

## 1. Lack



■ When there is not enough of something, or none of it

• **SYN:** Shortage

• **ANT:** Surplus

### ► Lack of

- new parents suffering from lack of sleep.
- Too many teachers are treated with a lack of respect.
- Comments based on a total lack of information.

○ Your Example: .....

## 2. Shortage

■ A situation in which there is not enough of something that people need.

- A shortage of skilled labour.
- There is no shortage of funds.
- There is a shortage of nurses and doctors in this area.

○ Your Example: .....

## 3. Lesser

■ Not as large, as important, or as much as something else

• **ANT:** Greater

- They originally asked for \$5 million, but finally settled for a lesser sum.
- This was true in Madrid and, to a lesser extent, Valencia and Seville.
- Hundreds of lesser sites were destroyed.

○ Your Example: .....

## 4. Characterize

■ **To describe the qualities of someone or something in a particular way**

• **SYN: Portray**

- The group was characterized as being well-educated and liberal.

- He has the confidence that characterizes successful businessmen.

■ **To be typical of a person, place, or thing.**

- Bright colours characterize his paintings.

○ Your Example: .....

## 5. Prospectus

■ **A document giving details of a college, school, or business and its activities:**

- You will find details of all our courses in the prospectus.

- A detailed prospectus is one of the signs of a good school.

■ **A document produced by a company that wants the public to buy its shares.**

- An investor should carefully read the fund's prospectus before buying shares in an exchange.

○ Your Example: .....

## 6. Pertinent

■ **Directly relating to something that is being considered**

• **SYN: Relevant**

- The last point is particularly pertinent to today's discussion.

○ Your Example: .....

## 7. Relevant

■ Directly relating to the subject or problem being discussed or considered

• **ANT:** Irrelevant

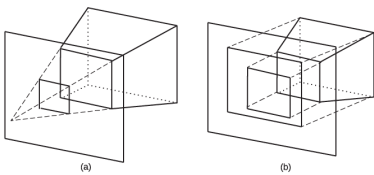
- Relevant documents were presented in court.
- We received all the relevant information.
- What experience do you have that is relevant to this position?

○ Your Example: .....

## 8. Perspective

■ a way of thinking about something, especially one which is influenced by the type of person you are or by your experiences.

- His father's death gave him a whole new perspective on life.



- The novel is written from a child's perspective.

- We have to look at everything from an international perspective.

■ A sensible way of judging and comparing situations so that you do not imagine that something is more serious than it really is.

- I think Viv's lost all sense of perspective.

- The figures have to be put into perspective.

○ Your Example: .....

## 9. Adaptable

■ **Able to change in order to be successful in new and different situations.**

- The American Constitution has proved adaptable in changing political conditions.
- The catfish is adaptable to a wide range of water conditions.
- In this job you need to be adaptable and able to cope with unexpected situations.

○ Your Example: .....

## 10. Transform



■ **To completely change the appearance, form, or character of something or someone, especially in a way that improves it.**

- Increased population has transformed the landscape.
- The movie transformed her almost overnight from an unknown schoolgirl into a megastar.
- The new system transformed the way managers thought about their money.
- When she smiled, her face was completely transformed.

○ Your Example: .....

## 11. Modular

■ **Consisting of separate parts or units which can be put together to form something, often in different combinations.**

- modular furniture.
- A modular course in business studies.
- Most colleges now use the modular system of teaching.
- A modular structure would also have the advantage of helping to avoid too rarefied an approach.

○ Your Example: .....

## 12. Seize

■ **To take hold of something suddenly and violently**

• **SYN: grab**

- Suddenly, he seized my hand.
- Maggie seized the letter from her.

■ **To take control of a place suddenly and quickly, using military force.**

- The rebels have seized power.
- A group of soldiers seized the airport.

○ Your Example: .....

## 13. Tend

■ **To be likely to happen or to have a particular characteristic or effect:**

- We tend to eat at home.
- Children tend to be like their parents.

■ **To care for something or someone:**

- He carefully tended his sunflower plants.
- The nurse gently tended the patient's cuts and bruises.

○ Your Example: .....

## 14. Prospect

■ **The possibility that something good might happen in the future:**

- Is there any prospect of the weather improving?
- There seems little prospect of an end to the dispute.
- There's not much prospect that this war will be over soon.

■ **The idea of something that will or might happen in the future:**

- The prospect of spending three whole days with her fills me with horror.
- I'm very excited at the prospect of seeing her again.

○ Your Example: .....

## 15. Postpone



9:00 → 9:20

■ **To change the date or time of a planned event or action to a later one**

• **SYN:** Put back

• **ANT:** Bring forward

- The match had to be postponed until next week.
- They've decided to postpone having a family for a while.
- His trial has been postponed indefinitely (=no one knows when it will happen).

○ Your Example: .....

## 16. Displace

■ **To take the place or position of something or someone**

• **SYN:** Replace

- Coal has been displaced by natural gas as a major source of energy.
- Immigrants who displace US workers in the job market.

■ **To make a group of people or animals have to leave the place where they normally live.**

- Fifty thousand people have been displaced by the fighting.

■ **To force something out of its usual place or position.**

- The water displaced by the landslides created a tidal wave.

○ Your Example: .....

## 17. Dismiss

■ **To refuse to consider someone's idea, opinion etc. because you think it is not serious, true, or important.**

- The government has dismissed criticisms that the country's health policy is a mess.
- He just laughed and dismissed my proposal as unrealistic.
- It's an idea that shouldn't be dismissed out of hand (=dismissed immediately and completely).

■ **To remove someone from their job**

• **SYN: Fire/Sack**

- Bryant was unfairly dismissed from his post.
- Employees can be dismissed for sending obscene emails.

○ Your Example: .....

## 18. Imposition

■ **The introduction of something such as a rule, punishment, tax etc.**

- The imposition of martial law.
- Barnala refused formally to recommend the imposition of central rule.
- Why hold a referendum, when no one could challenge the imposition of his will?

■ **Something that someone expects or asks you to do for them, which is not convenient for you.**

- I know it's an imposition, but could I use your bathroom?

○ Your Example: .....

## 19. Impose

■ **If someone in authority imposes a rule, punishment, tax etc., they force people to accept it.**

- The court can impose a fine.
- The government imposed a ban on the sale of ivory.

■ **To force someone to have the same ideas, beliefs etc. as you**

- parents who impose their own moral values on their children

■ **To expect or ask someone to do something for you when this is not convenient for them.**

- We could ask to stay the night, but I don't want to impose on them.

■ **To have a bad effect on something or someone and to cause problems for them.**

- Military spending imposes a huge strain on the economy.

○ Your Example: .....

## 20. Enforce

■ **To make people obey a rule or law.**

- Governments make laws and the police enforce them.
- Parking restrictions will be strictly enforced.

■ **To make something happen or force someone to do something**

- It is unlikely that a record company would enforce its views on an established artist.

▶ **Enforceable** [adjective]

- The recommendations are not legally enforceable.

○ Your Example: .....

## 21. Suppress

■ **To stop people from opposing the government, especially by using force**

- The uprising was ruthlessly suppressed.

■ **If important information or opinions are suppressed, people are prevented from knowing about them, even if they have a right to know.**

- The police were accused of suppressing evidence.

■ **To stop yourself from showing your feelings**

- Harry could scarcely suppress a smile.

- suppressed anger

■ **To prevent something from growing or developing, or from working effectively**

- The virus suppresses the body's immune system.

▶ **Suppressible** [adjective]

▶ **Suppression** [noun]

- the suppression of opposition parties

○ Your Example: .....

## 22. Intangible

■ **An intangible quality or feeling is difficult to describe exactly**

- The island has an intangible quality of holiness.

■ **Intangible things have value but do not exist physically – used in business.**

- Intangible assets such as customer goodwill

▶ **Intangibly** [adverb]

▶ **Intangible** [noun]

- Intangibles like pension schemes and holidays

○ Your Example: .....

## 23. Abstract

■ **Based on general ideas or principles rather than specific examples or real events**

• **SYN: Theoretical**

- the ability to translate abstract ideas into words
- By the age of seven, children are capable of thinking in abstract terms.
- Human beings are the only creatures capable of abstract thought (=thinking about ideas).

■ **Existing only as an idea or quality rather than as something real that you can see or touch**

• **ANT: Concrete**

- the abstract nature of beauty.

○ Your Example: .....

## 24. Sip

■ **To drink something slowly, taking very small mouthfuls**

- She was sitting at the table sipping her coffee.
- He sipped at his wine with pleasure.
- She sipped water all the way through the interview.

○ Your Example: .....

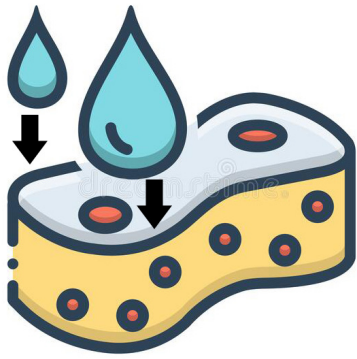
## 25. Liaise

■ **To exchange information with someone who works in another organization or department so that you can both be more effective.**

- Council officers are liaising closely with local groups.
- The education officer liaises between students, schools and colleges.
- You should liaise with other staff on training provision.

○ Your Example: .....

## 26. Absorb



■ **To take in liquid, gas, or another substance from the surface or space around something.**

- Plants absorb nutrients from the soil.
- Water and salts are absorbed into our bloodstream.

■ **To read or hear a large amount of new information and understand it.**

- Her capacity to absorb information is amazing.

■ **to interest someone so much that they do not pay attention to other things**

- The movement and noise of the machines absorbed him completely.

- Judith lay on the settee, absorbed in her book.

■ **To become part of something larger**

- California absorbs many of the legal immigrants to the US.

- We were soon absorbed into local village life.

■ **If something absorbs light, heat, energy, or noise, it takes it in.**

- Darker surfaces absorb heat.

○ Your Example: .....

## 27. Allocate



■ **To use something for a particular purpose, give something to a particular person etc. especially after an official decision has been made.**

- The importance of allocating resources to local communities.

- You should allocate the same amount of time to each question.

- One million dollars was allocated for disaster relief.

- Several patients were waiting to be allocated a bed.

○ Your Example: .....

## 28. Allocation

■ **The amount or share of something that has been allocated for a particular purpose.**

- Twelve hours a week seemed a generous allocation of your time.
- Schools will be given cash allocations per student.
- 50% of the fund will be available for allocation this year.

■ **The decision to allocate something, or the act of allocating it**

- The allocation of funds to universities.

○ Your Example: .....

## 29. Allot

■ **To use a particular amount of time for something, or give a particular share of money, space etc. to someone or something**

• **SYN: Allocate**

- Try and allot two or three hours a day to revision.
- Each school will be allotted twenty seats.
- Everyone who works for the company has been allotted ten shares.

▶ **Allotted** [adjective]

- The department has already spent more than its allotted budget.

○ Your Example: .....

### 30. Exceed



■ **To be more than a particular number or amount.**

- Working hours must not exceed 42 hours a week.
- His performance exceeded our expectations.

■ **To go beyond what rules or laws say you are allowed to do.**

- He was fined for exceeding the speed limit.
- The riot police had exceeded their authority.

○ Your Example: .....

### 31. Exceedingly

■ **To a very great degree; extremely:**

- He is exceedingly rich.
- Thank you. You've been exceedingly kind.
- I've become exceedingly worried about the future of our nation.

○ Your Example: .....

### 32. Surpass

■ **To be even better or greater than someone or something else.**

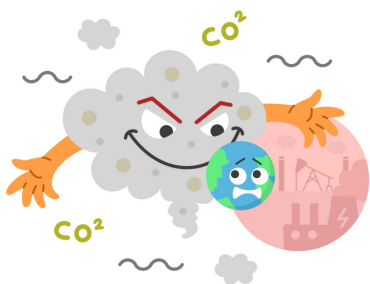
- He had surpassed all our expectations.
- The number of multiple births has surpassed 100,000 for the first time.

► **surpass yourself** (=do something better than you have ever done before)

- With this painting he has surpassed himself.

○ Your Example: .....

### 33. Emission



■ **A gas or other substance that is sent into the air.**

- Britain agreed to cut emissions of nitrogen oxide from power stations.

- It estimates that in that time it cut its carbon dioxide emissions by more than 20 percent.

▶ **harmful emission** (=likely to cause harm to people or the environment)

- The law is designed to limit harmful emissions.

○ Your Example: .....

### 34. Discharge

■ **To officially allow someone to leave somewhere, especially the hospital or the army, navy etc., or to tell them that they must leave.**

- Hospitals now tend to discharge patients earlier than in the past.

- The judge discharged the jury.

- Several of the recruits were discharged from the Army due to medical problems.

▶ **Conditionally discharge somebody** [British English] (=let someone leave prison if they obey particular rules)

■ **To send out gas, liquid, smoke etc., or to allow it to escape.**

- Sewage is discharged directly into the sea.

- Rainwater collects here and then discharges into the river Kennett.

■ **To fire a gun or shoot an arrow etc.**

- A soldier accidentally discharged his weapon.

○ Your Example: .....

## 35. Incinerate



■ **To burn something completely in order to destroy it.**

- All the infected clothing was incinerated.
- For many years, solid waste was incinerated.
- Another option is to incinerate the oil, but this is very wasteful.

▶ Incinerate is usually passive.

▶ **Incineration [noun]**

- An incineration plants.

○ Your Example: .....

## 36. Smolder



■ **To burn slowly with smoke but without flames:**

- The fire was still smoldering the next morning.
- The wet wind blew out the flame, allowing it to smolder and smoke, releasing incense.
- Forest Service crews routinely discover smoldering campfires along trails.

■ **If a strong emotion smolders, it continues to exist but is not expressed:**

- This issue has been smoldering all week.

○ Your Example: .....

## 37. Ignite

### ■ To start burning, or to make something start burning

- The petrol tank suddenly ignited.
- The candle ignited the plastic.
- Scientists could not explain why the gas had suddenly ignited.

### ■ To start a dangerous situation, angry argument etc.

- Events which ignited the war in Europe
- Anxiety is like a smoldering fire, a wind can come along and ignite the glowing embers.

○ Your Example: .....

## 38. Altercation

### ■ A short noisy argument.

- They became involved in an altercation.
- There was a brief altercation and someone called the police.
- According to witnesses, the altercation between the two men started inside the restaurant.

○ Your Example: .....

## 39. Bundle



■ **A group of things such as papers, clothes, or sticks that are fastened or tied together.**

- We sorted the newsletters into bundles for distribution.

- A small bundle containing mostly clothing.

- He put his hand on his pocket, and pulled out a large bundle of £50 notes.

- How much asparagus shall I buy - a couple of bundles?

■ **A number of things that belong or are dealt with together.**

- Bundles of data.

○ Your Example: .....

## 40. Pile



■ **A group of several things of the same type that are put on top of each other**

• **SYN: Stack**

- His mother came in carrying a pile of ironing in her arms.

- Flora shuffled through a pile of magazines.

- She tidied up the books and put them in neat piles.

- He balanced the plate on the top of a pile of books.

■ **A large amount of something arranged in a shape that looks like a small hill.**

- piles of melting snow.

- All that remained of the old house was a pile of rubble.

○ Your Example: .....

