

# 18 Vocabulary

## Reactions and health

### Topic vocabulary: Reactions

see page 237 for definitions

|                 |                     |                 |                  |                |
|-----------------|---------------------|-----------------|------------------|----------------|
| acknowledge (v) | consequence (n)     | glance (v, n)   | inertia (n)      | prevent (v)    |
| agonise (v)     | contentment (n)     | glimpse (v, n)  | manners (n)      | rejoice (v)    |
| apathy (n)      | cross (adj)         | gloat (v)       | manoeuvre (v, n) | resent (v)     |
| avoid (v)       | dignity (n)         | glum (adj)      | moan (v, n)      | resolute (adj) |
| behaviour (n)   | disgust (v, n)      | grimace (v, n)  | mock (v)         | smirk (v, n)   |
| chuckle (v, n)  | disillusioned (adj) | grin (v, n)     | neglect (v, n)   | snap (v)       |
| comfort (v, n)  | fed up (adj)        | handle (v)      | peep (v, n)      | tactic (n)     |
| conduct (v, n)  | giggle (v, n)       | impatient (adj) | peer (v)         | terror (n)     |

### Topic vocabulary: Health

see page 238 for definitions

|                |                |                      |                                 |                     |
|----------------|----------------|----------------------|---------------------------------|---------------------|
| administer (v) | consultant (n) | numb (adj)           | prescribe (v)                   | side effect (n phr) |
| admit (v)      | diagnosis (n)  | nursing home (n phr) | prevent(at)ive medicine (n phr) | syringe (n)         |
| agony (n)      | inoculate (v)  | paralysis (n)        | prognosis (n)                   | vaccine (n)         |
| antidote (n)   | irritation (n) | plaster (n)          | sick leave (n phr)              | ward (n)            |

### Phrasal verbs

|                    |  |                                       |   |
|--------------------|--|---------------------------------------|---|
| <b>black out</b>   | suddenly become unconscious; make a place dark by turning off all the lights, <i>blackout</i> (n)  | <b>go down (well/badly) (with sb)</b> | produce a particular reaction   |
| <b>come out in</b> | become covered in spots  | <b>lash out</b>                       | try to hit or attack someone suddenly and violently; speak angrily to or against someone  |
| <b>come round</b>  | become conscious again after being unconscious; happen again; go to a place where someone is, to visit them; be persuaded to change your opinion or decision | <b>pass away/on</b>                   | die (used to avoid saying 'die' when you think this might upset someone)  |
| <b>cotton on</b>   | begin to realise or understand something   | <b>play up</b>                        | cause difficulties or pain for someone; behave badly  |
| <b>crease up</b>   | laugh a lot, or make someone laugh a lot   | <b>pull through</b>                   | manage to stay alive after you have been very ill or very badly injured; succeed in a very difficult situation, or help someone do this |
| <b>follow up</b>   | check the health of someone who has received medical treatment; try to find out more about something <i>follow-up</i> (n)                                    | <b>shrivel up</b>                     | become smaller and thinner and not look fresh and healthy; become weaker or smaller   |
| <b>get down</b>    | make someone feel sad or lose hope   | <b>summon up</b>                      | manage to produce a quality or a reaction that helps you deal with a difficult situation  |
| <b>get over</b>    | start to feel happy or well again after something bad has happened; solve or deal with a problem   | <b>ward off</b>                       | do something to prevent someone or something from harming you   |

### Phrases, patterns and collocations

|                    |   |               |  |
|--------------------|---|---------------|--|
| <b>act</b>         | act in good/bad faith, act out of desperation/necessity, act the part/role of, act on sb's advice/orders/behalf, put on an act, get your act together, in the act (of doing)  | <b>dead</b>   | go dead, drop dead, dead (set) against (doing), in dead trouble, dead and buried, dead silence, dead centre, dead and gone, dead tired, dead ahead                     |
| <b>behaviour</b>   | behaviour towards, pattern of behaviour, on your best behaviour, aggressive/antisocial/violent/bad/ good/exemplary behaviour  | <b>effect</b> | have an/no/little/some effect (on), come into effect, put/bring sth into effect, adverse/beneficial effect, for effect, in effect, with effect from                    |
| <b>consequence</b> | accept/face the consequences, consequence of, serious/disastrous/dire consequences, as a consequence, in consequence, of no/little consequence                                | <b>feel</b>   | get/have a feel for, feel free, feel like (doing), feel as if / as though, feel strongly about, feel the effects/benefits of, feel guilty, feel your way, feel at home |
| <b>cry</b>         | cry with pain/happiness/relief, cry over/about, cry for help, cry yourself to sleep, cry your eyes/heart out, cry on sb's shoulder, have a (good) cry, cry of, a far cry from | <b>health</b> | good/bad for your health, in good/poor health, ill health, health and safety, health hazard/risk, health centre, health club, health food, health service              |

### Phrases, patterns and collocations

|                 |   |                 |  |
|-----------------|---|-----------------|--|
| <b>ill</b>      | fall / be taken ill (with), critically/seriously/terminally ill   | <b>polite</b>   | polite to, polite of, just/only being polite, polite conversation, polite company, polite society  |
| <b>kind</b>     | kind of sb to do, respond in kind, kind(s) of, of some/any kind, of a/the kind, kind regards  | <b>react</b>    | react to, react by doing, react accordingly/appropriately, react with, react against   |
| <b>laugh</b>    | laugh at/about, laugh in sb's face, make sb laugh, have a good laugh, have the last laugh, don't make me laugh, for a laugh, a laugh a minute                                     | <b>reaction</b> | cause/produce/provoke/trigger a reaction (to), reaction against, adverse/gut/immediate reaction, chain reaction                                      |
| <b>life</b>     | put sb's life at risk, lose a life, bring sth to life, come to life, not on your life, save sb's life, take your own life, that's life, this is the life, quality of life         | <b>response</b> | response to, in response to, response from, no response, response time   |
| <b>live</b>     | live a life of crime/luxury, live to the age of, can live with, live and let live, live and learn, live beyond/within your means, live in hope, live a lie, live to tell the tale | <b>sick</b>     | call in sick, feel sick, make sb sick, sick as a parrot, worried sick, sick and tired (of), sick with fear/worry/etc, sick at heart, sick bag        |
| <b>medicine</b> | take medicine, alternative/complementary/herbal medicine, medicine cabinet  | <b>treat</b>    | treat cruelly/badly/fairly/unjustly, treat sb with, treat sb for, treat sb like, treat sb to, treat a/an illness/disease/patient/etc, in for a treat |

