



COLLEGE
ENGLISH

航海类专业适用

大学英语

—— 快速阅读 ——

Fast Reading

总主编 王 捷

主 编 陈 莹 黄丽萍



预备级

大连海事大学出版社

**COLLEGE
ENGLISH**

航海类专业适用

大学英语

—— 快速阅读 ——

Fast Reading

总 主 编 王 捷

主 编 陈 莹 黄丽萍

副 主 编 张 松 刘本香 王 杰

编 者 辛悦照 李 慧 郭 娟 胡安军

预备级

大连海事大学出版社

© 陈 莹 黄丽萍 2014

图书在版编目(CIP)数据

大学英语(预备级)快速阅读 / 陈莹, 黄丽萍主编. — 大连: 大连海事大学出版社, 2014. 9

航海类专业适用

ISBN 978-7-5632-3078-5

I. ①大… II. ①陈… ②黄… III. ①英语—阅读教学—高等学校—教材 IV. ①H319.4

中国版本图书馆 CIP 数据核字(2014)第 216115 号

版权所有 侵权必究

举报电话:0411-84729480

策 划: 徐华东
责任编辑: 陈 亮
封面设计: 万点书艺
版式设计: 万点书艺
责任校对: 刘长影

出 版 者: 大连海事大学出版社
地 址: 大连市凌海路 1 号
邮 编: 116026
电 话: 0411-84723216; 0411-84728394
网 址: www.dmupress.com
邮 箱: cbs@dmupress.com
印 刷 者: 大连住友彩色印刷有限公司
发 行 者: 大连海事大学出版社

幅面尺寸: 185mm×260mm

印 张: 7.5

字 数: 106 千字

出版时间: 2014 年 9 月第 1 版

印刷时间: 2014 年 9 月第 1 次印刷

书 号: ISBN 978-7-5632-3078-5

定 价: 17.00 元

前言

Preface

为配合大连海事大学出版社出版的《大学英语》(航海类专业适用)系列教材在航海类高等职业院校的使用,本套教材在全国交通运输职业教育教学指导委员会航海类专业教学指导委员会海事英语教学协作中心的组织下编写,由大连海事大学出版社出版。编写组由浙江国际海运职业技术学院、南通航运职业技术学院、青岛远洋船员职业学院等院校和航运企业的资深专家和一线教师组成,并在大连海事大学出版社的协助下完成。

本套教材作为《大学英语》(航海类专业适用)系列教材的预备级教材,综合考虑了目前航海类高等职业院校学生英语的实际水平,实现了航海类高等职业院校大学英语与《大学英语》(航海类专业适用)系列教材之间的衔接,是国内首套专门为航海类高等职业院校编写的大学英语教材之一,为高等职业院校航海类专业的英语教学提供了全新的解决方案。

本套教材由《大学英语(预备级)读写教程》、《大学英语(预备级)听说教程》和《大学英语(预备级)快速阅读》三本教材构成,可作为《大学英语》(航海类专业适用)的预备级教材,在航海类高等职业院校分层教学时使用,原则上供一个学期使用。学生通过学习本套教材,可基本适应《大学英语》(航海类专业适用)教材教学。同时,本套教材也可以适用于高等职业院校海事类专业和成人继续教育海事类专业。

本套教材总主编为浙江国际海运职业技术学院王捷。《大学英语(预备级)读写教程》主编为浙江国际海运职业技术学院王维平,《大学英语(预备级)听说教程》主编为南通航运职业技术学院刘岗,《大学英语(预备级)快速阅读》主编为青岛远洋船员职业学院陈莹、黄丽萍。参与本套教材策划与编写的还有国内外多位专家与教师,他们都为教材的合理使用与教学方法的创新提供了宝贵意见,在此,谨表示诚挚的谢意!

