the trees in an area.

- The deforestation of the tropics.
- Some parts of tropical America have seen over 70% deforestation.
- Like most of the forest species, it is Threatened by deforestation and hunting.

○ Your Example:

43. Predator



■ An animal that kills and eats other animals

- Predators are lion trying to hunt for other animals to preserve energy or just because the lion is hungry.
- The long spines of the sea urchins protect them from most predators.

■ Someone who tries to use another person's weakness to get advantages

- A sexual predator
- They want to prevent the business falling into the hands of an overseas predator.

○ Your Example:

44. Prey

■ An animal or bird that another animal or bird kills for food

- Zebra are prey for lions.
- A tiger stalking its prey
- Snakes track their prey by its scent.

▶ **Prey** [verb]

- So, too, were the spiders that prey on them.

○ Your Example:

45. Ecological



■ **Connected with the way plants, animals, and people are related to each other and to their environment.**

- An ecological disaster
- But in ecological terms, something catastrophic had occurred.

■ **Interested in preserving the environment.**

- Ecological groups
- Each team works in 3 villages of a chosen ecological and cultural region, with 8 months in each of the villages.

▶ **ecologically**

- This method of growing crops is effective and ecologically sound.

○ Your Example:

46. Eco-friendly

■ **Not harmful to the environment**

- Eco-friendly products
- The socks are the latest item to be made from eco-friendly Eco Spun, a material made from recycled plastic containers.

○ Your Example:

47. Organic

■ **Relating to farming or gardening methods of growing food without using artificial chemicals, or produced or grown by these methods.**

- Organic farming is better for the environment.
- Organic gardening.
- Nowadays I only buy meat that is organic.

▶ **organic food/vegetables/milk etc.**

■ **Change or development which is organic happens in a natural way, without anyone planning it or forcing it to happen.**

- It is an organic view of the organization.
- The company's path to success was by means of organic growth.

○ Your Example:

48. Sustainable

■ **Able to continue without causing damage to the environment.**

- The government should do more to promote sustainable agriculture.
- The sustainable use of rainforest resources.
- Cycling is a totally sustainable form of transport.
- Environmentally sustainable development.

■ **Able to continue for a long time.**

- The party is promising low inflation and sustainable economic growth.

○ Your Example:

49. Renewable

■ **If an agreement or official document is renewable, you can make it continue for a further period of time after it ends**

- It's a six-month lease but it's renewable.
- A renewable visa.

■ **Renewable energy replaces itself naturally, or is easily replaced because there is a large supply of it.**

- Renewable energy such as solar power.
- An industry based on renewable resources.
- The problem with fossil fuels is that they are not renewable.

○ Your Example:

50. Wreck



■ **A ship, car, or airplane that has been very badly damaged in an accident.**

- The ship was wrecked off the coast of Africa.
- The car was a wreck, but no one was hurt.

■ **An accident that badly damages a car, ship, or airplane.**

- The highway wreck killed two people.
- The car was completely wrecked in the accident.

○ Your Example:

51. Wreckage

■ **The parts of something such as a plane, ship, or building that are left after it has been destroyed in an accident.**

- Firemen managed to pull some survivors from the wreckage.
- Accident investigators will examine the wreckage of the plane.

■ **The parts of someone's relationships, hopes, or plans that remain after they have been spoiled.**

- She still hoped to salvage something from the wreckage of her marriage.

○ Your Example:

52. Leftover

■ **Remaining after all the rest has been used, taken, or eaten.**

- Leftover vegetables
- A few pieces of leftover carpet
- Take all your leftover bottles to be recycled.

○ Your Example:

53. Coast

■ **The area where the land meets the sea.**

- The west coast of Africa
- We drove along the Pacific coast to Seattle.
- I used to live in a small village on the coast (=on the land near the sea).

○ Your Example:

54. Shore

■ **The land along the edge of a large area of water such as an ocean or lake**

- We could see a boat about a mile from shore.
- Only a few survivors reached the shore.
- She began to swim to shore.

○ Your Example:

55. Seaside



■ **Relating to places that are near the sea**

▶ **seaside town/resort**

- A seaside holidays.
- The popular seaside resort of Brighton

○ Your Example:

56. Cruise

■ **To sail along slowly, especially for pleasure.**

- We were cruising in the Caribbean all winter.
- An evening spent cruising the River Seine.

■ **To stay at the same speed in a car, plane, etc.**

- Cruising along at 60 miles an hour

■ **A holiday on a large ship**

- A Mediterranean cruise
- A luxury cruise ship
- A cruise around the world
- Last year cruise sales rose by 25 percent in Britain.

○ Your Example:

57. Coach



■ **[count] (sports)** A person who trains a person or team in a sport.

- A baseball coach.
- The Norwegian national coach.

■ **[noncount]** The cheapest type of seats on an airplane

- I used to fly business class for work, but now I fly coach.

■ **To teach someone to play a sport or do something better**

- She is coaching the Olympic volleyball team.

○ Your Example:

58. Evade

■ **To avoid talking about something, especially because you are trying to hide something.**

- I could tell that he was trying to evade the issue.
- The minister evaded the question.

■ **To not do or deal with something that you should do**

- You can't go on evading your responsibilities in this way.
- You're simply trying to evade the problem.

○ Your Example:

59. Deposit

- **To put something somewhere to keep it safe**

- The money was deposited in the bank.

- **Money that you pay to show that you want something and that you will pay the rest later**

- We paid a deposit on the car.

- **Extra money that you pay when you rent something. You get it back if you do not damage or lose what you have rented.**

- If you damage the apartment, they'll keep your deposit.

- **Money that you pay into a bank**

- I'd like to make a deposit, please.

○ Your Example:

60. Pledge

- **A serious promise or agreement, especially one made publicly or officially.**

- A pledge of support for the plan.

- The government's pledge to make no deals with terrorists.

- Parents make a pledge to take their children to rehearsals.

- **A promise to give money to an organization.**

- Donors have made pledges totaling nearly \$4 million.

- A pledge of \$200 to the public TV station.

○ Your Example:

61. Finance

■ **The management of money by governments, large organizations etc.**

- Leasing and other forms of business finance.
- Russia's finance minister.
- The world of high finance (=financial activities involving very large amounts of money).

■ **Money provided by a bank or other institution to help buy or do something**

• **SYN: funding/funds**

- We need to raise finance for further research.

○ Your Example:

62. Fund

■ **An amount of money that is collected and kept for a particular purpose.**

- The fund was set up to try to save the cathedral.
- The government agreed to create a fund to help develop rural areas.
- They used this money to set up a fund for the refugees.

■ **An organization that collects money, for example to help people who are ill, old etc.**

- We give to the Children's Fund every Christmas.
- A total of \$5,800 in church funds has been used to provide assistance to local people.

○ Your Example:

63. Advance

■ Progress or a new development in something.

- Major advances in computer technology
- There was a big advance in the price of gold today.

▶ In advance

■ Before something happens.

- You should buy tickets for the concert well in advance.
- The child is warned in advance about those behaviours.

▶ Advanced

■ Of or for someone who is already good at something difficult

- An advanced English class.
- Advanced weapon systems.

○ Your Example:

64. Promote

■ To give someone a better more responsible job in a company

• ANT: Demote

- She worked hard, and after a year she was promoted to manager.
- Helen was promoted to senior manager.

■ To help a product sell more or be more popular.

- The band is on tour to promote their new album.
- She's in London to promote her new book.

▶ Promotion

- The new job is a promotion for me.

○ Your Example:



65. Wonder

■ **To think about something that you are not sure about and try to guess what is true, what will happen etc.**

▶ **wonder who/what/how etc.**

- I wonder how James is getting on.
- What are they going to do now, I wonder?

▶ **wonder if/whether**

- I wonder if I'll recognize Philip after all these years.
- He's been leaving work early a lot – it makes you wonder, doesn't it?

■ **To feel surprised and unable to believe something.**

- Sometimes I wonder about his behaviour.
- I wonder how he dares to show his face!

▶ **I don't wonder** (British English) (=I am not surprised)

- I don't wonder you're tired.

○ Your Example:

66. Provisional

■ **Likely or able to be changed in the future.**

- A provisional government
- We accept provisional bookings by phone.
- You have to get a provisional license until you pass your test.
- The management has made a provisional pay offer of 7%.

▶ **Provisionally** [adverb]

- The meeting has been provisionally arranged for the end of May.

○ Your Example:

67. Flexible



■ Able to change easily.

- We can start earlier if you like – I can be flexible.
- Flexible working hours
- We can be flexible about your starting date.
- Our new computer software is extremely flexible.

■ Able to bend easily without breaking

• **ANT:** Inflexible

- Shoes with flexible rubber soles

► **Flexibility** [noun]

- This new technology should lead to greater flexibility in the workplace.

○ Your Example:

68. Adjust

■ To make a small change to something, to make it better.

- You can adjust the height of this chair.
- Adjust the heat so that the soup doesn't boil.
- If your employment status changes, your tax code will be adjusted accordingly.

■ To gradually become familiar with a new situation

• **SYN:** adapt

- They'll soon settle in – kids are very good at adjusting.
- My parents had trouble adjusting to living in an apartment.
- It took time to adjust myself to motherhood.

► **adjustment** [noun]

- After a few minor adjustments, the room looked perfect.

○ Your Example:

69. Modify

■ To make small changes to something in order to improve it and make it more suitable or effective

• SYN: adapt

- The feedback will be used to modify the course for next year.
- The regulations can only be modified by a special committee.
- The seats can be modified to fit other types of vehicle.

○ Your Example:

70. Vary



■ If several things of the same type vary, they are all different from each other

• SYN: differ

- Test scores vary from school to school.
- The heights of the plants vary from 8 cm to 20 cm.
- Flowers that vary in color and size

■ If something varies, it changes depending on the situation.

- Quentin's mood seems to vary according to the weather.
- 'What do you wear when you go out?' 'Well, it varies.'

■ To change something to make it different

- My doctor said I should vary my diet more.

○ Your Example:

71. Option

■ A choice you can make in a particular situation.

- There are a number of options available.
- This was not the only option open to him.
- Another option is to rent somewhere for six months
- She had the option of staying for an extra year.

○ Your Example:

72. Assure

■ To tell someone that something will definitely happen or is definitely true so that they are less worried

• SYN: Reassure

- Her doctor has assured us that she'll be fine.
- The document is genuine, I can assure you.
- The dealer had assured me of its quality.

■ To make something certain to happen or to be achieved

• SYN: Ensure

- Excellent reviews have assured the film's success.
- A win on Saturday will assure them of promotion to Division One.

○ Your Example:

73. Distribute

■ To share things among a group of people, especially in a planned way

• **SYN:** give out

▶ **distribute something among/to somebody**

- Clothes and blankets have been Distributed among the refugees.

- A man distributing leaflets to passers-by

■ **To supply goods to shops and companies so that they can sell them.**

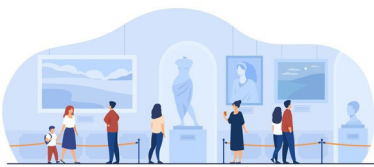
- Milk is distributed to the local shops by Herald's Dairies.

■ **To spread something over a large area.**

- Make sure the weight of the load is evenly distributed.

○ Your Example:

74. Exhibit



■ To show something in a public place so that people can go to see it

• **SYN:** Show

- Her paintings have been exhibited all over the world.

- The sculpture was first exhibited at the Canadian National Exhibition.

■ **To clearly show a particular quality, emotion, or ability**

• **SYN:** Display

▶ **exhibit signs/symptoms/behaviour etc.**

- A patient who is exhibiting classic symptoms of mental illness

- The prisoner exhibited no emotion when the sentence was read out.

○ Your Example:

75. Indicate

■ **To show that something is true, exists, or will happen.**

- Our records indicate that you are due for a checkup.
- The study indicates a connection between poverty and crime.
- Research indicates that over 81% of teachers are dissatisfied with their salary.

■ **To make someone notice something, especially by pointing to it.**

- The receptionist indicated the place where I should sign.
- 'That's her,' said Toby, indicating a girl on the other side of the room.

► **Indicator** [noun]

■ **Something that gives information or shows something; a sign.**

- Economic indicators suggest that housing prices are going to fall.

○ Your Example:

76. Estimate



■ **To say how much, you think something will cost, how big something is, or how long it will take to do something.**

- The builders estimated that it would take a week to repair the roof.

■ **A judgment about the size or cost of something before you have all the facts and figures**

- Can you give me a rough estimate of how many people will be there?

■ **A statement that says how much a piece of work will cost**

- The builders gave me an estimate for the roof repairs.

○ Your Example:

77. Underestimate

■ **To think that someone or something is smaller, weaker, less important, etc. than they really are**

• **ANT: Overestimate**

- Don't underestimate her – she's actually very smart.
- We underestimated how much food we would need.
- We underestimated how long it would take to get there.
- Never underestimate the power of the press.

○ Your Example:

78. Initiate

■ **Arrange for something important to start, such as an official process or a new plan.**

- They have decided to initiate legal proceedings against the newspaper.
- Intellectuals have initiated a debate on terrorism.

■ **To tell someone about something or show them how to do something**

- Those kids were initiated into heroin use at a young age.

■ **To introduce someone into an organization, club, group etc. usually with a special ceremony**

- At the age of thirteen, the boys in the tribe are initiated into manhood.

○ Your Example:

79. Initiative

■ A new plan that is introduced to solve a problem.

- A government initiative to help small business owners
- A new initiative for peace in the Middle East

■ The ability to see and do what is necessary without waiting for someone to tell you.

- Don't keep asking me what to do – use your initiative.
- I wish my son would show more initiative.

○ Your Example:

80. Assume

■ To think that something is true, although you do not have definite proof

• SYN: Presume

- I didn't see your car, so I assumed you'd gone out.
- It seems reasonable to assume that the book was written around 70 AD.
- You shouldn't just assume things without getting all the facts.

○ Your Example:

81. Assumption

■ Something that you think is true although you have no definite proof.

- A lot of people make the assumption that poverty only exists in the Third World.
- My calculations were based on the assumption that house prices would remain steady.
- People make a lot of assumptions about me.

■ When someone starts to have control or power.

- The assumption of responsibility.

○ Your Example:

82. Presumption

■ **Something that you think is true because it is very likely.**

- The presumption that their wealth is the result of crime.

- On the presumption that the doctor knows best, I took the medicine.

■ **The act of thinking something is true, bad, or good until it is shown to not be true, bad, or good.**

- The presumption of innocence

- A strong presumption against development in national parks

○ Your Example:

83. Presuppose

■ **To depend on something that is believed to exist or to be true**

• **SYN: assume**

- The idea of heaven presupposes the existence of God.

- Your argument presupposes that Dickens was a social reformer.

■ **To have to happen if something is true.**

- Without struggle there can be no progress, and struggle presupposes winners and losers.

○ Your Example:

84. Particularly

■ **More than usual, or more than others**

• **SYN: especially**

- Steve was in a particularly bad mood when he got back.

- I'm particularly interested in U.S. history.

- I don't particularly like fish.

○ Your Example:

85. Specifically

■ **Relating to or intended for one particular type of person or thing only.**

- Advertising that specifically targets children.

■ **In a detailed or exact way.**

- I specifically asked you not to do that!

■ **Used when you are adding more exact information.**

- Specifically, the department wanted answers to the following questions.

○ Your Example:

86. Denote

■ **To mean something**

• **SYN: represent**

- It can also denote an idea.

- The red triangle denotes danger.

■ **To represent or be a sign of something**

• **SYN: Indicate**

- Crosses on the map denote villages.

- Each X on the map denotes 500 people.

○ Your Example:

87. Reside

■ **To live in a particular place.**

- He spent most of his time in Rutherglen, where his family resided.

- Miss Badu grew up in Dallas but now resides in Brooklyn.

- Trust resides squarely between faith and doubt.

○ Your Example:

88.

Reside in somebody or something

■ To be present in or consist of something.

- Joe's talent resides in his storytelling abilities.

■ (Also reside within something/somebody) If a power, right etc. resides in something or someone, it belongs to them.

- Executive power resides in the president.

○ Your Example:

89. Appreciable

■ large enough to be noticed or considered important

• SYN: Significant



- There's no appreciable change in the patient's condition

- Military leaders have seen no appreciable change in the situation.

► appreciably [adverb]

- The two plans are not appreciably different.

○ Your Example:

90. Convene

■ If a group of people convene, or someone convenes them, they come together, especially for a formal meeting.