### Idioms

|   |  |
|---|--|
| <b>cry over spilt milk</b>                        | waste time feeling upset about something bad that has happened and cannot be changed                           |
| <b>fly off the handle</b>                         | suddenly become extremely angry without a good reason  |
| <b>give sb a taste/dose of their own medicine</b> | treat someone in the same bad way they treat other people  |
| <b>give sth a miss</b>                            | decide not to do something that you usually do   |
| <b>grin and bear it</b>                           | accept a difficult situation without complaining or showing how you feel                                       |
| <b>keep a straight face</b>                       | remain serious and not laugh   |
| <b>keep your hair on</b>                          | used for telling someone not to get angry or upset   |
| <b>kick yourself</b>                              | be very annoyed because you have made a mistake, missed an opportunity, etc                                    |
| <b>let off steam</b>                              | shout or do something that allows you to get rid of anger  |
| <b>let sleeping dogs lie</b>                      | leave a person or situation alone if they might cause you trouble  |
| <b>never/don't look a gift horse in the mouth</b> | if you are given something good, you should not complain about it or try to find things that are wrong with it |
| <b>up in arms about</b>                           | angry and complaining about something  |

### Word formation

|                |   |                 |  |
|----------------|---|-----------------|--|
| <b>act</b>     | enact, react, counteract, interact, transact, overact, overreact, (de/re)activate, acting, actor, actress, action, (in)activity, radioactivity, transaction, activist, activism, interaction, (over)reaction, overacting, reactionary, reactor, transactional, active, hyperactive, radioactive, overactive, (in)active(ly) | <b>illusion</b> | disillusion, disillusionment, disillusioned, illusory  |
| <b>approve</b> | disapprove, (dis)approval, (dis)approved, (dis)approving(ly)  | <b>know</b>     | acknowledge, knowledge, acknowledgement, knowledgeable, acknowledged, (un)known, knowing   |
| <b>avoid</b>   | avoidance, (un)avoidable, unavoidably   | <b>neglect</b>  | negligence, negligible, negligibly, negligent(ly), neglectful(ly)  |
| <b>content</b> | (dis)contentment, discontent, (dis)contented  | <b>patient</b>  | patience, impatient, (im)patiently   |
| <b>depend</b>  | (in)dependence, dependant, dependency, depending, dependable, (in)dependent(ly)   | <b>prevent</b>  | prevention, preventative, preventive, (un)preventable  |
| <b>derive</b>  | derivation, derivative  | <b>regret</b>   | regrettable, regrettably, regretful(ly)  |
| <b>effect</b>  | (in)effectiveness, (in)effectual, (in)effective(ly)   | <b>resolve</b>  | (ir)resolution, resoluteness, (un)resolved, (ir)resolute(ly)   |
| <b>fold</b>    | enfold, unfold, folder, (un)folding, foldaway   | <b>respond</b>  | response, respondent, (un)responsive(ly)   |
| <b>fruit</b>   | fruitfulness, fruitlessness, fruition, fruitful(ly), fruitless(ly)  | <b>result</b>   | resultant, resulting   |
| <b>hand</b>    | handle, handler, handling, handout, handover, handful, handmade, underhand, handy   | <b>sense</b>    | (de)sensitise, sensation, (in)sensitivity, hypersensitivity, hypersensitive, oversensitive, sensuality, sensuousness, sensor, sensory, (in)sensitive(ly), (un)sensational(ly), sensual(ly), sensuous(ly) |

## Topic vocabulary: Reactions

## A Complete using the words in the boxes in the correct form.

- 1 It's not very good ..... to eat with your mouth open, Timothy.  
2 I expect very good ..... from all of you while I'm out of the classroom.

behaviour • manners

- 3 There's no way you can ..... me from seeing my friends!  
4 Let's ..... the city centre as there'll be loads of traffic.

avoid • prevent

- 5 The girls were ..... excitedly in their room – it was extremely irritating!  
6 He occasionally ..... quietly to himself as he read the letter.

chuckle • giggle

- 7 The boys were ..... after the film so I think they had a good time.  
8 Stop ..... in such an unpleasant way. Just because you won the game doesn't make you better than me, you know!

grin • smirk

- 9 I ..... something through the window but I've got no idea what it was.  
10 Terry ..... at the clock and realised he was late.

glance • glimpse

- 11 The window was so dirty we had to ..... through it to see inside.  
12 Don't ..... ! Keep your eyes closed or it'll ruin the surprise.

peep • peer

- 13 I'm ..... It's boring just sitting here. Let's go out for a walk.  
14 Mr Jenkins was so ..... when he heard the news he went red with anger.

cross • fed up

- 15 Reversing round a corner is a difficult .....  
16 I'm going to have to use some underhand ..... to get Adam to agree.

manoeuvre • tactic

## B Each of the words in bold, except one, is in the wrong place. Write the correct words on the lines.

## A young child's emotions

Young children express their emotions much more openly than most adults. In the playground, they often (1) ..... **neglect** and ridicule the 'weaker' children and 'social misfits'. When they're successful at something, they (2) ..... **grimace** openly. When they're taking horrible medicine, they (3) ..... **conduct** in a way that adults rarely do. When they're (4) ..... **impatient**, you know about it immediately. The (5) ..... **gloat** a young child can experience during a nightmare often seems far more extreme than the fear adults have. Children's emotions are often very unpredictable too. When something angers them, they (6) ..... **mock** instantly. A young child can go from peaceful (7) ..... **terror** to extreme anger and back again in just a couple of minutes. If you give a small child a pet, they'll love it for a day or two, but then they might completely (8) ..... **snap** it. All of this is for many reasons. Firstly, humans have to learn how to (9) ..... **contentment** and control their emotions. And that takes time. Secondly, humans have to learn how to (10) ..... **handle** themselves within a society. That also takes many years. Indeed, many adults still have a lot to learn when it comes to that.