## 41. Aggregate

■ **The total after a lot of different figures or points have been added together.**

- The smaller minorities got an aggregate of 1,327 votes.

▶ **In the aggregate** (=as a group or in total)

- In the aggregate, women outlive men by 7 or more years.

▶ **On aggregate** [British English] (=when the points from two football games are added together)

- Manchester United won 2-1 on aggregate.

○ Your Example: .....

## 42. Proscribe

■ **To officially say that something is not allowed to exist or be done**

• **SYN: Forbid/Prohibit**

- The Act proscribes discrimination on the grounds of race.

- The sale of materials that could be used in making nuclear weapons is proscribed by US law.

- Torture and summary execution of political prisoners are proscribed by international law.



○ Your Example: .....

## 43. Inhibit

■ **To prevent something from growing or developing well.**

- An unhappy family life may inhibit children's learning.
- This drug inhibits the growth of tumors.
- We're doing all we can to inhibit urban sprawl and maintain the city's identity.

■ **To make someone feel embarrassed or nervous so that they cannot do or say what they want to.**

- Recording the meeting may inhibit people from expressing their real views.
- Some workers were inhibited (from speaking) by the presence of their managers.

○ Your Example: .....

## 44. Taboo

■ **A taboo subject, word, activity etc. is one that people avoid because it is extremely offensive or embarrassing.**

- Rape is a taboo subject.
- However, almost nothing else was considered a taboo subject.

■ **Not accepted as socially correct.**

- It's taboo to date a man a lot younger than you.
- In the '50s it was taboo for co-workers to date each other.

○ Your Example: .....

## 45. Vend

### ■ To sell something:

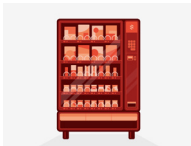
- Some websites vend a bizarre array of items.
- This was their first move into vending hardware.

### ▶ **Vending** [noun]

- Los Angeles has finally legalized sidewalk vending (=selling things on the street).

○ Your Example: .....

## 46. Vending machine



### ■ A machine that you can get cigarettes, chocolate, drinks etc., from by putting money in.

- A different form of vending machine is that providing a service.
- For example, the customer might ask to be given equal numbers of 5p and 20p coins for use in a vending machine.

○ Your Example: .....

## 47. Endeavor



### ■ To try very hard to do something.

- We always endeavor to please our customers.
- Engineers are endeavoring to locate the source of the problem.
- We will endeavor to arrive in Scheffau before the shops close!

○ Your Example: .....

## 48. Effort

■ **The physical or mental energy that is needed to do something.**

- Lou lifted the box easily, without using much effort.
- Frank put a lot of effort into the party.
- Learning to speak another language takes effort.

■ **An attempt to do something, especially when this involves a lot of hard work or determination.**

- Please make an effort to be polite.
- Tom's efforts to stop smoking haven't been very successful.
- Church leaders are prepared to meet the terrorists in an effort to (=in order to try to) find peace.

○ Your Example: .....

## 49. Interdisciplinary

■ **Involving ideas, information, or people from different subjects or areas of study.**

- An interdisciplinary research center.
- It attracted an international, interdisciplinary audience of over eighty people.
- An interdisciplinary team of researchers are examining the disease.
- This project is useful for the analysis and an example of how to improve interdisciplinary relationships.

○ Your Example: .....

## 50. Encompass

■ **To include a wide range of ideas, subjects, etc.**

- The study encompasses the social, political, and economic aspects of the situation.
- The Hindu religion encompasses many widely differing forms of worship.

■ **To completely cover or surround something**

- The houses encompassed about 100 square meters.

○ Your Example: .....

## 51. Embody



■ **To be a very good example of an idea or quality**

• **SYN: Represent**

- She embodies everything I admire in a teacher.

■ **To include something.**

- The latest model embodies many new improvements.
- We have embodied the highest possible standards in our ethical codes.

○ Your Example: .....

## 52. Brace

■ **To mentally or physically prepare yourself or someone else for something unpleasant that is going to happen**

- Nancy braced herself for the inevitable arguments.
- The military needs to brace itself for further spending cuts, says McCoy.
- Cathy braced herself to see Matthew, who she expected to arrive at any minute.

■ **To push part of your body against something solid in order to make yourself more steady.**

- Gina braced her back against the wall and pushed as hard as she could.
- The pilot told passengers and crew to brace themselves for a rough landing.

■ **To make something stronger by supporting it**

- Wait until we've braced the ladder.
- Workers used steel beams to brace the roof.

○ Your Example: .....

## 53. Preclude

■ **To prevent something or make something impossible**

- Rules that preclude experimentation in teaching methods
- Age alone will not preclude him from standing as a candidate.
- Lack of evidence may preclude a trial.

○ Your Example: .....

## 54. Unforeseen

■ **An unforeseen situation is one that you did not expect to happen.**

- Due to unforeseen circumstances, the play has been cancelled.
- unforeseen delays in supplying the equipment.
- Something totally unforeseen could occur to preclude it.

○ Your Example: .....

## 55. Exploitation

■ **A situation in which you treat someone unfairly by asking them to do things for you, but give them very little in return – used to show disapproval.**

- The film industry thrives on the sexual exploitation of women.

■ **The development and use of minerals, forests, oil etc., for business or industry.**

- The controlled exploitation of resources

■ **The full and effective use of something.**

- Greater exploitation of these data

■ **An attempt to get as much as you can out of a situation, sometimes unfairly.**

- The exploitation of religion for political ends.

○ Your Example: .....

## 56. Utilize

■ **To use something for a particular purpose.**

- We must consider how best to utilize what resources we have.
- The vitamins come in a form that is easily utilized by the body.
- In some languages you may be able to utilize material from grammar books for these lists.

○ Your Example: .....

## 57. Facilitate

■ **To make it easier for a process or activity to happen.**

- Computers can be used to facilitate language learning.
- Both centers are electronically linked to facilitate communication.
- Dividing students into small groups usually helps facilitate discussion.

○ Your Example: .....

## 58. Expedite

■ **To make a process or action happen more quickly**

• **SYN: Speed up**

- Strategies to expedite the decision-making process.
- More money would, of course, expedite the construction.
- Occasionally he would seek to expedite his victim's demise as best he could.

○ Your Example: .....

## 59. Hasten



■ **To make something happen faster or sooner.**

- Their departure was hastened by an abnormally cold winter.

■ **To do or say something quickly or without delay**

• **SYN: Hurry**

- I hastened to assure her that there was no danger.

○ Your Example: .....

## 60. Restrain



■ **To stop someone from doing something, often by using physical force.**

- I had to restrain her from running out into the street.

- He had to be restrained from using violence.

■ **To control your own emotions or behaviour.**

- Renwick restrained a feeling of annoyance.

- She could barely restrain herself from hitting him.

■ **To control or limit something that is increasing too much.**

- Price rises should restrain consumer spending.

○ Your Example: .....

## 61. Stifle

■ **To stop something from happening or developing**

• **ANT: Encourage**

- Rules and regulations that stifle innovation.
- How can this party stifle debate on such a crucial issue?

■ **To stop a feeling from being expressed**

- He stifled an urge to hit her.
- I tried to stifle my laughter.

■ **If you are stifled by something, it stops you breathing comfortably.**

- He was almost stifled by the fumes.
- I felt like I was stifling in the humid air.

○ Your Example: .....

## 62. Quell

■ **To end a situation in which people are behaving violently or protesting, especially by using force**

• **SYN: Put down**

- Police used live ammunition to quell the disturbances.

■ **To reduce or stop unpleasant feelings such as fear, doubt, or worry.**

- 'Jerry?' she called, trying to quell the panic inside her.

○ Your Example: .....

## 63. Squash

■ **To press something into a flatter shape, often breaking or damaging it**

• **SYN: Flatten**

- The cake got a bit squashed on the way here.
- Her hair had been squashed down by her hat. Move over – you're squashing me.

■ **To push yourself or something else into a space that is too small**

• **SYN: Squeezes**

- Seven of us squashed into the car.
- We can probably squash another couple of things in.

■ **To use your power or authority to stop something**

• **SYN: Quash**

- Her suggestions were always squashed.

▶ **squash rumours/hopes/reports etc.** (=say that a rumour etc. is not true)

- The government was quick to squash any hopes of reform.

■ **To control or ignore an emotion**

• **SYN: Suppress**

- She felt anger rising but quickly squashed it.

○ Your Example: .....

## 64. Nourish

■ **To give a person or other living thing the food and other substances they need in order to live, grow, and stay healthy.**

- The cream contains vitamin A to nourish the skin.
- A well-nourished baby.

■ **To keep a feeling, idea, or belief strong or help it to grow stronger.**

- We need to nourish our hopes and dreams.

○ Your Example: .....

## 65. Nourishment

■ **The food and other substances that people and other living things need to live, grow, and stay healthy.**

- lack of proper nourishment.
- The soil provides nourishment for plant roots.

■ **Something that helps a feeling, idea, or belief to grow stronger.**

- A child starved of emotional nourishment.

○ Your Example: .....

## 66. Nutrition

■ **The process of giving or getting the right type of food for good health and growth.**

- Nutrition and exercise are essential to fitness and health.

- A nutrition expert.

- Poor nutrition can cause heart disease in later life.

○ Your Example: .....

## 67. Malnutrition



○ Your Example: .....

■ **When someone becomes ill or weak because they have not eaten enough good food.**

- Refugees suffering from malnutrition.
- Many of the children showed signs of malnutrition.
- Among the millions who die each year through malnutrition there are many children of the Kingdom.

## 68. Mould (Mold in American English)

■ **A hollow container that you pour a liquid or soft substance into, so that when it becomes solid, it takes the shape of the container.**

- Another method, used especially for figures, was to pour the clay into a mould.
- lime jello in a mould.

■ **If someone is in a particular mould, or fits into a particular mould, they have all the attitudes and qualities typical of a type of person**

- She didn't quite fit into the standard 'high-flying businesswoman' mould.
- A socialist intellectual in the mould of Anthony Crossland.

○ Your Example: .....

## 69. Indulgent

■ **Willing to allow someone, especially a child, to do or have whatever they want, even if this is not good for them.**

- Toys bought by their indulgent grandparents
- He had been a strict father but was indulgent to/towards his grandchildren.

○ Your Example: .....

## 70. Rigid

■ **Rigid methods, systems etc. are very strict and difficult to change**

• **ANT: Flexible**

- Rigid and authoritarian methods of education.
- People naturally get very frustrated with rigid bureaucracies.

■ **Someone who behaves in a rigid way is very unwilling to change their ideas or behaviour.**

- rigid adherence to old-fashioned ideas.
- She maintained rigid control over her emotional and sexual life.

○ Your Example: .....

## 71. Severe

■ **Severe problems, injuries, illnesses etc. are very bad or very serious.**

- His injuries were quite severe.
- She's suffering from severe depression.
- The US faces severe economic problems.
- The storm caused severe damage.

○ Your Example: .....

## 72. Vigour (Vigor in American English)

■ **Physical or mental energy and determination**

- He began working with renewed vigour.
- His vigour and passion impressed me.
- After vacation, she returned to work with renewed vigor.

○ Your Example: .....

## 73. Vigorous

■ **Using a lot of energy and strength or determination.**

- Your dog needs at least 20 minutes of vigorous exercise every day.
- Environmentalists have begun a vigorous campaign to oppose nuclear dumping in the area.
- Vigorous efforts are being made to find a solution to the problem.
- The measures provoked vigorous opposition in right-wing circles.

■ **Strong and healthy**

- A vigorous young man.

○ Your Example: .....

## 74. Stern

■ **Serious and strict, and showing strong disapproval of someone's behaviour.**

- sterner penalties for drug offences.
- 'Wait!' I shouted in my sternest voice.
- His actions have earned him stern rebukes from human rights organizations.

○ Your Example: .....

## 75. Foster

■ **To help a skill, feeling, idea etc. develop over a period of time**

• **SYN: Encourage/Promote**

- The bishop helped foster the sense of a community embracing all classes.

■ **To take someone else's child into your family for a period of time but without becoming their legal parent.**

- The couple wanted to adopt a black child they had been fostering.

○ Your Example: .....

## 76. Flourish

■ **To develop well and be successful**

• **SYN: Thrive**

- The economy is booming and small businesses are flourishing.

■ **To grow well and be very healthy.**

- Most plants will flourish in the rich deep soils here.

■ **To wave something in your hand in order to make people notice it.**

- She walked quickly to the desk, flourishing her cheque book.

○ Your Example: .....

## 77. Thrive

■ **To become very successful or very strong and healthy.**

- Plants that thrive in tropical rain forests.
- A business which managed to thrive during a recession.
- Most herbs need direct sun all day in order to thrive.

○ Your Example: .....

## 78. Yield

■ **To produce a result, answer, or piece of information.**

- Our research has only recently begun to yield important results.

■ **To produce crops, profits etc.**

- Each of these oilfields could yield billions of barrels of oil.
- The tourist industry yielded an estimated \$2.25 billion for the state last year.

■ **To allow yourself to be forced or persuaded to do something or stop having something.**

- The military has promised to yield power.
- The hijackers refuse to yield to demands to release the passengers.

○ Your Example: .....

## 79. Vacant



■ **A vacant seat, building, room, or piece of land is empty and available for someone to use.**

- Only a few apartments were still vacant.
- There was only a vacant lot (=empty unused area of land in a city) where her house used to be.

■ **A job or position in an organization that is vacant is available for someone to start doing.**

► **Fall vacant** British English (=become vacant)

- He was offered the position of headmaster when it fell vacant.

○ Your Example: .....

## 80. Oath



■ **A formal and very serious promise.**

- An oath of allegiance to the Queen.
- Servicemen have to swear an oath of loyalty to their country. The president took the oath of office (=made the official public promises that every president makes when starting their job).

- She could not break her oath.

■ **A formal promise to tell the truth in a court of law.**

- The evidence was given under oath.
- Witnesses are required to take the oath (=make this promise)

○ Your Example: .....

## 81. Vow



■ **To make a serious promise to yourself or someone else**

• **SYN: Promise**

- Supporters have vowed to continue the protest until Adams is released.
- I vowed that I would never drink again.
- But yesterday she vowed that the tragedy would not ruin their lives.

○ Your Example: .....

## 82. Accustom

■ **To make yourself or another person become used to a situation or place.**

- It took a while for me to accustom myself to all the new rules and regulations.
- You have got to accustom yourself to the book that is written from several different viewpoints.
- I did enjoy myself, once I had accustomed myself to the way the Yanks danced.

○ Your Example: .....

## 83. Conceal

### ■ To hide something carefully.

- The shadows concealed her as she crept up to the house.
- The path was concealed by long grass.
- A concealed weapon.

### ■ To hide your real feelings or the truth.

- She tried to conceal the fact that she was pregnant.
- She was taking drugs and trying to conceal it from me.

### ► **Concealment** [noun]

- Deliberate concealment of his activities

○ Your Example: .....

## 84. Dismal

### ■ If a situation or a place is dismal, it is so bad that it makes you feel very unhappy and hopeless.

- The future looks pretty dismal right now.
- A dismal, grey afternoon

### ■ Bad and unsuccessful.

- The team's record so far is pretty dismal.
- Her scheme was a dismal failure.

○ Your Example: .....