在教材使用中,我们希望得到更多高等职业院校师生的反馈意见与建议,以便我们不断完善教材,为使用者提供更全面的服务。

王 捷
2014年8月

编写说明

《大学英语课程要求》中“一般要求”层次对阅读理解能力规定：“能基本读懂一般性题材的英文文章，阅读速度达到每分钟 70 词。在快速阅读篇幅较长、难度略低的材料时，阅读速度达到每分钟 100 词。能就阅读材料进行略读和寻读。能借助词典阅读本专业的英语教材和题材熟悉的英文报刊文章，掌握中心大意，理解主要事实和有关细节。能读懂工作、生活中常见的应用文体的材料。能在阅读中使用有效的阅读方法。”

为使学生适应大学英语阶段的学习难度，顺利完成从中学到大学英语学习的过渡，并为将来的专业英语学习奠定基础，我们编写了《大学英语（预备级）快速阅读》（航海类专业适用）这本教材，与已出版的《大学英语快速阅读》（航海类专业适用）系列教材形成一个完整的体系。

本教材是《大学英语（预备级）》（航海类专业适用）的重要组成部分。全书共设 8 个单元，各涉及一个主题，每单元 4 篇文章。其中每单元的 B 篇为海事英语题材，旨在使学生初步熟悉与航海有关的简单词汇和场景。A、C、D 三篇文章难度逐篇增加。为了使文章做到难易适度、长短适宜，编者对部分原文进行了适当删减，对个别超纲词汇做了同义替换或中文解释，对涉及文化、地理、社会、专业等难以用简单的中文解释清楚的词汇在页末加入了脚注。基于本书为快速阅读训练教材的性质，书内加入的注释力求简单明了。每篇文章后面均附有文章长度、建议用时和实际阅读用时记录。需要说明的是，建议用时的设置不仅考虑了文章长度，还兼顾了文章的实际难度。

学生在使用本教材时，应有意识地运用《大学英语课程要求》中提到的略读（skimming）和寻读（scanning）的阅读技能。略读是指“全景式”地通览全文，通过快速阅读获取文章的主旨大意或中心思想；寻读是指快速地扫视所读文章，利用各种提示，如数字、大写单词、黑体字、段首句或句首词等，寻找特定信息。

本教材既可作课堂练习、测试之用，也可作为学生的课后作业。

本教材在编写过程中得到了青岛远洋船员职业学院周明顺教授的大力支持和指导，在此表示诚挚的感谢。

限于编者水平，书中难免有错漏之处，恳切希望读者和专家批评指正。

编者
2014 年 8 月

Contents

Unit 1

Growing up

- Passage A Addressing My Awkward Narcissistic 16-Year-Old Self/1
- Passage B Adrift/4
- Passage C My Fourteenth's Summer/7
- Passage D The Daffodil Principle/10

Unit 2

Getting Along with People

- Passage A Change of Heart/14
- Passage B Communications in Navigation/18
- Passage C People Come into Your Life for a Reason, a Season, or a Lifetime/21
- Passage D How to Deal with Difficult People/24

Unit 3

Education

- Passage A Community College in the United States/27
- Passage B World Maritime University/31
- Passage C What Online Teens Consider "Research"/34
- Passage D Universities Branch Out/37

Unit 4

Values

- Passage A A Precious Lesson/41
- Passage B The Old Man and the Sea/44
- Passage C Cheating/47
- Passage D A Chat with God/51

Unit 5

Careers

Passage A Motherhood Is a Career to Respect/54

Passage B Bright Career Prospects at Sea/58

Passage C Don't Work for Money/61

Passage D Career Choices/64

Unit 6

Health

Passage A 5 Ways to Slow Down Aging and Look Young All the Time/68

Passage B Ships and Public Health/71

Passage C Does Counting Sheep Really Help You Fall Asleep? /74

Passage D How to Keep from Worrying About Insomnia/77

Unit 7

Entertainment

Passage A "Football" Versus "Soccer"/81

Passage B How to Choose the Right Cruise/85

Passage C American Music and Culture/88

Passage D Hollywood/91

Unit 8

Environment

Passage A Solutions to Environmental Pollution/94

Passage B 1969 Oil Spill/97

Passage C Recycling E-Waste/100

Passage D Fresh Air Can Kill/103

Key to the Exercises /107

Unit 1

Growing up

Passage A

Addressing My Awkward Narcissistic 16-Year-Old Self

I have two younger cousins, one in Beijing and one in California, starting their “Third Year of High School.” Though I don’t talk to them often, I stalk (跟踪) them online (let’s keep that a secret between you and me). Like a weird old hen, I’m both excited for them and also worried. Are they growing up too fast? Are they eating right? ARE THEY DATING?

