

# Vocabulary Power

## Lesson 27 The Roots *string* and *strict*

The Latin word *stringere*, which means “to draw tight” or “to bind,” usually appears in English words as the root *strin*. However, it can also be spelled *stra* and *stric*. For example, something that is *astringent* draws together body tissues and stops the flow of blood or other secretions. Something *restricted* is confined within limits. Regardless of their spelling, all the words from this root share a similar meaning, “being pulled together.”


### Word List

<b>constrain</b>	<b>prestige</b>	<b>stress</b>	<b>stringent</b>
<b>constrict</b>	<b>restraint</b>	<b>stricture</b>	<b>unrestrained</b>
<b>distress</b>	<b>straits</b>		

### EXERCISE A Multiple-Meaning Words

Use context clues to determine which meaning of the boldfaced word is used in each sentence. Then, write the dictionary definition that applies.

- Julia used her **prestige** to control the meeting, which was threatening to get out of hand.  
Dictionary definition \_\_\_\_\_
- Ellen tried to **stress** the importance of algae for the oceanic ecosystem.  
Dictionary definition \_\_\_\_\_
- Bee stings cause a **stricture** of Janine’s trachea, making it hard for her to breathe.  
Dictionary definition \_\_\_\_\_
- Jim practiced an aikido move that was supposed to **constrict** a nerve.  
Dictionary definition \_\_\_\_\_
- Computer programmers take advantage of the **unrestrained** proliferation of computer programs.  
Dictionary definition \_\_\_\_\_
- My grandmother is very **stringent** with her budget because she is not working.  
Dictionary definition \_\_\_\_\_
- The sailor shot flares in the air to communicate the ship’s **distress** to any nearby ships.  
Dictionary definition \_\_\_\_\_
- The police officer had to put handcuffs on the male suspect to **constrain** him.  
Dictionary definition \_\_\_\_\_
- She showed great **restraint** by not retorting to the belligerent salesman.  
Dictionary definition \_\_\_\_\_

 **Vocabulary Power** *continued*

10. The man in the water was obviously in dire **straits** as he floundered helplessly.

Dictionary definition \_\_\_\_\_

**EXERCISE B Usage**

**Circle the word that best completes each sentence. Explain the reasons for your choice.**

1. The Cunninghams withdrew their application for membership in the golf and tennis club when they learned about (unrestrained, stringent, strictured) regulations that governed everything from behavior to attire.

\_\_\_\_\_

2. We had no idea what dire (straits, restraint, prestige) meant until we exceeded our credit card limit, lost our apartment, and couldn't even afford to shop for groceries on a regular basis. \_\_\_\_\_

\_\_\_\_\_

3. Rosalie chose to (distress, constrain, constrict) her enthusiasm for her cause at the town meeting when she was confronted by the opposition. \_\_\_\_\_

\_\_\_\_\_

4. Rubber bands worn on wrists can be good reminders so long as they are not so tight that they (stress, distress, constrict) blood flow. \_\_\_\_\_

\_\_\_\_\_

5. Too many tight deadlines added to Steve's (prestige, restraint, stress). \_\_\_\_\_

\_\_\_\_\_

6. The children's (distressed, stringent, unrestrained) laughter is a good sign that they are recovering from their ordeal. \_\_\_\_\_

\_\_\_\_\_

7. Connie found the (stress, strictures, prestige) of boarding school unbearable and asked her parents if she could return home. \_\_\_\_\_

\_\_\_\_\_

8. Kyle learned how valuable pet (restraint, straits, distress) could be when he saw an unleashed dog bite a child at the park. \_\_\_\_\_

\_\_\_\_\_

9. Lucy didn't care about the (distress, prestige, restraint) of designer labels; she just sought well-made clothes that would last for years. \_\_\_\_\_

\_\_\_\_\_

10. "We won't cause Mom added (stricture, distress, prestige) on the night before her speech," said Dad. "We'll tell her about the car after the fundraiser." \_\_\_\_\_

\_\_\_\_\_