## 85. Inhabitant

■ **A person or animal that lives in a particular place:**

- A city of five million inhabitants
- This is a poor rural area, with only one doctor per 10,000 inhabitants.
- The Aborigines are the native inhabitants of Australia.
- It was so exciting to see that our birdbox has some new inhabitants.

○ Your Example: .....

## 86. Numb

■ **A part of your body that is numb is unable to feel anything, for example because you are very cold.**

- My fingers were so numb I could hardly write.
- The anaesthetic made his whole face go numb.

■ **Unable to think, feel, or react in a normal way**

• **SYN:** paralyzed

- I just sat there, numb with fear.

▶ **Numbly** [adverb]

- She watched numbly as Matt walked away.

▶ **Numbness** [noun]

- It caused some numbness in my hand.

○ Your Example: .....

## 87. Defect

■ **A fault or problem in something or someone that spoils that thing or person or causes it, him, or her not to work correctly:**

- There are so many defects in our education system.
- It's a character defect in her that she can't ever admit she's wrong.

■ **A physical condition in which something is wrong with a part of someone's body:**

- She suffers from a heart/sight/speech defect.
- The drug has been shown to cause birth defects.

■ **[verb] To leave your own country or group in order to go to or join an opposing one.**

- A Russian actor who defected to the West

○ Your Example: .....

## 88. Tact

■ **The ability to be careful about what you say or do, so that you do not upset or embarrass other people.**

- With great tact, Clive persuaded her to apologize.
- He's never had much tact and people don't like his blunt manner.
- The editors of this book have shown tact and good sense in their selections.

○ Your Example: .....

## 89. Tempt



■ **To try to persuade someone to do something by making it seem attractive.**

- The new program is designed to tempt young people into studying engineering.

- It would take a lot of money to tempt me to quit this job.

■ **To make someone want to have or do something, even though they know they really should not.**

- If you leave valuables in your car it will tempt thieves.

- I'm tempted to buy that dress.

○ Your Example: .....

## 90. Temptation

■ **A strong desire to have or do something even though you know you should not.**

- There might be a temptation to cheat if students sit too close together.

- Resist the temptation to buy the item until you're certain you need it.

- I finally gave in to the temptation and had a cigarette.

■ **Something that makes you want to have or do something, even though you know you should not.**

- Selling alcohol at truck stops is an unnecessary temptation for drivers.

○ Your Example: .....

## 91. Recline



### ■ To lie or lean back in a relaxed way.

- I spent Sunday reclining in a deckchair.
- A solitary figure was reclining on the grass.
- Reclining in a comfortable chair, David idly flipped through a magazine.
- Many of Roche's earlier paintings are of young men reclining on sofas.

○ Your Example: .....

## 92. Puke



### ■ To bring food back up from your stomach through your mouth

#### • SYN: Vomit

- He puked all over the carpet.
- When we say sick we mean puking.
- It smells like someone puked in here.

○ Your Example: .....

## 93. Vomit

### ■ To bring food or drink up from your stomach out through your mouth, because you are ill.

- He had swallowed so much sea water he wanted to vomit.
- I knew I was really in trouble when I began vomiting blood.
- I vomited up most of my dinner.

○ Your Example: .....

## 94. Immerse

### ■ To involve someone completely in an activity:

- She immersed herself wholly in her work.
- He was immersed in her words, lost in her ability to be straight.
- She got some books out of the library and immersed herself in Jewish history and culture.

### ■ To immerse something is also to put it completely under the surface of a liquid:

- Immerse the egg in boiling water.

○ Your Example: .....

## 95. Submerge

### ■ To cover something completely with water or another liquid.

- The tunnel entrance was submerged by rising sea water.

### ■ To go under the surface of the water and be completely covered by it.

- The submarine submerged.

### ■ To hide feelings, ideas, or opinions and make yourself stop thinking about them

#### • SYN: Suppress

- Feelings she thought she'd submerged were surfacing again.

#### ► Submerged [adjective]

- Submerged rocks.

○ Your Example: .....

## 96. Excavate



■ If a scientist or archaeologist excavates an area of land, they dig carefully to find ancient objects, bones etc.

- Schliemann excavated the ancient city of Troy.
- Ice age bones are being excavated in the caves.

■ To make a hole in the ground by digging up soil etc.

- In tin mining today, workers excavate tunnels horizontally from a vertical shaft.

○ Your Example: .....

## 97. Burrow



■ To make a hole or passage in the ground

• SYN: Dig down

- Mother turtles burrow into the sand to lay their eggs.

■ To press your body close to someone or under something because you want to get warm or feel safe

• SYN: Nestle

- The child stirred and burrowed deeper into the bed.
- She burrowed her head into his shoulder.

■ To search for something that is hidden in a container or under other things

• SYN: Rummage

- Helen burrowed in her bag for a handkerchief.

○ Your Example: .....

## 98. Bore

■ **To make someone feel bored, especially by talking too much about something they are not interested in.**

- He's the sort of person who bores you at parties.
- A film that will bore its young audience
- I won't bore you with all the technical details.

■ **To make a deep round hole in a hard surface.**

- The machine bores a hole through the cards.
- To build the tunnel they had to bore through solid rock.

○ Your Example: .....

## 99. Contradict

■ **To disagree with something, especially by saying that the opposite is true**

- Deborah opened her mouth to contradict, but closed it again.
- Dad just can't bear to be contradicted.
- The article flatly contradicts their claims.

■ **If one statement, story etc. contradicts another, the facts in it are different so that both statements cannot be true.**

- The witness statements contradict each other and the facts remain unclear.

○ Your Example: .....

## 100. Oppose

■ **To disagree with something such as a plan or idea and try to prevent it from happening or succeeding.**

- Congress is continuing to oppose the president's health care budget.

- Most local residents opposed the building of the shopping mall.

■ **To fight or compete against another person or group in a battle, competition, or election.**

- He is opposed by two other candidates.

- The governor adamantly/vehemently opposes raising taxes.

○ Your Example: .....

## 101. Deduce

■ **To use the knowledge and information you have in order to understand something or form an opinion about it.**

- Fortunately, Alice deduced what was going on.

- From her son's age, I deduced that her husband must be at least 60.

- What did Darwin deduce from the presence of these species?

○ Your Example: .....

## 102. Deviate

■ **To change what you are doing so that you are not following an expected plan, idea, or type of behaviour.**

- The plane had to deviate from its normal flight path.
- So do not deviate by mixing your opinions with the facts.
- In particular those who deviate from society's values must be brought back into line.

○ Your Example: .....

## 103. Diverge

■ **If similar things diverge, they develop in different ways and so are no longer similar.**

- The two species diverged millions of years ago.
- Global growth rates are diverging markedly.

■ **If opinions, interests etc. diverge, they are different from each other.**

- Here his views diverged from hers.

▶ **Divergenc** [noun]

- Divergence between the US and Europe

▶ **Divergent** [adjective]

- Divergent views

○ Your Example: .....

## 104. Digress

■ **To talk or write about something that is not your main subject.**

- Do you mind if I digress for a moment?
- Before we do that, I'd like to digress for a minute and say a word or two about the new books.
- During the lecture, Miller often digressed to give the history behind each theory.

▶ **Digression** [noun]

- After several long digressions he finally reached the interesting part of the story.

○ Your Example: .....

## 105. Suffocate

■ **To die or make someone die by preventing them from breathing.**

- The animal seizes its prey by the throat and suffocates it to death.
- One of the puppies suffocated inside the plastic bag.
- It was very hot inside the car, and I felt as though I was suffocating.



■ **To prevent a relationship, plan, business etc. from developing well or being successful.**

- Jealousy can suffocate any relationship.

○ Your Example: .....

## 106. Smother

■ **To completely cover the whole surface of something with something else, often in a way that seems unnecessary or unpleasant.**

- Noodles smothered in garlic sauce.

■ **To kill someone by putting something over their face to stop them breathing.**

- A teenage mother was accused of smothering her 3-month-old daughter.

■ **To stop yourself from showing your feelings or from doing an action**

• **SYN: Stifle**

- The girls tried to smother their giggles

■ **To give someone so much love and attention that they feel as if they are not free and become unhappy.**

- I don't want him to feel smothered.

○ Your Example: .....

## 107. Endure

■ **To be in a difficult or painful situation for a long time without complaining.**

- It seemed impossible that anyone could endure such pain.

- He can't endure being apart from me.

■ **To remain alive or continue to exist for a long time.**

- Friendships which endure over many years.

○ Your Example: .....

## 108. Undergo

■ **If you undergo a change, an unpleasant experience etc., it happens to you or is done to you.**

- The country has undergone massive changes recently.
- He has been released from prison to undergo medical treatment in the United States.
- She has been undergoing tests since Monday.

○ Your Example: .....

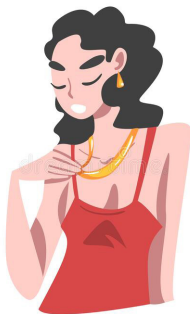
## 109. Adherent

■ **Someone who supports a particular belief, plan, political party etc.**

- Adherents of the Greek Orthodox Church
- The anti-globalization movement is attracting new adherents to its principles.
- Both have their adherents, among writers and among readers.

○ Your Example: .....

## 110. Affluent



■ **Having plenty of money, nice houses, expensive things etc.**

• **SYN: Wealthy**

- An affluent neighborhood
- They say that the pack reached only the more affluent areas where house prices averaged £150,000.
- As people become more affluent, so their standard and style of living improves.

○ Your Example: .....

## 111. Convert

■ **To change something into a different form, or to change something so that it can be used for a different purpose or in a different way.**

- They converted the spare bedroom into an office.

- The stocks can be easily converted to cash.

- A 19th-century converted barn (=barn changed into a house)

■ **To die or make someone die by preventing them from breathing.**

- The animal seizes its prey by the throat and suffocates it to death.

■ **To change into a different form, or change into something that can be used for a different purpose or in a different way.**

- A sofa that converts into a bed.

- In the process, the light energy converts to heat energy.

■ **To persuade someone to change to a different religion.**

- European missionaries converted thousands to Christianity.

■ **To change to a different religion.**

- She converted to Catholicism.

○ Your Example: .....

## 112. Radical

■ **A radical change or difference is very big and important**

• **ANT: Slight**

- They are proposing radical changes to the way the company is run.

- A radical reform of the tax system

- There are radical differences between the two organizations.

■ **Radical ideas are very new and different, and are against what most people think or believe.**

- He has put forward some very radical ideas.

- I was shocked by her radical views.

■ **[American English] (informal) Very good or enjoyable.**

- That was one radical party last night!

○ Your Example: .....

## 113. Confine

■ To keep someone or something within the limits of a particular activity or subject

• **SYN: Restrict**

- The police cadet's duties were confined to taking statements from the crowd.

- We confined our study to ten cases.

- Owen did not confine himself to writing only one type of poem.

■ To keep someone in a place that they cannot leave, such as a prison.

- Any soldier who leaves his post will be confined to barracks (=made to stay in the barracks).

- He was allegedly confined in a narrow dark room for two months.



○ Your Example: .....

## 114. Prosperous

■ Rich and successful.

- Deng was the son of a prosperous landowner.

- I am proud to report that the condition of the country as a whole is prosperous.

- In the region's most prosperous countries, it is doubling every four to six months.



○ Your Example: .....

## 115. Privilege

■ **A special advantage that is given only to one person or group of people.**

- He had no special privileges and was treated just like every other prisoner.

- The privilege of a good education.

■ **Something that you are lucky to have the chance to do, and that you enjoy very much.**

- Today, we have the privilege of listening to two very unusual men.

- Today, we have the privilege of listening to two very unusual men.

■ **A situation in which people who are rich or of a high social class have many more advantages than other people.**

- Wealth and privilege

- They did not give up their privileges easily.

○ Your Example: .....

## 116. Entitle

■ **To give someone the official right to do or have something.**

- Full-time employees are entitled to receive health insurance.

- Membership entitles you to the monthly journal.

- How many breaks I am entitled to under the law?

○ Your Example: .....

## 117. Authorize

■ **To give official permission for something.**

- Napoleon III authorized Haussmann to rebuild Paris.
- Who authorized the decision to close the factory?
- Only Congress can authorize the President to declare war.

○ Your Example: .....

## 118. Negotiation

■ **Official discussions between the representatives of opposing groups who are trying to reach an agreement, especially in business or politics.**

- The negotiations with the company had reached a crucial stage.
- This follows private negotiations between the landowner and the leisure center.
- He is trying to involve community leaders in negotiations on reform.

○ Your Example: .....

## 119. Sanction

### ■ Official permission, approval, or acceptance

#### • SYN: Approval

- Apparently, the aide had acted without White House sanction.

- This confidence was given a democratic sanction in the referendum of 28 September 1958.

### ■ A form of punishment that can be used if someone disobeys a rule or law

#### • SYN: Punishment

- Such sanctions are likely to make the child angry.

- The harshest possible sanction which could be imposed

### ■ [verb]To officially accept or allow something.

- The church refused to sanction the king's second marriage.

o Your Example: .....

## 120. Residence



### ■ A house, especially a large or official one.

- The ambassador's official residence

### ■ legal permission to live in a country for a certain period of time

#### • SYN: Residency

- A residence permit.

- Jeff has permanent residence in Canada, but is still a US citizen.

### ■ The state of living in a place.

- Rome was his main place of residence.

o Your Example: .....

## 121. Settlement

■ **An official agreement or decision that ends an argument, a court case, or a fight, or the action of making an agreement.**

- Union leaders and company bosses will meet tomorrow in an attempt to reach a settlement.
- His lawyers are understood to be negotiating a settlement.
- the search for a peaceful settlement of the Northern Ireland conflict.

■ **when you pay all the money that you owe.**

- The settlement of all his debts
- Wyatt had received the property in settlement of a bet.

■ **A group of houses and buildings where people live, especially in a place where few people have lived before.**

- The railway stations created new settlements. marriage.

○ Your Example: .....

## 122. Transaction

■ **A business deal or action, such as buying or selling something.**

- The bank charges a fixed rate for each transaction.
- Financial transactions.

■ **The process of doing business**

- the transaction of his public duties.

○ Your Example: .....

## 123. Counsel

### ■ To give advice, especially on social or personal problems:

- The police have provided experts to counsel local people affected by the tragedy.
- My job involves counselling unemployed people on/about how to find work.
- She counselled them not to accept this settlement.

○ Your Example: .....

## 124. Instruct

### ■ To officially tell someone what to do.

- His secretary was instructed to cancel all his engagements.
- The judge immediately instructed that Beattie be released.
- Eva went straight to the hotel, as instructed (=as she had been told).

### ■ To teach someone something, or show them how to do something.

- Greater effort is needed to instruct children in road safety.
- Employees are instructed how to make a complaint.

○ Your Example: .....

## 125. Advocate

### ■ To publicly support a particular way of doing something

- Extremists were openly advocating violence.
- Those who advocate for doctor-assisted suicide say the terminally ill should not have to suffer .
- They advocated state control of all public services.
- We were the only ones advocating for the victim.

○ Your Example: .....

## 126. Mount

### ■ To plan, organize, and begin an event or a course of action.

- The National Gallery mounted an exhibition of Danish painting.
- Friends of the Earth are mounting a campaign to monitor the illegal logging of trees.
- Guerrillas have mounted an attack on the capital.

