Read the following passage, taking note of the **boldface** words and their contexts. These words are among those you will be studying in Unit 4. As you complete the exercises in this Unit, it may help to refer to the way the words are used below.

**The Art and Science of Traditional Healing**

*<Expository Essay>*

Advances in science provide modern man with cures and treatments undreamed of by his prehistoric counterparts. But how did early humans deal with disease? Serious illnesses could devastate whole families or clans. What remedies were available? In olden times, folk medicine generated relief or cures. A thorough scan of the long history of medicine reveals some similar strands woven throughout the history of healing.

Plants were one source of medicine for early humans. Some vegetables or herbs were deemed especially effective for minor illnesses, and botanics are the source of many modern medicines. In ancient times, though, major disorders were likely to have mortal results. These deadly diseases needed more intensive treatment than the herbal remedies offered.

To fight these killer illnesses, early medicine men turned to magic and ritual. In many parts of the world, healers were called shamans. Although precise definitions of shamanism are elusive, it is likely that these shamans resembled what other societies called magicians or sorcerers. It is easy now, from a modern perspective, to dismiss them as quacks. But most shamans seem to have acquitted themselves honorably. Indeed, the specialized knowledge of shamans often caused society to idolize and revere them.

Shamans lived in different societies around the world and can still be found today. Some North American Indian nations and people in areas such as modern Siberia, Mongolia, and South America practiced shamanism. Wherever they were found, shamans revealed some common qualities. They often experienced periods of deep trance. Trances were not just reveries or daydreams; they were altered states of consciousness. The shaman's soul was believed to roam on journeys through the upper and lower worlds. A shaman's contact with spirits, both good and evil, was no petty talent. On the contrary, it was a key
The Chinese practice of acupuncture is based on the idea that stimulating certain pressure points in the body can correct imbalances.

Despite their successes, early healers could not have hoped to cure all the sick. As the Arabic saying goes, "When fate arrives, the physician becomes a fool." If a healer lived in ancient Babylon, the price of failure could be steep. In the Law Code of Hammurabi around 1750 BCE, for example, doctors were warned that their hands would be cut off if a patient died from certain treatments.

In early Greek medicine, the outstanding figure was Hippocrates. Born around 460 BCE, probably on the island of Cos, he insisted that disease was a natural rather than a supernatural phenomenon. His written works began to topple magic from its commanding position in medicine. Perhaps his most enduring keepsake for the modern world is the Hippocratic Oath; this solemn promise "to do no harm" is still subscribed to by physicians today.
Definitions

1. **acquit**  
   (ə kwit\')  
   (v.) to declare not guilty, free from blame, discharge completely;  
   to conduct or behave oneself  
   
   Now that we have proof of their innocence, we can  
   ________________________ them of all charges.  
   
   SYNONYMS: exonerate, dismiss  
   ANTONYMS: convict, declare guilty

2. **deem**  
   (dēm)  
   (v.) to think, believe; to consider, have an opinion  
   
   Most people __________________ it a wise plan to set  
   aside savings for the future.  
   
   SYNONYMS: judge, regard

3. **devastate**  
   (dev' a stāt)  
   (v.) to destroy, lay waste, leave in ruins  
   
   Failure or harsh criticism can __________________ a  
   person who has shaky self-esteem.  
   
   SYNONYMS: wreck, desolate  
   ANTONYMS: develop, improve

4. **discredit**  
   (dis kred' it)  
   (v.) to throw doubt upon, cause to be distrusted; to damage in  
   reputation; (n.) a loss or lack of belief, confidence, or reputation  
   
   We have gathered a considerable amount of evidence to  
   ________________________ her story.  
   
   Both parents and students felt strongly that the cheating  
   scandal was a ______________________ to the school.  
   
   SYNONYM: (v.) disparage  
   ANTONYMS: (v.) confirm, corroborate, bolster

5. **elusive**  
   (ē lū' siv)  
   (adj.) difficult to catch or to hold; hard to explain or understand  
   
   According to legend, Zorro, the heroic Mexican character,  
   was too __________________ for local police to capture.  
   