- A report by experts convened by the National Institutes of Health

- With no parliament, the board cannot convene.

- A board was convened to judge the design competition.

○ Your Example:

91. Convention

■ **A large formal meeting for people who belong to the same profession or organization or who have the same interests.**

- A teachers' convention the city's new convention center

- A convention for science fiction fans

■ **A formal agreement, especially between countries, about particular rules or behaviour**

• **SYN: Pact, Treaty**

- the European convention on human rights

■ **Behaviour and attitudes that most people in a society consider to be normal and right**

• **SYN: Custom**

- Playing together teaches children social conventions such as sharing.

○ Your Example:

92. Obstacle

■ **Something that makes it difficult to achieve something.**

- Fear of change is an obstacle to progress.

- The tax puts obstacles in the way of companies trying to develop trade overseas.

- Women still have to overcome many obstacles to gain equality.

- We want to remove all obstacles to travel between the two countries.

○ Your Example:

93. Contingency

■ **An event or situation that might happen in the future, especially one that could cause problems.**

- A contingency plan
- Add up your outgoings, putting on a bit more for contingencies.
- Firms need to include a contingency fund within the budget.

○ Your Example:

94. Equate

■ **To consider that two things are similar or connected.**

- Most people equate wealth with success.
- Don't equate criticism with blame.
- Invariably, people equate the color to comfort; they feel nurtured by it.

○ Your Example:

95. Petition

■ **A written request signed by a lot of people, asking someone in authority to do something or change something.**

- They wanted me to sign a petition against experiments on animals.
- Local residents have drawn up a petition to protest the hospital closure.

■ **An official letter to a law court, asking for a legal case to be considered.**

- She is threatening to file a petition for divorce.

○ Your Example:



96. Lodging

■ A place to stay.

- It's £90 a week for board and lodging (=meals and a room).
- Cost for a course including full board and lodging is £175.

■ A room in someone's house which you live in and pay rent for.

- Paul found lodgings in the Marylebone Road.
- She got herself back to the lodging somehow.

○ Your Example:

97. Correspondence

■ The letters that someone sends and receives, especially official or business letters

- A secretary came in twice a week to deal with his correspondence.

■ The process of sending and receiving letters

- The magazine is unable to enter into any correspondence on medical matters.
- He had been in correspondence with her for several years before they finally met
- All correspondence between us must cease.

■ A relationship or connection between two or more ideas or facts.

- There was no correspondence between the historical facts and Johnson's account of them.

○ Your Example:

98. Dissect

■ **To cut up the body of a dead animal or person in order to study it.**

■ **To examine something carefully in order to understand it**

- The book dissects historical data to show how Napoleon ran his army.

- Books in which the lives of famous people are dissected.

■ **To divide an area of land into several smaller pieces**

- Fields dissected by small streams.

○ Your Example:

99. Verse

■ **A set of lines that forms one part of a song, poem, or a book such as the Bible or the Quran (Koran)**

- The play is written in verse.

- Let's sing the last verse again.

- Learn the first two verses of the poem by heart.

■ **A group of lines in a song or poem.**

- This song has five verses.

- Written in verse, the play was set in the Middle Ages.

○ Your Example:

100. Detach

■ **If you detach something, or if it detaches, it becomes separated from the thing it was attached to**

• **ANT: Attach**

- You can detach the hood from the jacket.

- Please detach and fill out the application form.

○ Your Example:

101. Puncture



■ **A small hole made accidentally in a tyre**

• **SYN:** Flat

- She was cycling home when she had a puncture.
- I could hear the hissing sound of air escaping from the puncture.
- The tyre's gone flat again -- I think we've got a slow puncture.

■ **A small hole made by a sharp point, especially in someone's body**

- puncture wound.
- Deep puncture wounds or animal bites anywhere.

○ Your Example:

102. Hive



■ **A small box where bees are kept, or the bees that live in this box.**

- Life in a hive can become quite gothic.
- Is a family like a hive?
- I walked over to the hive, which was near the house.

▶ **hive something ↔ off**

- This is another result of the Government's policy of hiving off of core services.
- Male speaker We're not hiving off our responsibilities.

○ Your Example:

103. Critical

■ **If you are critical of someone or something, you say that they are wrong or bad.**

- They were very critical of my work.

■ **Very important**

• **SYN: Crucial**

- We have reached a critical stage in our negotiations.

■ **Very serious or dangerous.**

- The patient is in critical condition.

▶ **Critically** [adverb]

- She's critically injured.

○ Your Example:

104. Collar

■ **The part of a shirt, coat etc. that fits around your neck, and is usually folded over.**

- He grabbed me by the collar.

- He loosened his collar and tie.

- Under his chin the bandage was like a military collar.

■ **A narrow band of leather or plastic that is fastened around an animal's neck**

- Tom puts his dog collar on him and tries to flee.

- Tom reaches in and pulls out a dog collar.

○ Your Example:

105. Crawl



■ **To move along on your hands and knees with your body close to the ground.**

- The baby crawled across the floor.

■ **If an insect crawls, it moves using its legs.**

- There's a bug crawling up your leg.

■ **If a vehicle crawls, it moves forward very slowly**

- The traffic was crawling along.

■ **To be too pleasant or helpful to someone in authority, especially because you want them to help you - used to show disapproval.**

- She's always crawling to the boss.

○ Your Example:

106. Diagram

■ **A simple drawing or plan that shows exactly where something is, what something looks like, or how something works.**

- A diagram of the heating system.

- The point may be illustrated in a reaction function diagram.

- Alloys Figure 6.31 shows the phase diagram for zinc and cadmium.

○ Your Example:

107. Illiteracy

■ A lack of the ability to read and write:

- In the rural areas, illiteracy is widespread.
- Teachers and other professionals are taking part in a campaign to eradicate illiteracy.

■ A lack of knowledge about a particular subject:

- My scientific illiteracy was about to be exposed.
- Geographic illiteracy is a problem that only can be tackled by making the subject more interesting to students.

○ Your Example:

108. Alleviate

■ To make something less painful or difficult to deal with.

► alleviate the problem/situation/suffering etc.

- The drugs did nothing to alleviate her pain/suffering.
- TA new medicine to alleviate the symptoms of flu.
- Measures to alleviate poverty.

○ Your Example:

109. Gripping

■ A gripping film, story etc. is very exciting and interesting.

- Collins' gripping detective novel.
- The artwork is excellent and the story is quite gripping.
- The author describes in gripping detail the accident on the icy highway.

○ Your Example:

110. Groan

■ **To make a long deep sound because you are in pain, upset, or disappointed, or because something is very enjoyable**

• **SYN: Moan**

- The kids all groaned when I switched off the TV.
- As she kissed him, Gary groaned with pleasure.
- Richard's jokes make you groan rather than laugh.

■ **To complain about something**

- I'm tired of him moaning and groaning all the time. 'It's too hot!' he groaned.

■ **To make a low deep sound.**

- The old tree groaned in the wind.

○ Your Example:

111. Plough

■ **A piece of farm equipment used to turn over the earth so that seeds can be planted.**

- I just took a plough over the whole field.
- Otherwise a simple plough was used.

■ **To turn over the earth using a plough so that seeds can be planted.**

- In those days the land was plowed by oxen.
- The fields are ploughed as soon as the winter crop is removed.

■ **To move with a lot of effort or force.**

- We ploughed through the thick mud.

○ Your Example:

112. Lanky



■ Someone who is lanky is tall and thin, and moves awkwardly

• **SYN:** gangling

- A lanky young man
- He shifted his lanky body uncomfortably in the cramped airplane seat.

○ Your Example:

113. Blustery



■ Blustery weather is very windy.

- I enjoy inside on this blustery day.
- The last day of the finals was blustery and cold.
- During the night the wind got up and the morning dawned grey and blustery, with bursts of heavy rain.

○ Your Example:

114. Extrovert

■ Someone who is active and confident, and who enjoys spending time with other people

• **ANT:** Introvert

- Her sister was always more of an extrovert.
- Most actors are natural extroverts.

► **extrovert** [adjective]

- A friendly, extrovert young Australian

○ Your Example:

115. Obstinate

■ **Determined not to change your ideas, behaviour, opinions etc., even when other people think you are being unreasonable**

• **SYN: Stubborn**

- He was the most obstinate man I've ever met.
- You know I'm right really. You're just being obstinate.
- Good advice you just have to give way to these obstinate creatures.

■ **Difficult to deal with or get rid of.**

- Obstinate stains.
- A complex and obstinate issue.
- She had an obstinate chin, a cruel mouth and small arrogant eyes.

○ Your Example:

116. Refugee

■ **Someone who has been forced to leave their country, especially during a war, or for political or religious reasons.**

- Refugees were streaming across the border.
- And is it reasonable to expect the refugees to go back?
- Most of the refugees from the former war zone former war zone have now been sent back.
- In the internal refugee camps, they helped in nursery care and literacy programmes.

○ Your Example:

117. Subtract

■ **To take a number or an amount from a larger number or amount** → **add, deduct, minus.**

- If you subtract 30 from 45, you get 15.
- If you subtract 10 from 30, you get 20.
- Your child needs to agree that you may add or subtract to the list.

○ Your Example:

118. Conservative

■ **Not liking changes or new ideas**

- A very conservative attitude to Education
- June's parents were very conservative and wouldn't allow her to date till she was 18.
- A conservative rural community

■ **Not very modern in style, taste etc.**

• **SYN: Traditional**

- A dark conservative suit
- Middle-aged men in conservative business suits

► **conservatively** [adverb]

- A fortune conservatively estimated at 2 million dollars.
- He was conservatively dressed in a dark business suit.

○ Your Example:

119. Conviction

■ A very strong belief or opinion

- A woman of strong political convictions
- The Dotens have a deep conviction that marriage is for life.

■ The feeling of being sure about something and having no doubts.

- He was able to say with conviction that he had changed.
- 'No,' she said, without conviction.
- It was a reasonable explanation, but his voice lacked conviction.

■ A decision in a court of law that someone is guilty of a crime, or the process of proving that someone is guilty

• SYN: Acquittal

- They had no previous convictions.
- Applicants are checked for criminal convictions.

○ Your Example:

120. Intellectual

■ Connected with a person's ability to think and understand things.

- A child's intellectual development.
- A job that requires considerable intellectual effort.

■ Needing serious thought in order to be understood.

- An intellectual film.

■ A person who enjoys thinking deeply about things.

- The café was a meeting place for artists and intellectuals.

○ Your Example:

121. Corpse



■ **The dead body of a person**

• **SYN:** body

- The corpse was found by children playing in the woods.
- Most of the corpses were badly burned, making identification almost impossible.

○ Your Example:

122. Apprehension

■ **Anxiety about the future, especially about dealing with something unpleasant or difficult**

• **SYN:** Anxiety

- A feeling of apprehension
- I woke before the alarm, filled with apprehension.
- Dad has some apprehensions about having surgery.

○ Your Example:

123. Corpulent



■ **If you describe someone as corpulent, you mean they are fat.**

- His figure grown more corpulent, his face redder and shinier.
- A short, somewhat corpulent man.

○ Your Example:

124. Frigid



■ means extremely cold.

- A snowstorm hit the West today, bringing with its frigid temperatures.
- The water was too frigid to allow him to remain submerged for long.

■ not friendly or kind

• SYN: Cold/Icy/ Frosty

- The guard looked at us with a frigid stare

■ If a woman is frigid, she finds it difficult to become sexually aroused.

- My wife says I am frigid.

○ Your Example:

125. Wager

■ An agreement in which you win or lose money according to the result of something such as a race

• SYN: bet

- It did not matter that her wager was only five dollars.
- He also happened to have a wager on the outcome of the football game.

■ To agree to win or lose an amount of money on the result of something such as a race

• SYN: gamble

- Stipes wagered all his money on an unknown horse.
- And estimates are that players wager \$ 8 billion a year at the tables.

○ Your Example:

126. Typical

■ **Having the usual features or qualities of a particular group or thing.**

- Typical British weather
- This painting is typical of his work.
- This advertisement is a typical example of their marketing strategy.

■ **Happening in the usual way**

- On a typical day, our students go to classes from 7.30 am to 1 pm.
- Try calculating your budget for a typical week.

■ **Behaving in the way that you expect**

- Bennett accepted the award with typical modesty.
- It's not typical of Gill to be so critical.

○ Your Example:

127. Scarce



■ **If something is scarce, there is not very much of it available.**

- Food was often scarce in the winter.
- After the war, food and clothing were scarce.
- There was fierce competition for the scarce resources.

○ Your Example:

128. Vapor



■ **A gas that escapes from a liquid or solid, esp. as a result of heating:**

- Warm air is able to hold more water vapor than cold air.
- He concludes that the mist is a vapor which stings the skin of man.

○ Your Example:

129. Villain



o Your Example:

■ The main bad character in a film, play, or story

- At the end of the story, the villain is caught and punished.

- It searches for heroes in the knowledge that villains are thick on the ground.

■ A bad person or criminal

- Some people believe that Richard III was not the villain he is generally thought to have been.

- He's either a hero or a villain, depending on your point of view.

130. Burden

■ Something difficult or worrying that you are responsible for.

- His family responsibilities had started to become a burden.

- The burden of taxation has risen considerably.

- I don't like being a burden on other people.

- If things go wrong, he will bear the burden of guilt.

o Your Example:

131. Deceive

■ **To make someone believe something that is not true.**

- He had been deceived by a young man claiming to be the son of a millionaire.
- He tried to deceive the public into thinking the war could still be won.
- I wouldn't deceive you about anything as important as this.

■ **To give someone a wrong belief or opinion about something.**

- Don't be deceived by the new cover – this is a rehash of old hits.

○ Your Example:

132. Thorough

■ **Including every possible detail.**

- The doctor gave him a thorough check-up.
- A thorough and detailed biography
- The police investigation was very thorough.
- Thorough notes of the meeting

■ **Careful to do things properly so that you avoid mistakes.**

- The screening of applicants must be thorough.

○ Your Example:

133. Detect

■ **To notice or discover something, especially something that is not easy to see, hear etc.**

- Many forms of cancer can be cured if detected early.
- Dan detected a change in her mood.
- Do I detect a note of sarcasm in your voice?
- Marlowe detected a faint smell of perfume as he entered the room.

○ Your Example:

134. Glue

■ **A sticky substance used for joining things together**

- It acts like glue in your stomach.
- Wait for the glue to dry before you sit on it.

■ **To join two things together using glue**

• **SYN: stick**

- The sheets are glued together with strong adhesive.
- Check that you have glued everything in place properly.

○ Your Example:

135. Orbit

■ **To travel in a curved path around a much larger object such as the Earth, the Sun etc.**

- The satellite orbits the Earth every 48 hours.
- The moons of Jupiter can be seen to orbit Jupiter and not the earth.

■ **The area of power and influence of a person, an organization etc.**

- Countries within the orbit of the British Commonwealth.
- Diplomats want to draw the two republics into the West European orbit.

○ Your Example:

136. Tray



○ Your Example:

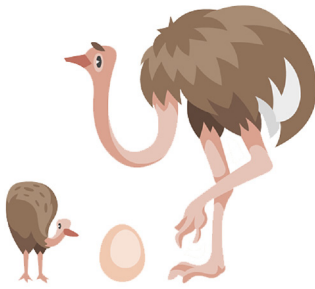
■ **A flat piece of plastic, metal, or wood, with raised edges, used for carrying things such as plates, food etc.**

- The waiter brought drinks on a tray.
- The door opened and Jenkins entered carrying a tray.

■ **A flat open container with four sides used for holding certain things.**

- A cat litter tray.
- The tray was heavy with food and drinks.

137. Ostrich



○ Your Example:

■ **A large African bird with long legs, that runs very quickly but cannot fly**

- Hamburgers and roasts from ostrich meat instead of beef.

■ **Someone who does not deal with difficult problems but tries to pretend that they do not exist.**

- She was behaving like an ostrich about Old Red.
- Don't pretend that everything's all right like the ostrich burying its head in the sand.

139. Gracious

■ **Behaving in a polite, kind, and generous way, especially to people of a lower rank.**

- Sibyl was the most gracious, helpful, and generous person to work with.

- A gracious apology.

- This should be a gracious and most enjoyable evening.

■ **Having the kind of expensive style, comfort, and beauty that only rich people can afford.**

- A gracious manor house a magazine about gracious living.

○ Your Example:

140. Gulp

■ **To swallow large quantities of food or drink quickly**

• **SYN: Bolt**

- She gulped down her breakfast and ran for the bus.