## C Complete using the words in the boxes in the correct form.

acknowledge • agonise • comfort • disgust • moan • rejoice • resent

- 1 I've been ..... over this decision for ages but I've definitely made my mind up now.  
2 The whole country was out on the streets ..... when they won the World Cup.  
3 Do you at least ..... that not everyone thinks about things the same way you do?  
4 I was in such pain I just lay in bed .....  
5 I'm ..... with the way this company's dealt with this problem. I'm going to complain.  
6 I do ..... the fact that Josh was promoted and I wasn't, yes.  
7 We all need to ..... Joyce at such a difficult time for her.

disillusioned • glum • resolute

- 8 Monica's absolutely determined to get this law changed. I've never seen her so ..... about anything before.  
9 You look a bit ..... today. Is anything the matter?  
10 Joe said he's so ..... with his job he's thinking of quitting.

apathy • consequence • dignity • inertia

- 11 No one knows exactly what the ..... of this action will be.  
12 I thought the Prime Minister handled her resignation speech with great .....  
13 The bureaucratic system in this country is suffering from extreme ..... Nothing ever gets done!  
14 There's just so much ..... from young people these days when it comes to politics. They're just not interested.

## Topic vocabulary: Health

## D Circle the correct word or phrase.

- 1 If he's been bitten by a snake, we'll have to get him to a hospital to get the **vaccine** / **antidote** immediately.  
2 They give most children a number of **vaccines** / **antidotes** these days to stop them getting serious diseases.  
3 Have you been **inoculated** / **injected** against tetanus?  
4 The symptoms are small red spots and slight skin **irritation** / **annoyance**.  
5 I've cut my finger. Have you got **plaster** / **a plaster**?  
6 Richie's broken his leg and it's in **plaster** / **a plaster**.  
7 My **diagnosis** / **prognosis** is that you're suffering from stress.  
8 If you carry on taking the tablets, then your **diagnosis** / **prognosis** is excellent.  
9 **Preventive** / **Protective** medicine's all about not getting diseases rather than curing them after you've got them, isn't it?  
10 My grandmother spent the last two years of her life in a nursing **house** / **home**.



### E Complete using the words in the box in the correct form.

administer • admit • agony • consultant • diagnosis • leave  
numb • paralysis • prescribe • side • syringe • ward

26<sup>th</sup> August I haven't written anything for about two weeks, so it's time to catch up on what's been going on. So, the morning after my last entry, I woke up in (1) ..... I've never felt so bad in my life. In fact, it felt like I'd been shot in the stomach. I immediately arranged to go on sick (2) ..... from work. Then I called the doctor, who came that morning and (3) ..... some medicine for me. I took it for about two days but my stomach was still really bad, so I called the doctor again. He said I'd have to be (4) ..... to hospital! Well, I've never been in hospital in my life. They took me in an ambulance and put me in a (5) ..... with about 20 other people. In the afternoon, the (6) ..... came to see me. Her (7) ..... was that I'd got some kind of ulcer caused by bacteria. She said they'd have to (8) ..... antibiotics via an intravenous drip. So, basically for the next six days I had a big (9) ..... sticking into my arm pumping in antibiotics on a regular basis. It wasn't much fun, but I did start to feel better pretty quickly. One problem, though, was that the drugs did produce one strange (10) ..... effect. Apparently that sometimes happens. The whole of the left side of my face went (11) ..... It wasn't exactly (12) ..... because I could still move my cheek – I just couldn't feel it. Very weird! Anyway, I'm home now, and feeling fine. And back to work tomorrow, thank goodness.

### Phrasal verbs

#### F Choose the correct word.

- I don't know how I'm going to summon **up** / **back** the courage to tell Dad.
- It really got me **out** / **down** when the doctor said I'd have to be off work for eight weeks.
- Grandpa says his leg's playing **up** / **around** again so he's not going to come for a walk with us.
- Did it take June a long time to get **over** / **by** her glandular fever?
- We all creased **up** / **off** when Nick walked in wearing a skirt.
- Antony says he felt a little dizzy when he came **round** / **back** from the anaesthetic.
- These carrots have shrivelled **up** / **down** a bit so I think I'll throw them out.
- Jerry's come **out** / **over** in spots all over his face.

#### G Write a phrasal verb from the box in the correct form in each gap.

black out • cotton on • follow up • go down • lash out • pass away • pull through • ward off

- Mr Deacon next door had a very serious operation. Apparently, it's a miracle he .....
- The first comedian didn't ..... well with the audience at all and he was booed off the stage.
- It took Terry a while to ..... to the fact I was joking.
- There's no point ..... at Dr Barker. She's not responsible for what's happened.
- I don't know what happened. I was just sitting at my desk and I suddenly ..... for a few minutes.
- In some cultures, they wear jewellery to ..... evil spirits.
- The researchers ..... a number of patients who had taken the drug to determine what side effects they had experienced.
- Susie, I'm afraid I've got some bad news. Your grandmother ..... peacefully during the night.

#### H Phrasal verbs with *through*, such as *pull through*, sometimes contain the idea of completing something successfully. Tick the phrasal verbs in these sentences which contain that idea.

- It's going to be tough but we'll **muddle through** somehow, you'll see. ....
- I was **going through** my wardrobe when I found these jeans. Would you like them? ....
- I'm determined to **see** this **through** to the bitter end. ....
- Eliot did well in physics, but he only just **scraped through** his chemistry exam. ....
- Truth and justice will **win through** in the end – they always do. ....
- The government's totally committed to **carrying through** these reforms. ....

### Phrases, patterns and collocations

#### I Write one word in each gap.

- I want you kids to be ..... your best behaviour tonight.
- My father's been ..... poor health for a while now.
- You shouldn't have reacted ..... getting so annoyed.
- We were always polite ..... our teachers when I was at school.
- I don't think I'll ever be rich, but you live ..... hope, don't you?
- I hope I live to the grand old age ..... 94!
- I am writing ..... response to your letter of 15<sup>th</sup> July.
- So ..... effect what you're saying is that I'm being made redundant.
- Sue left and, ..... a consequence, I was promoted to Senior Nurse!
- I know I did the wrong thing, but I was acting ..... good faith, you know.