   SYNONYMS: slippery, wily, fleeting, puzzling, baffling

6. **generate**  
   (jen' a rāt)  
   (v.) to bring into existence; to be the cause of  
   
   Solar power uses the energy of the sun to  
   ________________________ electricity.  
   
   SYNONYMS: create, produce, beget, cause  
   ANTONYMS: end, terminate, extinguish, stifle
7. idolize  (i’dal ız) (v.) to worship as an idol, make an idol of; to love very much
    Teens who ___________________ a movie star may repeatedly see the same movie featuring that actor or actress.
SYNONYMS: adore, revere
ANTONYMS: despise, scorn, disdain, detest

8. ingratitude  (in grat′ a tüd) (n.) a lack of thankfulness
    Hosts who make every effort to please their guests are apt to be hurt by ___________________
SYNONYMS: thanklessness, ungratefulness
ANTONYMS: thankfulness, gratefulness, recognition

9. keepsake  (kèp′ sāk) (n.) something kept in memory of the giver; a souvenir
    Before my grandmother died, she made me a special quilt as a ___________________ of her love.
SYNONYMS: reminder, memento

10. mortal  (mər′tal) (n.) a being that must eventually die; (adj.) of or relating to such a being; causing death, fatal; possible, conceivable
    In the mythology of many cultures, a heavenly god can come down to Earth and act as a ___________________.
    The soldier was the only one in her battalion to suffer a ___________________ injury.
SYNONYMS: (n.) human; (adj.) fleeting, extreme
ANTONYMS: (n.) god; (adj.) undying, everlasting, eternal, divine

11. ovation  (ō vā′shan) (n.) an enthusiastic public welcome, an outburst of applause
    The audience gave the dancer a standing ___________________ after his impressive performance.
SYNONYMS: bravos, hurrahs; ANTONYMS: boos, jeers

12. petty  (pet′ ē) (adj.) unimportant, trivial; narrow-minded; secondary in rank, minor
    You say my complaint is ___________________, but to me it is an issue of great importance.
SYNONYMS: insignificant, piddling
ANTONYMS: important, major, significant, weighty

13. plight  (plit) (n.) a sorry condition or state; (v.) to pledge, promise solemnly
    The ___________________ of the homeless upsets many concerned citizens.
    Wedding guests watched the bride and groom ___________________ their undying love.
SYNONYMS: predicament, quandary
14. repent
   (ri pent’)
   (v.) to feel sorry for what one has done or has failed to do
   As people grow older and gain more maturity, some of them come to ______________ their youthful mistakes.
   SYNONYM: regret; ANTONYM: rejoice over

15. reverie
   (rev’ a ré)
   (n.) a daydream; the condition of being lost in thought
   My boss interrupted my pleasant ______________ by reminding me about our deadline.
   SYNONYMS: fantasy, meditation

16. revocation
   (rev a kā’ shan)
   (n.) an act or instance of calling back, an annuiment, cancellation
   His failure to complete the job according to schedule led to a ______________ of his contract.
   SYNONYMS: repeal, withdrawal
   ANTONYMS: ratification, confirmation

17. scan
   (skan)
   (v.) to examine closely; to look over quickly but thoroughly; to analyze the rhythm of a poem; (n.) an examination
   Let’s ______________ the list to see the finishing times of each marathon runner.
   The doctor did a bone ______________ to discover the location of each fracture.
   SYNONYMS: (v.) study, glance at, skim; (v., n.) survey

18. strand
   (strand)
   (n.) a beach or shore; a string of wire, hair, etc.; (v.) to drive or run aground; to leave in a hopeless position
   We asked the waiter to take back the soup when we discovered a ______________ of hair in it.
   I don’t want to be the third out in the inning and ______________ the two base runners.
   SYNONYMS: (n.) fiber, thread; (v.) abandon, maroon
   ANTONYMS: (v.) rescue, save

19. strife
   (strif)
   (n.) bitter disagreement; fighting, struggle
   The experienced senator from South Carolina was a veteran of political ______________.
   SYNONYMS: conflict, discord, turmoil
   ANTONYMS: peace, calm, agreement

20. topple
   (tāp’ al)
   (v.) to fall forward; to overturn, bring about the downfall of
   The trains that rumble past our apartment often cause books to ______________ from the shelves.
   SYNONYMS: unseat, upset, tumble
   ANTONYMS: remain upright, establish, set up
Choosing the Right Word

Select the boldface word that better completes each sentence. You might refer to the passage on pages 50–51 to see how most of these words are used in context.