### ■ To increase gradually in amount or degree.

- Tension here is mounting, as we await the final result.
- Casualties on both sides of the battle have continued to mount.

### ■ To get on a horse or bicycle

#### • ANT: Dismount

- He mounted his horse and rode on.

### ■ To go up a step or stairs.

- He mounted the stairs and looked around him slowly.

○ Your Example: .....

## 127. Ascend



■ **To move up through the air**

• **ANT:** Descend

- The plane ascended rapidly.

■ **To climb something or move to a higher position**

- Without a word, he began to ascend the stairs.

► **Ascend is used mostly in literary or technical contexts. In everyday English, people usually say climb or go up:**

- We started to climb the mountain.

- She slowly went up the stairs.

■ **To lead up to a higher position.**

- The road ascends steeply from the harbour.

■ **To move to a more important or powerful job.**

- The number of women decreases as you ascend the professional hierarchy.

○ Your Example: .....

## 128. Fade

■ **(also fade away) To gradually disappear.**

- Hopes of a peace settlement are beginning to fade.

- Over the years her beauty had faded a little.

- New roads spring up, old roads fade away.

■ **To lose colour and brightness, or to make something do this**

- The fading evening light.

- A pair of faded jeans

- The sun had faded the curtains.

○ Your Example: .....

## 129. Suspend

■ **To officially stop something from continuing, especially for a short time**

- Sales of the drug will be suspended until more tests are completed.
- Talks between the two countries have now been suspended.

■ **To make someone leave their school or job for a short time, especially because they have broken the rules.**

- The two police officers have been suspended until an enquiry is carried out.
- Dave was suspended from school for a week.

► **To attach something to a high place so that it hangs down**

- A large light was suspended from the ceiling.
- He was suspended by his feet and beaten with metal bars.

○ Your Example: .....

## 130. Droop



■ **To hang or bend down, or to make something do this.**

- The plant needs some water – it's starting to droop.
- His eyelids began to droop (=close, because he was sleepy).
- Jessie drooped her head.

■ **To become sad or weak.**

- Our spirits drooped as we faced the long trip home.

○ Your Example: .....

## 131. Bleach

■ **To remove the colour from something or make it lighter, with the use of chemicals or by the effect of light from the sun; to become lighter in this way :**

- She bleached her hair blonde.
- The wood had been bleached by the sun.
- The bones of oxen were bleaching in the sun beside the trail.

○ Your Example: .....

## 132. Die Out

■ **To disappear or stop existing completely.**

- Many of the old village traditions are dying out.
- The wild population of koalas is in danger of dying out.
- There will be outbreaks of rain, gradually dying out later.

○ Your Example: .....

## 133. Dim

■ Fairly dark or not giving much light, so that you cannot see well

• **ANT: Bright**

- In the Dim light of the early dawn
- A dim glow.
- The reading light over her seat is dim.

■ A dim shape is one which is not easy to see because it is too far away, or there is not enough light.

- The dim outline of a building loomed up out of the mist.

■ Dim eyes are weak and cannot see well.

- Isaac was old and his eyes were dim.

■ If your chances of success in the future are dim, they are not good.

- Prospects for an early settlement of the dispute are dim.

■ Not intelligent.

- You can be really dim sometimes!
- She's not the brightest kid in the class -- in fact, she's quite dim.

○ Your Example: .....

## 134. Submit

■ **To give a plan, piece of writing etc. to someone in authority for them to consider or approve.**

▶ **submit an application/claim/proposal etc.**

- All applications must be submitted by Monday.

- We have submitted proposals for a new pay structure to the board of management.

■ **To agree to obey someone or something or to go through a process, especially when you have no choice**

• **SYN: Give in**

- Derek has agreed to submit to questioning.

■ **To suggest or say something.**

- I submit that the jury has been influenced by the publicity in this case.

○ Your Example: .....

## 135. Piss off

■ **To annoy someone very much**

- The way she treats me really pisses me off.

■ **[British English] To go away - used especially to tell someone to go away**

- Now piss off and leave me alone!

- He pissed off before we got there.

○ Your Example: .....

## 136. Irritate

■ **To make someone feel annoyed or impatient, especially by doing something many times or for a long period of time.**

- It really irritates me when he doesn't help around the house.

■ **To make a part of your body painful and sore.**

- This cream may irritate sensitive skin.

○ Your Example: .....

## 137. Pester

■ **To annoy someone, especially by asking them many times to do something.**

- She'd been pestered by reporters for days.

- I can't even walk down the street without being continually pestered for money.

- The kids have been pestering me to buy them new trainers.

○ Your Example: .....

## 138. Nag

■ **To keep asking someone to do something, or to keep complaining to someone about their behaviour, in an annoying way.**

- I wish you'd stop nagging!
- Nadia's been nagging me to fix the lamp.
- She keeps nagging me about my weight.
- He's always nagging at Paula for wearing too much makeup.

■ **To make someone feel continuously worried or uncomfortable.**

- A problem that had been nagging at him for days.
- One question still nagged me.

○ Your Example: .....

## 139. Interrogate

■ **To ask someone a lot of questions for a long time in order to get information, sometimes using threats**

• **SYN: Question**

- The police interrogated the suspect for several hours.
- Thousands of dissidents have been interrogated or imprisoned in recent weeks.
- We were stopped at the border and interrogated for hours by the police.

○ Your Example: .....

## 140. Buckle

■ **To become bent or curved because of heat or pressure, or to make something bend or curve in this way.**

- The police interrogated the suspect for several hours.
- The rails buckled under the intense heat of the fire.

■ **If your knees or legs buckle, they become weak and bend**

• **SYN: give way**

- John felt his knees start to buckle.

■ **To do something that you do not want to do because a difficult situation forces you to do it**

• **SYN: give in**

- He refused to buckle.
- A weaker person would have buckled under the weight of criticism.

■ **To fasten a buckle, or be fastened with a buckle.**

- Amy buckled the belt around her waist
- Lou was buckling on his revolver.

○ Your Example: .....

## 141. Medieval

■ **Connected with the Middle Ages (=the period between about 1100 and 1500 AD)**

- These spices were first brought to Italy from the East in medieval times.

- A medieval castle

■ **Very old or old-fashioned – used in a humorous or disapproving way.**

- The plumbing in this house is positively medieval!

- Civil rights groups complained that the law was “racist and medieval.”

○ Your Example: .....

## 142. Detention

■ **The state of being kept in prison.**

- Willis was held in detention for five years.

- Sanchez has been released without charge after five days' detention.

■ **A punishment in which children who have behaved badly are forced to stay at school for a short time after the others have gone home.**

- She was always getting put in detention.

- When they were rowdy and rude, I kept whole classes for detention.

○ Your Example: .....

## 143. Bust

### ■ To break something.

- I bust my watch this morning.
- Tony busted the door down.

### ■ If the police bust someone, they charge them with a crime.

- He was busted by US inspectors at the border.
- Davis got busted for drugs.

### ■ If the police bust a place, they go into it to look for something illegal.

- Federal agents busted several money-exchange businesses.

### ■ To use too much money, so that a business etc. must stop operating

- The trip to Spain will probably bust our budget.

○ Your Example: .....

## 144. Flee



### ■ To leave somewhere very quickly, in order to escape from danger.

- His attackers turned and fled.
- Masaari spent six months in prison before fleeing the country.
- Many German artists fled to America at the beginning of World War II.

○ Your Example: .....

## 145. Genocide

■ **The murder of a whole group of people, especially a whole nation, race, or religious group:**

- victims of genocide
- The military leaders were accused of genocide.

► **Genocidal** [adjective]

- A genocidal regime

○ Your Example: .....

## 146. Wipe

■ **To rub a surface with something in order to remove dirt, liquid etc.**

- Wipe the table with a damp cloth.
- Bill wiped his eyes (=wiped the tears from his face) and apologized.
- He pulled a handkerchief from his pocket and wiped his nose.

■ **To clean something by rubbing it against a surface.**

- To clean something by rubbing it against a surface.

■ **To remove liquid, dirt, or marks by wiping.**

- Kim wiped the sweat from her face.

○ Your Example: .....

## 147. Cleanse



### ■ To make something completely clean.

- Use a piece of gauze to cleanse the cut.
- The water is cleansed and reused.

### ■ To remove everything that is bad or immoral from a person's character, an organization, or a place – used especially in news reports.

- The mayor was elected on a promise to cleanse the city government of corruption.

○ Your Example: .....

## 148. Purge

### ■ To force people to leave a place or organization because the people in power do not like them.

- He sought to purge the Democrat party of conservatives.
- plans to purge ethnic minorities from rebel-controlled areas.

### ■ To remove something that is thought to be harmful or unacceptable.

- An initiative to purge the PC market of software pirates.
- Local languages were purged of Russian words.
- It's hard to imagine now that Lawrence's novels were purged from public libraries.

### ■ To destroy something that is no longer needed

- The system automatically purges unread emails after two weeks.

### ■ To remove bad feelings.

- We have to begin by purging our minds of prejudice.

○ Your Example: .....

## 149. Captivate

■ **To attract someone very much, and hold their attention.**

- He was captivated by her beauty.
- He heard Rapunzel singing from her room and became captivated
- Young people who, for the first time in their lives, are captivated by politics.
- They were captivated by the beautiful village, played croquet on the lawn and altogether had a delightful time.

○ Your Example: .....

## 150. Captive

■ **Kept in prison or in a place that you are not allowed to leave.**

- His son had been taken captive (=became a prisoner) during the raid.
- A pilot who was held captive (=kept as a prisoner) for six years.
- Her captive breeding programmes are being attempted.

○ Your Example: .....

## 151. Obsess

■ **If something or someone obsesses you, you think or worry about them all the time and you cannot think about anything else – used to show disapproval.**

- A lot of young girls are obsessed by their weight.
- Jody's been obsessed with some lifeguard for months.

○ Your Example: .....

## 152. Enchant

■ **If something that you see or hear enchants you, you like it very much.**

- I was enchanted by the way she smiled.
- The garden enchanted her.
- When Sue was a college student, enchanted by Baum's storytelling abilities.

○ Your Example: .....

## 153. Appeal

■ **An urgent request for something important.**

- The police have issued a new appeal for information.
- All the organizations involved have sent urgent appeals to the government, asking for extra funding.
- The girl's family have made a public appeal for help to try and catch her killer.

○ Your Example: .....

## 154. Arbitrary

■ **Decided or arranged without any reason or plan, often unfairly.**

- An arbitrary decision
- The arbitrary arrests of political opponents.
- Did you have a reason for choosing your destination or was it arbitrary?

○ Your Example: .....

## 155. Monarchy

■ **The system in which a country is ruled by a king or queen.**

- The abolition of the monarchy.
- Many people in Britain think the country no longer needs a monarchy.
- Burns hated European monarchies and helped lead the American Revolution.

○ Your Example: .....

## 156. Republic

■ **A country governed by elected representatives of the people, and led by a president, not a king or queen.**

- The former Federal Republic of Germany.
- Nine republics took part in the referendum.
- So might the decision to let the republics go it alone on economic reform.

○ Your Example: .....

## 157. Agnostic

■ **Someone who believes that people cannot know whether God exists or not.**

- Despite their arguments, I still saw no reason to abandon my agnosticism.
- When I started out my career, I was an agnostic.
- Amelia was an inquiring agnostic and an insatiable searcher for knowledge.

○ Your Example: .....

## 158. Devout

■ **Believing strongly in a religion and obeying all its rules or principles:**

- A devout Buddhist/Christian/churchgoer
- Louis became an extremely devout and ascetic man.
- Conley is a devout believer in specialty niches.

■ **A devout hope or wish is one that you feel very strongly.**

- It is my devout hope that we can work together in peace.

○ Your Example: .....

## 159. Faculty

■ **A department or group of related departments within a university.**

- The Faculty of Law.
- The Engineering Faculty

■ **All the teachers in a university.**

- Both faculty and students oppose the measures.

■ **A natural ability, such as the ability to see, hear, or think clearly.**

- The patient's mental faculties.
- The faculty of sight.

■ **A particular skill that someone has**

• **SYN: Talent**

- She had a great faculty for absorbing information.

○ Your Example: .....

## 160. Sentimental

■ Someone who is sentimental is easily affected by emotions such as love, sympathy, sadness etc., often in a way that seems silly to other people.

- She said a sentimental goodbye.
- People can be very sentimental about animals.

■ Based on or relating to your feelings rather than on practical reasons.

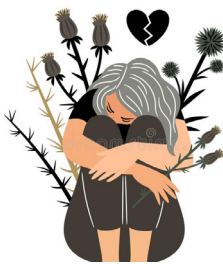
- He wasn't the sort of person who kept things for sentimental reasons.
- A sentimental journey to the place of his birth
- The rings that were stolen were of great sentimental value (=important because of your feelings or memories relating to them).

■ A story, film, book etc. that is sentimental deals with emotions such as love and sadness, sometimes in a way that seems silly and insincere.

- A sentimental story set in Russia.

○ Your Example: .....

## 161. Sorrow

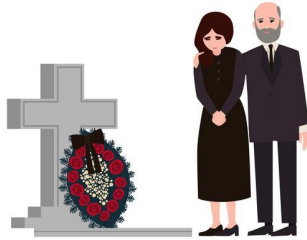


■ A feeling of great sadness, usually because someone has died or because something terrible has happened to you.

- A time of great sorrow
- He expressed his sorrow at my father's death.
- Claudia felt a deep pang of sorrow for the woman.

○ Your Example: .....

## 162. Grieve



■ **To feel extremely sad, especially because someone you love has died.**

- He died, and every day since then I have grieved for him.

- People need time to grieve after the death of a loved one.

- She grieved the loss of her only son.

■ **If something grieves you, it makes you feel very unhappy**

• **SYN: Upset**

- My aunt, it grieves me to say, gets things confused.

○ Your Example: .....

## 163. Despair

■ **A feeling that you have no hope at all.**

- She killed herself in despair.

- The noise from the neighbours used to drive him to despair.

- To the despair of the workers, the company announced the closure of the factory.

○ Your Example: .....

## 164. Melancholy

■ **Very sad.**

- The music suited her melancholy mood.

- He was much more content now, though melancholy about himself and what he'd come to.

- This melancholy contrast brought to our Southern sensibilities a touch of sadness.

- The melancholy tone of the poem.

○ Your Example: .....

## 165. Distress

### ■ A feeling of extreme unhappiness.

- Luke's behaviour caused his parents great distress.
- The girl was crying and clearly in distress.

### ■ Suffering and problems caused by a lack of money, food etc.

- Acute financial distress
- Charities that aid families in distress.

### ■ A situation when a ship, aircraft etc. is in danger and needs help

- We picked up a distress signal 6 km away.
- The ship is in distress.

○ Your Example: .....

## 166. Hazard

### ■ Something that may be dangerous, or cause accidents or problems.

- Polluted water sources are a hazard to wildlife.
- That pile of rubbish is a fire hazard (=something that is likely to cause a fire).
- The health hazard posed by lead in petrol.

### ■ A risk that cannot be avoided.

- The economic hazards of running a small farm.
- Divorce seems to be an occupational hazard for politicians.

○ Your Example: .....

## 167. Venture

■ **To go somewhere that could be dangerous.**

- When darkness fell, he would venture out.
- She paused before venturing up the steps to the door.
- Children who lack the confidence to venture into libraries.

