

新视野

NEW HORIZON
COLLEGE ENGLISH

大学英语

同步阅读提高

外语教学与研究出版社

FOREIGN LANGUAGE TEACHING AND RESEARCH PRESS

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前 言

《新视野大学英语》有读写教程和听说教程，但没有专门培养学生泛读能力的教材。我们编写《新视野大学英语同步阅读提高》系列丛书，其目的正是为了扩大学生的知识面，增加他们的英语词汇，提高他们的阅读能力，以此构建更完整的《新视野大学英语》系列教程。

我们在本套同步阅读丛书中所选排的阅读材料均与《新视野大学英语读写教程》课文的难易程度相当。在注重难度的同时，我们还考虑到选材的广泛性，力争让学生能够接触到各种不同类型的阅读材料。此外，为了方便学生或老师及时检查学习成果，我们还为这些阅读材料编写了一些配套的练习题。

同其他同类图书相比，本系列丛书最大的特点在于：

1. 紧扣《大学英语教学大纲》中有关阅读教学的要求，将知识传授、文化背景介绍和语言技能培养有机结合。不仅能够培养学生良好的语言能力，而且能够扩充他们的人文知识，提高他们的综合文化素养。
2. 大量的阅读材料和设计精准的练习让学生迅速提高自己的阅读速度和理解能力。
3. 通过阅读练习让学生同时学习到词汇和语法知识，使他们多方面的能力得到同步提升。

本套丛书既可供正在使用《新视野大学英语读写教程》的大学生使用，也可供大学英语教师参考，还可供相应水平的英语自学者使用。

紫金语言工作室

2006年7月

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Unit 1

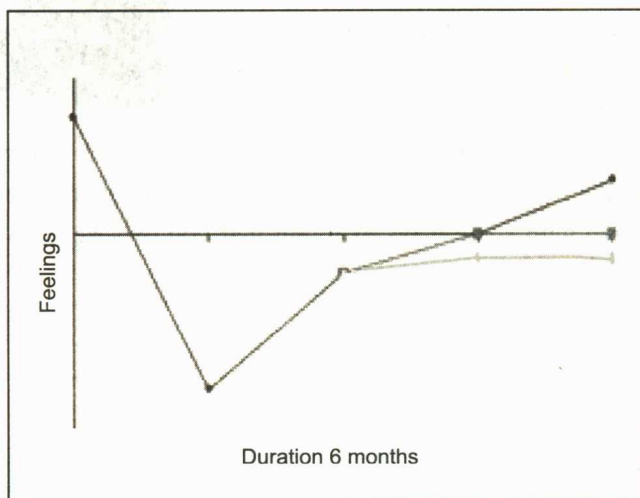
Part One 同步阅读

Text 1

The Cultural Adaptation During a Medium or Long-term Stay Abroad

1 You will not always feel the same way during the time of your stay. This is normal and would happen to you if you stayed in your own country as well. Every person is different and reacts in a different way; nonetheless there are some elements of a stay abroad that are experienced in a similar way by many people.

2 The following curve will cause stomachaches to scientists and other lovers of academic approaches but it is believed to be a useful indicator of the different phases of a stay abroad.



The hypothetical curve of cultural adaptation during a six-month stay abroad

3 When you first arrive chances are high that you will find everything very exciting, exotic and fascinating as if you entered a film. Everybody is nice to you and as a foreigner you are allowed to make almost any kind of mistake. This phase of initial euphoria may be more or less long according to how much the reality you find differs from what you expected.

4 After some time you will find that routine sets in your daily life. You get used to the street scenes around you and you more or less know the people whom you come across at work or in your free time. The touristic aspect of a visit to an exotic place gives way to your first frustrating experiences and incomprehension about people behaving the way they behave. Your counterparts are also not as willing anymore to forgive you all of your mistakes.

