Glossary + useful links

Methuselah – a biblical character who supposedly lived 969 years (more)

Juan Ponce de León – a Spanish conquistador who lived from 1474 to 1521 associated with the legend of the Fountain of Youth (more about him; more about the Fountain)

longevity-bestowing – offering a prolonged life duration

downright – used as an intensifier

quixotic – unrealistic, impractical

supercentenarian – (mispronounced in the text) someone who has reached the age of 110 or more; while centenarian is of course someone over 100 (more)

Mack truck - one of the world's leading truck-manufacturing companies, part of Volvo Group (more)

rhesus monkeys – (more)

fall short – fall to meet (expectations, standards)

lest – for fear that

rev up – speed up

fizzle out – end weakly

telomere - (more)

lung fibrosis – (more)

All of the links will take you to an English version of Wikipedia. Oftentimes you will have your native version of the same article or a version in simple English. If you don't understand something, feel free to switch :)
Exercise 1

Below you've got a list of words taken from the text with numbers indicating at a proper paragraph. Match them with their explanations in the box. Additionally, try to find the synonyms of some of the words (given in capital letters with blank spaces).

1# flabby
1# sluggish
1# tinker

2# elusive
2# quack
2# hawk
2# unravel

3# strain
3# tack

5# defy

8# pang

9# inflammation

10# hinder

11# crumple
11# much-heralded
11# skinny
11# lean

14# blockbuster
14# forestall

16# battery
16# gauge

- an unusually successful hit; M_G_H_T
- a response of body tissues to injury or irritation characterized by pain and swelling and redness and heat; R_D_ES_
- a sudden sharp feeling
- an untrained person dispensing medical advice
- difficult to detect, grasp; _U_T_E
- difficulty that causes worry or emotional tension; B_R_E_
- do random, unplanned work; _I_D_E
- fall apart, destroy
- fix to, attach; _PP_N_
- keep from happening; _RE_E_T
- lacking excess flesh; _HI_
- literally: separate the fibers or threads of sth; _IS_N_A_G_E
- measure precisely usually against a standard
- prevent the progress of sth; _LO_K
- resist; _I_H_T_N_
- slow and apathetic; _N_C_I_E
- unattractive thinness; _ND_R_E_G_T
- widely announced

Source: http://www.newsweek.com/id/172561/
Find more at: http://eslmaster.wordpress.com/
**Answers**

flabby – lacking firmness or stiffness
sluggish – slow and apathetic; INACTIVE
tinker – do random, unplanned work; FIDDLE
elusive – difficult to detect, grasp; SUBTLE
quack – an untrained person dispensing medical advice
hawk – sell or offer for sale; VEND
unravel – *literally*: separate the fibers or threads of sth; DISENTANGLE
strain - difficulty that causes worry or emotional tension; BURDEN
tack – fix to, attach; APPEND
defy – resist; WITHSTAND
pang – a sudden sharp feeling
inflammation - a response of body tissues to injury or irritation; characterized by pain and swelling and redness and heat; REDNESS
hinder – prevent the progress of sth; BLOCK
crumple – fall apart, destroy
much-heralded – widely announced
skinny – unattractive thinness; UNDERWEIGHT
lean – lacking excess flesh; THIN
blockbuster – an unusually successful hit; MEGAHIT
forestall – keep from happening; PREVENT
battery – a collection of related things intended to be used together
gauge – measure precisely usually against a standard


*Find more at: [http://eslmaster.wordpress.com/](http://eslmaster.wordpress.com/)*