I throw myself into a tizzy of anxiety. But, today, I stepped back for a moment and came to this realization: my cousins are kind of smarter than my 16-year-old self. If I could go back in time, here’s what I would say to myself.

Addressing my awkward, narcissistic (自恋的) 16-year-old self

Let’s have a heart-to-heart conversation.

Firstly, you need to get over how old you think I am. I’m not a dinosaur. I’m not going to need dentures or a cane. That’s for when I turn 30. Just kidding. Now that we’re over the age thing—let me give you a few pieces of advice. Stop yawning—I know you’re just trying to weasel out of this conversation. Ready? Okay.

Take your time. There’s a time for everything—don’t accelerate it. This is especially true for love. Life is much longer than the distance from now



until tomorrow.

Maintain your digital diet. You don't need to spend every waking moment on a device. Being connected has benefits, but please don't become a victim of the "world wide dead"^① (yes, this is coming from a Silicon Valley (硅谷) geek (蠢人)).

Study. You're just starting to define who you want to be and what you want to do. Make sure you study, get the grades, light the midnight oil. But, don't just study what teachers say you should. Study the other things in life—the people who are transforming your community and the simple stuff that makes our world go round. You will discover that each bit of detail will alter how you view life.

Be an upstander, not a bystander. Your biggest childhood regret is not standing up for that kid. You know that kid. He's the one who was accused of not fitting in right; the one whose shirt was always stained and whose eyes were made dull by time and anxiety, a puzzle piece in the wrong set. Your biggest regret is walking away. And, it doesn't matter if you turned away from the taunting (嘲笑). It doesn't even matter if you were nice to him when the other kids weren't around. You'll regret not being more empathetic (同情的), more courageous, more of a leader.

Remind your older self that being silly is okay. Make those memories with your friends, and keep them close to you. They will come in handy (有用的) one day, when you are lost in a pile of papers or stuck in the morning commute to work. When you think back to those shenanigans (恶作剧), you'll realize again that all of the advice from above still applies.

End of address.

^① world wide dead: 宽带互联网 (world wide web) 的变形, 是一种为了表达互联网害处的幽默说法。

Total Number of Words	501
Time Suggested	6.3 minutes
Time Spent	minutes



Exercises

Please read the following statements and put a T in the blank if it is true or an F if it is false.

- _____ 1. By “take your time”, the author means one shouldn’t be quick in action.
- _____ 2. The author advised to be connected to the world wide web as long as one can.
- _____ 3. According to the author, to learn what teachers teach in class is more important than anything else.
- _____ 4. According to the author, to be empathetic and courageous is important for a person.
- _____ 5. The advice given by the author is just suitable for a 16-year-old adolescent, not for people in his/her whole life.

Passage B

Adrift

In 1982 Steven Callahan was crossing the Atlantic alone in his sailboat when it struck something and sank. He was floating in a life raft, alone. His supplies were few. His chances were small. Yet when three fishermen found him 76 days later, he was alive.

Below is Steven Callahan's description of this experience:

I love boats and I've spent all my life around them. By my 20s, I was designing and building them, one of which was a sloop (单桅帆船) I named *Napoleon Solo*. When I was 29, I sailed her alone across the Atlantic.

On the return journey, the first week was calm, and then a gale started. Late that night, something—probably a whale or a shark—smashed into the boat, creating a hole in the hull (船体). Judging by the level it was coming in, I knew she was sinking fast.

I felt a mixture of sensations: fear and panic. Then I snapped into autopilot (自动操舵装置). I started to pack my life raft but realized I'd have to dive down into the cabin to get survival items—water, food, flares, a spear gun and sleeping bag. The boat was almost submerged, but I held my breath and went under again and again. Finally, I clambered on to the inflatable rubber raft, exhausted.