■ **To say or do something in an uncertain way because you are afraid it is wrong or will seem stupid.**

- 'You're on holiday here?' he ventured.
- I ventured to ask him what he was writing.
- If we had more information, it would be easier to venture a firm opinion.

○ Your Example: .....

## 168. Dare

■ **To be brave enough to do something that is risky or that you are afraid to do – used especially in questions or negative sentences.**

- He wanted to ask her, but he didn't dare.
- 'I'll tell Dad.' 'You wouldn't dare!'
- Only a few journalists dared to cover the story.
- She hardly dared hope that he was alive.

■ **To try to persuade someone to do something dangerous or embarrassing as a way of proving that they are brave.**

- They dared Ed to steal a bottle of his father's whiskey.
- So, jump then. I dare you.

○ Your Example: .....

## 169. Peril



### ■ Great danger, especially of being harmed or killed

- They put their own lives in peril to rescue their friends.
- The economy is now in grave peril.
- A voyage that was fraught with peril (=full of danger)

### ■ A danger or problem in a particular activity or situation.

- The perils posed by mountaineering.
- The perils of the sea.

○ Your Example: .....

## 170. Treacherous

### ■ Someone who is treacherous cannot be trusted because they are not loyal and secretly intend to harm you.

- A sly and treacherous woman.
- A treacherous plot to overthrow the leader.

### ■ Ground, roads, weather conditions etc. that are treacherous are particularly dangerous because you cannot see the dangers very easily.

- Treacherous mountain roads.
- Strong winds and loose rocks made climbing treacherous.

○ Your Example: .....

## 171. Jeopardize

### ■ To risk losing or spoiling something important.

- Large-scale military offensives which could jeopardize the UN peace process.
- A scandal like this might jeopardize his political career.
- You don't have to jeopardize your standing in the staffroom.
- The company's financial position is being jeopardized by continuing losses.

○ Your Example: .....

## 172. Peculiar

### ■ Strange, unfamiliar, or a little surprising.

- There was a peculiar smell in the kitchen.
- Something peculiar is going on.
- It seems very peculiar that no one noticed Kay had gone.

### ■ Behaving in a strange and slightly crazy way.

- He's been a little peculiar lately.
- She's a very peculiar child.

○ Your Example: .....

## 173. Abhor

■ **To hate a kind of behaviour or way of thinking, especially because you think it is morally wrong.**

- I abhor discrimination of any kind.
- The president abhorred all forms of racism.
- The great majority of the Irish people have always abhorred violence.
- Anyone associated with the game of rugby quite rightly abhors tactics which can easily cause injury.

○ Your Example: .....

## 174. Finite

■ **Having an end or a limit**

• **ANT: Infinite**

- The Earth's finite resources
- The finite age of the universe is measured in proper time.
- The habitat of an animal population offers only finite resources for its use.
- At any one moment, there is a definite and finite set of possible futures for elementary particles.

○ Your Example: .....

## 175. Cease

■ **To stop doing something or stop happening**

- He ceased to be a member of the association.
- The things people will do for charity never cease to amaze me (=I am always surprised by them).
- the decision to cease using CFCs in packaging
- The company ceased production at their Norwich plant last year.

○ Your Example: .....

## 176. Torture

■ **To deliberately hurt someone in order to force them to give you information, to punish them, or to be cruel.**

- Political opponents of the regime may be tortured.

■ **If a feeling or knowledge tortures you, it makes you suffer a lot mentally**

• **SYN: Torment**

- Rachel sat alone for hours at home, tortured by jealousy.

○ Your Example: .....

## 177. Execute

■ **To kill someone, especially legally as a punishment.**

- Thousands have been executed for political crimes.

- 13 people were summarily executed (=killed without any trial or legal process) by the guerrillas.

■ **Do something that has been carefully planned**

• **SYN: Implement**

- The job involves drawing up and executing a plan of nursing care.

■ **To perform a difficult action or movement.**

- The skaters' routine was perfectly executed.

○ Your Example: .....

## 178. Redundancy

■ **A situation in which someone has to leave their job, because they are no longer needed**

• **SYN: Layoff**

- The closure of the export department resulted in over 100 redundancies.
- Two thousand workers now face redundancy.
- An employee is not eligible for a redundancy payment unless he has been with the company for two years.
- We were offered a £3,000 cash bonus to take voluntary redundancy.

○ Your Example: .....

## 179. Look forward to

■ **To be excited and pleased about something that is going to happen.**

- I'm really looking forward to our vacation.
- My mother says she's looking forward to meeting you.

○ Your Example: .....

## 180. Array

■ **A group of people or things, especially one that is large or impressive.**

- A dazzling array of flowers.
- A bewildering array of options.
- There was a vast array of colours to choose from.

○ Your Example: .....

## 181. Tear down

■ **To intentionally destroy a building or other structure because it is not being used or it is not wanted any more:**

- They're going to tear down the old hospital and build a new one.
- A lot of the old tower blocks have been torn down to make way for new housing.
- Worthy mentors work to build you up, not tear you down.

○ Your Example: .....

## 182. Come along

■ **To be developing or making progress**

• **SYN: Progress**

- He opened the oven door to see how the food was coming along.
- Your English is coming along really well.

■ **To appear or arrive.**

- A bus should come along any minute now.
- Take any job opportunity that comes along.

■ **To go to a place with someone.**

- We're going into town – do you want to come along?

■ **To go somewhere after someone**

- You go on ahead – I'll come along later.

■ **Used to tell someone to hurry up**

• **SYN: Come on**

- Come along! We're all waiting for you!

■ **Used to encourage someone to try harder.**

- Come along! Don't give up yet!

○ Your Example: .....

### 183. Affectionately

■ Showing in a gentle way that you love someone and care about them

• **SYN:** Loving

- Jo is very affectionate towards her.
- This friendly, affectionate behaviour is often extended to humans.
- He gave me an affectionate hug and then left.

○ Your Example: .....

### 184. Bizarre

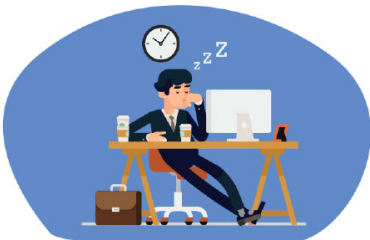
■ Very unusual or strange.

- Dancers in rather bizarre costumes.
- They tell the most bizarre stories about him.
- The characters Arden creates are often odd and sometimes bizarre.
- First, and perhaps most bizarre, is the field entitled design history.

○ Your Example: .....

### 185. Acre

■ A unit for measuring area, equal to 4,840 square yards or 4,047 square meters.



- They own 200 acres of farmland.
- Only 865 acres were planned as open space under the old plan.
- Sometimes they stand completely isolated, surrounded by acres of fields.

○ Your Example: .....

## 186. Leap



■ **To jump high into the air or to jump in order to land in a different place.**

- She leapt over the fence.
- The smaller animals can easily leap from tree to tree.

■ **To jump over something.**

- Brenda leaped the gate and ran across the field.

■ **To move very quickly and with a lot of energy.**

- I leapt up the stairs three at a time.
- She leapt to her feet (=stood up quickly) and started shouting.

■ **To increase quickly and by a large amount**

• **SYN: Tumble**

- Profits leapt to £376m.
- He leapt 27 places to second spot.

○ Your Example: .....

## 187. Evidence

■ **Facts or signs that show clearly that something exists or is true.**

- At present we have no evidence of life on other planets.
- There is no evidence for these claims.
- Do you have evidence that this treatment works?

■ **Information that is given in a court of law in order to prove that someone is guilty or not guilty.**

- Murrow's evidence was enough to convict Hayes of murder.
- He refused to give evidence at the trial.
- There was very little evidence against the two men.

○ Your Example: .....

## 188. Get on

■ **If people get on, they like each other and have a friendly relationship with each other.**

- If people get on, they like each other and have a friendly relationship with each other.

- The two boys get on well most of the time.

■ **To deal with a job or situation or to make progress.**

- How is George getting on at school?

- How are you getting on with your essay?

■ **To continue doing something**

- Be quiet and get on with your work!

■ **To be successful in your job.**

- You'll have to work hard if you want to get on.

■ **To put a piece of clothing on.**

- I can't get my boots on!

■ **If time is getting on, it is quite late.**

- Come on, it's getting on and we ought to go home.

○ Your Example: .....

## 189. Circumstance

■ **The conditions that affect a situation, action, event etc.**

- The Soviet Union had been forced by circumstances to sign a pact with Nazi Germany.

- I can't imagine a circumstance in which I would be willing to steal.

- The rules can only be waived in exceptional circumstances.

■ **The combination of facts, events etc. that influence your life, and that you cannot control.**

- He was a victim of circumstance.

○ Your Example: .....

## 190. Catch up with

■ **To finally find someone who has been doing something illegal and punish them.**

- It took six years for the law to catch up with them.

■ **If something bad from the past catches up with you, you cannot avoid dealing with it any longer.**

- At the end of the movie his murky past catches up with him.

○ Your Example: .....

## 191. Breakdown

■ **The failure of a relationship or system.**

- He moved away after the breakdown of his marriage.

- A sudden rise in oil prices could lead to a breakdown of the economy.

■ **A serious medical condition in which someone becomes mentally ill and is unable to work or deal with ordinary situations in life.**

- I was worried he might have a breakdown if he carried on working so hard.

- Two years ago, he suffered a mental breakdown.

■ **An occasion when a car or a piece of machinery breaks and stops working.**

- Always carry a phone with you in case you have a breakdown on the motorway.

- A breakdown in the cooling system.

■ **A list of all the separate parts of something.**

- Can you give us a breakdown of the figures?

■ **The changing of a substance into other substances.**

- The breakdown of glucose in the body to release energy.

○ Your Example: .....

## 192. Cheer up

■ **To become less sad, or to make someone feel less sad.**

- Cheer up! The worst is over.
- They cheered up when they saw us coming along.
- Here's a bit of news that will cheer you up.

■ **To make a place look more attractive.**

- I bought some posters to cheer the place up a bit.

○ Your Example: .....

## 193. Legislate

■ **To make a law about something.**

- Only Parliament has the power to legislate on national matters.
- The government has promised to legislate against discrimination.
- We must legislate for equal pay.
- We must legislate to control drugs.

○ Your Example: .....

## 194. Legislation

■ **A law or set of laws:**

- This is a very important piece of legislation (= law).
- new legislation to protect children
- The government has promised to bring in new legislation to combat this problem.
- Both individuals and companies can be prosecuted under the new legislation.

○ Your Example: .....

## 195. Compliance

■ **When someone obeys a rule, agreement, or demand.**

- He changed his name to Lee in 1815 in compliance with his uncle's will.
- Patients should have a history of good compliance with treatment.
- The staff involved should be monitored to ensure compliance with the policy.

○ Your Example: .....

## 196. Pale



■ **A skin colour that is very white, or whiter than it usually is.**

- He looked very pale and drawn.
- Sharon went deathly pale and looked as if she might faint.
- An elderly pale-faced woman.

■ **A pale colour has more white in it than usual**

• **SYN: Light**

• **ANT: Deep**

- Pale blue curtains

■ **Pale light is not bright.**

- The pale gray dawn.

○ Your Example: .....

## 197. Shake off

### ■ Use, purpose, advantage, or profit:

- We tried to persuade her not to resign, but to no avail (= did not succeed).
- My attempts to improve the situation were of little/no avail.
- I have been looking for a recipe for some time now, but to no avail.
- But effort and reason were to no avail.

○ Your Example: .....

## 198. Yawn



### ■ To open your mouth wide and breathe in deeply because you are tired or bored.

- Alan stretched and yawned.
- To be or become wide open, especially in a frightening way.
- The pit yawned open in front of them.
- The yawning gap between the two cliffs.

○ Your Example: .....

## 199. Watch out

### ■ Used to warn someone of danger or an accident that seems likely to happen:

- "Watch out!" he shouted, but it was too late – she had knocked the whole tray of drinks onto the floor.
- Watch out for that last step – it's a lot steeper than the others.
- You'll become an alcoholic if you don't watch out.

○ Your Example: .....

## 200. Mineral

■ **A substance that is formed naturally in the earth, such as coal, salt, stone, or gold. Minerals can be dug out of the ground and used.**

- The area is very rich in minerals.
- A country with few mineral resources.

■ **A natural substance such as iron that is present in some foods and is important for good health.**

- Fish is a rich source of vitamins and minerals.

○ Your Example: .....

## 201. Ethereal

■ **Very delicate and light, in a way that does not seem real.**

- Ethereal beauty.
- The final ethereal prayer and solo duet were beautifully sung.
- Some are nothing more than ethereal vapours, others are more powerful, more evident.

○ Your Example: .....

## 202. Delicate

■ **Needing to be dealt with carefully or sensitively in order to avoid problems or failure.**

- There's something I have to speak to you about – it's a delicate matter.

- Delicate negotiations.

■ **Easily damaged or broken**

• **SYN: Fragile**

- Delicate hand-cut glass.

- The sun can easily damage a child's delicate skin.

■ **Someone who is delicate is hurt easily or easily becomes ill.**

- A delicate child

■ **A part of the body that is delicate is attractive and graceful.**

- Her wrists and ankles were slim and delicate.

- Her delicate features.

■ **Made skilfully and with attention to the smallest details.**

- A plate with a delicate pattern of leaves.

■ **A taste, smell, or colour that is delicate is pleasant and not strong.**

- The wine has a dry delicate flavour.

○ Your Example: .....

## 203. Digest

■ **To change food that you have just eaten into substances that your body can use.**

- Most babies can digest a wide range of food easily.
- Some babies can't digest cow's milk.
- You shouldn't go swimming until your food has had a chance to digest.

■ **To understand new information, especially when there is a lot of it or it is difficult to understand**

• **SYN: Take in**

- I struggled to digest the news.

○ Your Example: .....

## 204. Optimum

■ **The best or most suitable for a particular purpose or in a particular situation.**

- Optimum conditions for growth.
- This design makes the optimum use of the available space.
- How do you know what the optimum setting for your modem is?

○ Your Example: .....

## 205. Coherent

■ **If a piece of writing, set of ideas etc. is coherent, it is easy to understand because it is clear and reasonable**

• **SYN: Incoherent**

- The three years of the course are planned as a coherent whole.

- A coherent account of the incident.

■ **If someone is coherent, they are talking in a way that is clear and easy to understand.**

- He sounded coherent, but he was too ill to have any idea what he was saying.

■ **If a group is coherent, its members are connected or united because they share common aims, qualities, or beliefs.**

- They were never a coherent group.

► **Coherently** [adverb]

- She could not think coherently.

○ Your Example: .....

## 206. Preserve

■ **To save something or someone from being harmed or destroyed.**

- We must encourage the planting of new trees and preserve our existing woodlands.

■ **To make something continue without changing.**

- The responsibility of the police to preserve the peace.

- Norma tried to preserve a normal family life in difficult circumstances.

■ **To store food for a long time after treating it so that it will not decay.**

- Black olives preserved in brine.



○ Your Example: .....

## 207. Exposure

■ **When someone is in a situation where they are not protected from something dangerous or unpleasant.**

- Prolonged exposure to the sun can cause skin cancer.

■ **The action of showing the truth about someone or something, especially when it is bad.**

- The exposure of his underground political activity.
- Her fear of exposure as a spy.