■ **To swallow suddenly because you are surprised or nervous**

- I gulped when I saw the bill.

■ **To breathe in large amounts of air quickly**

- We rushed outside and gulped in the sweet fresh air.

○ Your Example:

141. Comet

■ **An object in space like a bright ball with a long tail, that moves around the Sun.**

- Halley's Comet.

- Surprisingly, they were the first comets found from Britain this century.

○ Your Example:

142. Hump

■ **A large round shape that rises above the surface of something**

- The hump of a hill
- The car hit a hump in the road and swerved.

■ **A raised part on the back of a camel**

- Some types of camel have two humps and others have one.

■ **To carry something heavy from one place to another with difficulty**

• **SYN:** heave, lug

- I managed to hump the suitcases upstairs.

○ Your Example:

143. Fable

■ **A traditional short story that teaches a moral lesson, especially a story about animals.**

- The fable of the fox and the crow.
- This is just a fable to frighten the children.

■ **Fables or other traditional stories.**

- Monsters of fable.

○ Your Example:

144. Mend

■ To repair a tear or hole in a piece of clothing

- My father used to mend our shoes.

■ British English to repair something that is broken or not working

• SYN: Fix

- When are you going to mend that light in the hall?
- Tim can mend any broken toy.

■ If a broken bone mends, it becomes whole again

• SYN: Heal

- His leg isn't mending as quickly as he'd expected.

○ Your Example:

145. Qualification

■ If you have a qualification, you have passed an examination or course to show you have a particular level of skill or knowledge in a subject .

- He left school without any qualifications.
- We are looking for graduates with qualifications in math or science.

■ A skill, personal quality, or type of experience that makes you suitable for a particular job or position.

- Health and fitness qualifications for membership in the Territorial Army.
- There have been questions about his qualifications to lead the company.

○ Your Example:

146. Classify

■ To decide what group something belongs to.

- In law, beer is classified as a food product.
- We'd classify Drabble's novels under 'Romance'.
- Families are classified according to the father's occupation.

■ To regard people or things as belonging to a particular group because they have similar qualities.

- As a musician, Cage is hard to classify.

○ Your Example:

147. Consent

■ Permission to do something.

- He took the car without the owner's consent.
- Her parents gave their consent to the marriage.
- A patient can refuse consent for a particular treatment at any time.

■ Agreement about something.

- The chairman was elected by common consent (=with most people agreeing).
- divorce by mutual consent (=by agreement between both the people involved)

■ To give your permission for something or agree to do something

• SYN: Refuse

- Her father reluctantly consented to the marriage.
- He rarely consents to do interviews.

○ Your Example:

148. Denounce

■ **To express strong disapproval of someone or something, especially in public**

- Amnesty International denounced the failure by the authorities to take action.

- He denounced the election as a farce.

■ **To give information to the police or another authority about someone's illegal political activities.**

- She denounced him to the police.

○ Your Example:

■ **To feel angry or upset about a situation or about something that someone has done, especially because you think that it is not fair.**

- I resented having to work such long hours.

- No one resents Mino's success.

- She bitterly resented his mother's influence over him.

- Paul resented the fact that Carol didn't trust him.

○ Your Example:

150. Mediocre

■ **Not very good**

• **SYN: Second rate**

- I thought the book was pretty mediocre.

- A mediocre student.

- Tourists crowd the gift shops to buy mediocre products at high prices.

○ Your Example:

151. Excel

■ **To do something very well, or much better than most people**

- Rick has always excelled at foreign languages.
- Many parents put too much pressure on their children to excel in school.
- He frequently rode and hunted, and enjoyed swimming, at which he excelled.

○ Your Example:

152. Masculine

■ **Having qualities considered to be typical of men or of what men do**

• **ANT: Feminine**

- They're nice curtains, but I'd prefer something a little more masculine.
- She has a very masculine voice.
- Hunting was a typically masculine occupation.

○ Your Example:

153. Commence



■ **To begin or to start something.**

- Work will commence on the new building immediately.
- Your first evaluation will be six months after you commence employment.
- The course commences with a one-week introduction to Art Theory.
- The planes commenced bombing at midnight.

○ Your Example:

154. Menace

■ Something or someone that is dangerous

• SYN: Threat

- It's the only way to deal with the menace of drug dealing.

- That man's a menace to society. He should be locked away.

- The growing menace of oil pollution at sea.

■ A threatening quality, feeling, or way of behaving

- There was menace in his voice.

- There was a sense of menace as the sky grew darker.

■ A person, especially a child, who is annoying or causes trouble

• SYN: Nuisance

- My little brother's a real menace.

○ Your Example:

155. Vision

■ The ability to see

• SYN: Sight

- She suffered temporary loss of vision after being struck on the head.
- Tears blurred her vision (=made it difficult for her to see).
- Children who are born with poor vision.

▶ **twenty-twenty/20-20 vision** (=the ability to see perfectly) night vision (=the ability to see when it is dark)

■ The area that you can see.

- A figure at the edge of her vision

▶ **somebody's field/line of vision** (=the area someone is able to see without turning their head)

- As the cars overtake you, they are temporarily outside your field of vision.

■ An idea of what you think something should be like

- He had a clear vision of how he hoped the company would develop.
- The president outlined his vision for the future.

○ Your Example:

156. Revive

■ **To bring something back after it has not been used or has not existed for a period of time.**

- Local people have decided to revive this centuries-old tradition.

■ **To become healthy and strong again, or to make someone or something healthy and strong again.**

- The economy is beginning to revive.

- an attempt to revive the steel industry

- The doctors revived her with injections of glucose.

■ **To produce a play again after it has not been performed for a long time.**

- A London theatre has decided to revive the 1950s musical 'In Town'

○ Your Example:

157. Opponent

■ **Someone who you try to defeat in a competition, game, fight, or argument.**

- Graf's Opponent in today's final will be Sukova.

- During the primary elections, McCain was Bush's leading opponent.

- He is admired even by his political opponents.

■ **Someone who disagrees with a plan, idea, or system and wants to try to stop or change it**

• **SYN: proponent**

- Rodgers was not an opponent of the new airport.

- An outspoken opponent of gun control.

○ Your Example:



158. Brutal



■ Very cruel and violent.

- A brutal attack on a defenseless old man
- Some of the prison guards were brutal and corrupt.

■ Not pleasant and not sensitive to people's feelings

- He replied with brutal honesty.

▶ **Brutally** [adverb]

- He was brutally murdered.
- If I'm brutally honest, I don't like her dress.

○ Your Example:

159. Sacred

■ Relating to a god or religion

- a sacred vow
- the miraculous powers of sacred relics
- Certain animals were considered sacred.

■ Very important or greatly respected

- Human life is sacred.
- Few things were sacred to Henry, but local history was one of them.
- He had no respect for everything I held sacred.

○ Your Example:

160. Unanimous

■ A unanimous decision, vote, agreement etc. is one in which all the people involved agree.

- It was decided by a unanimous vote that the school should close.
- The decision to appoint Matt was almost unanimous.

■ Agreeing completely about something

- The banks were unanimous in welcoming the news.

○ Your Example:

161. Cautious



o Your Example:

■ Careful to avoid danger or risks

- A cautious driver
- A cautious approach to the crisis
- The air-pollution board has reacted with cautious optimism to the announcement.

▶ cautious about (doing) something

- Keller is cautious about making predictions for the success of the program.

162. Pierce

■ To make a small hole in or through something, using an object with a sharp point

- Steam the corn until it can easily be pierced with a fork.
- Rose underwent emergency surgery after a bullet pierced her lung.

▶ pierce a hole in/through something

- Pierce small holes in the base of the pot with a hot needle.

■ If sound or light pierces something, you suddenly hear or see it

- The darkness was pierced by the beam from the lighthouse.
- A sudden scream pierced the silence.

o Your Example:

163. Wretched



○ Your Example:

■ **Someone who is wretched is very unhappy or ill, and you feel sorry for them**

- the poor, wretched girl

■ **If you feel wretched, you feel guilty and unhappy because of something bad that you have done**

- Guy felt wretched about it now.

■ **Making you feel annoyed or angry**

- Where is that wretched boy?

■ **Extremely bad or unpleasant**

• **SYN: miserable**

- I was shocked to see their wretched living conditions.

164. Wary

■ **Someone who is wary is careful because they think something might be dangerous or harmful**

- I'm a bit wary of driving in this fog.

- We must teach children to be wary of strangers.

- Keep a wary eye on the weather Before you set sail.

- She had a wary expression on her face.

▶ **wariness** [noun]

- A wariness in her voice

▶ **warily** [adverb]

- She eyed him warily

○ Your Example:

165. Opt.

■ **To choose one thing or do one thing instead of another**

▶ **opt for**

- We finally opted for the wood finish.

▶ **opt to do something**

- Many young people are opting to go on to college.

○ Your Example:

166. Rave

■ **To talk in an angry, uncontrolled, or crazy way**

- He started raving at me

▶ **rave on** (British English)

- Lisa raved on about how awful it all was.

- He was still ranting and raving the next morning.

○ Your Example:

167. Ban

■ **To say that something must not be done, seen, used etc.**

• **SYN:** prohibit

• **ANT:** allow

- Smoking is banned in the building.

▶ **ban somebody from doing something**

- Charlie's been banned from driving for a year.

■ **An official order that prevents something from being used or done**

- A total ban on cigarette advertising.

- A call to lift the ban on homosexuals in the military.

○ Your Example:



168. Harvest

■ To gather crops from the fields

- For Ken Stanier, who's been harvesting apples for 40 years, it's good news.
- Key to the measures is testing for the fungus before each field is harvested.

■ To take or collect for use, especially to take a part of someone's body to put into someone else's body

- His family has given permission for his organs to be harvested.

■ The time when crops are gathered from the fields, or the act of gathering them

- Every year at harvest time
- It rained for the potato harvest.

■ The crops that have been gathered, or the amount and quality of the crops gathered.

▶ **good/bumper harvest** (=a lot of crops)

- Plum growers are expecting a bumper harvest this year.

○ Your Example:

169. Perish

■ To die, especially in a terrible or sudden way

- Hundreds perished when the ship went down.
- Even so, 10,000-20,000 birds have perished.
- Sanchez perished in a mudslide in 1985.

■ [especially British English] If rubber or leather perishes, it decays.

- We must make sure that democracy does not perish.

○ Your Example:

170. Decay

■ **To be slowly destroyed by a natural chemical process, or to make something do this.**

- Her body was already starting to decay.
- Most archaeological finds are broken, damaged, or decayed.

■ **If buildings, structures, or areas decay, their condition gradually becomes worse.**

- Hundreds of historic buildings are being allowed to decay.
- Britain's decaying inner cities

○ Your Example:

171. Defiant

■ **refusing to do what someone tells you**

- From the age of fifteen she became more defiant.
- Her reply was clear and defiant.
- Some defiant children are very shy.

▶ **defiance [noun]**

- As an act of defiance, they played their music too loud.

▶ **The verb is defy**

○ Your Example:

172. Weary



o Your Example:

■ To become very tired, or make someone very tired

- Amanda wouldn't admit how much the children wearied her.
- As the day wore on, we wearied of the journey.
- I am sick and weary of all this business.

■ Very tired or bored, especially because you have been doing something for a long time.

- She found Rachel in the kitchen, looking old and weary.
- She sat down with a weary sigh.
- He was weary of the constant battle between them.

173. Plea

■ A request that is urgent or full of emotion

- A plea for help
- Caldwell made a plea for donations.
- The parents made an emotional plea to their child's kidnappers.

■ A statement by someone in a court of law saying whether they are guilty or not

- A guilty plea
- Adams entered a plea of 'not guilty'.

■ An excuse for something.

- He refused the appointment on a plea of illness.

o Your Example:

174. Verify

■ To discover whether something is correct or true

▶ **verify that/whether**

- A computer program verifies that the system is working.
- American forces will remain to verify compliance with the treaty.

■ To state that something is true

• **SYN: Confirm**

- His statement was verified by several witnesses.

▶ **verifiable** [adjective]

- A verifiable fact.

▶ **verification** [noun]

- Automatic signature verification.

○ Your Example:

175. Merit

■ An advantage or good feature of something.

- The film has the merit of being short.
- The merit of the report is its realistic assessment of the changes required.
- The great merit of the project is its flexibility and low cost.

■ A good quality that makes someone or something deserve praise.

- There is never any merit in being second best.

▶ **have (some) merit/be of merit** (=be good)

- The suggestion has some merit.

○ Your Example:

176. Relieve

- **To reduce someone's pain or unpleasant feelings**

- Drugs helped to relieve the pain.

- ▶ **relieve tension/pressure/stress etc.**

- Some people eat for comfort, to relieve their anxieties.

- **To make a problem less difficult or serious**

- programs aimed at relieving unemployment

- **To replace someone when they have completed their duty or when they need a rest.**

- The guard will be relieved at midnight.

○ Your Example:

177. Relieve somebody of something

- **To help someone by taking something from them, especially a job they do not want to do or something heavy that they are carrying.**

- A secretary was hired to relieve her of some of the administrative work.

- He rose and relieved her of her bags.

- ▶ **relieve somebody of their post/duties/command etc.**

- **To take away someone's job because they have done something wrong.**

- After the defeat, General Meyer was relieved of his command.

- **To steal something from someone – used humorously**

- A couple of guys relieved him of his wallet.

○ Your Example:

178. Penalize



■ To punish someone or treat them unfairly

► **penalize somebody for (doing) something**

- Two students were penalized very differently for the same offence.

- Women feel professionally penalized for taking time off to raise children.

■ **To punish a team or player in sports by giving an advantage to the other team.**

- The Team was penalized for wasting time.

○ Your Example:

179. Beneficiary



■ **Someone who gets advantages from an action or change.**

- The rich were the main beneficiaries of the tax cuts.

- Both sides, the benefactor and beneficiary, were equally needy.

- The beneficiary of U.S. aid.

■ **Someone who receives money or property from someone else who has died.**

- He was the chief beneficiary of his father's will.

- Single mothers will be the chief beneficiaries of this new policy.

○ Your Example:

180. Deprive

■ **To take something, especially something necessary or pleasant, away from someone:**

- He claimed that he had been deprived of his freedom/rights.
- You can't function properly when you're deprived of sleep.
- He complained that his captors had deprived him of his basic human rights.
- You have the intention permanently to deprive me of the petrol.

○ Your Example:

181. Precaution

■ **Something you do in order to prevent something dangerous or unpleasant from happening.**

- Fire precautions were neglected.
- ▶ **as a precaution**
 - The traffic barriers were put there as a safety precaution.
- ▶ **precaution against**
 - Save your work often as a precaution against computer failure.
- ▶ **wise/sensible precaution**
 - The trails are well marked, but carrying a map is a wise precaution.

○ Your Example:

182. Collapse

■ **If a building, wall etc. collapses, it falls down suddenly, usually because it is weak or damaged.**

- Uncle Ted's chair collapsed under his weight.
- The roof had collapsed long ago.

■ **To suddenly fall down or become unconscious because you are ill or weak.**

- He collapsed with a heart attack while he was dancing.
- Marion's legs collapsed under her.

■ **If a system, idea, or organization collapses, it suddenly fails or becomes too weak to continue**

- The luxury car market has collapsed.
- I thought that without me the whole project would collapse.

■ **If prices, levels etc. collapse, they suddenly become much lower**

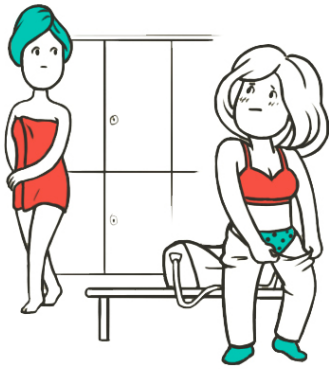
- There were fears that property prices would collapse.

■ **To suddenly sit down, especially because you are very tired or want to relax.**

- I was so exhausted when I got home, I just collapsed on the sofa.

○ Your Example:

183. Awkward



■ **Making you feel embarrassed so that you are not sure what to do or say**

• **SYN: Difficult**

- I hoped he would stop asking awkward questions.
- A laugh can help people over an awkward situation.
- Philip's remarks put her in an awkward position (=made it difficult for her to know what to do).

■ **Not relaxed or comfortable.**

- She liked to dance but felt awkward if someone was watching her.
- Geoff looked uneasy and awkward.

■ **Difficult to do, use, or deal with.**

- It'll be awkward getting cars in and out.
- The new financial arrangements were awkward to manage.