1. During several of Heracles's labors, Athena noticed the (ovation, plight) the hero was in and offered her assistance.

2. Our supervisor (topples, scans) the newspaper each morning for items that may serve as leads for the sales force.

3. Once order had been restored, the leaders of the opposition called for the (revocation, keepsake) of martial law.

4. By reelecting him to Congress, the court of public opinion has forever (generated, acquitted) him of the charges of neglecting his duties.

5. In Shakespeare's A Midsummer Night's Dream, which character speaks the line, "Lord, what fools these (mortals, keepsakes) be"?

6. Imagine his (plight, ingratitude)—penniless, unemployed, and with a large family to support!

7. A team of filmmakers spent a year in the rain forests of South America, searching for the (elusive, toppled) harpy eagle.

8. Since you are the only one of us who has had experience with this kind of problem, we shall do whatever you (deem, scan) necessary.

9. The children stood on the southern (reverie, strand) and waved at the boats sailing into the harbor.

10. Are we going to allow (elusive, petty) quarrels to destroy a friendship that has endured for so many years?

11. While the actors were busy rehearsing, the manager ran away with all the money and left them (stranded, plighted) in a strange town.

12. After so many years of (strife, ovation)—in business, politics, and the family—he wants only to retire to the peace and quiet of his ranch.

13. A special edition of poems by the noted writer was presented as a (reverie, keepsake) to all who attended her eightieth birthday party.

14. In my composition, I tried to give a definition of "humor," but I found the idea too (petty, elusive) to pin down.

15. At times we all enjoy a(n) (ovation, reverie) about "what might have been," but before long we must return to "the way things are."
16. It was upsetting to see that his best friend was trying to (discredit, scan) his record as the best receiver on the team.

17. I knew that she was wrapped up in herself, but I never dreamed that even she could be guilty of such (revocation, ingratitude).

18. Many diseases that have disappeared in the United States continue to (devastate, idolize) countries in other parts of the world.

19. At times it is quite natural to feel afraid, and it is certainly no (discredit, mortal) to anyone to admit it.

20. We will never allow such vicious, unfounded rumors to (deem, generate) discord and conflict in our school!

21. What a(n) (ovation, reverie) he received when he trotted back to the bench after scoring the winning touchdown!

22. Our business is barely managing to pay its bills; one bad break will be enough to (acquit, topple) it into bankruptcy.

23. Our father often says that he has never stopped (repenting, devastating) the decision he made many years ago to give up the study of medicine.

24. We should respect our national leaders, but we should not (idolize, discredit) them and assume that they can do no wrong.

25. Katie purchased a (revocation, keepsake) box to store letters and photographs.

**Synonyms**

Choose the word from this Unit that is the same or most nearly the same in meaning as the **boldface** word or expression in the phrase. Write that word on the line. Use a dictionary if necessary.

1. asked for a **retraction** of the news column

2. pitied her for the **difficult situation** she was in

3. too much **friction** to remain partners

4. to **desert** them on a dangerous island

5. may never **apologize for** his wrongdoing

6. power to **demolish** an entire community

7. waved his cap to acknowledge the **cheers**

8. **search** the night sky for shooting stars

9. immersed in **contemplation**

10. a **lack of appreciation** that was uncalled for
Anonyms

Choose the word from this Unit that is most nearly opposite in meaning to the *boldface* word or expression in the phrase. Write that word on the line. Use a dictionary if necessary.

1. heckling that was not appreciated
2. to boast about a crime
3. show our appreciation for your kindness
4. cooperation that produces harmony
5. giving the nominee our approval

Completing the Sentence

From the words in this Unit, choose the one that best completes each of the following sentences. Write the correct word form in the space provided.

1. Why argue about such ______________ matters when there are so many important problems to deal with?
2. The sudden racket produced by a noisy car radio jolted me out of my deep and peaceful ______________.
3. Tom is not a very fast runner, but he is so ______________ that he is extremely hard to tackle on the football field.
4. Though that actress's name and face are all but forgotten today, she used to be ______________ by adoring fans all over the world.
5. I don't have the time to read every word of that long newspaper article, but I'll ______________ it quickly to get the main idea.
6. Instead of telling us how much you ______________ your outrageous conduct, why don't you sincerely try to reform?
7. We learned that even unfavorable reviews of a new book may help to ______________ a certain amount of public interest in it.
8. Regardless of what you might think proper, I do not ______________ it necessary for someone of your age to wear an evening gown to the dance.
9. The famous Leaning Tower of Pisa looks as though it might ______________ over any minute.
10. The evidence against the accused man proved to be so weak that the jury had no choice but to ______________ him.
11. As it is clear that his only interest is to make money for himself, his plan for building a new highway has been completely _____________.

12. Because the members of my family disagree on so many matters, the dinner table is often the scene of much verbal _____________.

13. The wound at first did not appear to be too serious, but to our great grief it proved to be _____________.

14. The TV program made us keenly aware of the _____________ of retired people trying to live solely on Social Security payments.

15. The defendant was warned that another speeding ticket would result in the _____________ of her driver’s license.

16. The rope is made of many _____________ of fiber woven together.

17. The hurricane so _____________ a large section of the coast that the president declared it a disaster area.

18. As I sincerely appreciate all my parents have done for me, how can you accuse me of ____________? 

19. She richly deserved the audience’s ____________ for her brilliant performance of Lady Macbeth.

20. I plan to save this old notebook as a(n) ____________ of one of the best and most enjoyable classes I have ever had.

Writing: Words in Action

1. Look back at “The Art and Science of Traditional Healing” (pages 50–51). How is the traditional approach to disease and healing similar to or different from contemporary approaches? Write a brief essay comparing traditional healing to modern-day healing. Support your comparison using at least two details from the passage and three Unit words.

2. Modern medicine has made tremendous scientific advances. Yet today, many physicians and patients embrace holistic approaches. Holistic, or alternative, medicine considers the emotional and spiritual as well as the physical aspects of illness. Holistic approaches may include the use of herbs, massage, acupuncture, and practices such as yoga and meditation. Do you think a holistic approach to medicine makes sense in today’s world? Write a brief essay in which you support your opinion with specific examples, personal experience, your studies, and the reading (refer to pages 50–51). Write at least three paragraphs, and use three or more words from this Unit.
The following excerpts are from A Princess of Mars by Edgar Rice Burroughs. Some of the words you have studied in this Unit appear in boldface type. Complete each statement below the excerpt by circling the letter of the correct answer.

1. I have never told this story, nor shall mortal man see this manuscript until after I have passed over for eternity. I know that the average human mind will not believe what it cannot grasp, and so I do not purpose being pilloried by the public, the pulpit, and the press, and held up as a colossal liar when I am but telling the simple truths which some day science will substantiate.
   
   One who is mortal
   a. will live forever  c. will die one day
   b. has a strong sense of duty  d. has trouble believing the truth

2. "Cannot the war be ended at once?" spoke Sab Than. "It requires but the word of Than Kosis to bring peace. Say it, my father, say the word that will hasten my happiness, and end this unpopular strife."

   Strife is a(n)
   a. reign  c. peace
   b. war  d. conversation

3. When Woola had finished his meal I again took up my weary and seemingly endless wandering in quest of the elusive waterway.

   A waterway that is elusive is
   a. very large  c. difficult to navigate
   b. hard to find  d. rough and choppy

4. On the seventh day following the battle with the air craft we again took up the march toward Thark, all probability of another attack being deemed remote by Lorquas Ptomel.

   Something that is deemed is
   a. ignored  c. approved
   b. described  d. considered

5. "Good-bye, my princess," I whispered, "we may meet in Helium yet. I have escaped from worse plights than this," and I tried to smile as I lied. "What," she cried, "are you not coming with us?"

   A plight is NOT a(n)
   a. great difficulty  c. dangerous situation
   b. easy circumstance  d. serious vow

Edgar Rice Burroughs set many of his adventure stories on the planet Mars, but he became famous for his tales of Tarzan.