That night, I huddled under the canopy (罩篷) of my 6ft raft with waves beating the sides, baling out water with an old can. I was now adrift in the middle of the Atlantic, 800 miles west of the Canaries but heading in the opposite direction. All I had was a little food and enough water for a few days.

I kept a log, fished with my spear gun and made fresh water with a solar still (蒸馏器).

Around day 14 I saw a ship, lit a flare and thought I'd been seen—but it just went right on by. Every morning came with a bit of hope, but by each afternoon I was in despair. I did see a handful of ships, but none of them saw me. After a month at sea, I'd drifted right through the shipping lanes.

As I moved into tropical waters, it became hotter. One of the worst parts was the physical discomfort, the salt-water sores on my skin, the hunger and thirst.

By day 50, I'd been struggling for 10 days to keep the raft afloat. I broke down and gave up. But then I got scared by the thought I would be dead in a few hours; I found a way to fix the raft and it felt like the biggest victory of my life.

The next phase was just hanging on to life, looking at my watch, watching the minutes drag by. In the last few days, the solar stills packed up and I figured this must be the end. I had three cans of water left. My body and mind were shutting down; it was as if I could feel all the people who had ever been lost at sea around me. I had no more to give.

Soon after, I was found by some fishermen off Guadeloupe after they'd seen birds hovering over the raft. The fish guts (内脏) that I had thrown back into the sea had attracted both seabirds and fish. By the time the fishermen reached me, I had lost a third of my body weight, and it was six weeks before I could walk properly again.

I still don't regret my 76 days alone in the raft. To this day I feel enlightened by what I went through because it changed me for the better. But would I want to be adrift in the ocean again? No way.

Total Number of Words	613
Time Suggested	7.6 minutes
Time Spent	minutes



Exercises

Please select the most appropriate answer to each of the following questions.

1. Why did Steven Callahan's boat sink?
 - A) Because something smashed into the boat, creating a hole in the hull.
 - B) Because the sloop was too weak to sail in the ocean.
 - C) Because Steven's skill in building a ship was not good enough.
 - D) Because he was careless in navigating.
2. Which of the following statements is true according to the passage?
 - A) Immediately after the boat made water, Steven clambered on to the life raft.
 - B) Steven was in no shortage of fresh water during the 76 days at sea.
 - C) Steven was full of hope all the time, never thinking of giving up.
 - D) Steven tried to send distress signal, but failed for the first time.
3. Which of the following is NOT a sign to show that Steven was at his lowest?
 - A) He struggled for 10 days to keep the raft afloat with a pump.
 - B) He was scared.
 - C) He broke down and gave up.
 - D) He thought he would be dead.
4. How was Steven spotted by the fishermen?
 - A) They saw the fish guts left by Steven.
 - B) They saw birds hovering over the raft.
 - C) Steven lit a flare that was seen by them.
 - D) Steven saw them and shouted to them.
5. What did Steven think of the 76 days alone in the raft?
 - A) He regretted the 76 days alone in the raft.
 - B) He felt enlightened by what he went through during these days.
 - C) He would be adrift in the ocean again if he had another chance.
 - D) He thought the days had changed him for the worse.

Passage C**My Fourteenth's Summer**

A white wooden fence around my farm had to be painted every three years. That would be my job the summer I was 14. What was worse, my dad decided I should extend the fence. He pointed to the hemlocks (铁杉木) 300 yards away. "That's where we want our fence," he said. "About 110 holes, three feet deep. Keep the digger's blades sharp (把挖掘器磨快) and you can dig eight or ten a day."

In a tight voice I said I couldn't finish that. Besides, I'd planned fishing. "Why don't we borrow a power auger (机械钻)?" I suggested.

"Power augers don't learn anything from work. And we want our fence to teach us something," he replied.

If I wanted to be by myself, I would go to a river birch (白桦树) by the stream. But that summer I hadn't had much time for my tree. One evening my father and I walked past it, he said, "I remember you play by the tree when you were a little kid."

"I don't," I said sullenly (不高兴地).

He looked at me sharply. "What's got into you?" he said.