○ Your Example:

184. Thrifty

■ **Showing a careful use of money, especially by avoiding waste:**

- They have plenty of money now, but they still tend to be thrifty.
- Mrs. Jones was a very thrifty woman who never wasted anything.
- An enterprise economy rewards the industrious and thrifty.

○ Your Example:

185. Disclose

■ **To make something known publicly, or to show something that was hidden:**

- The company has disclosed profits of over £200 million.
- Some companies have already voluntarily disclosed similar information.
- He refused to disclose the identity of the politician.

○ Your Example:

186. Exempt

■ **To give someone permission not to do or pay something.**

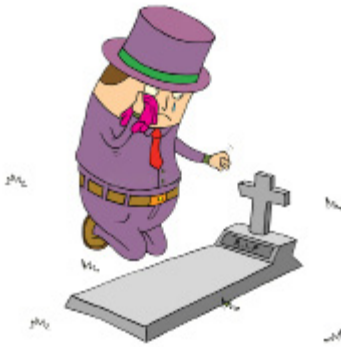
- Charities are exempted from paying the tax.
- A document that exempts the owner from liability in case of accidents.

■ **Not affected by something, or not having to do it or pay it.**

- The interest is exempt from income tax.
- Children are exempt from the charges.

○ Your Example:

187. Mourn



■ **To feel very sad and to miss someone after they have died**

• **SYN: grieve for**

- Hundreds of people gathered to mourn the slain president.
- They mourned for their children, killed in the war.

► **mourn somebody's death/loss/passing**

- She still mourns the death of her husband.

■ **To feel very sad because something no longer exists or is no longer as good as it used to be.**

- The old steam trains were much loved, and we all mourn their passing.

○ Your Example:

188. Occupant

■ **Someone who lives in a house, room etc.**

- The furniture had been left by the previous occupants.
- Police are still trying to trace the occupants of the house which was destroyed by fire.

■ **Someone who is in a room, vehicle etc. at a particular time**

- Neither of the car's two occupants was injured.
- The letter was addressed to "Current Occupant."

○ Your Example:

189. Appoint

■ **To choose someone for a position or a job officials appointed by the government**

- He's been appointed to the State Supreme Court.
- A committee was appointed to consider the plans.
- O'Connell was appointed as chairman.

■ **To arrange or decide a time or place for something to happen.**

- The committee appointed a day in June for celebrations.
- Everyone assembled in the hall at the appointed time (=at the time that had been arranged).

○ Your Example:

190. Depict

■ **To describe something or someone in writing or speech, or to show them in a painting, picture etc.**

- A book depicting life in pre-revolutionary Russia
- The California state flag depicts a grizzly bear.
- The god is depicted as a bird with a human head.

○ Your Example:

191. Valor



■ **Great courage, especially in war**

- Medals awarded for valor
- Six members of the platoon already have been recommended for medals of valor.
- Avoid trouble, then throw valor to the winds and run.

○ Your Example:

192. Roam

■ **To walk or travel, usually for a long time, with no clear purpose or direction**

- The dogs are allowed to roam around.
- Chickens and geese roam freely in the back yard.
- You shouldn't let your children roam the streets.

■ **If your eyes roam over something, you look slowly at all parts of it**

- Her eyes roamed the room.
- His eyes roamed over the bookshelves.

■ **To use your mobile phone in a different country or area from usual by connecting to a different network.**

- Some pay-as-you-go phones do not allow you to roam.

○ Your Example:

193. Lunatic

■ **Someone who behaves in a crazy or very stupid way – often used humorously.**

- This hotel is run by a lunatic!
- He drives like a lunatic.

■ **A very offensive word for someone who is mentally ill.**

- A dangerous lunatic.

○ Your Example:

194. Vulnerable

■ **Someone who is vulnerable can be easily harmed or hurt**

• **ANT: invulnerable**

- He took advantage of me when I was at my most vulnerable.

- We work mainly with the elderly and other vulnerable groups.

- Children are most vulnerable to abuse within their own home.

■ **A place, thing, or idea that is vulnerable is easy to attack or criticize**

- Their theories were badly thought out and very vulnerable to ridicule.

○ Your Example:

195. Mythology

■ **Set of ancient myths.**

- characters from classical mythology.

- The mythology of the Persians.

■ **Ideas or opinions that many people have, but that are wrong or not true**

- According to popular mythology, school days are the best days of your life

- In popular mythology, gold is regarded as a good investment.

▶ **Mythological** [adjective]

- The walls are painted with mythological scenes.

○ Your Example:

196. Torment

■ To make someone suffer a lot, especially mentally

- Seth was tormented by feelings of guilt.
- Sometimes, too, he was tormented by jealousy.
- This is the problem that torments me.

■ To deliberately treat someone cruelly by annoying them or hurting them

• SYN: Torture

- The older boys would torment him whenever they had the chance.
- My older sister loved to torment me.

○ Your Example:

197. ShriII

■ A shrill sound is very high and unpleasant.

- 'That's not true,' she protested in a shrill voice.
- A shrill whistle
- Mike could hear his aunt's shrill voice downstairs.

■ Shrill complaints, criticism, demands etc. are too loud or strong and seem unreasonable.

- He hated the shrill demands of the children.

○ Your Example:

198. Abuse



■ Cruel or violent treatment of someone.

- Several cases of child abuse.

► physical/sexual/racial abuse

- Many children suffer racial abuse at school.
- An independent committee will look into alleged human rights abuses.

■ The use of something in a way that it should not be used

• SYN: misuse

- Government officials' abuse of power
- A self-monitoring tax system is clearly open to abuse (=able to be used wrongly).

○ Your Example:

199. Spontaneous

■ Done or happening suddenly; not planned

- The audience burst into spontaneous applause.
- The invitation was completely spontaneous
- The crowd gave a spontaneous cheer.

► Spontaneously [adverb]

- To laugh spontaneously

○ Your Example:

200. Aspire

■ To desire and work towards achieving something important

- College graduates aspiring to careers in finance
- At that time, all serious artists aspired to go to Rome.
- Franz never aspired to be a movie star.

○ Your Example:

201. Vague

■ **Unclear because someone does not give enough detailed information or does not say exactly what they mean.**

- vague promises of support
- Dave's instructions were rather vague.
- The governor gave only a vague outline of his tax plan.
- Julia was vague about where she had been and what she had been doing.

○ Your Example:

202. Subsequent

■ **Happening or coming after something else**

- These skills were passed on to subsequent generations.
- Subsequent pages of the book.
- Events that happened subsequent to the accident.

○ Your Example:

203. Sympathetic

■ **Caring and feeling sorry about someone's problems**

- A sympathetic friend
- A sympathetic attitude
- I'm sympathetic to parents who are worried about what their children see on television.

■ **Willing to give approval and support to an aim or plan**

- Senator Capp is very sympathetic to environmental issues.

■ **Providing the right conditions for someone**

• **SYN: Hostile**

- A sympathetic environment.

○ Your Example:

204. Prompt

- **To make someone decide to do something.**

- What prompted you to buy that suit?

- **To make people say or do something as a reaction**

- The decision prompted an outcry among prominent US campaigners.

- **Done quickly, immediately, or at the right time**

- Prompt action must be taken.
- Prompt payment is requested.
- A prompt response

- **Someone who is prompt arrives or does something at the right time and is not late.**

- Lunch is at two. Try to be prompt.

○ Your Example:

205. Traitor



- **Someone who is not loyal to their country, friends, or beliefs.**

- A traitor to the cause of women's rights
- A politician who turned traitor (=became a traitor) to the government.
- At the end of the war Mata Hari was hanged as a traitor.

○ Your Example:

206. Surplus

■ **An amount of something that is more than what is needed or used**

• **SYN: Excess**

- Any surplus can be trimmed away.
- A surplus of crude oil

■ **The amount of money that a country or company has left after it has paid for all the things it needs.**

- A huge budget surplus of over £16 billion
- For the first time in 20 years Congress was working with a budget surplus.

○ Your Example:

207. Summit



■ **An important meeting or set of meetings between the leaders of several governments.**

- The European summit.
- The two presidents agreed to hold a summit in the spring.
- A five-nation summit meeting.

■ **The top of a mountain.**

- Many people have now reached the summit of Mount Everest.

○ Your Example:

208. Heed

■ **To pay attention to someone's advice or warning.**

- If she had only heeded my warnings, none of this would have happened.
- There are other voices she can heed.
- What you say out of it they will not heed.

○ Your Example:

209. Tyrant

■ **A ruler who has complete power and uses it in a cruel and unfair way**

- The country Had long been ruled by tyrants.
- The Romanian tyrant Ceausescu was overthrown in 1989.

■ **Someone who has power over other people, and uses it cruelly or unfairly**

- My headmaster was a real tyrant.
- Little Kyle is an absolute tyrant in the family.

○ Your Example:

210. Transparent

■ **If something is transparent, you can see through it**

• **SYN: Clear**

- A transparent plastic container
- The boys arms and hands were so thin they seemed almost transparent.

■ **Language or information that is transparent is clear and easy to understand.**

- The way the system works will be transparent to the user.

○ Your Example:

211. Contagious

■ **A contagious disease can be caught by touching someone who has the disease or a piece of infected clothing:**

- The infection is highly contagious.
- Most eye infections are contagious.
- Chicken pox is a highly contagious disease.

■ **A contagious person has a contagious disease:**

- Keep him out of school until he's not contagious anymore.
- The patient is still highly contagious.

■ **A contagious feeling spreads quickly among people:**

- Fear is contagious.
- Hardy has a booming voice and a contagious enthusiasm.

○ Your Example:

212. Pension

■ **An amount of money paid regularly by the government or a private company to a person who does not work anymore because they are too old or have become ill:**

- At what age can you start drawing your pension?
- If you are self-employed, you should think about taking out a private pension.
- Many people find it hard to live on a basic state pension.
- She pays a quarter of her salary into a pension plan.

○ Your Example:

213. Complacent

■ **Pleased with a situation, especially something you have achieved, so that you stop trying to improve or change things – used to show disapproval**

- There's a danger of becoming complacent if you win a few games.
- A complacent attitude towards the problem
- She can cook for hours and feel almost complacent, she says.
- We simply cannot afford to be complacent about the future of our car industry.

○ Your Example:

214. Rehabilitate

■ **To help someone to live a healthy, useful, or active life again after they have been seriously ill or in prison.**

- A special unit for rehabilitating stroke patients

■ **To make people think that someone or something is good again after a period when people had a bad opinion of them.**

- The prime minister seems to be trying to rehabilitate the former defense secretary.

■ **To improve a building or area so that it returns to the good condition it was in before.**

- A lot of the older houses have now been rehabilitated.

○ Your Example:

215. Renovate



■ **To repair a building or old furniture so that it is in good condition again**

- The hotel has been renovated and redecorated.
- Recently it was completely renovated, and now looks brand new.
- The next step is to raise yet more money to renovate the other side.

○ Your Example:

216. Potential

■ **The possibility that something will develop in a particular way, or have a particular effect.**

- The company certainly has the potential for growth.
- The potential of the Internet to create jobs.

■ **If people or things have potential, they have a natural ability or quality that could develop to make them very good.**

- She has the potential to become a champion.
- A young player with great potential.

■ **Likely to develop into a particular type of person or thing in the future**

• **SYN: possible**

- New ways of attracting potential customers.
- The potential benefits of the new system.
- The potential risks to health associated with the drug.

○ Your Example:

217. Reign

■ To rule a nation or group of nations as their king, queen, or emperor

- George VI reigned from 1936 to 1952.
- Pharaohs reigned over Egypt for centuries.

■ If a feeling or quality reigns, it exists strongly for a period of time

- For several minutes' confusion reigned.
- Silence reigned while we waited for news.

■ The period when someone is king, queen, or emperor

- Changes that took place during Charlemagne's reign.
- The reign of James I.

■ The period when someone is in charge of an organization, team etc.

- During his reign at the Education Department.

○ Your Example:

218. Legend

■ An old story that is perhaps not true.

- The legend of Robin Hood.
- A book of ancient Greek legends.

■ A very famous person

- He was a legend in the world of music.
- The guy is a legend around the plant.

▶ **Legendary** [adjective]

- The legendary tennis players Venus and Serena Williams.

○ Your Example:

219. Atheist

■ Someone who does not believe in any God or gods:

- As an atheist, I do not accept this religious argument.
- He had never met an atheist or infidel.
- Kaufman claims that his atheist beliefs play a central role in his life.

○ Your Example:

220. Devious

■ Devious people or plans and methods are dishonest, often in a complicated way, but often also clever and successful:

- You have to be devious if you're going to succeed in business.
- A devious politician

■ Not going in the most direct way to get to a place

• SYN: Circuitous

- A devious route.
- He took a rather devious route which avoids the city center.

○ Your Example:

221. Sneaky

■ Doing things in a secret and often dishonest or unfair way

• SYN: Underhand

- A sneaky little trick
- The biggest problem with sanctions: people are sneaky.
- Watch out for Andy. He can be really sneaky.

○ Your Example:

222. Fallacious

■ Containing or based on false ideas.

- Such an argument is misleading, if not wholly fallacious.
- His argument is based on fallacious reasoning.
- Such a bill would be entirely fallacious.

○ Your Example:

223. Delusion

■ A false belief about yourself or the situation you are in.

- He is under the delusion that I am going to cheat him.
- He's under the delusion that he will be promoted this year.
- The stress of the day had given her delusions.

○ Your Example:

224. Nemesis

■ Someone's nemesis is a person or thing that is very difficult for them to defeat.

- In the final he will meet his old nemesis, Roger Federer.
- "will Harry Potter finally defeat his nemesis, Voldemort?"

■ A punishment that is deserved and cannot be avoided.

- The tax increases proved to be the president's political nemesis.
- This was like a nemesis, like a nightmare come true

○ Your Example:

225. Diverse



■ Including many different types of people or things:

- Students from countries as diverse as Colombia and Lithuania use Cambridge textbooks.
- New York is a very culturally/ethnically diverse city.

■ Very different from each other:

- We hold very diverse views on the topic.

○ Your Example:

226. Comprise

■ To have things or people as parts or members; to consist of:

- The course comprises a class book, a practice book, and a CD.
- The house comprises two bedrooms, a kitchen, and a living room.

■ To be the parts or members of something; to make up something:

- Italian students comprise 60 percent of the class.
- The class is comprised mainly of Italian and French students.

○ Your Example:

227. Genuine

■ **If something is genuine, it is real and exactly what it appears to be:**

- We need laws that will protect genuine refugees.
- The strap is genuine leather.
- If it is a genuine Michelangelo drawing, it will sell for millions.

■ **If people or emotions are genuine, they are honest and sincere:**

- He's a very genuine person.
- Mochiko looked at me with genuine surprise - "Are you really going?" she said.

○ Your Example:

228. Synthetic

■ **Synthetic products are made from artificial substances, often copying a natural product:**

- I thought it was pretty synthetic.
- The jacket is made of synthetic materials.
- She criticized the synthetic charm of TV hosts.

○ Your Example:

229. Oblige

■ **To force someone to do something, or to make it necessary for someone to do something:**

- The law obliges companies to pay decent wages to their employees.
- The law does not obligate sellers to accept the highest offer.
- The minister was obliged to report at least once every six months.

○ Your Example:

230. Imitate

■ **To copy the way someone behaves, speaks, moves etc. especially in order to make people laugh.**

- She was a splendid mimic and loved to imitate Winston Churchill.

- Some of the younger pop bands try to imitate their musical heroes from the past.

■ **Hint: ► Do not use **imitate** to mean 'do the same thing as someone else'. Use **copy**: She worries that Tom will **copy** his brother (**NOT** imitate his brother) and leave home**

■ **To copy something because you think it is good.**

- Vegetarian products which imitate meat

- The Japanese have no wish to imitate Western social customs and attitudes.

○ Your Example:

231. Considerate

■ **A person who is considerate is kind, and thinks and cares about other people**

• **ANT: Inconsiderate**

- Please be more considerate and don't play loud music late at night.

- He was always kind and considerate.

- It was very considerate of you to let us know you were going to be late.

- As a motorist, I try to be considerate towards cyclists.

○ Your Example:

232. Illuminate

■ **To make a light shine on something, or to fill a place with light.**

- A single candle illuminated his face.
- At night the canals are beautifully illuminated.

■ **To make something much clearer and easier to understand.**

- The report illuminated the difficult issues at the heart of science policy.