■ **The attention that someone or something gets from newspapers, television etc.**

• **SYN: publicity**

- The failure of their marriage has got a lot of exposure recently.

■ **The chance to experience new ideas, ways of life etc.**

- The visit to Germany gave them exposure to the language.
- Her brief exposure to pop stardom.

■ **The harmful effects on your body of being outside in very cold weather without protection.**

- We nearly died of exposure on the mountainside.

○ Your Example: .....

## 208. Contaminate

■ **To make a place or substance dirty or harmful by putting something such as chemicals or poison in it.**

- Drinking water supplies are believed to have been contaminated.

■ **To influence something in a way that has a bad effect.**

- He claims the poster ads have 'contaminated Berlin's streets'

► **Contamination** [noun]

- Radioactive contamination

○ Your Example: .....

## 209. Hold on

■ **To wait for a short time.**

- Hold on, I'll just get my coat.

■ **Used when you have just noticed, heard, or remembered something interesting or wrong**

- Hold on a minute! Isn't that your brother's car over there?

■ **Used to ask someone on the telephone to wait until the person they want to talk to is available.**

- Can you hold on? I'll try to find her.

■ **To have your hands or arms tightly around something.**

- Hold on tight!

- Hold on to my arm.

■ **To continue doing something that is very difficult to do.**

- San Francisco held on to win 4-2.

○ Your Example: .....

## 210. Appeal

### ■ An urgent request for something important.

- The police have issued a new appeal for information.
- All the organizations involved have sent urgent appeals to the government, asking for extra funding.
- The girl's family have made a public appeal for help to try and catch her killer.

### ■ An attempt to persuade people to give money in order to help people who need something.

- The appeal has nearly reached its target of £100,000.

### ■ A formal request to a court or to someone in authority asking for a decision to be changed.

- An appeal to the European Court of Human Rights.
- The sentence was reduced to three years on appeal.

### ■ A quality that makes people like something or someone.

- What is the particular appeal of this island?
- The programme has a very wide appeal.

○ Your Example: .....

## 211. Barrel

### ■ To move very fast, especially in an uncontrolled way.

- A vehicle barreled out of a shopping center and crashed into the side of my car.
- The train barreled down the tracks.
- For barreling into homeroom just as the bell rings.

○ Your Example: .....

## 212. Doctrine

■ **A set of beliefs that form an important part of a religion or system of ideas.**

- Traditional doctrines of divine power.
- But in the schools the children are taught a doctrine of hate.
- I consider that such doctrine would be dangerous and impermissible.

○ Your Example: .....

## 213. Commission

■ **A group of people who have been given the official job of finding out about something or controlling something.**

- The Government set up a commission to investigate allegations of police violence.
- the Royal Commission on Environmental Pollution.

■ **An extra amount of money that is paid to a person or organization according to the value of the goods they have sold or the services they have provided.**

- The dealer takes a 20% commission on the sales he makes.
- He sold cosmetics on commission.

■ **A request for an artist, designer, or musician to make a piece of art or music, for which they are paid.**

- A commission from the Academy for a new sculpture.

○ Your Example: .....

## 214. Starvation

### ■ Suffering or death caused by lack of food.

- People dying of starvation.
- 30 million people die of starvation each year.
- Thousands of refugees are on the brink of starvation in camps south of the capital.

### ▶ **Starve** [verb]

### ■ To suffer or die because you do not have enough to eat.

- Thousands of people will starve if food doesn't reach the city.
- They'll either die from the cold or starve to death (=die from lack of food).

### ■ To prevent someone from having enough food to live.

- The poor dog looked like it had been starved.

○ Your Example: .....

## 215. Lean on

### ■ To depend on someone for support and encouragement, especially at a difficult time.

- The couple lean on each other for support.

### ■ To try to influence someone, especially by threatening them.

- He won't pay unless you lean on him.

○ Your Example: .....

## 216. Figure out

■ **To think about a problem or situation until you find the answer or understand what has happened**

• **SYN: Work out**

- Can you figure out how to do it?
- If I have a map, I can figure it out.
- Don't worry, we'll figure something out (=find a way to solve the problem).

■ **To understand why someone behaves in the way they do.**

- Women...! I just can't figure them out.

○ Your Example: .....

## 217. Chill out

■ **To relax completely, or not allow things to upset you:**

- I'm just chilling out in front of the TV.
- Chill out, Dad. The train doesn't leave for another hour!
- If anything major happens we're going to find out, so let's chill out and just do what we need to do.

○ Your Example: .....

## 218. Settle down

■ **To become quiet and calm, or to make someone quiet and calm.**

- Shh! Settle down, please! Now turn to page 57.
- When Kyle was a baby, we used to take him for rides in the car to settle him down.

■ **To start living a quiet and calm life in one place, especially when you get married.**

- They'd like to see their daughter settle down, get married, and have kids.

■ **To start giving all of your attention to a job or activity.**

- I sorted out my mail, then settled down to some serious work.

■ **If a situation settles down, it becomes calmer and you are less busy or less worried.**

- It's been really hectic here. When things settle down, I'll give you a call.

○ Your Example: .....

## 219. Bias

■ **An opinion about whether a person, group, or idea is good or bad that influences how you deal with it.**

- Political bias in the press.
- Students were evaluated without bias.
- It's clear that the company has a bias against women and minorities.

■ **A natural skill or interest in one type of thing.**

- Lydia has a strong artistic bias.

■ **[verb] To unfairly influence attitudes, choices, or decisions.**

- Several factors could have biased the results of the study.

○ Your Example: .....

## 220. Artefact

■ **An object such as a tool, weapon etc. that was made in the past and is historically important.**

- Ancient Egyptian artefacts.
- An artefact from the past can be used to engage interest and awaken curiosity.
- Many artefacts decorated in this way have been found in royal tombs on the mainland.

○ Your Example: .....

## 221. Testimony

■ **A formal statement saying that something is true, especially one a witness makes in a court of law.**

- Barker's testimony is crucial to the prosecution's case.
- In his testimony, he denied that the company had ignored safety procedures.

■ **A fact or situation that shows or proves very clearly that something exists or is true.**

- These results are a testimony to the coach's skill and hard work.

○ Your Example: .....

## 222. Subtle

■ **Not easy to notice or understand unless you pay careful attention**

• **SYN: Obvious**

- The pictures are similar, but there are subtle differences between them.

- The warning signs of the disease are so subtle that they are often ignored.

- The flavour of the dried berries is more subtle.

■ **Behaving in a skillful and clever way, especially using indirect methods or language to hide what you are trying to do.**

- I think we need a more subtle approach.

- She wasn't very subtle about it, she just said she didn't love him anymore.

► **Subtly** [adverb]

- A subtly different colour.

○ Your Example: .....

## 223. Vivid

■ **Vivid memories, dreams, descriptions etc are so clear that they seem real**

• **ANT: vague**

- I've got vivid memories of that summer.

- He had a vivid picture of her in his mind.

■ **Vivid colours or patterns are very bright.**

- his vivid blue eyes

► **Vividly** [adverb]

- I can vividly remember the day we met.

○ Your Example: .....

## 224. Asset

■ **The things that a company owns, that can be sold to pay debts.**

- A corporation with \$9 billion in assets.
- The value of a company's assets.

■ **Something or someone that is useful because they help you succeed or deal with problems**

• **ANT: Liability**

- A sense of humor is a great asset in this business.
- I think Rachel would be an asset to the department.

○ Your Example: .....

## 225. Compensate

■ **To replace or balance the effect of something bad.**

- Because my left eye is so weak, my right eye has to work harder to compensate.
- Her intelligence more than compensates for her lack of experience.

■ **To pay someone money because they have suffered injury, loss, or damage.**

- The government's promise to compensate victims of the flood.
- The firm will compensate workers for their loss of earnings.

○ Your Example: .....

## 226. Prejudice

■ **To influence someone so that they have an unfair or unreasonable opinion about someone or something.**

- There was concern that reports in the media would prejudice the jury.

- My own schooldays prejudiced me against all formal education.

■ **To have a bad effect on the future success or situation of someone or something.**

- A criminal record will prejudice your chances of getting a job.

- He refused to comment, saying he did not wish to prejudice the outcome of the talks.

○ Your Example: .....

## 227. Durable

■ **Staying in good condition for a long time, even if used a lot**

• **SYN: Hardwearing**

- Wood is a durable material.

- Plastic window frames are more durable than wood.

- They are not durable like rocks.

■ **Continuing for a long time**

• **SYN: Long-lasting**

- His poetry has proved durable.

- The resolution calls for a durable peace settlement.

○ Your Example: .....

## 228 Lifespan

■ **The average length of time that someone will live or that something will continue to work.**

- Men have a shorter lifespan than women.
- A TV set has an average lifespan of 11 years.
- Saltwater fish have a shorter lifespan in the aquarium.

○ Your Example: .....

## 229. Dwell

■ **To live in a place or in a particular way:**

- She dwelt in remote parts of Asia for many years.
- They dwelt in the forest.
- The Lord in his glory had actually come to dwell amongst his people.

○ Your Example: .....

## 230. Premise

■ **A statement or idea that you accept as true and use as a base for developing other ideas.**

- The idea that there is life on other planets is the central premise of the novel.
- the premise that an accused person is innocent until they are proved guilty.
- I believe his whole argument is based on a false premise.

○ Your Example: .....

## 231. Induce

■ **To persuade someone to do something, especially something that does not seem wise.**

- Nothing would induce me to vote for him again.

■ **To make a woman give birth to her baby, by giving her a special drug.**

- She had to be induced because the baby was four weeks late.

- The doctor decided to induce labour.

■ **To cause a particular physical condition.**

- Patients with eating disorders may use drugs to induce vomiting.

○ Your Example: .....

## 232. Notion

■ **An idea, belief, or opinion.**

- Misguided notions of male superiority.

- The traditional notion of marriage goes back thousands of years.

- She had only a vague notion of what she wanted to do.

- The notion that human beings are basically good.

○ Your Example: .....

## 233. Heritage

■ **The traditional beliefs, values, customs etc. of a family, country, or society.**

- The importance of preserving the national heritage.
- Beautiful old buildings which are part of our heritage.
- The town takes great pride in its architectural heritage.
- The cultural heritage of Italy.

○ Your Example: .....

## 234. Rip

■ **To tear something or be torn quickly and violently.**

- Her clothes had all been ripped.
- The sails ripped under the force of the wind.
- Impatiently, Sue ripped the letter open.

■ **To remove something quickly and violently, using your hands.**

- Gilly ripped out a sheet of paper from her notebook.
- The buttons had been ripped off.

○ Your Example: .....

## 235. Expenditure



■ **The total amount of money that a government, organization, or person spends during a particular period of time.**

- Expenditure on research and development
- huge cuts in public expenditure (=the amount of money a government spends on services for the public).
- He and the Pentagon continued to call for very high levels of defense expenditure.

■ **The action of spending or using time, money, energy etc.**

- The expenditure of time and money on your house or garden.

○ Your Example: .....

## 236. Recreation

■ **An activity that you do for pleasure or amusement.**

• **SYN: Leisure**

- His only recreations are drinking beer and watching football.
- The provision of recreation facilities (=places or equipment for people to use to enjoy themselves)
- A recreation area for children to play in.

► **Recreational** [adjective]

- Recreational activities.

○ Your Example: .....

## 237. Congestion

### ■ The problem of too much traffic in a place.

- Councilors are looking at ways to reduce traffic congestion in the town center

### ▶ **Congested** [adjective]

### ■ Full of traffic.

- London's roads are heavily congested (=very congested).

○ Your Example: .....

## 238. Invade

### ■ To enter a country, town, or area using military force, in order to take control of it:

- The Romans invaded Britain 2000 years ago.

### ■ To go into a place in large numbers, especially when you are not wanted:

- Every summer, the town is invaded by tourists.

- Fans invaded the pitch at half time.

### ■ To get involved in something in an unwanted and annoying way:

- What right does he have to invade my privacy?

- Patients are given the feeling that they mustn't try to invade medical territory (= try to deal with things that are not their responsibility).

○ Your Example: .....

## 239. Tension



■ **A nervous worried feeling that makes it impossible for you to relax.**

- The tension was becoming unbearable, and I wanted to scream.

- Exercise is the ideal way to relieve tension after a hard day.

■ **Feeling that exists when people or countries do not trust each other and may suddenly attack each other or start arguing.**

- In those days, there was a great deal of racial tension on campus.

- The obvious tension between Warren and Anne made everyone else uncomfortable.

■ **If there is tension between two things, there is a difference between the needs or influences of each, and that causes problems.**

- In business, there's always a tension between the needs of customers and shareholders.

■ **Tightness or stiffness in a wire, rope, muscle etc.**

- Tension in the neck muscles can cause headaches.

- Muscle tension can be a sign of stress.

■ **The amount of force that stretches something.**

- This wire will take 50 pounds tension.

○ Your Example: .....

## 240. Concise

### ■ Short, with no unnecessary word

#### • SYN: Brief

- Your summary should be as clear and concise as possible.

### ■ Shorter than the original book on which something is based:

- The 'Concise Dictionary of Spoken Chinese'

#### ▶ **Concisely** [adverb]

#### ▶ **Conciseness** [noun]

- London's roads are heavily congested (=very congested).

○ Your Example: .....

## 241. Impression

### ■ The opinion or feeling you have about someone or something because of the way they seem:

- When we looked around the school, we got a very good impression.

- I got the impression that she wasn't very happy with her job.

- What was your impression of Roger?

### ■ To believe that something is true when it is not:

- I'm sorry, I was under the impression that you were the manager.

### ■ If you do an impression of a famous person, you copy their speech or behaviour in order to make people laugh

#### • SYN: Imitation

- Jean does a great impression of Madonna.

○ Your Example: .....

## 242. Confusion



■ **When you do not understand what is happening or what something means because it is not clear.**

- There was some confusion as to whether we had won or lost.

- The diversion led to considerable confusion.

■ **A situation in which someone wrongly thinks that a person or thing is someone or something else:**

- To avoid confusion, the teams wore different colours.

- There is a confusion in the public mind between psychology and psychiatry.

■ **A feeling of not being able to think clearly about what you should say or do, especially in an embarrassing situation:**

- His confusion at meeting her there was quite apparent.

- Matt stared at her in confusion.

■ **A very confusing situation, that usually has a lot of noise and action, so that it is difficult for someone to understand it or control it**

• **SYN: Chaos**

- A scene of indescribable confusion

- There was a confusion of shouts and orders as the ship prepared to depart.

○ Your Example: .....

## 243. Cohesion

■ **If there is cohesion among a group of people, a set of ideas etc., all the parts or members of it are connected or related in a reasonable way to form a whole:**

- a sense of community and social cohesion

■ **A close relationship, based on grammar or meaning, between two parts of a sentence or a larger piece of writing.**

○ Your Example: .....

## 244. Intention

■ **A plan or desire to do something → intend**

- I have no intention of retiring just yet.
- They went into town with the intention of visiting the library.
- It is our intention to be the number one distributor of health products.

■ **good intentions/the best (of) intentions (= intentions to do something good or kind, especially when you do not succeed in doing it)**

- He thinks the minister is full of good intentions that won't be carried out.

▶ **Do not say that someone 'has no intention to do something'. Say that someone has no intention of doing something.**

○ Your Example: .....

## 245. Spread

■ **If something spreads or is spread, it becomes larger or moves so that it affects more people or a larger area:**

- Fire quickly spread through the building.
- The cancer had spread to her liver.
- Revolution quickly spread from France to Italy.

■ **To become known about or used by more and more people :**

- News of the explosion spread swiftly.
- Buddhism spread to China from India.
- The news spread like wildfire (= very quickly).

■ **To tell a lot of people about something:**

- Andy loves spreading rumours about his colleagues.
- They are spreading the word about the benefits of immunization.

■ **To open something out or arrange a group of things so that they cover a flat surface:**

- Papers and photos were spread across the floor.

■ **To cover or exist across a large area**

- The forest that spread over the whole of that region.
- The company has more than 2,500 shops spread throughout the UK.

○ Your Example: .....

246.  
**Heterogeneous**

■ **Consisting of parts or members that are very different from each other**

• **ANT: Homogeneous**

- A heterogeneous collection of buildings.

▶ **Heterogeneously** [adverb]

▶ **Heterogeneity** [noun]

○ Your Example: .....

247. **Intensify**

■ **To increase in degree or strength, or to make something do this:**

- In June the civil war intensified.

- His mother's death intensified his loneliness.

▶ **Intensification** [noun]

- An intensification of fighting in the region.

○ Your Example: .....

## 248. Sacrifice

■ **To willingly stop having something you want or doing something you like in order to get something more important**

- A Labour government chose to sacrifice defence for welfare.
- He sacrificed a promising career to look after his kids.
- mothers who sacrifice themselves for their children

▶ **In everyday English, people often say give up rather than sacrifice:**

- He gave up a promising career to look after his kids.

■ **To kill an animal or person and offer them to a god in a religious ceremony.**

○ Your Example: .....

## 249. Transmission

■ **The process of sending out electronic signals, messages etc., using radio, television, or other similar equipment:**

- Worldwide data transmission.

■ **The process of sending or passing something from one person, place, or thing to another:**

- The transmission of disease

■ **Something that is broadcast on television, radio etc.**

• **SYN: Broadcast**

- A live transmission of the tennis championship

■ **The parts of a vehicle that take power from the engine to the wheels.**

○ Your Example: .....

## 250. Peer

■ **[Verb]**To look very carefully at something, especially because you are having difficulty seeing it:

- He was peering through the wet windscreen at the cars ahead.
- Philippa peered into the darkness.

■ **[Noun]** Your peers are the people who are the same age as you, or who have the same type of job, social class etc.:

- American children did less well in math than their peers in Japan.
- Staff members are trained by their peers.

○ Your Example: .....

## 251. Interact



■ **If people interact with each other, they talk to each other, work together etc.**

- Lucy interacts well with other children in the class.

■ **If one thing interacts with another, or if they interact, they affect each other:**

- The immune system interacts with both the nervous system and the hormones.

○ Your Example: .....

## 252. Hinder

■ **To make it difficult for something to develop or succeed**

• **SYN: Hamper**

- His career has been hindered by injury.
- policies that will hinder rather than help families.

▶ **Do not confuse with prevent (=to make it impossible for someone to do something):**

- His poor health prevented him from going to work (NOT His poor health hindered him from going to work).

▶ **In everyday English, people often say something gets in the way of something rather than hinders it:**

- This could get in the way of rescue attempts.
- Poor English got in the way of his progress.

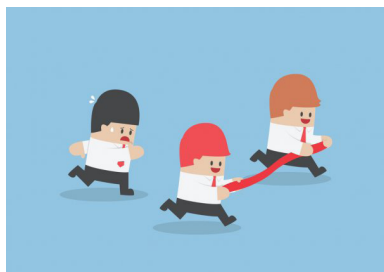
▶ **Hindrance** [noun]

■ **Something or someone that makes it difficult for you to do something**

- The floods have been a major hindrance to relief efforts.
- A degree is more of a hindrance than a help in British industry.

■ **The act of making it difficult for someone to do something:**

- Visitors are allowed to wander without hindrance.



○ Your Example: .....

## 253. Assignment



■ **A piece of work that is given to someone as part of their job**

- She's gone to Italy on a special assignment.
- He was killed while on assignment abroad.

■ **A piece of work that a student is asked to do:**

- A history assignment.

■ **Something such as a place to sit, piece of equipment etc. that you are given to use for a particular purpose:**

- An aeroplane seat assignment.

○ Your Example: .....

## 254. Chore

■ **A small job that you have to do regularly, especially work that you do to keep a house clean:**

- Everyday chores like shopping and housework.
- We share the domestic chores.

■ **Something you have to do that is very boring and unpleasant:**

- I find driving a real chore.

○ Your Example: .....

## 255. Cognitive

■ Related to the process of knowing, understanding, and learning something:

- Cognitive psychology.

▶ **Cognitively** [adverb]

▶ **Cognition** [noun]

■ The process of knowing, understanding, and learning something

• **SYN: Thought**

- The regions of the brain that are responsible for memory and cognition.

○ Your Example: .....

## 256. Stimulate

■ To encourage or help an activity to begin or develop further

- The President's plan to stimulate economic growth.

■ To encourage someone by making them excited about and interested in something:

- Her interest in art was stimulated by her father.

- An inspiring teacher can stimulate students to succeed.

■ To make a plant or part of the body become active or stronger:

- Light stimulates plant growth.

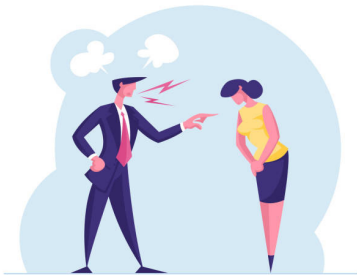
▶ **Simulative** [adjective]

▶ **Stimulation** [noun]

- Children need variety and stimulation.

○ Your Example: .....

## 257. Aggression



■ **Angry or threatening behaviour or feelings that often result in fighting:**

- Television violence can encourage aggression in children.
- Our dogs have never shown aggression towards other dogs.

■ **The act of attacking a country, especially when that country has not attacked first:**

- An unprovoked act of aggression
- Athenian aggression against Persia.

○ Your Example: .....

## 258. Oppression



■ **When someone treats a group of people unfairly or cruelly and prevents them from having the same rights as other people have.**

- They suffered years of political oppression.
- the struggle against oppression.

○ Your Example: .....

## 259. Stream



### ■ To flow quickly and in great amounts

#### • SYN: Pour

- Water came streaming out of the burst pipe.
- Tears streamed down her cheeks.

### ■ To move in a continuous flow in the same direction.

- People streamed past us on all sides.

### ■ To produce a continuous flow of liquid.

- When I got up, my face was streaming with blood.

► **Streaming cold** [British English] (= an illness in which a lot of liquid comes out of your nose)

### ■ If light streams somewhere, it shines through an opening into a place or onto a surface

#### • SYN: Flood

- The first rays of morning sunlight streamed through the open doorway.

### ■ To move freely in a current of wind or water.

- Elise ran, her hair streaming out behind her.

■ **If you stream sound or video, you play it on your computer while it is being downloaded from the Internet, rather than saving it as a file and then playing it.**

○ Your Example: .....

## 260. Companion



■ **Someone you spend a lot of time with, especially a friend:**

- For ten years he had been her constant companion.
- His dog became his closest companion.

■ **One of a pair of things that go together or can be used together:**

- This book is a companion to Professor Farrer's first work.
- The 'Encyclopedia of Gardening' is a companion volume to the 'Encyclopedia of Plants and Flowers'.

■ **Used in the titles of books about a particular subject:**

- 'A Companion to Japanese Literature'

○ Your Example: .....

## 261. Revenue



■ **Money that a business or organization receives over a period of time, especially from selling goods or services:**

- Advertising revenue.
- Strikes have cost £20 million in lost revenues.

■ **Money that the government receives from tax:**

- An increase in tax revenues of 8.4%

○ Your Example: .....

## 262. Destruction



■ **The act or process of destroying something or of being destroyed.**

- The destruction of the rainforest.
- weapons of mass destruction.
- The environmental destruction caused by the road building programme.
- The floods brought death and destruction to the area.

○ Your Example: .....

## 263. Degradation

■ **An experience or situation that makes you feel ashamed and angry:**

- A life of poverty and degradation

■ **The process by which something changes to a worse condition.**

○ Your Example: .....

## 264. Excessive

■ **Much more than is reasonable or necessary:**

- His excessive drinking is very bad.
- \$15 for two beers seems a little excessive.

► **Excessively** [adverb]

- Excessively high taxes.

○ Your Example: .....

## 265. Obesity



■ **When someone is very fat in a way that is unhealthy.**

- Obesity among children is increasing in this country.
- Many people in modern societies suffer from obesity.

○ Your Example: .....

## 266. Procedure

■ **A way of doing something, especially the correct or usual way:**

- What's the procedure for applying for a visa?
- This is standard procedure for getting rid of toxic waste.
- All schools have disciplinary procedures they must follow.
- On board, we were given the usual talk on safety procedures (= what to do if an accident happens, or to prevent an accident).

■ **A medical treatment or operation:**

- Liposuction is a minor surgical procedure.

○ Your Example: .....

## 267. Applicable

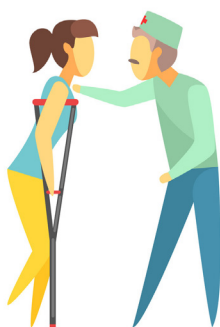
■ **If something is applicable to a particular person, group, or situation, it affects them or is related to them.**

- The offer is only applicable to bookings for double rooms.
- Ms./Miss/Mrs./Mr. Please delete as applicable.

► **Applicability** [noun]

○ Your Example: .....

## 268. Assist



### ■ To help someone to do something:

- You will be employed to assist in the development of new equipment.

▶ **Do not say 'assist someone to do something'. Say assist someone with something or assist someone in doing something:**

- The teacher assists the children with their tasks.

### ■ To make it easier for someone to do something:

- They had no maps to assist them.

▶ In everyday English, people usually say **help** rather than **assist**:

- We'll help in any way we can.

○ Your Example: .....

## 269. Rational

■ **Rational thoughts, decisions etc. are based on reasons rather than emotions**

• **ANT: Irrational**

- Parents need to be fully informed so they can make a rational decision.

- I'm sure there's a rational explanation for all this.

- It's impossible to have a rational conversation with him.

■ **A rational person is able to think calmly and sensibly**

- Culley was quite rational at the time of her baby's death.

■ **Able to make sensible judgments:**

- Man is a rational animal.

▶ **Rationally** [adverb]:

- We were too shocked to think rationally.

▶ **Rationality** [noun]

○ Your Example: .....

## 270. Deplete

■ **To reduce the amount of something that is present or available:**

- Salmon populations have been severely depleted.

▶ **Depletion** [noun]

- The depletion of the ozone layer.

○ Your Example: .....

## 271. Foresee



### ■ To think or know that something is going to happen in the future:

- I've put your name on the list and I don't foresee any problems.
- The disaster could not have been foreseen.
- Few analysts foresaw that oil prices would rise so steeply.
- No one foresaw what he was planning.

### ► **Unforeseen** [adjective]

- An unforeseen situation is one that you did not expect to happen:
- Due to unforeseen circumstances, the play has been cancelled.
- Unforeseen delays in supplying the equipment.

○ Your Example: .....

## 271. Respite

### ■ A short time when something bad stops happening, so that the situation is temporarily better:

- The trip was a welcome respite from the pressures of work.
- A brief respite from persecution.
- The pain went on without respite.

### ■ A short period of time before you have to do something that you do not like:

- We have a few days' respite before we have to pay them.

○ Your Example: .....

## 273. Justify

■ **To give an acceptable explanation for something that other people think is unreasonable:**

- Ministers must appear before Parliament and justify their actions.
- How can we justify spending so much money on arms? (= prove that what you are doing is reasonable)
- I don't have to justify myself to you or anyone else.

■ **To be a good and acceptable reason for something:**

- Nothing justifies murdering another human being.

▶ **Justifiable** [adjective]

■ **Actions, reactions, decisions etc. that are justifiable are acceptable because they are done for good reasons:**

- Justifiable anger.
- Are these experiments morally justifiable?

▶ **Justifiably** [adverb]

○ Your Example: .....

## 274. Contest

■ **A competition or a situation in which two or more people or groups are competing with each other:**

- Stone decided to hold a contest to see who could write the best song.
- I only entered the contest for fun.
- It is clear that the election will be a close contest.
- the 1960 contest between Kennedy and Nixon

■ **Used to say that someone or something is the best of its kind:**

- I think you're the best rider here, no contest.

○ Your Example: .....



## 275. Accountable

■ **Responsible for the effects of your actions and willing to explain or be criticized for them:**

- The government should be accountable to all the people of the country.
- Managers must be accountable for their decisions.
- The hospital should be held accountable for the quality of care it gives.

► **Accountability** [noun]

○ Your Example: .....

## 276. Corruption



■ **Dishonest, illegal, or immoral behaviour, especially from someone with power:**

- Officials charged with bribery and corruption.
- The investigation uncovered widespread corruption within the police force.

■ **A changed form of something, for example a word:**

- The word 'Thursday' is a corruption of 'Thor's Day'.

○ Your Example: .....

## 277. Ethic

■ **A general idea or belief that influences people's behaviour and attitudes:**

- The old ethic of hard work has given way to a new ethic of instant gratification.

■ **Moral rules or principles of behaviour for deciding what is right and wrong:**

- A report on the ethics of gene therapy.

▶ **professional/business/medical ethics** (= the moral rules relating to a particular profession)

- Public concern about medical ethics.

- A code of ethics.

○ Your Example: .....

## 278. Labour



### ■ work, especially physical work:

- The garage charges £30 an hour for labour.
- Many women do hard manual labour (= work with their hands).
- Workers withdrew their labour (= protested by stopping work) for twenty-four hours.

### ■ All the people who work for a company or in a country:

- A shortage of skilled labor.
- We need to reduce our labour costs.

### ■ the process of giving birth to a baby:

- Diane went into labour at 2 o'clock.
- The labour pains were unbearable.

### ■ A period of hard work:

- After several hours' gardening, we sat down to admire the results of our labours.

○ Your Example: .....

## 279. Irreversible

### ■ Irreversible damage, change etc. is so serious or so great that you cannot change something back to how it was before

#### • ANT: Reversible

- Fossil fuels have caused irreversible damage to the environment

### ■ If an illness or bad physical condition is irreversible, it will continue to exist and cannot be cured:

- irreversible blindness.

#### ► Irreversibly [adverb]:

- His reputation was irreversibly damaged by the affair.

○ Your Example: .....

## 280. Attribute

■ **To believe or say that a situation or event is caused by something:**

- The fall in the number of deaths from heart disease is generally attributed to improvements in diet.

■ **If people in general attribute a particular statement, painting, piece of music etc. to someone, they believe that person said it, painted it etc.:**

- A saying usually attributed to Confucius.

■ **To believe or say that someone or something has a particular quality:**

- One should not attribute human motives to animals.

▶ **Attribution** [noun]:

○ Your Example: .....

## 281. Refute

■ **To prove that a statement or idea is not correct**

• **SYN: Rebut**

- An attempt to refute Darwin's theories.

■ **To say that a statement is wrong or unfair**

• **SYN: Deny**

- She refuted any allegations of malpractice.

▶ **Refutable** [adjective]:

▶ **Refutation** [noun]:

○ Your Example: .....

## 282. Prolong

■ **To deliberately make something such as a feeling or an activity last longer**

• **SYN:** Lengthen

- I was trying to think of some way to prolong the conversation.

■ **To make an unpleasant or anxious time last longer, especially when people are waiting for news:**

- There's no point in prolonging the agony any longer.

○ Your Example: .....

## 283. Discriminate

■ **Treat a person or group differently from another in an unfair way:**

- It was found that the company still discriminated on the basis of race in promotions.

■ **To recognize a difference between things**

• **SYN:** Differentiate

- Newborn babies can discriminate between a man's and a woman's voice.

- The process of learning to discriminate fact from opinion.

▶ **Discrimination** [noun]:

■ **The practice of treating one person or group differently from another in an unfair way:**

- Laws to prevent discrimination.

- Widespread discrimination against older people in the job market.

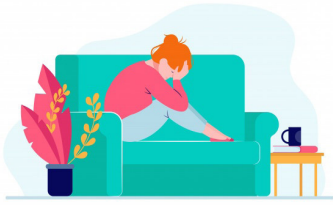
■ **The ability to recognize the difference between two or more things, especially the difference in their quality:**

- shape discrimination

○ Your Example: .....



## 284. Traumas



■ **An unpleasant and upsetting experience that affects you for a long time:**

- traumas such as death or divorce.

■ **A mental state of extreme shock caused by a very frightening or unpleasant experience:**

- The trauma of being a young refugee
- The emotional trauma of rape

■ **An injury:**

- The hospital's trauma unit.

○ Your Example: .....

## 285. Exhort

■ **To try very hard to persuade someone to do something**

• **SYN: Urge**

- Police exhorted the crowd to remain calm.

► **Exhortation** [noun]:

○ Your Example: .....

## 286. Hierarchy

■ **A system of organization in which people or things are divided into levels of importance:**

- A rigid social hierarchy
- She worked her way up through the corporate hierarchy to become president.

■ **The most important and powerful members of an organization:**

- The church hierarchy.

## 287. Withdrawal

■ **The act of moving an army, weapons etc. away from the area where they were fighting:**

- The withdrawal of UN forces.
- The Russian withdrawal from Afghanistan.
- Large-scale troop withdrawals.

■ **The removal or stopping of something such as support, an offer, or a service:**

- Withdrawal of government aid

■ **The act of taking money from a bank account, or the amount you take out:**

- Customers can use the machine to make withdrawals of up to £250 a day.

■ **The act of no longer taking part in an activity or being a member of an organization:**

- Germany's withdrawal from the talks

■ **The act of moving an army, weapons etc. away from the area where they were fighting:**

• **SYN: Retraction**

- The withdrawal of all allegations

○ Your Example: .....

## 288. Backlash

■ **A strong negative reaction by a number of people against recent events, especially against political or social developments:**

- The 1970s saw the first backlash against the women's movement.
- The management fear a backlash from fans over the team's poor performances.

○ Your Example: .....

## 289. Prone

■ **Likely to do something or suffer from something, especially something bad or harmful:**

- Some plants are very prone to disease.
- Kids are all prone to eat junk food.
- He's always been accident-prone.

■ **Lying down with the front of your body facing down**

• **SYN:** prostrate

- His eyes shifted to the prone body on the floor.

▶ **proneness** [noun]:

▶ **prone** [adverb]:

- Jack lay prone on his bed.

○ Your Example: .....

## 290. Acquisition

■ **The process by which you gain knowledge or learn a skill:**

- The acquisition of language.

■ **The act of getting land, power, money etc.:**

- The acquisition of new sites for development

■ **Something that you have obtained by buying it or being given it:**

- The Art Society is holding an exhibition of recent acquisitions.

○ Your Example: .....

## 291. Pivotal

■ **More important than anything else in a situation, system etc.**

• **SYN:** Key

- The Bank of England has a pivotal role in the London money market.

- The talks are pivotal to the success of the country.

○ Your Example: .....

## 292. Bewilder

■ **To confuse someone:**

- He was bewildered by his daughter's reaction.

▶ **Bewildered** [adjective]:

■ **Totally confused:**

- A bewildered expression on his face.

○ Your Example: .....

## 293. Bully

■ **To threaten to hurt someone or frighten them, especially someone smaller or weaker.**

- She was bullied by the older girls in school.

■ **To put pressure on someone in order to make them do what you want:**

- Don't let them bully you into working on Saturdays.

▶ **bullying** [noun]:

- An attempt to tackle the problem of bullying in schools.

▶ **bully off** [phrasal verb] *British English*

■ **To start a game of hockey**

▶ **bully-off** [noun]:

○ Your Example: .....



## 294. Incline

■ **If a situation, fact etc. inclines you to do or think something, it influences you towards a particular action or opinion:**

- The accident inclined him to reconsider his career.

■ **To think that a particular belief or opinion is most likely to be correct:**

- I incline to accept the official version of events.
- I incline to the opinion that this principle extends to cases of religious discrimination.

■ **To slope at a particular angle, or to make something do this:**

- The telescope is inclined at an angle of 43 degrees.

○ Your Example: .....

## 295. Explicit

■ **Expressed in a way that is very clear and direct:**

- The contrast could not have been made more explicit.
- The kidnappers gave us explicit instructions not to involve the police.
- Be explicit when you talk about money with your family.
- He made the rules without being explicit about them.

■ **Language or pictures that are explicit describe or show sex or violence very clearly:**

- The film contains some very explicit love scenes.
- sexually explicit language

▶ **Explicitly** [adverb]:

▶ **Explicitness** [noun]:

○ Your Example: .....

## 296. Elicit

■ **To succeed in getting information or a reaction from someone, especially when this is difficult:**

- When her knock elicited no response, she opened the door and peeped in.
- The test uses pictures to elicit words from the child.

► **Elicitation** [noun]

○ Your Example: .....

## 297. Instinct

■ **A natural tendency to behave in a particular way or a natural ability to know something, which is not learned:**

- Animals have a natural instinct for survival.
- Birds build nests by instinct.
- Her instinct told her that something was wrong.
- His first instinct was to rush back to Isobel.

○ Your Example: .....

## 298. Civic

■ **Relating to a town or city:**

- Jackson spent the day meeting with local religious and civic leaders.

■ **Relating to the people who live in a town or city:**

- It is your civic duty to vote in the local elections.
- civic pride (= people's pride in their own city)

○ Your Example: .....

## 299. Provoke

■ **To cause a reaction or feeling, especially a sudden one:**

- The proposal provoked widespread criticism.
- The decision to invade provoked storms of protest.
- The novel has provoked fierce debate in the US.
- She hopes her editorial will provoke readers into thinking seriously about the issue.

■ **To make someone angry, especially deliberately:**

- The dog would not have attacked if it hadn't been provoked.
- Paul tried to provoke Fletch into a fight.

○ Your Example: .....

## 300. Eligible

■ **Someone who is eligible for something is able or allowed to do it, for example because they are the right age:**

- Students on a part-time course are not eligible for a loan.
- Over 500,000 18-year-olds will become eligible to vote this year.

■ **An eligible man or woman would be good to marry because they are rich, attractive, and not married:**

- Stephen was regarded as an eligible bachelor.

► **Eligibility** [noun]

○ Your Example: .....

# Quick Essential Idioms

## 1. Pull the wool over someone's eyes

■ **To deceive someone in order to prevent them from discovering something:**

- I'm not as dumb as you think; don't try to pull the wool over my eyes.
- Don't try to pull the wool over his eyes, he's too smart.
- Some people think they can get away with anything. They always try to pull the wool over others' eyes.

○ Your Example: .....

## 2. It takes two to tango

■ **Said when you want to emphasize that both people involved in a difficult situation must accept the blame, or that an activity needs two people who are willing to take part for it to happen:**

- Don't blame me for the argument. It takes two to tango! You are equally responsible.
- We will never reach an agreement unless we sit down for a discussion. It takes two to tango.
- If you want to play that game, you need a partner who will play with you. It takes two to tango.

○ Your Example: .....

### 3. Curiosity killed the cat

■ **To tell someone that they should not try to find out about something which does not concern them:**

- When Jane asked George where he was going at the middle of the night, he replied that curiosity killed the cat.

- "Where are you going all of a sudden?" he asked. "Curiosity killed the cat" she replied.

- Joe was very curious about where Sarah was getting all her money from, but all she said was that curiosity killed the cat.

○ Your Example: .....

### 4. Every cloud has a silver lining

■ **Said to emphasize that every difficult or unpleasant situation has some advantage:**

- Reena was depressed to be confined to bed after her surgery, but over time, when she could spend a lot of time with her family and catch up with old friends, who came to visit her, she realized that every cloud has a silver lining.

- Even though your relationship is going through a difficult phase, don't despair, maybe this will strengthen your bond. Every cloud has a silver lining.

- Even though he had lost the match, he had gained in experience and was now more confident. Every cloud has a silver lining.

○ Your Example: .....

## 5. Bite off more than you can chew

### ■ To try to do something that is too difficult for you:

- I think he's bitten off more than he can chew taking all those classes.
- By accepting two part-time jobs, he is clearly biting off more than he can chew.
- It feels like I bit off more than I could chew when I promised to complete this worksheet in one day.

○ Your Example: .....

## 6. Burn the midnight oil

### ■ To work very hard and for long hours into the night:

- Chris is burning the midnight oil trying to finish her article on Artificial Intelligence.
- It is very hard assignment, and I had to burn the midnight oil to get it completed on time.
- My brother has a big exam next week so he is already burning the midnight oil. I keep advising him to take it slow.

○ Your Example: .....

## 7. Caught (or fall) between two stools

### ■ Come between two alternatives, and so fail to fulfill either of them:

- It is difficult to organize an event that appeals to both young and old; you could end up being caught between two stools.
- This car neither has good power nor gives good mileage; it falls between two stools.
- Do not try to be both a teacher and a friend to your students; you would be caught between two stools.

○ Your Example: .....

## 8. Cross that bridge when you come to it

■ **To wait until the problem comes up in trying to resolve it rather than placing solutions for something that is not currently an issue:**

- We think that there may be too many people to fit into the hall, but we will cross that bridge when we come to it.

- The weather station says that it may rain over the weekend but we will cross that bridge when we come to it.

- "What will you do if you fail in this exam?" Answer: "I'll cross the bridge when I come to it."

○ Your Example: .....

## 9. Feel a bit under the weather

■ **If someone is or feels under the weather, they feel ill:**

- I did not go to work today, as I was feeling a bit under the weather.

- Sheena was feeling a bit under the weather, so she decided not to go to the movie with her friends.

- I have my final exam today, but I am feeling under the weather. I don't know how I will fare.

○ Your Example: .....

## 10. Let the cat out of the bag

■ **To allow a secret to be known, usually without intending to:**

- I was trying to keep the party a secret, but Mel went and let the cat out of the bag.
  - I have let the cat out of the bag, there is no point pretending that this job is working out for me.
  - My boss did not let the cat out of the bag about the deal until all the relevant contracts were signed.
  - She let the cat out of the bag and finally told her parents about her plans of getting married.
- Your Example: .....

## 11. You can't make an omelet without breaking some eggs

■ **It is hard achieve something important without causing unpleasant effects:**

- The course requires a lot of effort on your part. It is true that you can't make an omelet without breaking a few eggs.
  - This business idea can take you from zero to hundred in just a few years but you can't make an omelet without breaking a few eggs.
  - My brother is trying very hard to get his bachelor's degree and has finally realized that you can't make an omelet without breaking a few eggs.
- Your Example: .....

## 12. You can lead a horse to water, but you can't make him drink

■ **Used to emphasize that you can make it easy for someone to do something, but you cannot force them to do it:**

- I have tried my level best to educate him well, but he is still having a non-serious behavior, you can lead a horse to water, but you can't make him drink.

- My father always wanted me to become a doctor, but I just wanted to be a fashion designer. It is true that you can lead a horse to water but you can't make him drink.

- I made all the arrangements but he is still not coming tonight. Well, you can lead a horse to water but can't make him drink.

○ Your Example: .....

## 13. Having your head in the clouds

■ **Not being actively aware of your present situation:**

- Kim does not like the logic and keeps his head in the clouds all the time.

- Lolita has her head in the clouds if she thinks she will win the tournament.

- The government has its head in the clouds when it comes to the rebels.

○ Your Example: .....

## 14. Make a long story short

■ **Used when you are explaining what happened in a few words, without giving all the details:**

- He wanted to be a doctor but, to cut a long story short, he ended up as a pharmacist.

- Long story short, he got back his job and the company fired his manager for corrupt practices.

- To cut a long story short, I was stranded on the highway with no means of transportation when an old friend of mine happened to be passing by.

○ Your Example: .....

## 15. Every dog has its day

■ Said to emphasize that everyone is successful or happy at some time in their life:

- I know you're shocked that that dopey kid got a better grade than you, but hey, every dog has its day.

- Don't worry, you'll get chosen for the team. Every dog has its day.

- You may become famous someday. Every dog has his day.

○ Your Example: .....

## 16. Elvis has left the building

■ Said when an event or performance has come to an end, or when someone or something has left a place, especially in a dramatic fashion. The phrase refers to an announcement famously made at the end of Elvis Presley concerts alerting people that he vacated the premises and no further encores would be played.

- The event manager said, "I am sorry Mr. Reddy, you are late. Elvis has left the building."

- Why the Elvis has left the building so soon? The show was supposed to end at 11PM.

- We kept waiting for the band to come back on stage to perform some of the fans' favorite songs, but it looked like Elvis had left the building.

○ Your Example: .....

## 17. It's always darkest before the dawn

■ **Things always seem to get worse before they get better - even in the worst of circumstances there is hope.**

- Remember, it's always darkest before the dawn. Things always get better when you're at your lowest point.

- When I was lost in depression, friends tried to remind me that it's always dark est just before the dawn.

- Mal: The boss is always yelling at us. I feel stressed all the time! Xiomara: Don't worry. It's always darkest before the dawn.

○ Your Example: .....

## 18. Getting a taste of your own medicine

■ **When someone gets the same bad treatment that he has been giving others:**

- I'm tired of him always finding faults with me. I'm going to give him a taste of his own medicine.

- It's not for nothing that people are calling you names; you're getting a taste of your own medicine.

- Don't be rude to others. You won't like it when you get a taste of your own medicine.

○ Your Example: .....

## 19. Where there's a will, there's a way

■ **Used to mean that if you are determined enough, you can find a way to achieve what you want, even if it is very difficult:**

- The man drove through eight countries in his car. It is true, where there is a will, there is a way.

- I know that she can do this if she makes up her mind because where there is a will, there is a way.

- I completed my graduation despite my father losing his job and not being able to pay my fees because where there is a will, there is a way.

○ Your Example: .....

## 20. Square peg in a round hole

■ **A person whose character makes them unsuitable for the job or other position they are in:**

- He never quite fitted in when he was working here - he was always a bit of a square peg in a round hole.

- That lifestyle really doesn't suit Sally at all; she's like a square peg in a round hole.

- I went to the party for a little while, but I felt like a round peg in a square hole. There was nobody I knew there.

○ Your Example: .....