Amazingly I heard myself say, "What the hell do you care?" Then I ran off to the barn (谷仓). Sitting in the tack room (马具棚), I tried not to cry.

My father came in and sat opposite me. Finally I met his gaze.

"You feel strange in your own body, and you think I'm too hard on you and don't appreciate what you do. You even wonder how you got into a family as dull as ours."

I was astonished that he knew my thoughts.

"The thing is, your body is changing," he continued. "You've got a lot

more male hormones (荷尔蒙) in your blood. And, son, there's no man in this world who could handle that when you're fourteen."

I knew I didn't like what was happening to me. For months I had been restless and sad for no reason. And because I couldn't talk about it, I began to feel really isolated.

"One thing that'll help you is work, hard work," my dad said.

As soon as he said that, anger came suddenly. "Fine," I said in the rudest voice I could manage. Then I stormed out.

When my father said work he meant work. I dug holes every morning until I had tough calluses (老茧) on my hands.

One morning I helped my father patch the barn roof. We worked in silence. Just then, he looked at me and said, "You aren't alone, you know."

How could he know what I'd been thinking?

"If you drew a line from your feet down the barn to the earth and followed it, it would touch every living thing in the world. So you're never alone. No one is."

The notion of being connected to all life made me feel so good that I let my thoughts quiet down.

As I worked through the summer, I began to notice my shoulders getting bigger. I was able to do more work and I even started paying attention to doing it well. I had hated hole-digging, but it seemed to release some knot inside me, as if the anger went into the earth. Slowly I started to feel I could get through this terrible time.

One day near the end of the summer, I got rid of a lot of junk from my younger days. Afterward I went to sit in my trees as a last visit to my boyhood.

The afternoon I finished the fence, I found my father sitting on a rock. He looked at me deep in the eyes and said, "You did a fine job on our fence."

"Thanks," I said.

"You know, you'll turn out to be a man. But just because you're getting grown up doesn't mean you have to leave behind everything you liked when

you were a boy.”

I knew he was thinking about my tree. He reached into his pocket and pulled out a piece of wood. “I made this for you,” he said.

It was a piece of the heartwood from the birch. He had carved it so the tree appeared again, tall and strong. Beneath were the words “Our Tree”.

Total Number of Words	697
Time Suggested	8.7 minutes
Time Spent	minutes



Exercises

Please read the following statements and put a T in the blank if it is true or an F if it is false.

- _____ 1. When his father told him to extend the fence, the author was reluctant to do it with a power auger.
- _____ 2. As a 14-year-old boy who would soon become a young man, the author felt restless and isolated.
- _____ 3. The author's father thought the trouble the author was experiencing was nothing important.
- _____ 4. The birch tree stood for the author's childhood in a way.
- _____ 5. The author has gained a lot physically and psychologically through the hard work in summer.
- _____ 6. By saying “You aren't alone”, the author's father meant it wasn't the author himself that was working on the fence.

Passage D

The Daffodil Principle

Several times my daughter, Julie, had telephoned to say, “Mom, you must come see the daffodils (水仙) before they are over.”

“I will come next Tuesday,” I promised, a little reluctantly, on her third call.

The next Tuesday was cold and rainy. I drove there. When I finally walked into Julie’s house, I said, “Forget the daffodils, Julie! The road is invisible in the clouds and fog, and there is nothing to make me drive another inch!”

My daughter smiled, “I was hoping you’d take me over to the garage to pick up my car.”

“How far will we have to drive?” I asked.

“Just a few blocks,” Julie said. “I’ll drive.”

After several minutes on the cold, foggy road, I had to ask “Where are we going? This isn’t the way to the garage!”

“We are going to my garage the long way,” Julie smiled, “by way of the daffodils.”

“Julie,” I said sternly (坚决地), “please turn around.”

“It’s all right, Mom, I promise. You will never forgive yourself if you miss this experience.”

After about twenty minutes, we turned onto a small road and I saw a small church. On the far side of the church, I saw a hand-lettered sign that read “Daffodil Garden”. We got out of the car, and I followed Julie down the path. I looked up.