○ Your Example:

233. Merge

■ **To combine or join together, or to cause things to do this:**

- They decided to merge the two companies into one.
- The country's two biggest banks are planning to merge.
- After a while the narrow trail merges with a wider path.

○ Your Example:

234. Monotonous

■ **Boring because of always being the same.**

- A monotonous diet
- The music became monotonous after a while.
- A little boy who wet his bed with monotonous regularity

○ Your Example:

235. Glamorous

■ **Attractive, exciting, and related to wealth and success.**

- She led an exciting and glamorous life.
- She most glamorous neighborhood in the city.
- On television, she looks so glamorous.

○ Your Example:

236. Flaw

■ **A mistake in something that means it is not correct or does not work correctly.**

- A flaw in his plan
- This report is full of flaws.
- A character flaw
- I returned the material because it had a flaw in it.

■ **A mark or bad part in something that means it is not perfect**

- There's a small flaw in the vase, so I got it cheaper.

■ **To cause something to be not perfect[verb]:**

- A tiny mark flawed the otherwise perfect silk shirt.

▶ **Flawed** [adjective]

- I think your plan is flawed.

○ Your Example:

237. Moral

- **Ideas about what is right and wrong**

- These people have no morals.

- **A lesson about what is right and wrong, which you can learn from a story or from something that happens.**

- The moral of the story is that we should be kind to animals.

- **Connected with what people think is right or wrong [adjective]**

- Some people do not eat meat for moral reasons.

- It's her moral obligation to tell the police what she knows.

- It is not part of a novelist's job to make a moral judgment.

- ▶ **Morally** [adverb]

- It's morally wrong to tell lies.

○ Your Example:

238. Perpetuate

- **To make a situation, attitude etc., especially a bad one, continue to exist for a long time.**

- An education system that perpetuates the divisions in our society.

- His view is that the welfare system helps to perpetuate failure and poverty.

- Increasing the supply of weapons will only perpetuate the violence and anarchy.

○ Your Example:

239. Amiable

■ Friendly and easy to like.

- The driver was an amiable young man.
- She was in an amiable mood.
- Cohen is soft-spoken and amiable.
- The science and engineering master was always amiable.

○ Your Example:

240. Acquaintance

■ Someone you know, but who is not a close friend.

- She was a casual acquaintance of my family in Vienna.
- He heard about the job Through a mutual acquaintance (=someone you and another person both know).

■ Used in some expressions about knowing or meeting people:

- It was at the Taylors' party that I first made his acquaintance(= first met him).

■ Knowledge of a subject:

- Sadly, my acquaintance with Spanish literature is rather limited.

○ Your Example:

241. Pal

■ A close friend.

- We've been pals since we were at school.
- An old pal (=a friend you have had for a long time)
- Nicholas was a pal of William's at school.

■ Used to speak to a man in an unfriendly way.

- Look, pal, I don't want you hanging around.

○ Your Example:

242. Include

■ **To have someone or something as one part of the whole:**

- The price of the room includes breakfast.

■ **To make someone or something part of a group:**

- Did you include the new girl on the list?

○ Your Example:

243. Exclude

■ **To deliberately not include something**

• **ANT: include**

- The price excludes tax.

■ **To not allow a person to enter a place or do an activity.**

- Students were excluded from the meeting.

○ Your Example:

244. Defuse

■ **To make a difficult or dangerous situation calmer:**

- The two groups are trying to defuse tensions in the town council over the budget.

- Beth's quiet voice helped to defuse the situation.

■ **To prevent a bomb from exploding:**

- Bomb disposal experts have defused a 110-pound bomb at a subway station this afternoon.

○ Your Example:

245. Defy

■ **To refuse to obey a person, decision, law, situation, etc.:**

- people who openly defy the law
- It is rare to see children openly defying their teachers.
- A few workers have defied the majority decision and gone into work despite the strike.

○ Your Example:

246. Fickle

■ **Likely to change your opinion or your feelings suddenly and without a good reason:**

- She's so fickle - she's never been interested in the same man for more than a week!
- The world of popular music is notoriously fickle.

■ **Fickle conditions are likely to change suddenly and without warning:**

- Fickle winds made sailing conditions difficult.

○ Your Example:

247. Exultant



■ **Very happy or proud, especially because you have succeeded in doing something.**

- An exultant mood.
- Ralph was exultant.

▶ **Exult** [verb]

■ **To express great pleasure or happiness, especially at someone else's defeat or failure:**

- They exulted at/over their victory.
- She seems to exult in her power.

○ Your Example:

248. Impetuous

■ **Likely to do something suddenly, without considering the results of your actions:**

- He's so impetuous - why can't he think things over before he rushes into them?
- She might live to regret this impetuous decision.

■ **Said or done suddenly, without considering the likely results:**

- The governor may now be regretting her impetuous promise to reduce unemployment by half.

○ Your Example:

249. Savor

■ **To enjoy food or an experience slowly, in order to appreciate it as much as possible:**

- He wanted to savor his time with Henrietta and their grown children.
- Without her love, life has lost its savor for me.
- Try to really slow down and savor your dinner to enjoy it better

○ Your Example:

250. Descendant

■ **A person who is related to you and who lives after you, such as your child or grandchild:**

- He has no descendants.
- He was a direct descendant of Napoleon Bonaparte.- Try to really slow down and savor your dinner to enjoy it better
- They claim to be descendants of a French duke.
- We owe it to our descendants (= people younger than us who will live after we have died) to leave them a clean world to live in.

○ Your Example:

251. Ancestor

■ **A member of your family who lived a long time ago**

- My ancestors were French.

- There were portraits of his ancestors on the walls of the room.

■ **An animal that lived in the past, that modern animals have developed from**

- Lions and house cats evolved from a common ancestor (=the same ancestor).

■ **The form in which a modern machine, vehicle etc. first existed**

• **SYN: Forerunner**

- Babbage's invention was the ancestor of the modern computer.

○ Your Example:

252. Emit

■ **To send out light, sound, or a smell, or a gas or other substance:**

- The kettle emitted a shrill whistle.

- Sounds emitted by the dolphins were recorded with an underwater microphone.

- The alarm emits infrared rays which are used to detect any intruder.

- The machine emits a high-pitched sound when you press the button.

○ Your Example:

253. Basis

■ **The most important facts, ideas, etc. from which something is developed:**

- Their claim had no basis in fact (=it was not true).
- This document will form the basis for our discussion.
- Their proposals have no proven scientific basis.
- Decisions were often made on the basis of (= using) incorrect information.

○ Your Example:

254. Open verdict

■ **An official decision in a British court saying that the exact cause of someone's death is not known.**

- The jury returned an open verdict.
- So an open verdict was the only appropriate one he could give.
- The cause of death was recorded as multiple injuries and the jury returned an open verdict.

○ Your Example:

255. Measure

■ **To discover the exact size or amount of something:**

- "Will the table fit in here?" "I don't know - let's measure it."

- She was being measured for her wedding dress.
- This machine measures your heart rate.
- He measured the flour into the bowl.

■ **To judge the importance, value, or true nature of something**

• **SYN:** assess

- Doctors say it is too early to measure the effectiveness of the drug.

○ Your Example:



256. Origin

■ The beginning or cause of something:

- It's a book about the origin of the universe.
- Her unhappy childhood was the origin of her problems later in life.
- What's the origin of this saying? (= Where did it come from?)

■ Where a person was born:

- He is of North African origin.
- What is your country of origin?

■ Where an object was made:

- The furniture was French in origin.

○ Your Example:

257. Efficient

■ If someone or something is efficient, they work well without wasting time, money, or energy

• **ANT:** inefficient

- An efficient use of land
- Lighting is now more energy efficient.
- The city's transport system is one of the most efficient in Europe.
- We need someone really efficient who can organize the office and make it run smoothly.

○ Your Example:

258. Claim

■ **To say that something is true or is a fact, although you cannot prove it and other people might not believe it:**

- The product claims that it can make you thin without dieting.

- I don't claim to be a feminist, but I'd like to see more women in top jobs.

- He claims to have met the president, but I don't believe him.

■ **To ask for something of value because you think it belongs to you or because you think you have a right to it:**

- The police said that if no one claims the watch, you can keep it.

- When King Richard III died, Henry VII claimed the English throne.

■ **If a war, accident etc. claims lives, people die because of it – used especially in news reports.**

- The earthquake has so far claimed over 3,000 lives.

○ Your Example:

259. Obstruction

■ **When something blocks a road, passage, tube etc. or the thing that blocks it**

• **SYN: Blockage**

- An operation to remove an obstruction from her throat.

- Police can remove a vehicle that is causing an obstruction.

- An unlawful obstruction of the highway.

○ Your Example:

260. Lay

■ **To put something in especially a flat or horizontal position, usually carefully or for a particular purpose:**

- She laid the baby on the bed.
- He laid the tray down on the table.
- She laid aside her book and went to answer the phone.
- We're having a new carpet laid in the hall next week.

■ **to prepare a plan or a method of doing something:**

- Even the best laid plans go wrong sometimes.

■ **(of an animal or bird) To produce eggs from out of the body:**

- Thousands of turtles drag themselves onto the beach and lay their eggs in the sand.

○ Your Example:

261. Aid

■ **Help or support:**

- He gets about with the aid of a walking stick.
- She went to the aid of a man trapped in his car.
- A woman in the street saw that he was in trouble and came to his aid.

■ **A piece of equipment that helps you to do something:**

- teaching aids, such as books and videos
- A thesaurus is a useful aid to writing.

■ **Help in the form of food, money, medical supplies, or weapons that is given by a richer country to a poorer country:**

- The Vatican has agreed to donate \$80,000 in humanitarian/emergency aid to countries affected by the war.
- About a fifth of the country's income is in the form of foreign/overseas aid.

○ Your Example:



262. Aim

■ **Something you hope to achieve by doing something.**

- The aim of the research is to find new food sources.
- The main aim of the course is to improve your writing.
- My main aim in life is to be a good husband and father.

▶ **With the aim of doing something**

- A campaign with the aim of helping victims of crime.
- Teamwork is required in order to achieve these aims.

○ Your Example:

263. Consume

■ **To use fuel, energy, or time, especially in large amounts:**

- Only 27% of the paper we consume is recycled.
- A smaller vehicle will consume less fuel.

■ **To eat or drink, especially a lot of something:**

- He consumes huge amounts of bread with every meal.
- Alcohol may not be consumed on the premises.

○ Your Example:

264. Restrict

■ To limit or control the size, amount, or range of something.

- The new law restricts the sale of hand guns.
- You may need to restrict access to certain files (=limit the number of people who can read them).
- The agreement will restrict competition.
- In future we will restrict class sizes to 20 students.

■ To limit someone's actions or movements

- The cramped living conditions severely restricted the children's freedom to play.

○ Your Example:

265. Individual

■ Considered separately from other people or things in the same group

- Each individual leaf on the tree is different.
- The needs of the individual customer.

■ Belonging to or intended for one person rather than a group

- Children get more individual attention in small classes.
- You can have the bathroom designed to suit your individual needs.

■ An individual style, way of doing things etc. is different from anyone else's

- A tennis player with a highly individual style.
- A very individual way of dressing.

○ Your Example:

266. Vacancy

■ A space or place that is available to be used:

- We wanted to book a hotel room in July but there were no vacancies.
- The dentist can't see you today but she has a vacancy tomorrow morning.

■ A job that no one is doing and is therefore available for someone new to do:

- There is a vacancy for a shop assistant on Saturdays.- You can have the bathroom designed to suit your individual needs.
- The council is making every effort to fill the vacancies.
- Information about job vacancies,

○ Your Example:

267. Regard

■ Respect or admiration for someone or something:

- The company holds her in high regard.
- He has no regard for other people's feelings.

■ To consider or have an opinion about something or someone:

- Environmentalists regard GM technology with suspicion.
- Her parents always regarded her as the smartest of their children.

■ To look carefully at something or someone:

- Her parents always regarded her as the smartest of their children.

○ Your Example:

268. Demonstrate

■ To show or make something clear:

- These numbers clearly demonstrate the size of the economic problem facing the country.
- The study demonstrates the link between poverty and malnutrition.
- Hitchcock's films demonstrate that a British filmmaker could learn from Hollywood.

■ To show something and explain how it works:

- He got a job demonstrating kitchen equipment in a department store.
- The teacher demonstrated how to use the equipment.

■ To express or show that you have a particular feeling, quality, or ability:

- He has demonstrated a genuine interest in the project.

○ Your Example:

269. Fulfil

■ If you fulfil a hope, wish, or aim, you achieve the thing that you hoped for, wished for etc.

- Visiting Disneyland has fulfilled a boyhood dream.
- Being deaf hasn't stopped Karen fulfilling her ambition to be a hairdresser.
- It was then that the organization finally began to fulfill the hopes of its founders.

■ To do or provide what is necessary or needed.

- A good police officer is not fulfilling his role if he neglects this vital aspect.
- Britain was accused of failing to fulfil its obligations under the EU Treaty.
- Much of the electrical equipment failed to fulfill safety requirements.

○ Your Example:

270. Function

■ The natural purpose (of something) or the duty (of a person):

- The function of the veins is to carry blood to the heart.
- I'm not quite sure what my function is within the company.
- A thermostat performs the function of controlling temperature.

■ A large party or official event

- This room may be hired for weddings and other functions.

■ The way in which something works or operates:

- It's a disease that affects the function of the nervous system.

○ Your Example:

271. Orphan

■ A child whose parents are both dead.

- The war has left thousands of children as orphans.
- A poor little orphan girl.
- Richard was an orphan, adopted at nine months.

○ Your Example:

272. Pacifist

■ Someone who believes that wars are wrong and who refuses to use violence

- The pacifist movement is gaining increasing support among young people.
- Bergson was imprisoned as a pacifist during the World War I.
- Ramsey could not say he was a pacifist.

○ Your Example:

273. Emphasize

■ To say something in a strong way

• SYN: Stress

- The report emphasizes the importance of improving safety standards.
- Logan made a speech emphasizing the need for more volunteers.
- The prime minister emphasized that there are no plans to raise taxes.

■ To make something more noticeable

• SYN: Accentuate

- The dress emphasized the shape of her body.

○ Your Example:

274. Sew

■ To join two pieces of cloth together by putting thread through them with a needle:

- My grandmother taught me to sew.
- I made this skirt just by sewing two pieces of material together.
- He sewed the badge neatly onto his uniform.

○ Your Example:

275. Apparently

■ Used to say that you have heard that something is true, although you are not completely sure about it.

- Apparently, the company is losing a lot of money.
- I wasn't there, but apparently it went well.

■ According to the way someone looks or a situation appears, although you cannot be sure.

- She turned to face him; her anger apparently gone.

○ Your Example:

276. Resign

■ **To officially announce that you have decided to leave your job or an organization.**

- She resigned from the government last week.
- He resigned as governor of Punjab in August.
- The following years, he resigned as chairman of the committee.
- Tom has since resigned his membership of the golf club.

○ Your Example:

277. Turn over

■ **Turn something over to somebody to give someone the right to own something, or to make someone responsible for dealing with something.**

- He'll turn the shop over to his son when he retires.
- I'm turning the project over to you.

■ **Turn somebody over to somebody to take a criminal to the police or another official organization.**

- Suspected terrorists are immediately turned over to the law.

■ **Turn over something if a business turns over a particular amount of money, it earns that amount in a particular period of time.**

- Within ten years the theme park was turning over £20 million.

■ **If an engine turns over, or if someone turns it over, it starts to work.**

- The engine turned over twice and then stopped

■ **To turn a page in a book or a sheet of paper to the opposite side.**

- Turnover and look at the next page.

○ Your Example:

278. Security



■ Things that are done to keep a person, building, or country safe from danger or crime.

- The trial was held under tight security.
- Lax security at airline check-in desks.
- Terrorist activity that is a threat to national security
- The prison was ordered to tighten security after a prisoner escaped yesterday.

■ Protection from bad things that could happen to you in the home, at work, or in a public place.

• **ANT:** insecurity

- Parenting is about giving your child security and love.
- Workers want greater job security (=not being in danger of losing their jobs).

○ Your Example:

279. Cooperation

■ When you work with someone to achieve something that you both want.

- political co-operation with Britain.
- A study was undertaken in co-operation with oil companies.
- Burglar alarm companies claim they work in close co-operation with the police.
- The lack of effective co-operation between industry and higher education.

■ Willingness to do what someone asks you to do.

• **ANT:** insecurity

- Have your passports ready, and thank you for your cooperation.
- Have your passports ready, and thank you for your cooperation.