#### J Complete using the words in the box in the correct form.

adverse • aggressive • alternative • dire • health • polite • quality

- Do you know what time the ..... centre opens in the morning?
- What we do here is ensure that our terminally ill patients get the best ..... of life possible.
- Of course hitting someone's an example of ..... behaviour!
- There shouldn't be any ..... effects with these pills, but if there are, let me know.
- I hate the thought of standing there making ..... conversation to strangers.
- The consequences could be ..... if you don't start eating properly and get some exercise.
- Some doctors think there's a lot to be said for ..... medicine.

#### K For each question, write one word which can be used in all three sentences.

- I used to be ..... against plastic surgery but I've changed my mind now.  
There was ..... silence throughout the room, and I realised my joke had offended people.  
If you do that again you'll be in ..... trouble!
- If you treat people well, they usually respond in .....  
I didn't say anything of the .....!  
That was very ..... of you to help Mrs Taylor carry her shopping.

- 3 The play really came to ..... in the second act.  
Darren asked me to go with him to the prom; 'Not on your .....!', I told him.  
You know you're putting your ..... at risk by smoking, don't you?
- 4 The way Hilary treats Carl just makes me .....  
We were worried ..... because we had no idea where Karen was and she hadn't called.  
I'm not feeling well at all, so I think I'm going to call in ..... this morning.
- 5 We only went there for a .....; we didn't know it would cause so much trouble.  
You always have to have the last ..... , don't you?  
It's a ..... a minute when Daniel's around.
- 6 She only said that for .....; she doesn't really believe it.  
The new regulations will come into ..... from midnight tonight.  
Caffeine has very little ..... on me, so I can sleep at night however many cups of coffee I drink.

**L** Complete the second sentence so that it has a similar meaning to the first sentence, using the word given. Do not change the word given. You must use between three and eight words, including the word given.

- 1 Spending two weeks in hospital was very different from lying on the beach! **cry**  
Spending two weeks in hospital was ..... lying on the beach!
- 2 The medicine should start working soon. **benefits**  
You should ..... soon.
- 3 I just did what the sergeant ordered me to do, sir. **acting**  
I ..... , sir.
- 4 I had no idea everyone would react so violently to my suggestion. **cause**  
I had no idea I ..... by suggesting that.
- 5 Don't you think you should be a bit more respectful to them, Edward? **treat**  
Don't you think you should ..... , Edward?
- 6 Alan's got food poisoning. **taken**  
Alan ..... food poisoning.

## Idioms

**M** Each of the words in bold is incorrect. Rewrite them correctly.

- 1 Thanks for inviting me but I think I'll give it a **leave**, if you don't mind. ....
- 2 I could have **hit** myself when I invited Claudia to the beach. I'd completely forgotten she's got to stay indoors until she's completely recovered. ....
- 3 I'm going to be in plaster for six months so I'm just going to have to **smile** and bear it. ....
- 4 **Hold** your hair on! It's nothing to get upset about, you know. ....
- 5 I know you were angry but there was no need to fly off the **doorknob** like that. ....
- 6 After working all day, I like to go out with some friends just to let off **air**. ....
- 7 The best way to deal with bullies is to give them a taste of their own **tablets**. ....
- 8 They're closing the local hospital and everyone round here is up in **guns** about it. ....
- 9 Fiona's offered to help you. Don't ask why – never look a gift **cow** in the mouth. ....
- 10 You could complain to her boss, but it's probably better just to let sleeping **cats** lie. ....
- 11 What's done is done – there's no point crying over spilt **liquid**. ....
- 12 It was hard to keep a **plain** face when Jenny told me how Toby had broken his arm. ....

## Word formation

**N** Complete the sentences by changing the form of the word in capitals.

- 1 Colin became a political ..... when he was at university. **ACT**
- 2 Do you know the ..... of the word 'handsome'? **DERIVE**
- 3 I know it's a bit annoying but there's no need to ..... to such an extent. **ACT**
- 4 Have you got any ..... in your toes at all, Mr Babcock? **SENSE**
- 5 We stood there watching the ..... drama with shock on our faces. **FOLD**
- 6 In medicine, ..... is always better than cure. **PREVENT**
- 7 If one of our nurses has acted ..... , you can be assured we will take the strongest possible action against him or her. **NEGLECT**
- 8 It's ..... even trying. We'll never get to the hospital in time. **FRUIT**
- 9 We were all jumping around ..... in the corridor, desperately waiting to hear if it was a boy or a girl. **PATIENT**
- 10 Do you really think your plans are going to come to ..... ? **FRUIT**
- 11 By the angry looks on people's faces, I would say there was widespread ..... for the proposed changes to the health centre's opening times. **APPROVE**
- 12 I used to think I could change the world, but then ..... set in when I reached my early thirties. **ILLUSION**
- 13 I can't believe you forgot to get your wife a birthday present. You're so ..... sometimes! **NEGLECT**
- 14 She told me she's not ..... in the slightest for what she said. **REGRET**
- 15 The whole incident was extremely ..... **REGRET**
- 16 There's a lot of ..... with the government at the moment. I think they might well get kicked out at the next election. **CONTENT**
- 17 As I told Rose how I felt she was completely ..... , so I had no idea at all what she was thinking. **RESPOND**

**O** Use the word given in capitals at the end of the line to form a word that fits in the space in the same line.

### Voluntary euthanasia

There are many moral issues which remain (1) ..... to this day. One of these is voluntary euthanasia. Let's say there is a patient who has a terminal disease. All possible treatments known to science are (2) ..... There's no cure, and no hope. The patient's death from this disease at some point in the future is (3) ..... Most of us would say that, as long as the patient is fairly comfortable and pain-free, there's no moral issue. But what if the patient is in extreme agony? They cannot live (4) ..... of machines and 24-hour care. What if the patient (5) ..... and continually asks for their life to be brought to an end by doctors? Should the doctors refuse? At present, in most countries, there are laws against voluntary euthanasia. But from a moral point of view, we have to (6) ..... that there is a problem. Do the doctors really have the right to be (7) ..... to the patient's wishes? On the other hand, opponents of voluntary euthanasia argue that scientific (8) ..... is increasing all the time. An incurable disease one day may be curable the next. They also argue that if the law was changed, the (9) ..... situation would put doctors in a much worse position. They currently have no choice. Do we as a society have the right to expect doctors to (10) ..... such a difficult and complex issue?

