

Help and Harm

WORD LIST

belittle envelop exploit facilitate forsake
 impair inflict inhumane rehabilitate rejuvenate

Read the newspaper and you'll probably find some articles that lift your spirits. You might read about a new way to *rehabilitate* victims of a certain disease. Or there may be a story about a new recreational *facility* for children. Unfortunately, you'll likely read stories that reflect the harshness of the world, too. There may be an article on the *inhumane* aspects of war, or about *exploitation* of young workers in developing countries. This lesson presents words that deal with help and harm.

1. belittle (bĭ-lĭt'ĭ) verb

To make a person or thing seem unimportant or without value

- Martell became furious when his older sister **belittled** his efforts to play the violin.

2. envelop (ĕn-vĕl'əp) verb from Old French *en-*, "in" + *voloper*, "to wrap up"

To wrap within; to surround entirely

- The shivering little boy **enveloped** himself in the warm blanket.



envelop

The verb *envelop* is related to the common noun *envelope*. An *envelope* actually *envelops* a letter.

3. exploit (ĭk-splɔĭt') verb

To use to the greatest possible advantage

- Most politicians want to **exploit** Alaska's rich natural resources without hurting its environment.
 - The empire **exploited** the raw materials and cheap labor of its colonies.
- exploit** *noun* (ĕk'splɔĭt') An exciting or a heroic adventure or deed
- The **exploits** of heroes provide inspiration for many popular books and films.

exploitation *noun* Harmful **exploitation** breeds resentment.

4. facilitate (fə-sĭl'ĭ-tāt') verb

To make easier or to help along; to assist

- Putting hot boiled potatoes in cold water will **facilitate** peeling them.

facilitator *noun* The **facilitator** of the conference made sure that all the speakers were on schedule.

facility *noun* Ease of doing something; skill or aptitude

- Henry's **facility** at shooting baskets made him a prized player.

Facility can also mean "a place." An ice rink is a *facility* for skating.

The past tense of *forsake* is *forsook*.

5. **forsake** (fôr-sāk´) *verb*

To abandon; to give something up

- Unwilling to **forsake** his sick mother, the man decided to stay in his hometown.

6. **impair** (ĩm-pâr´) *verb* from Latin *pejor*, “worse”

To make worse; to damage

- People with aphasia suffer from brain damage that **impairs** their ability to speak.

impairment *noun* Despite his visual **impairment**, Kyle led an active life.

7. **inflict** (ĩn-flĩkt´) *verb* from Latin *in-*, “on” + *fligere*, “to strike”

To cause pain; to do something unpleasant or punishing

- People were concerned that football players might **inflict** injuries on one another during hard, full-contact practices.

infliction *noun* The **infliction** of the wound prevented him from continuing the race.

8. **inhumane** (ĩn´hyō-mān´) *adjective* from Latin *in-*, “not”

+ *humanus*, “human”

Brutal; cruel; lacking kindness and pity

- Human rights organizations try to prevent **inhumane** treatment of prisoners.

inhumanity *noun* The dictator’s **inhumanity** caused his people to revolt.

9. **rehabilitate** (rē´hə-bĩl´ĩ-tāt´) *verb* from Latin *re-*, “again”

+ *habilitare*, “to be able”

To restore to a healthy or good condition

- Physical therapists work to **rehabilitate** injured people.

rehabilitation *noun* Jo’s **rehabilitation** was aided by a long vacation in a warm, dry climate.

10. **rejuvenate** (rĩ-jōō´və-nāt´) *verb* from Latin *re-*, “again”

+ *iuvenis*, “youth”

To make young or vigorous again

- The hard-working students felt **rejuvenated** after their spring break.

rejuvenation *noun* Spanish explorers of the 1500s, who searched for a fountain of youth, were hoping to find a source for **rejuvenation**.

WORD ENRICHMENT

Words of youth

The word *rejuvenate* is taken from the Latin word for “youth,” *iuvenis*. In English, this root generally appears in words as *jun*. Many common words are formed using this root. The word *junior* often refers to a younger person. Or a son named after his father may be called “Junior.” *Juvenile*, also taken from this root, often means “childish.”

The word *June* also comes from *iuvenis*. June was named for the Roman queen of the gods, *Juno*. She was the ruler of women, childbirth, and the moon. She is associated with a new (*iuvenis*) moon.