○ Your Example:

280. Encourage



■ **To give someone the courage or confidence to do something**

• **ANT: Discourage**

- I want to thank everyone who has encouraged and supported me.

- Cooder was encouraged to begin playing the guitar by his father.

- Fleur encouraged Dana in her ambition to become a model.

■ **To persuade someone to do something.**

- Cantor didn't mind if they worked late; in fact, he actively encouraged it.

- A 10p rise in cigarette prices is not enough to encourage smokers to stop.

■ **To make something more likely to exist, happen, or develop**

- Violent TV programmes encourage anti-social behavior.

▶ **Encouraged** [adjective]

- She felt encouraged by the many letters of support.

○ Your Example:

281. Scheme

■ **An official plan that is intended to help people in some way, for example by providing education or training**

• **SYN: program**

- The money will be used for teacher training schemes.
- A pension schemes
- Schemes for two new cross-city lines
- A new scheme to boost exports.

■ **A clever plan, especially to do something that is bad or illegal – used to show disapproval.**

- A get-rich-quick scheme.
- A scheme to pass false cheques.

○ Your Example:

282. Pursue

■ **To continue doing an activity or trying to achieve something over a long period of time.**

- She plans to pursue a career in politics.
- Students should pursue their own interests, as well as do their school work.
- Companies that pursue the traditional goal of profits.
- A new scheme to boost exports.

■ **To chase or follow someone or something, in order to catch them, attack them etc.**

- Briggs ran across the field with one officer pursuing him.

■ **To keep trying to persuade someone to have a relationship with you**

- I was pleased, but somewhat embarrassed, when she pursued me.

○ Your Example:



283. Approach

■ **A method of doing something or dealing with a problem.**

- A new approach to teaching languages He decided to adopt
- A different approach and teach the Bible through story-telling.
- This book takes an unorthodox approach to art criticism.

■ **A request from someone, asking you to do something for them.**

- They made a direct approach to the minister of education.

■ **Movement towards or near to something**

- Our approach frightened the birds.

○ Your Example:

284. Contribute

■ **To give something, especially money, in order to provide or achieve something together with other people:**

- Aren't you going to contribute towards Jack's leaving present?
- Come to the meeting if you feel you have something to contribute.
- Her family has contributed \$50,000 to the fund.

■ **To write articles for a newspaper, magazine, or book:**

- She contributes to several magazines.

○ Your Example:

285. Examine

■ **To look at something carefully and thoroughly because you want to find out more about it.**

- A team of divers was sent down to examine the wreck.
- Hegel's philosophy will be examined in detail in Chapter 4.
- The research examined the effects of alcohol on long-term memory.

■ **To test someone's knowledge or skill in a particular subject:**

- We were examined on European history.
- UK You'll be examined in three main areas; speaking, listening, and reading comprehension.

○ Your Example:

286. Represent

■ **To speak, act, or be present officially for another person or people:**

- They chose a famous barrister to represent them in court.
- Union officials representing the teachers met the government today.
- I sent my husband to represent me at the funeral.

■ **To speak officially for someone in a court of law.**

- She decided to represent herself (=speak for herself without a lawyer) during the trial.

■ **To be a sign or mark that means something**

• **SYN: Stand for**

- Brown areas represent deserts on the map.

■ **To be a symbol of something**

• **SYN: Symbolize**

- He hated the school and everything it represented.

○ Your Example:

287. Capable



○ Your Example:

■ **Able to do things effectively and skillfully, and to achieve results:**

- She's a very capable woman/worker/judge.
- We need to get an assistant who's capable and efficient.
- All the staff at the nursing home seemed very capable.

288. Interpret

■ **To decide what the intended meaning of something is:**

- It's difficult to interpret these statistics without knowing how they were obtained.
- A jury should not interpret the silence of a defendant as a sign of guilt.

■ **To express your own ideas about the intended meaning of a play or a piece of music when performing it:**

- If Shakespeare's plays are to reach a large audience they need to be interpreted in a modern style.

■ **To translate spoken words from one language into another**

- They spoke good Spanish, and promised to interpret for me.

○ Your Example:

289. Omit

■ To fail to include or do something:

- She was omitted from the list of contributors to the report.
- She was omitted from the list of contributors to the report.

■ She omitted to mention that she would be away next week.

- Lisa's name had been omitted from the list of honor students.

○ Your Example:

290. Fear



■ The feeling you get when you are afraid or worried that something bad is going to happen.

- The children looked at her in fear.
- People must be able to express their views without fear of criticism.
- There are fears that the disease will spread to other countries.

■ To feel afraid or worried that something bad may happen.

- Fearing violence, the group asked for police protection.
- Police fear that there may be further terrorist attacks.
- Women feared to go out at night.

○ Your Example:

291. Convey

■ To communicate or express something, with or without using words.

- All this information can be conveyed in a simple diagram.
- Ads convey the message that thin is beautiful.
- He was sent to convey a message to the UN Secretary General.
- I want to convey to children that reading is one of life's greatest treats.

■ To take or carry something from one place to another.

- Your luggage will be conveyed to the hotel by taxi.

○ Your Example:

292. Recognition

■ Agreement that something is true or legal:

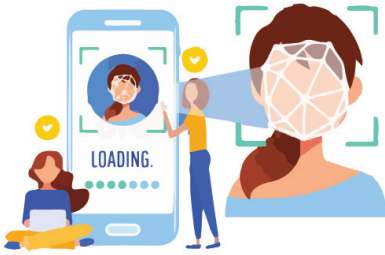
- It's a new country, hoping for diplomatic recognition from the international community.
- There is general recognition that the study techniques of many students are weak.
- Official recognition of the need for jail reform.

■ Public respect and thanks for someone's work or achievements.

- He has achieved recognition and respect as a scientist.
- We did all the work but they got all the recognition!
- They are to receive bonuses in recognition of their work.

○ Your Example:

293. Identify



■ To recognize someone or something and say or prove who or what that person or thing is:

- Even the smallest baby can identify its mother by her voice.
- He was too far away to be able to identify faces.
- The police took fingerprints and identified the body.

■ To recognize a problem, need, fact, etc. and to show that it exists:

- The research will be used to identify training needs.
- You need to identify your priorities.
- They identified a number of problem areas.

○ Your Example:

294. Likely

■ If something is likely, it will probably happen or is expected:

- Do remind me because I'm likely to forget.
- What's the likely outcome of this whole business?
- I suppose that might happen but it's not very likely.

■ Suitable for a particular purpose.

- the three most likely candidates for president
- One likely source of energy is wind power.

○ Your Example:

295. Purchase

■ To buy something.

- You can purchase insurance online.
- The growing demand to purchase goods on Credit.
- Where did you purchase the car?
- She purchased her first house with the money.

○ Your Example:

296. Chaos

■ A state of total confusion with no order:

- Snow and ice have caused chaos on the roads.
- Ever since our secretary walked out, the office has been in a state of total/utter chaos.
- The country was plunged into economic chaos.

○ Your Example:

297. Illogical

■ Not sensible or reasonable

• SYN: Logical

- Illogical and unreasonable fear.
- It is an illogical statement, because if one part is true, then the other must be false.
- I found some of his arguments totally illogical.
- The current rules are illogical and unnecessary.

○ Your Example:

298. Practical

■ Relating to experience, real situations, or actions rather than ideas or imagination:

- Qualifications are important but practical experience is always a plus.
- The service offers young people practical advice on finding a job.
- They provide financial and practical help for disabled students.

■ Suitable for the situation in which something is used:

- I tend to wear clothes that are practical rather than fashionable.
- Heavy boots aren't very practical for running.

■ Able to provide effective solutions to problems:

- She has lots of interesting ideas, but they're not very practical.
- We need someone practical who can cope with a crisis.

○ Your Example:

299. Easy-going

■ Relaxed and not easily upset or worried

• ANT: Uptight

- An easy-going attitude/manner
- The service offers young people practical advice on finding a job.
- A friendly, easy-going type of guy
- Her easy-going nature made her popular.

○ Your Example:

300.

**Bring something/
somebody up**

■ **To mention a subject or start to talk about it**

• **SYN: Raise**

- Why did you have to bring up the subject of money?
- She's always bringing up her health problems.

■ **To look after and influence a child until he or she is grown up.**

- He was brought up by his grandparents.

■ **To make something appear on a computer screen**

- Can you bring up the list of candidates again?

○ Your Example:

301. **Bald**



■ **Having little or no hair on your head.**

- His shiny bald head.
- At 20 he was already going bald.
- Dad started going bald when he was in his thirties.
- He combed his hair and tried to hide his bald patch (=part of someone's head where there is no hair).

○ Your Example:

302. **Frequent**

■ **Happening or doing something often**

• **ANT: Infrequent**

- Her headaches are becoming less frequent.
- The most frequent cause of death is heart disease.
- Trains rushed past at frequent intervals.
- She was a frequent visitor to the house.

○ Your Example:

303. Tendency

■ **If someone has a tendency to do or like something, they will probably do it or like it:**

- His tendency to exaggerate is well known.
- The drug is effective but has a tendency to cause headaches.
- Some people may inherit a tendency to alcoholism.

■ **A general change or development in a particular direction.**

- A general tendency towards conservation and recycling
- A tendency among Americans to get married at a later age.

○ Your Example:

304. Underestimate

■ **To fail to guess or understand the real cost, size, difficulty, etc. of something:**

- We underestimated how long it would take to get there.
- Never underestimate the power of the press.
- Originally the contractor gave me a price of €2,000, but now they say they underestimated and it's going to be at least €3,000.

■ **To think that someone is not as good, clever, or skillful, as they really are.**

- Never underestimate your opponent!
- I wouldn't underestimate her if I were you - she's smarter than you think.

○ Your Example:

305. Pollute



■ **To make air, water, soil etc. dangerously dirty and not suitable for people to use.**

- Beaches polluted by raw sewage.
- The factory pollutes the air and water.
- The island has been seriously polluted by a copper mine.
- The rivers had been polluted with aluminum.

■ **To spoil or ruin something that used to be good.**

- An artist spiritually polluted by money and fame

○ Your Example:

306. Vessel



■ **A ship or large boat**

- A fishing vessel
- Some ritual vessels have shields painted on them.
- And the Navy wants the vessel cheap -- by Pentagon standards at least.
- The vessel is about 30 miles off the Baja California coast, in international waters.

■ **[technical] A vein in your body.**

- A burst blood vessel
- The blood vessels then dilate, allowing blood to flow more easily.

○ Your Example:

307. Unruly

■ **Unruly people are difficult to control and often do not obey rules:**

- Unruly behavior.
- An unruly class of adolescents.
- In recent years, however, the fundamentalist camp has grown unruly.

■ **Unruly hair is difficult to keep tidy, often sticking up or out:**

- An unruly mop of black hair.

○ Your Example:

308. Expand

■ **To become larger in size, number, or amount, or to make something become larger**

• **ANT: Contract**

- Water expands as it freezes.
- Sydney's population expanded rapidly in the 1960s.
- Exercises that expand the chest muscles

■ **If a company, business etc. expands, or if someone expands it, they open new shops, factories etc.**

- The computer industry has expanded greatly over the last decade.
- The hotel wants to expand its business by adding a swimming pool.

○ Your Example:

309. Alter

■ **To change, or to make someone or something change.**

- Her face hadn't altered much over the years.
- The city center has altered beyond recognition (=changed very much).
- Nothing can alter the fact that the refugees are our responsibility.

■ **To make a piece of clothing longer, wider etc. so that it fits.**

- She had the dress altered for the wedding.

○ Your Example:

310. Casual

■ **Relaxed and not worried, or seeming not to care about something.**

- A casual manner.
- His eyes were angry, though he sounded casual.
- Marsha was quite casual about appearing on TV.

■ **Not formal or not for a formal situation**

• **ANT: Formal**

- Jean felt more comfortable in casual clothes.
- A casual jacket.

■ **Employed as a temporary worker or working for only a short period of time.**

- Staff employed on a casual basis.
- Chris has occasional casual work but mostly he is unemployed.

○ Your Example:

311. Pioneer

■ **A person who is one of the first people to do something:**

- One of the pioneers of modern science.
- John Whitney was a pioneer of computer animation.

■ **One of the first people to travel to a new country or area and begin living there, farming etc.**

- The early pioneers of the Dakota territory
- Many of the early pioneers left after a long cold winter.

○ Your Example:

312. Doubt

■ **A feeling of being not sure whether something is true or right.**

- The incident raises doubts about the safety of nuclear power.
- Some government ministers had serious doubts as to whether the policy would work.
- There was still one little nagging doubt at the back of his mind.
- There's no doubt that he was a major artist.

○ Your Example:

313. Capacity

■ **The total amount that can be contained or produced:**

- The stadium has a seating capacity of 50,000.
- The generators each have a capacity of (= can produce) 1,000 kilowatts.
- All the hotels were filled to capacity.

■ **Someone's ability to do a particular thing:**

- She has a great capacity for hard work.
- A child's capacity for learning.
- A capacity to think in an original way.

○ Your Example:

314. Accurate

■ **Correct and true in every detail**

• **ANT: Inaccurate**

- An accurate description
- The figures they have used are just not accurate.
- Her novel is an accurate reflection of life in Spain.
- We hope to become more accurate in predicting earthquakes.

○ Your Example:

315. Misfortune



■ **Very bad luck, or something that happens to you as a result of bad luck.**

- It seems the banks always profit from farmers' misfortunes.
- The French soldiers had the misfortune to be caught in the crossfire.
- She suffered a good deal of misfortune over the years.

○ Your Example:

316. Nimble

■ Able to move quickly and easily with light neat movements

• **ANT:** agile

- Despite their age they were remarkably nimble.
- The vehicles need to be nimble and quick for city driving.
- His nimble mind calculated the answer before I could key the numbers into my computer.

○ Your Example:

317. Forbid

■ To tell someone that they are not allowed to do something, or that something is not allowed

• **ANT:** Permit

- He was forbidden to leave the house, as a punishment.
- Women are forbidden from going out without a veil.
- The law forbids the sale of cigarettes to people under the age of 16.

○ Your Example:

318. Feasible

■ **A plan, idea, or method that is feasible is possible and is likely to work**

• **SYN: possible**

- A feasible solution
- It was no longer financially feasible to keep the community center open.
- This is more costly and is not ideal but it is nevertheless feasible.
- Solar heating is technically and economically feasible.

▶ **Feasibility** [noun]

■ **The possibility that can be made, done, or achieved, or is reasonable:**

- Feasibility studies
- We're looking at the feasibility of building a shopping center there.

○ Your Example:

319. Rapid

■ **Happening or done very quickly and in a very short time.**

- The patient made a rapid recovery.
- Rapid population growth a period of rapid decline.
- Adolescence is a period of great and rapid change.
- The 1990s were a period of rapid change/growth.

▶ **Rapidly** [adverb]

■ **Very quickly and in a very short time.**

- The disease was spreading more rapidly than expected.
- The rapidly changing world of technology.

○ Your Example:

320. Volunteer

■ **Someone who does a job willingly without being paid → voluntary**

- Most of the relief work was done by volunteers.
- A volunteer fire department.

■ **Someone who is willing to offer help.**

- I need someone to rake the yard. Any volunteers?
- I need some volunteers to help with the washing-up.

■ **Someone who joins the army, navy, or air force without being forced to**

- It's a volunteer army with no paid professionals.

○ Your Example:

321. Juvenile

■ **Relating to a young person who is not yet old enough to be considered an adult:**

- Juvenile crime is an increasing problem in big cities.
- Many juvenile offenders were being put in adult prisons.

■ **Silly and typical of a child rather than an adult**

• **SYN: childish**

- A very juvenile sense of humour.
- Some of the boys tried to involve me in their juvenile pranks, but I wasn't interested.

○ Your Example:

322. Awesome

■ **Extremely impressive, serious, or difficult so that you feel great respect, worry, or fear.**

- An awesome responsibility
- The awesome sweep of the scenery
- An awesome achievement
- Your new haircut is awesome (= extremely good).

■ **Very good.**

- Their last concert was really awesome.
- You look totally awesome in that dress.

○ Your Example:

323. Witty

■ **Using words in a clever and funny way:**

- A witty comment/remark
- He was witty and very charming.
- I think she's one of the wittiest comics on television.
- Sam is intelligent, witty, and great fun to be with.

○ Your Example:

324. Mandatory

■ **If something is mandatory, the law says it must be done**

• **SYN: Compulsory/Obligatory**

- Crash helmets are mandatory for motorcyclists.
- Murder carries a mandatory life sentence.
- The minister is calling for mandatory prison sentences for people who assault police officers.
- Athletes must undergo a mandatory drugs test before competing in the championship.