RESOLVE

EFFECT

AVOID

DEPEND

RESOLVE

KNOW

SENSE

KNOW

RESULT

HAND



**liquid** (n) a substance that can flow, has no fixed shape, and is not a solid or gas: *Did you know that glass is actually a liquid?*

**liquid** (adj) in the form of a liquid: *You have to be careful when you're handling liquid explosive.*

**lump** (v) to put people or things into the same group, although they do not really belong together: *You can't just lump all disabled people together like that.*

**lump** (n) a solid piece of something that does not have a regular shape: *I tripped over a lump of concrete.*

**mineral** (n) a natural substance in the earth, for example coal, salt, gold or diamonds: *This area is very rich in minerals.*

**mould** (v) to give something a particular shape or form: *Mould the clay into the shape of a person.*

**mould** (n) a shaped container into which you pour a liquid that then becomes solid in the shape of the container: *Pour the jelly into the mould and then put it in the fridge.*

**opaque** (adj) opaque glass, liquid, etc is difficult to see through: *We've had opaque glass put into the bathroom.*

**pat** (v) to touch someone gently several times with a flat hand to show that you care about them or want to make them feel better: *He patted me on the shoulder and told me not to worry.*

**pat** (n) the action of gently touching someone or something several times with a flat hand: *I felt a pat on my back and turned round.*

**pile** (v) to put a large number of things on top of each other: *Don't just pile your clothes on the bed.*

**pile** (n) a number of things put on top of each other: *Could you help me carry this pile of books?*

**polish** (v) to rub the surface of something in order to make it shine: *The maid polished the table and then cleaned the floor.*

**polish** (n) a chemical substance that you rub onto an object to make it shine: *Put some polish on your cloth and then rub, like this.*

**scratch** (v) to pull your nails along your skin, especially because you have an itch that makes you want to do this: *You'll only make it worse if you scratch.*

**scratch** (v) to damage a surface by marking it with something sharp or rough: *How did you scratch your violin?*

**scratch** (n) a thin mark on a surface: *There's a scratch on my new CD!*

**scrub** (v) to wash or clean something by rubbing it hard, especially with a brush: *I've been scrubbing the floor all day.*

**scrub** (n) a thorough wash or clean: *What your fingernails need is a good scrub.*

**smash** (v) to break something noisily into many pieces by dropping or hitting it with a lot of force: *You've smashed the glass on my favourite picture!*

**solid** (n) a substance that is not a liquid or a gas: *Water is a liquid, but ice is a solid.*

**solid** (adj) a solid substance is firm and hard and is not a liquid or a gas: *The concrete should be solid by now.*

**speck** (n) a very small spot or mark: *There isn't a speck of dust in the house.*

**squash** (v) to damage something by pressing or crushing it and making it lose its normal shape: *She sat on my glasses and squashed them!*

**squash** (n) a situation in which there are too many people in a small space: *It'll be a bit of a squash, but we can get five in the car.*

**squeeze** (v) to press something firmly, especially with your hands: *Squeeze the sponge to get all the water out.*

**squeeze** (n) the action of squeezing something: *She gave my hand a quick squeeze.*

**stack** (v) to arrange things so that they stand one on top of another: *The assistant was stacking boxes when I walked into the shop.*

**stack** (n) a pile of things placed one on top of another: *I can't believe you knocked over that stack of tins!*

**stiff** (adj) firm and difficult to bend: *Take a stiff piece of card and cut a hole in it.*

**stroke** (v) to gently move your hand over skin, hair or fur: *I was only trying to stroke the dog!*

**stroke** (n) a gentle movement of your hand across skin, hair or fur: *I fell asleep while my mum was stroking my hair.*

**stuff** (v) to push something soft into a space or container: *I stuffed a few things into a suitcase and set off.*

**stuff** (n) a variety of objects or things: *What's all this stuff on your desk?*

**substance** (n) a particular type of liquid, solid or gas: *You're not allowed to take certain substances on a plane.*

**synthetic** (adj) made from artificial materials or substances, not from natural ones: *Nylon is a synthetic material.*

**tear** (v) to pull something so that it separates into pieces or gets a hole in it, or to become damaged in this way: *I've torn my T-shirt on the door handle.*

**tear** (n) a hole in a piece of paper, cloth, etc where it has been torn: *There's a big tear in my dress.*

**texture** (n) the way something feels when you touch it: *I love the texture of silk.*

**transparent** (adj) a transparent object or substance is clear or thin enough for you to see things through: *Glass is transparent.*

### The built environment

**built-up** (adj) a built-up area has a lot of buildings in it: *This area has become really quite built-up over the last few years.*

**bypass** (v) to avoid the centre of a town or city by using a road that goes round it: *If we take the other road, we can bypass Reading altogether.*

**bypass** (n) a road that goes round a town or city so that you can avoid going through its centre: *I don't think they'll ever finish the new bypass.*

**construct** (v) to build something large or complicated, such as a bridge or road: *We plan to construct a new bridge across the river.*

**demolish** (v) to deliberately destroy a building: *They've demolished my old school.*

**district** (n) an area of a town or country: *It's quite a nice district to live in.*

**dwelt** (v) to live somewhere: *The little old man dwelt in a run-down cottage.*

**estate** (n) an area where there are many houses, usually built at the same time by the same company: *There's a lot of crime on this estate.*

**evict** (v) to legally force someone to leave the house they are living in, usually because they have not paid their rent: *The letter says they're going to evict us.*

**high-rise** (adj) a high-rise building is very tall with many floors or levels: *I couldn't live in a high-rise block.*

**housing** (n) buildings for people to live in: *The government needs to build more housing for the poor.*

**infrastructure** (n) the set of systems within a place or organisation that affect how well it operates, for example the telephone and transport systems in a country: *During the war, a lot of the infrastructure of the country was destroyed.*

**inner city** (n phr) an area near the centre of a large city where a lot of poverty and other social problems exist: *There's some very interesting music coming out of the inner city these days.*