5 You are there long enough to generally know the place, but not long enough to have gained

real friends or to feel at home. You see a number of behaviours that are unacceptable or at least strange for you and you cannot see the underlying value system yet. Culture is more than the sum of its visible and tangible elements (music, dance, cuisine, language etc). Many elements of a culture are invisible and it is not easy to identify the social, religious and historical factors that motivate them (use of space and time, taboos, beliefs and values). You feel a need to explain and defend yourself very often which is very tiresome and you feel bewildered by the way people communicate and act around you. You will experience a phase of “culture shock.” The experience of this phase again depends on many factors, such as how different the culture you are experiencing is from your own, your ability to express yourself in the language of the region and how much the people you are dealing with know about your own culture. You will realize that you are under “Culture Shock” when you start feeling easily frustrated, you overreact and behave in a defensive way. You easily get the impression that all your problems are linked to the fact that you are abroad. The adaptation process to a foreign culture demands a lot of energy from you.

6 After the phase of cultural shock you enter a phase of acculturation and stability. You will gain more and more inside knowledge and understanding about the underlying mechanisms that influence the behaviour of the people around you; you will start being able to see things through their eyes. It does not necessarily mean that you agree with everything they do or that you change your own way of doing things



completely. According to the intensity and duration of your stay and your own convictions, you will take over some of the things that you experience, while maintaining others from your own culture. You will disagree with some ways of living that you experience but you should aim at being able to understand why they developed the way they did.

(Words: 625)

New Words

long-term *adj.* 长期的

react *v.* 起反应, 起作用

hypothetical *adj.* 假设的 -hypothesis *n.* 假设

exotic *adj.* 异国情调的, 外来的, 奇异的

phase *n.* 阶段, 状态

euphoria *n.* 精神欢快, 兴高采烈

visible *adj.* 看得见的, 明显的, 显著的 -invisible *adj.* 看不见的

tangible *adj.* 可触摸的, 有形的; 确实的, 真实的

motivate *v.* 激发

acculturation *n.* 文化传入, 文化适应

mechanism *n.* 机械装置, 机制

at home 在家, 在本地, 熟悉

Exercises

Section A Vocabulary

I. Fill in the blanks with the correct forms of the phrases.

as well feel at home more... than give way to take over more or less

1. "I like this neighbourhood and I am sure I will soon _____ living here," Tina smiled.
2. He gave me advice, and money _____.
3. In the next few years, as information technology advances by leaps and bounds, traditional one-way broadcasting will _____ interactive broadcasting like digital and multimedia broadcasting.
4. That's because traditional film is more "honest" than its digital counterpart, in that it performs _____ the same in capturing all three primary colours.
5. The difference between pure linguistics and applied linguistics is _____ apparent _____ real.
6. Peter will _____ as managing director when Bill retires.

II. Match the words and their definitions.

cuisine counterpart frustrate routine initial duration

1. _____ To cause feelings of discouragement or bafflement
2. _____ A characteristic manner or style of preparing food
3. _____ One that has the same functions and characteristics as another
4. _____ Of, relating to, or occurring at the beginning; first
5. _____ A period of existence or persistence
6. _____ A set of customary and often mechanically performed procedures or activities

Section B Passage Comprehension

I. True or False.

1. When you go to a foreign country, you first feel homesick.
2. After some time, you will get a lot of real friends there.
3. When you are there long enough, you will find the behaviours of the people there acceptable.
4. After the phase of culture shock, you will take over some of the things that you experience, while maintaining others from your own culture
5. The changes in feeling shown in the curve illuminate the influence of culture shock.

II. Topics for Discussion.

1. What does culture shock mean? How to prevent culture shock?
2. What does the curve show?
3. If you are in a foreign country, how do you do to overcome the homesickness and symptoms of culture shock?

Section C Grammar

I. Fill in each blank with an article where necessary.

1. Nonetheless there are some elements of ____ stay abroad that are experienced in ____ similar way by many people.
2. You feel ____ need to explain and defend yourself very often which is very tiresome and you feel bewildered by ____ way people communicate and act around you.
3. You will gain more and more inside knowledge and understanding about ____ underlying mechanisms that influence ____ behaviour of ____ people around you.
4. The adaptation process to ____ foreign culture demands a lot of energy from you.
5. You will take over some of ____ things that you experience, while maintaining others from your own culture.

Text 2

A Visit to Two National Parks: Mount Rainier in Washington State and Valley Forge in Pennsylvania

1 There are two areas that are popular with visitors to the United States. One is a place of fierce beauty. It is Mount Rainier National Park in the northwestern state of Washington. The other is one of the most important places in the history of the American Revolution. It is Valley Forge National Historical Park, in the eastern state of Pennsylvania.



Mount Rainier National Park

2 The American Indians who lived in the northwest called the great mountain “Takhoma.” One tribe said it was a female monster that would eat people. Other old stories among the Indians said the mountain could produce huge amounts of fire.

3 In 1792, British explorer George Vancouver became the first European to see the huge mountain. He named it after a navy friend, Captain Peter Rainier.

4 Today the people who live in the northwestern city of Seattle call it “The Mountain”. Mount Rainier is almost one hundred kilometers from Seattle. Yet it can be seen from almost any place in the city. The beautiful, snow covered mountain seems to offer the city its protection.

5 The mountain’s offer of protection is false. Mount Rainier is not just a mountain. It is a sleeping volcano. Steam and heat often rise from the very top of the huge mountain, causing snow to melt. Mount Rainier is 4,392 meters tall. Its top is covered with snow all year. More than twenty-five thick rivers of ice called glaciers cover a lot of the mountain. In some areas, these glaciers are more than one hundred meters thick.

6 Mount Rainier always has been a popular place to visit. Many people go to enjoy the beautiful forests that surround the mountain. Others go to climb the mountain.

7 Hazard Stevens and Philemon Van Trump became the first people known to reach the top of Mount Rainier. They reached the top in August of 1870 after a ten-hour climb through the snow. National Park Service experts say about ten thousand people climb the huge mountain each year. But only about half of the climbers reach the top.

8 The park is large. It is almost one hundred thousand hectares. Many lakes, rivers, roads, two hotels and six camping areas are inside the borders of the park.

9 Experts agree that Mount Rainier will become a very active volcano at sometime in the future. They say the real problem is that they do not know when.

10 Experts carefully study the great mountain. They hope to be able to warn of any dangerous change. But for now, the great mountain provides a safe and beautiful place to visit in the Northwest area of the United States.

Valley Forge National Historical Park

11 A very different kind of national park is in the eastern state of Pennsylvania. It is called Valley Forge National Historical Park. It is near the city of Philadelphia.

12 Valley Forge is also a beautiful place. Within the park are many different kinds of trees and flowers, huge areas of green grass and a beautiful, slow moving river. You can see many deer. Often you can come very near them. Deer do not run away because they are used to seeing people in the park.

13 It is not the natural beauty that made Valley Forge a National Historic Park. It is what happened there. No battle was fought at Valley Forge. Yet, more than two thousand soldiers of the small American army died there. They died of hunger, disease and the fierce cold in the winters of 1777 and 1778.

14 It was also at Valley Forge that the men of this small army learned to be real soldiers.

15 What happened at Valley Forge began in August of 1777. A British force threatened to capture the American capital at Philadelphia. The American commander, General George Washington, moved the army to defend the city. A battle was fought at a place called Brandywine and another at Germantown. The British forces won those battles and occupied Philadelphia.

16 By the month of December, General Washington needed to find a place which his small army could easily defend. He chose Valley Forge. More than fifteen centimeters of snow fell only a few days after the army arrived. Ice covered the rivers. The soldiers began building very small wooden houses called log cabins. They built more than one thousand of these small houses.

17 The fierce winter was only one of the many problems the American army faced. Many of the soldiers had no shoes. Most had no winter clothing. All suffered from a severe lack of food. Then, several diseases struck. Typhus, typhoid, dysentery and pneumonia were among the diseases that spread through the army. Most of the soldiers became sick. Many died.

18 General Washington wrote letters to Congress asking for help. He asked for money to buy food and clothing. But Congress had no money to give him.

19 Several things happened to change the small army during that long and terrible winter. General Washington knew the army had been defeated in the past because of a lack of real training. A man named Baron Friedrich von Steuben had recently come from Europe. He was an expert at

training soldiers. So, each day during the terrible winter, Baron von Steuben taught the men of the American army to be soldiers. He also taught them something very important. He taught them to believe in themselves.

20 As the winter passed, the army slowly changed. New troops arrived. New equipment arrived. An alliance with France brought guarantees of military support. The men who survived that terrible winter were no longer a group of armed citizens. They were well-trained soldiers who no longer feared the enemy. They knew that they could win. They did.

21 Today, you can visit the area where Baron von Steuben trained the soldiers of the American Revolution. You can watch a movie about the American soldiers' struggle to survive that long winter. You can see examples of the small log cabins the soldiers built. And you can feel the spirit of Valley Forge.

(Words: 1045)

New Words

fierce *adj.* 凶猛的, 猛烈的

monster *n.* 怪物, 妖怪

name after 以……命名

volcano *n.* 火山

glacier *n.* 冰河, 冰川

hectare *n.* 公顷 (等于1万平方米)

deer *n.* 鹿

occupy *vt.* 占, 占用, 占领, 占据

typhus *n.* [医] 斑疹伤寒症

typhoid *n.* [医] 伤寒症

dysentery *n.* [医] 痢疾

pneumonia *n.* [医] 肺炎

alliance *n.* 联盟, 联合

Notes

1. Washington State 华盛顿州: 美国西北部一个州, 靠近太平洋。
2. Pennsylvania 宾夕法尼亚州: 美国东部的一个州。
3. Seattle 西雅图: 美国华盛顿州中西部的一个城市, 位于普吉湾和华盛顿湖沿岸。
4. Philadelphia 费城: 美国宾夕法尼亚州最大的城市。

Exercises

Section A Vocabulary

I. Choose the best meaning for the underlined words in the context.

1. My son is in the navy. He has been a soldier for three years.
A. 军事 B. 武器 C. 海军 D. 监狱
2. She wears a blue dress with a white border, which makes her look like a school girl.
A. 项链 B. 花边 C. 靴子 D. 聪明
3. Frank has to work hard to provide food and clothes for his family.
A. 提供 B. 照顾 C. 生产 D. 逃离
4. A British force threatened to capture the American capital at Philadelphia.
A. 投降 B. 保存 C. 记录 D. 攻陷
5. The American commander, General George Washington, moved the army to defend the city.
A. 参观 B. 支持 C. 保卫 D. 辩护
6. The soldiers began building very small wooden houses called log cabins.
A. 别墅 B. 小木屋 C. 防御工事 D. 建筑
7. All suffered from a severe lack of food.
A. 朴素的 B. 严格的 C. 严重的 D. 剧痛的
8. An alliance with France brought guarantees of military support.
A. 保证 B. 抵押 C. 确定 D. 落实
9. You can watch a movie about the American soldiers' struggle to survive that long winter.
A. 幸存 B. 遇难 C. 经历 D. 渡过
10. You can feel the spirit of Valley Forge.
A. 精神 B. 幽灵 C. 情绪 D. 骄傲

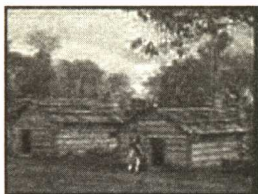
II. Choose the right English word or phrase for each picture.

monster

volcano

glaciers

log cabin



(1.)



(2.)



(3.)



(4.)

Section B Passage Comprehension

I. Multiple Choice.

1. Mount Rainier got its name from _____.
A. an American Indian B. a female monster
C. a navy captain D. a British explorer
2. Among the following four persons, who first saw Mount Rainier?
A. Hazard Stevens.
B. Philemon Van Trump.
C. George Vancouver.
D. Peter Rainier.
3. What are the experts most worried about?
A. How to protect the environment of Mount Rainier.
B. How to forecast the time when Mount Rainier will erupt.
C. How to put down the fire on the top of Mount Rainier.
D. How to make Mount Rainier a sleeping volcano forever.
4. What makes Valley Forge become a National Park?
A. some historic events.
B. a famous battle.
C. a national disease.
D. its natural beauty.
5. In which place did the American army learn to be real soldiers?
A. Valley Forge.
B. Brandywine.
C. Germantown.
D. Washington.

II. Answer the questions briefly.

1. What are the two Indian stories about Mount Rainier?
(1) _____
(2) _____
2. What are the two purposes for most people to go to Mount Rainier?
(1) _____
(2) _____
3. Name three causes for the death of the two thousand soldiers in 1777 and 1778 in Valley Forge.
(1) _____
(2) _____
(3) _____
4. What helped Washington's army survive?
(1) _____

- (2) _____
 (3) _____
 (4) _____
 (5) _____

5. If you visit Valley Forge National Historical Park today, what can you do?

- (1) _____
 (2) _____
 (3) _____
 (4) _____

Section C Grammar

I. Add affixes to the words. (Change the spelling if necessary.)

词根 (词性)	词缀	变换后新词	词性	词义
1. visit (<i>v.</i>)	—or	_____	_____	_____
2. nation (<i>n.</i>)	—al	_____	_____	_____
3. act (<i>v.</i>)	—ive	_____	_____	_____
4. danger (<i>n.</i>)	—ous	_____	_____	_____
5. threat (<i>n.</i>)	—en	_____	_____	_____
6. beauty (<i>n.</i>)	—ful	_____	_____	_____
7. history (<i>n.</i>)	—ic	_____	_____	_____
8. command (<i>v.</i>)	—er	_____	_____	_____
9. meter (<i>n.</i>)	cent—	_____	_____	_____
10. terrible (<i>adj.</i>)	—ly	_____	_____	_____

Text 3

Timed Reading

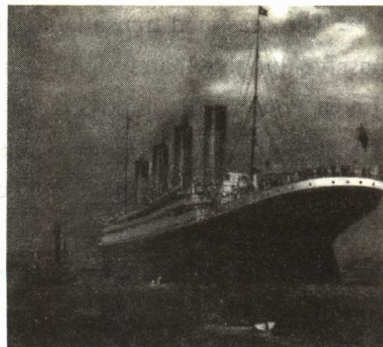
Start Time: _____

Titanic

1 The Royal Mail Ship TITANIC was the last grand dream of the Gilded Age.

2 In 1907, White Star Line's managing director J. Bruce Ismay and his partner Lord James Pirrie conceived of three magnificent steam ships which would set a new standard for comfort, elegance, and safety. The first two were to be named Olympic and Titanic, the latter name chosen by Ismay to convey a sense of overwhelming size and strength.

3 It took a year to design the two ships. Construction of



Olympic started in December, 1908, followed by Titanic in March 1909. The shipyards had to be re-designed to accommodate the immense projects while White Star's pier in New York had to be lengthened to enable the ships to dock. During the two years it took to complete Titanic's hull, the press was primed with publicity about the ship's magnificence, making Titanic virtually a legend before her launch. The "launch" of the completed steel in May, 1911, was a heavily publicized spectacle. Tickets were sold to benefit a local children's hospital.

4 Titanic was 883 feet long (1/6 of a mile), 92 feet wide and weighed 46,328 tons. She was 104 feet tall from keel to bridge, almost 35 feet of which were below the waterline... even so, she stood taller above the water than most urban buildings of the time. She was the largest movable object ever made by man.

5 Moreover, she was designed to be a marvel of modern safety technology. She had a double-hull of 1-inch thick steel plates and a (heavily publicized) system of 16 water-tight compartments, sealed by massive doors which could be instantly triggered by a single electric switch on the bridge, or even automatically by electric water-sensors. The press began to call her "unsinkable."

6 Her accommodations were the most modern and luxurious on any ocean, and included electric light and heat in every room, electric elevators, a swimming pool, a squash court (considered terribly modern), a Turkish Bath, and staterooms and first class facilities to rival the best hotels on the Continent. First class passengers would glide down a six-story, glass-domed grand staircase to enjoy haute cuisine in the sumptuous first class dining saloon that filled the width of the ship on D Deck. There were two libraries, first- and second-class. Even the third class cabins were more luxurious than the first class cabins on some lesser steamships, and boasted amenities (like indoor toilet facilities) that some of Titanic's emigrant passengers had not enjoyed in their own homes.

7 The original design called for 32 lifeboats. However, White Star management felt that the boat-deck would look cluttered, and reduced the number to 20, for a total life-boat capacity of 1178. This actually exceeded the regulations of the time, even though Titanic was capable of carrying over 3500 people (passengers and crew).

8 The maiden voyage lured the "very best people": British nobility, American industrialists, the very cream of New York and Philadelphia society. It also attracted many poor emigrants, hoping to start a new life in America or Canada.

9 The journey began at Southampton on Wednesday April 10, 1912 at Noon. By sundown, Titanic had stopped in Cherbourg, France to pick up additional passengers. That evening she sailed for Queenstown, Ireland, and at 1:30 PM on Thursday, April 11, she headed out into the Atlantic.

10 The seasoned transatlantic passengers were deeply impressed by the new ship. She was so massive that they barely felt the movement of the sea at all. Her huge, powerful engines produced almost none of the annoying vibration common on other steamers, and their noise was barely perceptible. And she achieved this extraordinary level of comfort while traveling at 22 knots, not the fastest boat on the route, but certainly one of the top five.

11 Weather was pleasant and clear, and the water temperature was about 55 Fahrenheit degrees. The winter of 1912 had been unusually mild, and unprecedented amounts of ice had broken loose from the arctic regions. Titanic was equipped with Marconi's new wireless telegraph system and

her two Marconi operators kept the wireless room running 24 hours a day. On Sunday, April 14, the fifth day at sea, Titanic received five different ice-warnings, but the captain was not overly concerned. The ship steamed ahead at 22 knots, and the line's Managing Director J. Bruce Ismay relished the idea of arriving in New York a day ahead of schedule.

12 On the night of April 14, wireless operator Phillips was very busy sending chatty passenger's messages to Cape Race, Newfoundland, where they could be relayed inland to friends and relatives. He received a sixth ice-warning that night, but didn't realize how close Titanic was to the position of the warning, and put that message under a paperweight at his elbow. It never reached Captain Smith or the officer on the bridge.

13 By all accounts, the night was uncommonly clear and dark, moonless but faintly glowing with an incredible sky full of stars. The stars were so bright that one officer mistook the planet Jupiter (then rising just above the horizon) for a steamship light.

14 The sea was, likewise, unusually calm and flat, "like glass" said many survivors. The lack of waves made it even more difficult to spot icebergs, since there was no telltale white water breaking at the edges of the bergs.

15 At 11:40, a lookout in the crow's nest spotted an iceberg dead ahead. He notified the First Officer Murdoch ordered the ship turned hard to port. He signaled the engine room to reverse direction, full astern. The ship turned slightly, but it was much too large, moving much too fast, and the iceberg was much too close. 37 seconds later, the greatest maritime disaster in history began. During that night of heroism, terror and tragedy, 705 lives were saved, 1502 lives were lost, and many legends were born.

(Words: 987)

Finish Time: _____

Total Reading Time: _____ min

_____ wpm

New Words

accommodate *vi.* 适应

pier *n.* 码头, (桥) 墩

dock *n.* <美> 码头, 船坞; *v.* 靠码头

hull *n.* 船体

legend *n.* 传说

spectacle *n.* 观览物, 展览物

keel *n.* 龙骨 (船的脊骨), 平底船

water-tight *adj.* 不漏水的, 水密的

luxurious *adj.* 奢侈的, 豪华的

squash court 壁球场

staterooms *n.* [船] 特等客舱

dome *n.* 圆屋顶