○ Your Example:

325. Alien

■ **Very different from what you are used to, especially in a way that is difficult to understand or accept**

• **SYN: Strange**

- The alien environment of the city.
- A way of life that is totally alien to us.

■ **Belonging to another country or race**

• **SYN: Foreign**

- Alien cultures.
- An alien multiracial society.

■ **Relating to creatures from another world.**

- Alien beings from another planet.

○ Your Example:

326. Census

■ **An official process of counting a country's population and finding out about the people.**

- Full details of the 1979 census have been published.
- We have a census in this country every ten years.
- We have a census in this country every ten years.

■ **An official process of counting something for government planning a traffic census.**

- According to the state census, 89.6% of eligible Hispanics voters were registered

- Data on the number of commuters was collected in a traffic census.

○ Your Example:

327. Nurture

■ To help a plan, idea, feeling etc. to develop

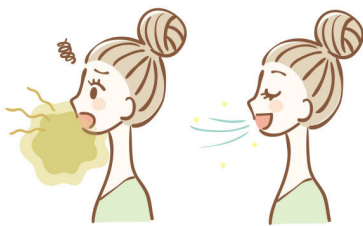
- European union is an ideal that has been nurtured since the post-war years.
- A hatred of foreigners nurtured by the media.
- As a record company executive, his job is to nurture young talent.

■ To feed and take care of a child or a plant while it is growing

- plants nurtured in the greenhouse.
- From when I was very young, my father had nurtured a love of art in me.

○ Your Example:

328. Inhale



■ To breathe air, smoke, or gas into your lungs

• ANT: exhale

- She flung open the window and inhaled deeply.
- It is dangerous to inhale ammonia fumes.
- Myra lit another cigarette and inhaled deeply (=breathed in a lot of smoke).

○ Your Example:



■ **A man who is admired for doing something extremely brave**

- He became a national hero for his part in the revolution.
- His father was a war hero, a former fighter pilot.

■ **The man or boy who is the main character in a book, film, play etc.**

- Phileas Fogg, hero of Jules Verne's 'Around the World in Eighty Days'

■ **A man who is admired very much for a particular skill or quality**

- When I was small, Uncle Fred was my hero.

○ Your Example:

330. Close-knit

■ **If a group of people are close-knit, they all help and support each other:**

- A close-knit family/community
- We have a talented, close-knit team.
- It was a close-knit community with no ambition to expand its interests and activities.

○ Your Example:

331. Cope

■ **To succeed in dealing with a difficult problem or situation**

- Sometimes I find it hard to cope.
- He coped quite well as manager while still captaining the team.
- She feared she wouldn't be able to cope with two new babies.

■ **f a system or machine copes with a particular type or amount of work, it does it.**

- My computer can cope with huge amounts of data.

○ Your Example:

332. Exaggerate

■ **To make something seem better, larger, worse etc. than it really is**

- I couldn't sleep for three days – I'm not exaggerating.
- Rob said he caught a 20-pound fish, but I think he was exaggerating.
- Newspapers tend to exaggerate their influence on the way people vote.
- It's difficult to exaggerate the importance of sleep.

○ Your Example:

333. Wardrobe



■ **A piece of furniture like a large cupboard that you hang clothes in.**

- Can you hang these in the wardrobe, please?
- His wardrobe consists almost entirely of black T-shirts and pants.

■ **The clothes that someone has.**

- You can win a complete new wardrobe.
- I need a new summer wardrobe (= new clothes for summer).

○ Your Example:

334. Arrest

■ **If the police arrest someone, the person is taken to a police station because the police think they have done something illegal.**

- He was arrested and charged with murder.
- Her father was arrested for fraud. I got arrested for careless driving.
- Five youths were arrested in connection with the attack.

○ Your Example:

335. Subordinate

■ **In a less important position than someone else.**

- A subordinate officer.
- The individual's needs are subordinate to those of the group.
- Women were subordinate to men.

■ **Less important than something else**

• **SYN: Secondary**

- These aims were subordinate to the main aims of the mission.

○ Your Example:

336. Inferior

■ **Not good, or not as good as someone or something else**

• **ANT: Superior**

- I felt very inferior among all those academics.
- Their furniture is certainly cheaper, but it's of inferior quality.
- I always felt slightly inferior to her.
- Their performance was inferior to that of other teams.

■ **lower in rank.**

- An inferior court of law
- He refused to accept a job of inferior status.

○ Your Example:

337. Portray

■ **To describe or represent something or someone**

• **SYN: depict**

- His most famous painting portrayed the death of Nelson.
- Religion was portrayed in a negative way.

■ **To act the part of a character in a play, film, or television programme**

• **SYN: play**

- She portrays a dancer in the hit film.
- Their music portrays a lifestyle that no longer exists.

○ Your Example:

338. Brochure

■ **A thin book giving information or advertising something**

- A holiday brochure
- Readers can pick up a brochure for that.
- In this brochure we highlight many of the Midland money transmission services.

○ Your Example:

339. Leaflet

■ **A small book or piece of paper advertising something or giving information on a particular subject.**

- A leaflet on skin cancer
- Students were handing out election leaflets at the station.
- Please take leaflets to class and try to organize parties.

○ Your Example:

340. Log

■ **To make an official record of events, facts etc.**

- All phone calls are logged.
- All deliveries must be logged.
- By mid-July the INS had logged only 72 applications.

■ **To travel a particular distance or for a particular length of time, especially in a plane or ship.**

- The pilot has logged 1,200 flying hours.
- The pilot had logged over 150 hours of flying time.

○ Your Example:

341. Disseminate

■ **To spread or give out something, especially news, information, ideas, etc., to a lot of people:**

- One of the organization's aims is to disseminate information about the disease.
- Racist messages are being widely disseminated via the Internet.
- Central services have not always disseminated the results of their own reviews.

▶ **Dissemination** [noun]

- The dissemination of information.

○ Your Example:

342. Conduct

■ **To carry out a particular activity or process, especially in order to get information or prove facts.**

- Is it really necessary to conduct experiments on animals?
- They conducted a campaign of bombings and assassinations.
- The interview was conducted in English.

■ **To stand in front of a group of musicians or singers and direct their playing or singing.**

- The orchestra is conducted by John Williams.

○ Your Example:

343. Rust

■ **The reddish-brown substance that forms on iron or steel when it gets wet.**

- There were large patches of rust on the car.
- Paint protects your car from rust.
- Clean and oil gardening tools to prevent rust.

○ Your Example:

344. Sigh

■ **To breathe out slowly and noisily, expressing tiredness, sadness, pleasure, etc.:**

- She sighed deeply and sat down.
- "I wish he was here," she sighed (= she said with a sigh).
- Frankie stared out of the window and sighed deeply.

■ **If the wind sighs, it makes a long sound like someone sighing.**

- The wind sighed in the trees.
- The trees swayed and sighed gently in the soft wind.

○ Your Example:

345. Sniff

■ **To breathe air into your nose noisily, for example when you are crying or have a cold.**

- Margaret sniffed miserably and nodded.
- Stop sniffing and blow your nose.

■ **To breathe air in through your nose in order to smell something**

- He opened the milk and sniffed it.
- The dog was sniffing at the carpet.

■ **To take a harmful drug by breathing it up your nose.**

- kids who sniff glue

○ Your Example:

346. Snort

■ **To make an explosive sound by forcing air quickly up or down the nose:**

- He did an impression of a horse snorting.
- Camille snorts when she laughs.
- By this time I was snorting with laughter (= laughing a lot and loudly).

■ **To take an illegal drug by breathing it in through the nose:**

- People were snorting cocaine in the toilets.

○ Your Example:

347. Snore



■ **To breathe in a noisy way through your mouth and nose while you are asleep**

- Sometimes my husband snores so loudly, it keeps me awake at night.
- Do you know any cures for snoring?
- I could hear loud snores coming from Jim's bedroom.
- My husband snores so loudly it keeps me awake at night.

○ Your Example:

348. Comprehend

■ **To understand something that is complicated or difficult**

• **SYN: Understand/Grasp**

- She cannot comprehend the extent of the disaster.
- I did not fully comprehend what had happened.
- It may be hard to comprehend how much this gift means for my country.
- Finally, she comprehended that he wanted his pay.

○ Your Example:

349.
Comprehensible

■ **Easy to understand**

• **SYN: Understandable**

• **ANT: Incomprehensible**

- Her speech was slurred and barely comprehensible.
- The procedure must be clear and comprehensible to all staff.
- Each entry in the guide is brief and immediately comprehensible.

○ Your Example:

350. **Conceive**

■ **A particular situation or to think about something in a particular way.**

- Many people can't conceive of a dinner without meat or fish.
- He could not conceive that anything really serious could be worrying his friend.
- I can hardly conceive what it must be like here in winter.

■ **To think of a new idea, plan etc. and develop it in your mind**

- Scientists first conceived the idea of the atomic bomb in the 1930s.

○ Your Example:

351. Perceive

■ **To understand or think of something or someone in a particular way.**

- Even as a young woman she had been perceived as a future chief executive.
- Often what is perceived to be aggression is simply fear.
- Children who do badly in school tests often perceive themselves to be failures.

■ **To notice, see, or recognize something.**

- That morning, he perceived a change in Franca's mood.
- Cats are not able to perceive colour.
- He perceived that there was no other way out of the crisis.

○ Your Example:

352. Perception

■ **The way you think about something and your idea of what it is like**

- Children's perceptions of the world.
- The public perception of the government's performance.

■ **The way that you notice things with your senses of sight, hearing etc.**

- Drugs that alter perception visual perception.

■ **The natural ability to understand or notice things quickly**

- Ross shows unusual perception for a boy of his age.

○ Your Example:

353. Grasp

■ **To take and hold something firmly**

• **SYN: Grip**

- I grasped his arm firmly and led him away.
- Alan grasped the handle and pulled it.

■ **To completely understand a fact or an idea, especially a complicated one**

- At that time, we did not fully grasp the significance of what had happened.
- Some people find the idea of relativity difficult to grasp.

○ Your Example:

354. Contemplate

■ **To think about something that you might do in the future**

• **SYN: Consider**

- He had even contemplated suicide.
- Did you ever contemplate resigning?

■ **To accept the possibility that something is true**

- The thought that she might be dead was too terrible to contemplate.

■ **To think about something seriously for a period of time.**

- Jack went on vacation to contemplate his future.
- She sat down and contemplated what she had done.

○ Your Example:

355. Irrevocable

■ **An irrevocable decision, action etc. cannot be changed or stopped.**

- Think about the situation carefully before you take an irrevocable step.
- Her decision was immediate and irrevocable.
- The process, it would seem, is not yet irrevocable.

▶ **Irrevocably** [adverb]

- machines that irrevocably changed the pattern of rural life.

○ Your Example:

356. Reorganize

■ **To arrange or organize something in a new way**

- Our office is being completely reorganized.
- During the 1980s, the government reorganized the civil service.
- And how should expenditure on these programs be reorganized?

▶ **Reorganization** [noun]

- A major reorganization of childcare services.

○ Your Example:

357. Revolutionize

■ **To completely change the way people, do something or think about something.**

- New technology is going to revolutionize everything we do.
- His work revolutionized the treatment of this disease.
- Computers have revolutionized the way we work.

○ Your Example:

358. Twist

■ **To turn something, especially repeatedly, or to turn or wrap one thing around another:**

- The path twists and turns for over a mile.
- She sat there nervously twisting the ring around on her finger.
- She twisted her head (round) so she could see what was happening.
- Twist the rope tightly round that post over there.

■ **If you twist a part of your body, such as your ankle, you injure it by suddenly turning it:**

- She slipped on the ice and twisted her knee.

■ **To change information so that it gives the message you want it to give, especially in a way that is dishonest:**

- This report shows how she twisted the truth to claim successes where none, in fact, existed.
- You're twisting my words - that's not what I said at all.

○ Your Example:

359. Distort

■ **To change the appearance, sound, or shape of something so that it is strange or unclear.**

- Tall buildings can distort radio signals.
- The map distorted Greenland to appear four times its actual size.
- Funhouse mirrors, which are not flat, cause images to be distorted.

■ **To report something in a way that is not completely true or correct.**

- His account was badly distorted by the press.

○ Your Example:

360. Blend

■ **To combine different things in a way that produces an effective or pleasant result, or to become combined in this way.**

- A story that blends fact and legend
- Leave the sauce to allow the flavours to blend together.
- A rich blend of the finest coffee beans
- Their music is a blend of jazz and African rhythms.

■ **A word formed by combining two other words:**

- "Meritage" is a blend that combines "merit" and "heritage".

○ Your Example:

361. Unify

■ **If you unify two or more parts or things, or if they unify, they are combined to make a single unit**

• **SYN: Unite**

• **ANT: Divide**

- Strong support for the war has unified the nation.
- His music unifies traditional and modern themes.
- When played like this, it seems a unified emotional journey.

○ Your Example:

362. Assess

■ **To make a judgment about a person or situation after thinking carefully about it**

• **SYN: Judge**

- A report to assess the impact of advertising on children
- The technique is being tried in classrooms to assess what effects it may have.
- Many of the adults were assessed as having learning difficulties.

■ **To calculate the value or cost of something.**

- The value of the business was assessed at £1.25 million.

○ Your Example:

363. Peruse

■ **To read something, especially in a careful way.**

- She leant forward to peruse the document more closely.
- We do not expect that he perused every word of the book.
- He spent hours perusing the catalog.

○ Your Example:

364. Appraise

■ **To officially judge how successful, effective, or valuable something is**

• **SYN: Evaluate**

- Greenpeace has been invited to appraise the environmental costs of such an operation.

- Over the last 20 years the Church has begun to appraise itself.

■ **To look carefully at someone or something to make an opinion about them**

- His eyes appraised her face

- Cautiously, I began appraising Gloria.

○ Your Example:

365. Survey

■ **To look at or examine all of something, especially carefully:**

- He got out of the car to survey the damage.

- She has written a book which surveys (= describes in detail) the history of feminism

■ **To measure an area of land, and to record the details of it, especially on a map:**

- Before the new railway was built, its route was carefully surveyed.

■ **To ask people questions in order to find out about their opinions or behaviour:**

- The researchers surveyed the attitudes of 2,500 college students.

- Of the 100 companies surveyed, 10% had a turnover of £50m to £99m.

○ Your Example:

366. Pretension

■ **An attempt to seem more important, more intelligent, or of a higher class than you really are.**

- Lilith resented Adam's pretensions to superiority.
- The humbleness and lack of pretension of Jordan's café
- He has no pretensions for higher office.

■ **A claim to be or do something.**

- The group don't have any pretensions to be pop stars.
- A large village with pretensions to the status of a small town.

○ Your Example:

367. Assertion

■ **Something that you say or write that you strongly believe**

- The assertion that house prices are falling.
- Her assertion of independence.
- Her assertions about the murder of her father.
- She makes very General assertions about marriage in the poem.

○ Your Example:

368. Hypothesis

■ An idea that is suggested as an explanation for something, but that has not yet been proved to be true

• **SYN: Theory**

- One hypothesis is that the victim fell asleep while driving.
- We hope that further research will confirm our hypothesis.
- The authors reject the hypothesis about unemployment contributing to crime.

○ Your Example:

369. Apprehend

■ If the police apprehend a criminal, they catch him or her

• **SYN: Arrest**



- The police have failed to apprehend the culprits.
- The two men were later apprehended after they robbed another store.

○ Your Example:

370. Elemental

■ Simple, basic, and important

- Love and fear are two of the most elemental human emotions.
- He was seized by an elemental hunger but made himself eat slowly.

■ Existing as a simple chemical element that has not been combined with anything else.

- Elemental Sulphur
- Elemental carbon

○ Your Example:

371. Fundamental

■ **Relating to the most basic and important parts of something.**

- We have to tackle the fundamental cause of the problem.
- A fundamental difference in opinion.
- Novice programmers sometimes make fundamental errors.
- The fundamental principles of liberty and equality.

■ **Very necessary and important.**

- Fundamental human rights
- Water is fundamental to survival.

○ Your Example:

372. Trend

■ **A general tendency in the way a situation is changing or developing.**

- Lately there has been a trend towards hiring younger, cheaper employees.
- Recent trends in education.
- The current trend is towards more part-time employment.
- The general trend towards the centralization of political power
- A disturbing trend is that victims of violence are getting younger.