**occupy** (v) if someone occupies a room, building, area of land, seat, bed or other place during a period of time, they use it: *Patients with minor illnesses are occupying beds that are needed for more serious cases.*

**populated** (adj) a populated area has people living there: *Luckily, the fire didn't spread to populated areas.*

**skyline** (n) the shapes made by buildings or mountains when you see them against the sky: *I love the London skyline.*

**skyscraper** (n) a very tall building containing offices or flats: *Skyscrapers started to appear in the 1930s.*

**structure** (n) something large such as a building or a bridge that is built from different parts: *The large structure outside town is going to be the new stadium.*

**suburban** (adj) relating to an area or town near a large city but away from its centre, where there are many houses, especially for middle-class people: *Many people would love to live in suburban areas but can't afford it.*

**surroundings** (n pl) all the things that are present in a place and that form the experience of being there: *I wish I lived in more pleasant surroundings.*

**urban** (adj) relating to towns and cities, or happening there: *There needs to be more investment in urban areas.*

## Unit 18

### Reactions

**acknowledge** (v) to accept or admit that something exists, is true or is real: *He never acknowledges his mistakes.*

**acknowledge** (v) to thank someone for something they have done or given you, especially in writing or by saying it publicly: *We gratefully acknowledge the contributions of everyone who helped us.*

**acknowledge** (v) to show that you have seen someone or that you recognise them, for example by smiling or speaking to them: *They barely acknowledge each other in public.*

**agonise** (v) to spend a long time worrying and being upset about something: *For years I agonised over whether I could have helped my daughter.*

**apathy** (n) a feeling of having no interest in or enthusiasm about anything, or of not being willing to make any effort to change things: *Few people voted in the election, presumably just because of apathy.*

**avoid** (v) to try to prevent something from happening: *Try to avoid confrontation.*

**avoid** (v) to try not to go near someone or something: *We went early to avoid the crowds.*

**avoid** (v) to choose not to do something in order to achieve a better result: *When taking this medication it is advisable to avoid alcohol.*

**behaviour** (n) the way that someone or something behaves: *Anna was sick of her brother's behaviour.*

**chuckle** (n) a quiet laugh: *There were a couple of chuckles from one member of the audience.*

**chuckle** (v) to laugh quietly, especially in a private or secret way: *As she read her book, she chuckled softly.*

**comfort** (n) a physically relaxed state, without any pain or other unpleasant feelings: *The airline is keen to improve passenger comfort.*

**comfort** (n) a feeling of being less sad or worried about something than you were previously: *My mother was always there to offer comfort.*

**comfort** (n) a pleasant way of life in which you have everything you need: *Now he can live in comfort for the rest of his life.*

**comfort** (v) to make someone feel less sad, worried or disappointed: *He went upstairs to comfort the baby.*

**conduct** (n) the way someone behaves, especially in relation to particular rules or accepted ways of behaving: *Two players were sent off for violent conduct.*

**conduct** (v) to do something in an organised way: *The agreement doesn't allow you to conduct business from your home.*

**consequence** (n) a result or effect of something: *She said exactly what she felt, without fear of the consequences.*

**contentment** (n) the happiness you feel when you have everything you want and you enjoy your life: *He has found contentment and satisfaction in his work.*

**cross** (adj) angry: *The neighbours got cross every time we put our music on.*

**dignity** (n) the impressive behaviour of someone who controls their emotions in a difficult situation: *She faced all her problems with dignity.*

**disgust** (n) a very strong feeling of not liking something: *The idea of eating meat fills me with disgust.*

**disgust** (v) if something disgusts you, it is so bad or immoral that it makes you angry and upset: *Your whole attitude disgusts me.*

**disillusioned** (adj) disappointed because you have discovered that someone or something is not as good as you had believed: *Voters are very disillusioned with the democratic process.*

**fed up** (adj) annoyed or bored with something that you feel you have accepted for too long: *I'm fed up with this job.*

**giggle** (n) a high laugh, especially a nervous or silly one: *The sound of giggles came from the girls' room.*

**giggle** (v) to laugh in a nervous, excited or silly way that is difficult to control: *The children whispered and giggled all the way through the film.*

**glance** (n) a quick look at someone or something: *She had a quick glance at the newspaper as she gulped down her coffee.*

**glance** (v) to look somewhere quickly and then look away: *He glanced over his shoulder nervously.*

**glimpse** (n) an occasion when you see someone or something for a moment only: *The crowd were anxious for a glimpse of the President.*

**glimpse** (v) to see someone or something for a moment or not completely: *He glimpsed a short white-haired figure heading for the back gate.*

**gloat** (v) to show that you are happy and proud at your own success or at someone else's failure: *He was there to gloat over their defeat.*

**glum** (adj) looking sad, as if you expect something bad to happen: *You look a bit glum. Has something happened?*

**grimace** (n) an ugly expression that you make by twisting your face, for example because you are in pain or do not like something: *His tortured grimace showed he was in pain.*

**grimace** (v) to make an ugly expression by twisting your face, for example because you are in pain or do not like something: *She grimaced as she swallowed the medicine.*

**grin** (n) a big smile that shows your teeth: *'A great win,' Mike said with a broad grin.*

**grin** (v) to smile showing your teeth: *Ruth grinned at him as she waved goodbye.*

**handle** (v) to take action to deal with a difficult situation: *The government was criticised for the way it handled the crisis.*

**impatient** (adj) annoyed because something is not happening as quickly as you want or in the way you want: *'Come on!' said Maggie, becoming impatient.*

**inertia** (n) a situation in which something does not change for a long time: *There's so much inertia on the committee that nothing ever gets done.*

**manners** (n) traditionally accepted ways of behaving that show a polite respect for other people: *Children learn manners by observing their parents.*

**manoeuvre** (n) an action or movement that you need care or skill to do: *Dexter tried every manoeuvre he could to overtake the truck.*

**manoeuvre** (v) to move someone or something in a situation that needs care or skill: *Katherine's good at manoeuvring her car through heavy traffic.*

**moan** (n) an annoying complaint, especially about something that is not important: *I haven't got time to listen to your moans and groans.*

**moan** (n) a long low sound you make because of pain, sadness or pleasure: *She let out a low moan of anguish.*

**moan** (v) to complain about something in an annoying way: *Ben was moaning about his job again.*

**moan** (v) if someone moans, they make a long low sound because of pain, sadness or pleasure: *James continued to moan loudly as the pain intensified.*



**mock** (v) to make someone or something look stupid by laughing at them, copying them, or saying something that is not kind: *Are you trying to mock me?*

**neglect** (n) the failure to give someone or something the care or attention they need: *There's an important need to protect children from abuse and neglect.*

**neglect** (v) to fail to look after someone when you are responsible for them: *What should we do about parents who neglect their children?*

**neglect** (v) to fail to do something that you should do: *He couldn't neglect his duties as an officer.*

**peep** (n) a quick look at something: *I'll just take a peep inside.*

**peep** (v) to look at something quickly and secretly, usually from a place where you think you cannot be seen: *She tried to peep through the gates to see the garden.*

**peer** (v) to look very carefully, especially because something is difficult to see: *She was peering through the window.*

**prevent** (v) to stop something from happening or stop someone from doing something: *Regular cleaning may help prevent infection.*

**rejoice** (v) to feel very happy about something, or to celebrate something in a happy way: *Montaigne seemed to rejoice in the humiliation of others.*

**resent** (v) to experience angry, unhappy feelings because you think you have been treated unfairly or without enough respect: *The girls in the family resented all the attention that Peter was getting.*

**resolute** (adj) extremely determined: *We're resolute in our determination to oppose these measures.*

**smirk** (n) an unpleasant smile: *Wipe that smirk off your face!*

**smirk** (v) to smile in an unpleasant way because something bad has happened to someone else, or because you think you have achieved an advantage over them: *I know you've won, but there's no need to smirk.*

**snap** (v) to suddenly lose control and become extremely angry or upset because a situation has become too annoying or difficult: *She was bound to snap under all that pressure.*

**snap** (v) to speak to someone in a sudden, angry way: *'What do you want now?' he snapped angrily.*

**tactic** (n) a particular method or plan for achieving something: *The governor's tactics involved accusing his opponent of being too liberal.*

**terror** (n) a strong feeling of fear: *Thousands of islanders fled in terror yesterday as the volcano erupted.*

**terror** (n) violence used for making people very frightened in order to achieve political aims: *This is a deliberate campaign of terror.*

## Health

**administer** (v) to give someone a drug or medical treatment: *The drugs are administered intravenously.*

**admit** (v) to take someone into hospital for medical treatment: *After collapsing, she was rushed to hospital, where she was admitted.*

**agony** (n) great pain: *William fell to the ground, writhing in agony.*

**agony** (n) a strong and unpleasant feeling, especially great worry or sadness: *Waiting for the results was agony.*

**antidote** (n) a substance that prevents a poison from having bad effects: *It's a snake bite. Quick – get the antidote!*

**consultant** (n) a senior doctor in a hospital who is an expert in a particular medical subject: *She's a consultant cardiologist.*

**diagnosis** (n) a statement about what disease someone has, based on examining them: *Her doctor made a diagnosis of appendicitis.*

**inoculate** (v) to protect someone against a particular disease by injecting a medicine containing a small amount of the disease into them, so that their body becomes immune to it: *None of the family had been inoculated against diphtheria.*

**irritation** (n) a painful feeling in a part of the body, often with red skin or swelling: *Some drugs can cause stomach irritation.*

**numb** (adj) a part of your body that is numb has no feeling: *After hours of sitting on the floor, her legs had gone numb.*

**numb** (adj) not able to react or to show your emotions, often because of an extreme shock: *I was numb with fear.*

**nursing home** (n phr) an institution where old people live when they are too old or ill to look after themselves without help: *My grandmother's moving into a nursing home next week.*

**paralysis** (n) the loss of the ability to move your body or a part of it, usually because of an injury or illness: *The syndrome can lead to sudden paralysis.*

**plaster** (n) a thin piece of cloth or plastic that is sticky on one side, and that you put on your skin to cover a cut: *I've cut my finger. Have you got a plaster?*

**plaster** (n) if a part of someone's body is in plaster, it has a hard cover around it to protect a broken bone: *One man had his leg in plaster, having broken it in an accident.*

**prescribe** (v) if a doctor prescribes a drug or treatment, they say you should have it: *The drug should not be taken unless prescribed by a doctor.*

**prevent(at)ive medicine** (n phr) medical examinations, treatments, advice, etc intended to prevent illness or discover it before it becomes serious: *The government should invest more in preventive medicine.*

**prognosis** (n) a doctor's opinion about the way in which a disease or illness is likely to develop: *What's the prognosis, doctor?*

**sick leave** (n phr) a period of time during which you do not work because you are ill: *Mr Jenkins is away on sick leave today.*

**side effect** (n phr) an effect of a medicine that is not intended and could be unpleasant: *The treatment has no significant side effects.*

**syringe** (n) a needle fitted to a plastic tube, used for taking blood from your body or for putting medicine or drugs into it: *Take the syringe and inject the patient.*

**vaccine** (n) a substance put into the body, usually by injection, in order to provide protection against a disease: *Is there an effective vaccine for meningitis?*

**ward** (n) a large room in a hospital with beds for people to stay in: *Jo is a staff nurse working on the maternity ward.*

## Unit 20

### Power

**aggression** (n) an angry feeling that makes you want to attack or defeat someone else: *You're going to have to learn to control your aggression.*

**authority** (n) the power to make decisions or tell people what to do: *You don't have the authority to do that.*

**benign** (adj) kind and nice: *He might seem benign, but keep an eye on him.*

**bully** (v) to frighten or hurt someone who is smaller or weaker than you: *The boss just tries to bully everyone in the office.*

**bully** (n) someone who frightens or hurts someone who is smaller or weaker than they are: *I was a bit of a bully when I was at school.*

**command** (v) to officially order someone to do something: *The general commanded the army to attack.*

**command** (n) an official order: *The dog understands my every command.*

**conquer** (v) to take control of land or people using soldiers: *The Spanish conquered South America in the sixteenth century.*

**conquer** (v) to gain control of a situation or emotion by making a great physical or mental effort: *I tried hard to conquer my fear.*

**consent** (v) to give approval for something: *You can't go on the school trip unless your parents consent to it.*

**consent** (n) permission to do something: *The police shouldn't be allowed to enter your house without your consent.*

**controversy** (n) a disagreement, especially about a public policy or a moral issue that a lot of people have strong feelings about: *There's a lot of controversy surrounding the new law.*

**dictator** (n) someone who uses force to take and keep power in a country: *How did the dictator come to power?*

**dominate** (v) to control something or someone, often in a negative way, because you have more power or influence: *Don't allow him to dominate the conversation all the time.*

**eliminate** (v) to get rid of something that is not wanted or needed: *Will we ever eliminate the threat from pollution?*

**enforce** (v) to make sure that a law or rule is obeyed by people: *It'll be impossible to enforce the new law.*

**entitled** (adj) having the right to do something: *Students are entitled to a special discount on books.*

**exempt** (adj) allowed to ignore something such as a rule, obligation or payment: *At the moment, women are exempt from national service.*

**former** (adj) used for describing someone or something that had a particular job, title, status, etc in the past, but not now: *The former Prime Minister of India is visiting the UK.*

**impose** (v) to introduce something such as a new law or new system, and force people to accept it: *These rules are being imposed without anyone's opinion being asked.*

**inferior** (adj) not as good as something else: *Street markets often sell inferior quality electrical goods.*

**intimidate** (v) to deliberately make someone feel frightened especially so that they will do what you want: *Richard often tries to intimidate people.*

**label** (v) to use a word or phrase to describe someone or something, especially one that is not completely fair or true: *Don't label all young people in the same way.*

**label** (n) a word or phrase that is used to describe someone or something, especially one that is not completely fair or true: *I wish people wouldn't try to put a label on me.*

**label** (n) a piece of paper or material fastened to an object that gives information about it: *I don't know what's in this tin because the label has come off.*

**liberate** (v) to give someone the freedom to do what they want, for example by taking them out of a situation in which their behaviour is controlled: *Leaving school and getting a job really liberated me.*

**mainstream** (n) ideas, methods or people that are considered ordinary or normal and accepted by most people: *Life can be more difficult if you're not part of the mainstream.*

**mainstream** (adj) considered ordinary or normal and accepted or used by most people: *Most mainstream politicians have dismissed the suggestion.*

**master** (v) to learn something thoroughly so that you know it or can do it very well: *It took me over ten years to master the piano.*

**master** (n) a man who has control over servants or other people who work for him: *Servants should show respect to their master at all times.*

**minister** (n) an official in charge of a government department in the UK and other countries: *The Minister responsible for this decision should resign.*

**monarch** (n) a king or queen: *The monarch represents the country abroad.*

**prohibit** (v) to officially stop something from being done, especially by making it illegal: *The sale of lottery tickets to children is prohibited.*

**reign** (v) if a king or queen reigns, they officially rule a country: *Queen Victoria reigned during a time of great change.*

**reign** (n) the period of time when a king or queen rules a country: *What's the longest reign of any king or queen?*

**reinforce** (v) to make an idea, belief or feeling stronger: *Stories like this in the media reinforce the idea that all young black men are criminals.*

**reluctant** (adj) not willing to do something: *I'm reluctant to invite Tracy to the wedding.*

**resist** (v) to oppose or fight against someone or something: *The Prime Minister resisted a lot of pressure to change his mind.*

**resist** (v) to stop yourself from doing something that you would very much like to do: *I can't resist chocolate!*

**restrict** (v) to keep something within strict limits: *Many parents restrict the number of hours their children watch TV.*

**society** (n) people in general living together in organised communities, with laws and traditions controlling the way they behave towards one another: *People have much more freedom in today's society.*

**subject** (v) to make someone experience something unpleasant: *They subjected the poor prisoner to torture.*

**subject** (n) an idea, problem, situation, etc that you discuss or write about: *What subject have you chosen for your essay?*

**subject** (n) someone who lives in a country that is controlled by a king or queen: *I'm proud to be a British subject.*

**subjective** (adj) based on your own feelings and ideas and not on facts: *That's just your subjective opinion.*

**submit** (v) to accept that someone has defeated you or has power over you: *The boy only stopped hitting me when I submitted.*

**summon** (v) to officially order someone to come to a place, especially a court of law: *She was summoned to appear before the court.*

**superior** (adj) better than someone or something else in quality or skill: *His early work is vastly superior to the later pieces.*

**undermine** (v) to make something or someone become gradually less effective, confident or successful: *This unfortunate incident undermines all the hard work we've put in.*

**unrest** (n) angry or violent behaviour by people who are protesting against something: *Politicians held a special meeting to discuss the unrest in the country.*

**victimise** (v) to treat someone in a deliberately unfair way: *It's not right to victimise someone in that way.*

**vulnerable** (adj) someone who is vulnerable is weak or easy to hurt physically or mentally: *I felt quite vulnerable walking home late at night.*

## Social issues

**abolish** (v) to officially get rid of a law, system, practice, etc: *The law was abolished in 1963.*

**advocate** (v) to publicly support a particular policy or way of doing things: *Do you advocate corporal punishment in schools?*

**alleviate** (v) to make something less painful, severe or serious: *These measures are designed to alleviate suffering among the elderly.*

**bureaucracy** (n) a complicated and annoying system of rules and processes: *I started to set up my own business but there was too much bureaucracy.*

**charity** (n) an organisation to which you give money so that it can give money and help to people who are poor or ill, or who need advice and support: *There are one or two charities that I make regular donations to.*

**class** (n) one of the groups into which people in a society are divided according to their family background, education, job or income: *My family are very middle class in a lot of ways.*

**community** (n) the people who live in an area: *Politics should begin in the local community.*

**convict** (v) to prove in a court of law that someone is guilty of a crime: *He was convicted of murder.*

**convict** (n) someone who is in prison because they have committed a crime: *Two convicts have escaped from the local prison.*

**corruption** (n) dishonest or illegal behaviour by officials or people in positions of power, especially when they accept money in exchange for doing things for someone: *They've started an investigation into corruption.*