■ **[verb] If an amount is trending downwards or upwards, it is becoming lower or higher**

- Average temperatures are trending upwards.

○ Your Example:

373. Throughout

■ **In every part of a particular area, place etc.**

- A large organization with offices throughout the world
- The disease spread rapidly throughout Europe.

■ **During all of a particular period, from the beginning to the end.**

- We are open every weekend throughout the year.
- He was involved in politics throughout his life.

○ Your Example:

374. Cycle

■ **A number of related events that happen again and again in the same order.**

- A woman's menstrual cycle
- The cycle of the seasons
- Sometimes the only way to break the cycle of violence in the home is for the wife to leave.

■ **[Especially British English] A bicycle or motorcycle.**

- Cycle routes.

■ **The period of time needed for a machine to finish a process**

- This washing machine has a 50-minute cycle.

○ Your Example:

375. Circulate

■ **To move around within a system, or to make something do this**

- Swimming helps to get the blood circulating through the muscles.

- Ceiling fans circulated warm air around the room.

■ **If information, facts, ideas etc. circulate, they become known by many people.**

- Rumors began circulating that the prime minister was seriously ill.

■ **To send goods, information etc. to people.**

- The group circulated petitions calling for a federal law to ban handguns.

○ Your Example:

376. Recur

■ **If something, especially something bad or unpleasant, recurs, it happens again.**

- There is a danger that the disease may recur.

- Love is a recurring theme in the book.

- Some people find that the same dream keeps recurring over a period of many years.

○ Your Example:

377. Imply

■ **To suggest that something is true, without saying this directly.**

- She had not meant to imply that he was lying.
- Are you implying (that) I'm fat?
- I'm not implying anything about your cooking, but could we eat out tonight?

■ **If a fact, event etc. implies something, it shows that it is likely to be true**

• **SYN: Suggest**

- The high level of radiation in the rocks implies that they are volcanic in origin.

■ **If one thing implies another, it proves that the second thing exists.**

- Democracy implies a respect for individual liberties.

○ Your Example:

378. Signify

■ **To represent, mean, or be a sign of something.**

- Some tribes use special facial Markings to signify status.
- The image of the lion signified power and strength.
- The symbol used signifies that the frequency is measured in kHz.

■ **If you signify a feeling, opinion etc., you do something that acts as a sign so that other people know your feeling or opinion**

• **SYN: Indicate**

- Hamilton waved his hand to signify that he didn't mind what they decided.

○ Your Example:

379. Reveal

■ To make known something that was previously secret or unknown

• **ANT:** Conceal

- A test that can reveal a teacher's hidden skills
- He revealed that he had been in prison twice before.

■ To show something that was previously hidden.

- The curtain opened to reveal the grand prize.

○ Your Example:

380. Ambiguous

■ Something that is ambiguous is unclear, confusing, or not certain, especially because it can be understood in more than one way

• **ANT:** Unambiguous

- The language in the Minister's statement is highly ambiguous.
- His role in the affair is ambiguous.

▶ **Ambiguously** [adverb]

- The legislation had been ambiguously worded.

○ Your Example:

382. Turning point

■ **The time when an important change starts, especially one that improves the situation.**

- Meeting her was the turning point in my life.
- The fall of the Berlin Wall marked a turning point in East-West relations.
- This could be the turning point in his miserable, despicable life.

○ Your Example:

383. Overwhelm

■ **If someone is overwhelmed by an emotion, they feel it so strongly that they cannot think clearly.**

- Harriet was overwhelmed by a feeling of homesickness.
- The children were overwhelmed with excitement.

■ **If work or a problem overwhelms someone, it is too much or too difficult to deal with.**

- We were overwhelmed by the number of applications.
- They would be overwhelmed with paperwork.

■ **To defeat someone or something by using a lot of force:**

- Government troops have overwhelmed the rebels and seized control of the capital.

○ Your Example:

384. Subdue

■ **To defeat or control a person or group, especially using force**

- Police managed to subdue the angry crowd.
- Napoleon subdued much of Europe.

■ **To prevent your emotions from showing or being too strong**

• **SYN: Control**

- An excitement she could not subdue.

○ Your Example:

385. Conquer

■ **To get control of a country by fighting.**

- The Normans conquered England in 1066.
- Egypt was conquered by the Persian King Cambyses.

■ **To defeat an enemy.**

- The Zulus conquered all the neighboring tribes.

■ **To gain control over something that is difficult, using a lot of effort.**

- She was determined to conquer her fear of flying.
- efforts to conquer inflation drugs to conquer the disease

■ **To succeed in climbing to the top of a mountain when no one has ever climbed it before.**

- An attempt to conquer the peaks of Everest

■ **To become very successful in a place.**

- In the last few years, the company has succeeded in conquering the European market.

○ Your Example:

386. Dominate

■ **To control someone or something or to have more importance than other people or things.**

- The industry is dominated by five multinational companies.
- New Orleans dominated throughout the game.
- Her loud voice totally dominated the conversation.

■ **To be larger and more noticeable than anything else in a place.**

- The cathedral dominates the city.

○ Your Example:

387. Catastrophe



■ **A terrible event in which there is a lot of destruction, suffering, or death**

• **SYN: Disaster**

- The Black Sea is facing ecological catastrophe as a result of pollution.

- Sudan requires food immediately to avert a humanitarian catastrophe.

■ **An event which is very bad for the people involved.**

- If the contract is cancelled, it'll be a catastrophe for everyone concerned.

○ Your Example:

388. Calamity



■ **A terrible and unexpected event that causes a lot of damage or suffering**

• **SYN: Disaster**

- It will be a calamity for farmers if the crops fail again.
- Hurricane George was just the latest calamity to hit the state.
- A series of calamities ruined them - floods, a failed harvest, and the death of a son.

○ Your Example:

389. Collision



■ **An accident that happens when two vehicles hit each other with force:**

- There has been a collision on the southbound stretch of the motorway.
- Two drivers were killed in a head-on (= direct) collision between a car and a taxi last night.
- The cyclist was in a collision with a bus.

■ **A strong disagreement between two people or groups**

- A collision between the two countries over fishing rights.

○ Your Example:

390. Collide



■ **To hit something or someone that is moving in a different direction from you.**

- A car and a van collided on the motorway.
- I ran around the corner, and almost collided with Mrs. Laurence.
- Two trains collided head-on (=when they were moving directly towards each other).

■ **To disagree strongly with a person or group, especially on a particular subject.**

- The president has again collided with Congress over his budget plans.

■ **If two very different ideas, ways of thinking etc. collide, they come together and produce an interesting result.**

- Istanbul, where East and West collide.

○ Your Example:

391. Enterprise

■ **An organization, especially a business, or a difficult and important plan, especially one that will earn money:**

- commercial enterprises such as banks and food manufacturers
- Don't forget this is a commercial enterprise - we're here to make money.
- Her latest enterprise (= plan) is to climb Mount Everest.
- The programme is a joint enterprise with the London Business School.

■ **The ability to think of new activities or ideas and make them work**

- We're looking for young people with enterprise and creativity.

○ Your Example:

392. Dispense

■ **To give out things, especially products, services, or amounts of money:**

- There is a vending machine on the platform that dispenses snacks.
- Villagers dispensed tea to visitors.
- A machine for dispensing cash
- Is there a tourism agency that dispenses city maps?

■ **To prepare and give out medicine:**

- Hundreds of wrong prescriptions have been dispensed.

○ Your Example:

393. Compound

■ **[verb]To make a problem or difficult situation worse:**

- Her terror was compounded by the feeling that she was being watched.
- His financial problems were compounded when he unexpectedly lost his job.
- Severe drought has compounded food shortages in the region.

■ **[noun]A chemical that combines two or more elements:**

- Salt is a compound of sodium and chlorine.
- Many fertilizers contain nitrogen compounds.

○ Your Example:

394. Component

■ **One of several parts that together make up a whole machine, system etc.**

• **SYN: Constituent**

- Companies that make electronic components for computer products
- Each component of their work
- Exercise is one of the key components of a healthy lifestyle.

○ Your Example:

395. Portion

■ **A part of something larger, especially a part that is different from the other parts.**

- The front portion of the rocket breaks off.
- The rent on his portion of the apartment was \$500 a month.
- The main character's childhood takes up a good portion of the film.

■ **An amount of food for one person, especially when served in a restaurant**

• **SYN: Serving/Helping**

- Do you have any children's portions?
- A huge portion of roast beef.
- He served generous portions (=large portions) of soup from a black pot.

■ **A share of something, such as responsibility, blame, or a duty, that is divided between a small number of people.**

- The other driver must bear a portion of the blame for the accident.

○ Your Example:

396. Proportion

■ The number or amount of a group or part of something when compared to the whole:

- Children make up a large proportion of the world's population.
- A higher proportion of men are willing to share household responsibilities than used to be the case.
- The report shows that poor families spend a larger proportion of their income on food.

■ The number, amount, or level of one thing when compared to another:

- The proportion of women to men at my college was about five to one.
- The chart shows how weight increases in proportion to height (= the increase in weight depends on the increase in height).
- The level of crime in an area is almost always in direct proportion to the number of unemployed.

○ Your Example:

397. Ingredient

■ One of the foods that you use to make a particular food or dish.

- Combine all the ingredients in a large bowl.
- The food is home-cooked using fresh ingredients.
- Coconut is a basic ingredient for many curries and other Asian dishes.

■ A quality you need to achieve something.

- John has all the ingredients of a great player.
- Investment in new product development is an essential ingredient of corporate success.

○ Your Example:

398. Intrinsic

■ **Being part of the nature or character of someone or something**

• **ANT: Extrinsic**

- The intrinsic interest of the subject.
- There is nothing in the intrinsic nature of the work that makes it more suitable for women.
- Flexibility is intrinsic to creative management.

○ Your Example:

399. Nominal

■ **Officially described as being something, when this is not really true.**

- The nominal head of the rebellion.
- She's the nominal head of our college - the real work is done by her deputy.
- Their conversion to Christianity was only nominal.

■ **[technical] Relating to nouns or used as a noun**

- The nominal use of the present participle.

○ Your Example:

400. Token

■ **Something that you do, or a thing that you give someone, that expresses your feelings or intentions, although it might have little practical effect:**

- As a token of our gratitude for all that you have done, we would like you to accept this small gift.
- It doesn't have to be a big present - it's just a token.
- The service returns the tokens to the customer with an explanation.
- Please accept this gift as a small token of our appreciation.

■ **A round piece of metal that you use instead of money in some machines.**

- Ten tokens meant a bike ride round the park with one of his parents.

○ Your Example:

Quick Essential Idioms

1. A picture paints a thousand words

■ Pictures describe things much more easily than words do.

- It's just not very clear. Can you draw me a picture? After all, a picture paints a thousand words.

- The picture painted a thousand words of how he thought the firm should develop.

○ Your Example:

2. Your guess is as good as mine

■ Used to tell someone that you do not know any more than they do about something.

- "What's he doing?" "Your guess is as good as mine."

- "Do you think she'd go out with me if I asked her?" "Your guess is as good as mine."

○ Your Example:

3. Don't count your chickens before the eggs have hatched

■ You should not make plans that depend on something good happening before you know that it has actually happened:

- She wanted to buy a dress in case someone asked her to the dance, but I told her not to count her chickens before they hatched.

- Before committing to make the payment, wait till you receive the money from the bank. Don't count your chickens before they hatch.

- You may get the job, but don't count your chickens before they hatch; wait till you get the offer letter before you throw the party.

○ Your Example:

4. Catch someone off guard

■ **To surprise someone, esp. in a way that makes the person feel confused or uncertain:**

- The invitation had caught me off guard.
- The news caught her completely off guard – she didn't know what to say.
- The strength of the storm caught many residents (off guard) by surprise.
- Your Example:

5. On the same page

■ **If a group of people are on the same page, they are working well together and have the same aims.**

- We need to get environmentalists and businesses on the same page to improve things.
- Try to place them on the same page so you can see they all work together.
- Your Example:

6. The sky's the limit

■ **Used to say that there is no limit to what someone can achieve, spend, win etc.**

- Francis believes the sky's the limit for the young goalkeeper.
- We try to make our engineers feel that the sky's the limit when it comes to what they can design.
- Pick out whatever you want - the sky's the limit.
- Your Example:

7. Take the bull by the horns

■ **To bravely or confidently deal with a difficult, dangerous, or unpleasant problem.**

- Nora decided to take the bull by the horns and organize things for herself.
- Helena decided to take the bull by the horns and organize the show herself.
- We decided to take the bull by the horns and go to court, instead of paying the fine.

○ Your Example:

8. Read between the lines

■ **To guess someone's real feelings from something they say or write, when they do not tell you directly.**

- Reading between the lines, I'd say Robert's not very happy.
- Although the financial side is far from the whole story, you can usually read between the lines very clearly.
- Frequently it is necessary to read between the lines.

○ Your Example:

9. No time to lose

■ **If you say there is no time to lose or no time to be lost, you mean you must hurry as fast as you can to do something.**

- He rushed home, realizing there was no time to lose.
- You need to get to the hospital—there's no time to lose!
- Speed up, guys, we have no time to lose if we want to make this flight!

○ Your Example:

10. Actions speak louder than words

■ **Used to say that you are judged by what you do, and not by what you say.**

- On this playing field, actions speak louder than words.
- In any event the user's opinion of a product is reflected in the standard achieved so, actions speak louder than words.
- Politicians are all the same, all talk but no work; do they realize that actions speak louder than words?
 - Your Example:

11. A watched pot never boils

■ **When you want something to happen, paying attention to it will make the wait feel much longer.**

- The doctor is never going to call with your test results if you sit by the phone. A watched pot never boils, after all.
- You should go to her house and ask her about her decision to marry you. Don't wait because a watched pot never boils.
- I guess it is true that a watched pot never boils but how can I do anything else in this situation?
 - Your Example:

12. Better late than never

■ **Used to say that it is better for someone or something to be late than never to arrive or happen at all.**

- "The pictures have finally arrived." "Well, better late than never."
- After two weeks, I finally got a return phone call from that company. Better late than never, I guess.
- I'm sorry my gift came late, but better late than never, right?
 - Your Example:

13. Good things come to those who wait

■ **Prov. If you are patient you will get what you want.**

- A: "Mom, when can I have my birthday present?" B: "Good things come to those who wait, honey."

- When investing, it pays to be patient. Remember that good things come to those who wait.

○ Your Example:

14. Don't judge a book by its cover

■ **Used to say that you should not form an opinion based only on the way something looks.**

- The candidate did not look very intelligent, but you can't judge a book by its cover.

- The hotel looked attractive from outside, but the rooms were damp and not well maintained. You can't judge a book by its cover!

- That man may look very small and insignificant, but don't judge a book by its cover - he's a very powerful man in his circle.

○ Your Example:

15. It makes my blood boil

■ **To make someone extremely angry.**

- The way they treat people makes my blood boil.

- You know, when I think about it, it still makes my blood boil.

- It's a subject that makes my blood boil and disappointments have left me a blister short of swearing.

○ Your Example:

16. It drives me up the wall

■ To make someone angry or irritated

- My children always drive me up a wall when they are tired and in a bad mood.
- The loud music played by my neighbours is driving me up the wall.
- He left the party early because all the silly chatter was driving him up the wall.
- Your Example:

17. On top of the world

■ Extremely happy

- When I heard she'd been released I felt on top of the world!
- After winning the batting title, Bagwell appeared to be on top of the world.
- Standing there, on top of the world, my tiredness vanished.
- Your Example:

18. Having a whale of a time

■ To have an exceptionally fun, exciting, or amusing experience.

- Gee, Samantha, I sure had a whale of a time at the dance with you last night. We should go out again sometime!
- Come out to our party this weekend, you're sure to have a whale of a good time!
- Your Example:

19. On cloud nine

■ To be very happy about something

- Adam was on cloud nine after the birth of his son.
 - I recognized it right away, and I was on Cloud Nine.
 - Ever since Mary got her promotion at work, she's been on cloud nine. I don't think I've ever seen her happier!
- Your Example:

20. Put yourself in somebody's shoes

■ To imagine oneself in the situation or circumstances of another person, so as to understand or empathize with their perspective, opinion, or point of view.

- Put yourself in his shoes! If your mother had just died, how would you feel?
 - Before being quick to judge someone for their actions, you should always try to put yourself in their shoes. Everyone is human, after all.
 - Put yourself in my shoes and then tell me what you would have done, Dan! It isn't as straightforward as you're making it seem!
- Your Example: