

We're Not Afraid to Die... if We Can All Be Together**– Cook and East**

Term	Explanation
set sail	Begin a journey by boat or ship. Here it marks the family's departure on their planned voyage around the world. Example: In July 1976, my wife Mary, son Jonathan, 6, daughter Suzanne, 7, and I set sail from Plymouth, England, to duplicate the round-the-world voyage made 200 years earlier by Captain James Cook.
duplicate	Repeat or reproduce something already done. The narrator wanted to follow the round-the-world voyage undertaken by Captain James Cook. Example: In July 1976, my wife Mary, son Jonathan, 6, daughter Suzanne, 7, and I set sail from Plymouth, England, to duplicate the round-the-world voyage made 200 years earlier by Captain James Cook.
voyage	A long journey by sea. Here it refers to the family's ambitious attempt to travel around the world. Example: In July 1976, my wife Mary, son Jonathan, 6, daughter Suzanne, 7, and I set sail from Plymouth, England, to duplicate the round-the-world voyage made 200 years earlier by Captain James Cook.
sailing in the wake of	Following the route or example of an earlier sailor. The expression also suggests following the achievements of someone admired. Example: For the longest time, Mary and I — a 37-year-old businessman — had dreamt of sailing in the wake of the famous explorer, and for the past 16 years we had spent all our leisure time honing our seafaring skills in British waters.
wake	The trail of disturbed water left behind a moving boat. In this expression, it figuratively refers to the route and example of Captain Cook. Example: For the longest time, Mary and I — a 37-year-old businessman — had dreamt of sailing in the wake of the famous explorer, and for the past 16 years we had spent all our leisure time honing our seafaring skills in British waters.
honing our seafaring skills	Practising and improving the abilities needed to travel and navigate safely at sea. The phrase emphasises the couple's long preparation for the voyage. Example: For the longest time, Mary and I — a 37-year-old businessman — had dreamt of sailing in the wake of the famous explorer, and for the past 16 years we had spent all our leisure time honing our seafaring skills in British waters.
honing	Sharpening or refining an ability through practice. Here it means making their sailing skills more effective. Example: For the longest time, Mary and I — a 37-year-old businessman — had dreamt of sailing in the wake of the famous explorer, and for the past 16 years we had spent all our leisure time honing our seafaring skills in British waters.
seafaring	Connected with travelling or working at sea. It describes the practical knowledge and experience required by sailors. Example: For the longest time, Mary and I — a 37-year-old businessman — had dreamt of sailing in the wake of the famous explorer, and for the past 16 years we had spent all our leisure time honing our seafaring skills in British waters.
wooden-hulled	Having a main body made of wood. The hull is the boat's outer structure, which keeps the water out. Example: Our boat Wavewalker, a 23 metre, 30 ton wooden-hulled beauty, had been professionally built, and we had spent months fitting it out and

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|                   | testing it in the roughest weather we could find.                                                                                                                                                                                                                                                                                        |
| fitting it out    | Equipping the boat with the supplies and equipment needed for its journey. This was part of the family's careful preparation. <b>Example:</b> Our boat Wavewalker , a 23 metre, 30 ton wooden-hulled beauty, had been professionally built, and we had spent months fitting it out and testing it in the roughest weather we could find. |
| the first leg     | The first stage or section of a journey. Here it refers to the part of the voyage ending at Cape Town. <b>Example:</b> The first leg of our planned three-year, 105,000 kilometre journey passed pleasantly as we sailed down the west coast of Africa to Cape Town.                                                                     |
| took on           | Brought people aboard or engaged them to help. Here the family added two experienced crewmen before entering a dangerous ocean. <b>Example:</b> There, before heading east, we took on two crewmen — American Larry Vigil and Swiss Herb Seigler — to help us tackle one of the world's roughest seas, the southern Indian Ocean.        |
| tackle            | Deal with a difficult task or challenge. The crewmen were needed to help manage the rough conditions of the southern Indian Ocean. <b>Example:</b> There, before heading east, we took on two crewmen — American Larry Vigil and Swiss Herb Seigler — to help us tackle one of the world's roughest seas, the southern Indian Ocean.     |
| encounter         | Meet or experience something, especially a difficulty. Here it refers to coming up against strong winds at sea. <b>Example:</b> On our second day out of Cape Town, we began to encounter strong gales.                                                                                                                                  |
| gales             | Very strong winds. Their continued force created dangerous sailing conditions. <b>Example:</b> On our second day out of Cape Town, we began to encounter strong gales.                                                                                                                                                                   |
| alarming          | Causing serious worry or fear. The unusually high waves, rather than the wind alone, troubled the narrator. <b>Example:</b> Gales did not worry me; but the size of the waves was alarming —up to 15 metres, as high as our main mast.                                                                                                   |
| main mast         | The principal upright pole supporting a boat's sails. Its height provides a comparison that helps readers imagine the enormous waves. <b>Example:</b> Gales did not worry me; but the size of the waves was alarming —up to 15 metres, as high as our main mast.                                                                         |
| atrocious weather | Extremely bad and unpleasant weather. Here it describes the severe conditions in which the family spent Christmas. <b>Example:</b> Despite atrocious weather, we had a wonderful holiday complete with a Christmas tree.                                                                                                                 |
| atrocious         | Exceptionally bad or unpleasant. In context, it conveys the intensity of the weather. <b>Example:</b> Despite atrocious weather, we had a wonderful holiday complete with a Christmas tree.                                                                                                                                              |
| gigantic          | Extremely large. The word emphasises the threatening size of the waves on January 2. <b>Example:</b> At dawn on January 2, the waves were gigantic.                                                                                                                                                                                      |
| storm jib         | A small, strong sail at the front of a boat, used in very strong winds. It allows reduced sail area during a storm. <b>Example:</b> We were sailing with only a small storm jib and were still making eight knots.                                                                                                                       |
| knots             | Units used to measure speed at sea, each equal to one nautical mile per hour. Here the word describes the boat's speed. <b>Example:</b> We were sailing with only a small storm jib and were still making eight knots.                                                                                                                   |
| lashed            | Tied or secured firmly with rope. The crew used this method to                                                                                                                                                                                                                                                                           |

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|                    | prevent equipment from moving in the storm. <b>Example:</b> To slow the boat down, we dropped the storm jib and lashed a heavy mooring rope in a loop across the stern.                                                                                                           |
| mooring rope       | A strong rope normally used to secure a boat in position. Here it was trailed behind the boat to help slow it down. <b>Example:</b> To slow the boat down, we dropped the storm jib and lashed a heavy mooring rope in a loop across the stern.                                   |
| stern              | The rear end of a boat or ship. Its position in relation to the waves was important during the emergency. <b>Example:</b> To slow the boat down, we dropped the storm jib and lashed a heavy mooring rope in a loop across the stern.                                             |
| double-lashed      | Secured with an additional fastening of rope. This precaution helped keep objects from breaking loose in rough seas. <b>Example:</b> Then we double-lashed everything, went through our life-raft drill, attached lifelines, donned oilskins and life jackets — and waited.       |
| life-raft drill    | A practice procedure for using an emergency raft. The family reviewed what to do if they had to abandon the boat. <b>Example:</b> Then we double-lashed everything, went through our life-raft drill, attached lifelines, donned oilskins and life jackets — and waited.          |
| lifelines          | Safety ropes connecting people to the boat. The narrator's lifeline later prevented him from being swept away permanently. <b>Example:</b> Then we double-lashed everything, went through our life-raft drill, attached lifelines, donned oilskins and life jackets — and waited. |
| donned             | Put on an item of clothing or protective equipment. Here the crew prepared themselves for danger. <b>Example:</b> Then we double-lashed everything, went through our life-raft drill, attached lifelines, donned oilskins and life jackets — and waited.                          |
| oilskins           | Waterproof outer clothing worn by sailors. It protects the wearer from rain, sea spray and waves. <b>Example:</b> Then we double-lashed everything, went through our life-raft drill, attached lifelines, donned oilskins and life jackets — and waited.                          |
| impending disaster | A catastrophe that seems about to happen. The expression introduces the immediate threat posed by the enormous wave. <b>Example:</b> The first indication of impending disaster came at about 6 p.m., with an ominous silence.                                                    |
| impending          | About to occur, especially when something unpleasant is expected. It creates a sense of approaching danger. <b>Example:</b> The first indication of impending disaster came at about 6 p.m., with an ominous silence.                                                             |
| ominous silence    | A threatening stillness suggesting that something terrible is about to happen. The sudden quiet makes the approaching wave more frightening. <b>Example:</b> The first indication of impending disaster came at about 6 p.m., with an ominous silence.                            |
| ominous            | Giving the impression that danger or misfortune is approaching. Here it describes the disturbing silence before the wave struck. <b>Example:</b> The first indication of impending disaster came at about 6 p.m., with an ominous silence.                                        |
| towered aft        | Rose high behind the boat. The expression conveys the height and position of what the narrator first mistook for a cloud. <b>Example:</b> Then came a growing roar, and an enormous cloud towered aft of the ship.                                                                |
| aft                | Towards or near the back of a boat. Here it identifies the direction of the approaching wall of water. <b>Example:</b> Then came a growing roar,                                                                                                                                  |

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|                          | and an enormous cloud towered aft of the ship.                                                                                                                                                                                                                                                 |
| frightful breaking crest | The terrifying top of a wave as it curls and crashes forward. The phrase makes the wave's destructive force vivid. <b>Example:</b> It appeared perfectly vertical and almost twice the height of the other waves, with a frightful breaking crest.                                             |
| crest                    | The highest part of a wave. Here it was breaking above the boat as the huge wave approached. <b>Example:</b> It appeared perfectly vertical and almost twice the height of the other waves, with a frightful breaking crest.                                                                   |
| torrent                  | A violently flowing mass of water. It conveys the overwhelming quantity and force of the water crashing over the boat. <b>Example:</b> A torrent of green and white water broke over the ship, my head smashed into the wheel and I was aware of flying overboard and sinking below the waves. |
| overboard                | Over the side of a boat and into the water. The wave threw the narrator out of the vessel. <b>Example:</b> A torrent of green and white water broke over the ship, my head smashed into the wheel and I was aware of flying overboard and sinking below the waves.                             |
| losing consciousness     | Becoming unaware of oneself and one's surroundings. The narrator was beginning to lose awareness while sinking beneath the waves. <b>Example:</b> I accepted my approaching death, and as I was losing consciousness, I felt quite peaceful.                                                   |
| capsizing                | Overturning in the water. The boat came close to turning completely over after the wave struck. <b>Example:</b> A few metres away, Wavewalker was near capsizing, her masts almost horizontal.                                                                                                 |
| hurled                   | Threw or forced something violently in a particular direction. Here a wave pushed the boat upright with great force. <b>Example:</b> Then a wave hurled her upright, my lifeline jerked taut, I grabbed the guard rails and sailed through the air into Wavewalker's main boom.                |
| jerked taut              | Was suddenly pulled tight. The phrase describes the abrupt tightening of the safety rope attached to the narrator. <b>Example:</b> Then a wave hurled her upright, my lifeline jerked taut, I grabbed the guard rails and sailed through the air into Wavewalker's main boom.                  |
| taut                     | Stretched tightly, without slack. Here it describes the lifeline that pulled the narrator back towards the boat. <b>Example:</b> Then a wave hurled her upright, my lifeline jerked taut, I grabbed the guard rails and sailed through the air into Wavewalker's main boom.                    |
| guard rails              | Protective rails along the edge of a boat's deck. The narrator grabbed them while trying to get back aboard. <b>Example:</b> Then a wave hurled her upright, my lifeline jerked taut, I grabbed the guard rails and sailed through the air into Wavewalker's main boom.                        |
| main boom                | The long spar supporting the lower edge of the mainsail. The narrator was thrown against this part of the boat. <b>Example:</b> Then a wave hurled her upright, my lifeline jerked taut, I grabbed the guard rails and sailed through the air into Wavewalker's main boom.                     |
| subsequent waves         | Waves that came after the first enormous wave. They continued to batter the narrator and the damaged boat. <b>Example:</b> Subsequent waves tossed me around the deck like a rag doll.                                                                                                         |
| subsequent               | Coming after something else in time or order. Here it refers to the waves following the initial impact. <b>Example:</b> Subsequent waves tossed me around the deck like a rag doll.                                                                                                            |
| like a rag doll          | As if he were a soft, helpless toy. The comparison shows how little                                                                                                                                                                                                                            |

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|                | control the narrator had against the force of the waves. <b>Example:</b> Subsequent waves tossed me around the deck like a rag doll.                                                                                                                                                          |
| hatch          | An opening in a boat's deck, usually fitted with a cover, providing access below. Mary appeared through it to report the flooding. <b>Example:</b> Suddenly, the front hatch was thrown open and Mary appeared.                                                                               |
| scrambled      | Moved quickly and awkwardly, often using both hands and feet. Here the narrator hurried towards the opening to inspect the damage. <b>Example:</b> "Take the wheel", I shouted as I scrambled for the hatch.                                                                                  |
| timbers        | Large pieces of wood forming part of a structure. Here they were broken parts of the boat's wooden framework. <b>Example:</b> Broken timbers hung at crazy angles, the whole starboard side bulged inwards; clothes, crockery, charts, tins and toys sloshed about in deep water.             |
| starboard      | The right-hand side of a boat when facing forward. This was the side that suffered serious damage. <b>Example:</b> Broken timbers hung at crazy angles, the whole starboard side bulged inwards; clothes, crockery, charts, tins and toys sloshed about in deep water.                        |
| bulged inwards | Bent or swelled towards the inside. The expression describes the force with which the sea had damaged the boat's side. <b>Example:</b> Broken timbers hung at crazy angles, the whole starboard side bulged inwards; clothes, crockery, charts, tins and toys sloshed about in deep water.    |
| crockery       | Plates, cups and other dishes used for serving food. These household objects were floating among the wreckage below deck. <b>Example:</b> Broken timbers hung at crazy angles, the whole starboard side bulged inwards; clothes, crockery, charts, tins and toys sloshed about in deep water. |
| charts         | Maps designed for navigation, especially at sea. Sailors use them to plan routes and work out positions. <b>Example:</b> Broken timbers hung at crazy angles, the whole starboard side bulged inwards; clothes, crockery, charts, tins and toys sloshed about in deep water.                  |
| sloshed about  | Moved or splashed around in water. The expression conveys the disorder inside the flooded boat. <b>Example:</b> Broken timbers hung at crazy angles, the whole starboard side bulged inwards; clothes, crockery, charts, tins and toys sloshed about in deep water.                           |
| bunk           | A narrow bed, especially on a boat. The children were lying in an upper one during the emergency. <b>Example:</b> "Yes," they answered from an upper bunk.                                                                                                                                    |
| canvas         | A strong, heavy cloth. The narrator used it to cover damaged areas and reduce the amount of water entering the boat. <b>Example:</b> After finding a hammer, screws and canvas, I struggled back on deck.                                                                                     |
| gaping holes   | Large, wide-open gaps. The phrase shows how severely the boat's side had been broken open. <b>Example:</b> Somehow I managed to stretch canvas and secure waterproof hatch covers across the gaping holes.                                                                                    |
| deflected      | Turned aside from its original course. The temporary covering redirected much of the incoming water over the side. <b>Example:</b> Some water continued to stream below, but most of it was now being deflected over the side.                                                                |
| debris         | Scattered remains of things that have been broken or destroyed. Floating wreckage blocked the pumps needed to remove water. <b>Example:</b> More problems arose when our hand pumps started to                                                                                                |

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|                      | block up with the debris floating around the cabins and the electric pump short-circuited.                                                                                                                                                                                                                                                                                                                     |
| short-circuited      | Stopped functioning because electricity followed an unintended path in the circuit. This failure made the flooding more difficult to control. <b>Example:</b> More problems arose when our hand pumps started to block up with the debris floating around the cabins and the electric pump short-circuited.                                                                                                    |
| wrenched overboard   | Torn away violently and swept off the boat. The phrase shows how the storm stripped the vessel of essential equipment. <b>Example:</b> Back on deck I found that our two spare hand pumps had been wrenched overboard — along with the forestay sail, the jib, the dinghies and the main anchor.                                                                                                               |
| wrenched             | Pulled or twisted away with sudden force. Here it describes the violent removal of the spare pumps. <b>Example:</b> Back on deck I found that our two spare hand pumps had been wrenched overboard — along with the forestay sail, the jib, the dinghies and the main anchor.                                                                                                                                  |
| dinghies             | Small boats carried or used alongside a larger vessel. The storm swept these auxiliary boats away. <b>Example:</b> Back on deck I found that our two spare hand pumps had been wrenched overboard — along with the forestay sail, the jib, the dinghies and the main anchor.                                                                                                                                   |
| anchor               | A heavy device lowered into the water to hold a boat in place on the seabed. The main one was lost during the storm. <b>Example:</b> Back on deck I found that our two spare hand pumps had been wrenched overboard — along with the forestay sail, the jib, the dinghies and the main anchor.                                                                                                                 |
| the night dragged on | The night seemed to pass extremely slowly. The expression conveys exhaustion, discomfort and the strain of continuous work. <b>Example:</b> The night dragged on with an endless, bitterly cold routine of pumping, steering and working the radio.                                                                                                                                                            |
| Mayday calls         | International radio distress calls asking for immediate assistance in a life-threatening emergency. The crew received no response because they were far from help. <b>Example:</b> We were getting no replies to our Mayday calls — which was not surprising in this remote corner of the world.                                                                                                               |
| in rotation          | Taking turns in an organised sequence. This allowed some people to rest while others continued essential work. <b>Example:</b> When I asked why she hadn't made more of her injuries before this, she replied, "I didn't want to worry you when you were trying to save us all." By morning on January 3, the pumps had the water level sufficiently under control for us to take two hours' rest in rotation. |
| waterline            | The level at which the surface of the water meets a floating boat's hull. A leak below this level lets water enter continuously. <b>Example:</b> But we still had a tremendous leak somewhere below the waterline and, on checking, I found that nearly all the boat's main rib frames were smashed down to the keel.                                                                                          |
| rib frames           | The curved structural supports that help give a boat's hull its shape and strength. Their destruction threatened the boat's ability to hold together. <b>Example:</b> But we still had a tremendous leak somewhere below the waterline and, on checking, I found that nearly all the boat's main rib frames were smashed down to the keel.                                                                     |
| keel                 | The main lengthwise structural member at the bottom of a boat. The damage extended down to this central part of the vessel. <b>Example:</b> But we still had a tremendous leak somewhere below the waterline                                                                                                                                                                                                   |

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|                             | and, on checking, I found that nearly all the boat's main rib frames were smashed down to the keel.                                                                                                                                                                                                                     |
| hull                        | The main body or outer shell of a boat. A section of it was left supported by only a few internal partitions. <b>Example:</b> In fact, there was nothing holding up a whole section of the starboard hull except a few cupboard partitions.                                                                             |
| partitions                  | Internal dividing walls or panels. Here cupboard divisions were unexpectedly helping to hold the damaged boat together. <b>Example:</b> In fact, there was nothing holding up a whole section of the starboard hull except a few cupboard partitions.                                                                   |
| pinpricks in the vast ocean | Tiny points in an immense stretch of sea. The metaphor stresses how small and difficult to find the islands were. <b>Example:</b> Our only hope was to reach these pinpricks in the vast ocean.                                                                                                                         |
| pinpricks                   | Very small points or marks. Here the word metaphorically describes the distant islands in the enormous ocean. <b>Example:</b> Our only hope was to reach these pinpricks in the vast ocean.                                                                                                                             |
| abated                      | Became less strong or intense. The crew needed the wind and waves to weaken before they could sail effectively. <b>Example:</b> But unless the wind and seas abated so we could hoist sail, our chances would be slim indeed.                                                                                           |
| hoist sail                  | Raise a sail into position for use. This would allow the crew to make progress towards the islands. <b>Example:</b> But unless the wind and seas abated so we could hoist sail, our chances would be slim indeed.                                                                                                       |
| out of action               | Unable to function or be used. The engine had been disabled by the great wave. <b>Example:</b> The great wave had put our auxilliary engine out of action.                                                                                                                                                              |
| keep pace with              | Match the rate or speed of something. The crew had to pump water out as quickly as it continued to enter. <b>Example:</b> Now, we had only to keep pace with the water still coming in.                                                                                                                                 |
| rigging                     | The ropes and wires that support and control a boat's masts and sails. Strain on them could have pulled the damaged hull apart. <b>Example:</b> Pressure on the rigging would simply pull the damaged section of the hull apart, so we hoisted the storm jib and headed for where I thought the two islands were.       |
| respite                     | A short period of relief from difficulty or suffering. The temporary improvement gave the family only a brief rest from danger. <b>Example:</b> But our respite was short-lived.                                                                                                                                        |
| short-lived                 | Lasting for only a short time. Their relief ended when the wind and waves strengthened again. <b>Example:</b> But our respite was short-lived.                                                                                                                                                                          |
| deteriorate                 | Become progressively worse. Here it describes the worsening weather during the night. <b>Example:</b> The weather continued to deteriorate throughout the night, and by dawn on January 5, our situation was again desperate.                                                                                           |
| desperate                   | Extremely serious and offering little hope. The family's situation had again become dangerous and uncertain. <b>Example:</b> The weather continued to deteriorate throughout the night, and by dawn on January 5, our situation was again desperate.                                                                    |
| heave-to                    | Bring a sailing boat to a near standstill in a controlled position relative to the wind and waves. The narrator aimed to protect the damaged side from further impact. <b>Example:</b> To protect the weakened starboard side, I decided to heave-to — with the undamaged port hull facing the oncoming waves, using an |

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|                       | improvised sea anchor of heavy nylon rope and two 22 litre plastic barrels of paraffin.                                                                                                                                                                                                                                                                                                    |
| port                  | The left-hand side of a boat when facing forward. This undamaged side was turned towards the approaching waves. <b>Example:</b> To protect the weakened starboard side, I decided to heave-to — with the undamaged port hull facing the oncoming waves, using an improvised sea anchor of heavy nylon rope and two 22 litre plastic barrels of paraffin.                                   |
| improvised sea anchor | A makeshift device dragged in the water to slow the boat's drift and help steady it. The narrator constructed it from materials available aboard. <b>Example:</b> To protect the weakened starboard side, I decided to heave-to — with the undamaged port hull facing the oncoming waves, using an improvised sea anchor of heavy nylon rope and two 22 litre plastic barrels of paraffin. |
| improvised            | Made or arranged using available materials when normal equipment is unavailable. Here it describes an emergency solution during the storm. <b>Example:</b> To protect the weakened starboard side, I decided to heave-to — with the undamaged port hull facing the oncoming waves, using an improvised sea anchor of heavy nylon rope and two 22 litre plastic barrels of paraffin.        |
| rode out the storm    | Survived the storm without being overcome by it. The expression conveys the boat's endurance through the dangerous conditions. <b>Example:</b> But Wavewalker rode out the storm and by the morning of January 6, with the wind easing, I tried to get a reading on the sextant.                                                                                                           |
| sextant               | A navigational instrument used to measure angles between the horizon and celestial bodies. Such observations help sailors calculate their position at sea. <b>Example:</b> But Wavewalker rode out the storm and by the morning of January 6, with the wind easing, I tried to get a reading on the sextant.                                                                               |
| drift                 | Movement away from an intended position or course under the influence of wind or water. The narrator had to allow for it when estimating their location. <b>Example:</b> Back in the chartroom, I worked on wind speeds, changes of course, drift and current in an effort to calculate our position.                                                                                      |
| current               | A flowing movement of water in a particular direction. Ocean currents can carry a boat away from its intended course. <b>Example:</b> Back in the chartroom, I worked on wind speeds, changes of course, drift and current in an effort to calculate our position.                                                                                                                         |
| slits                 | Very narrow openings. Swelling had reduced the openings of Sue's eyes, showing the seriousness of her injuries. <b>Example:</b> The left side of her head was now very swollen and her blackened eyes narrowed to slits.                                                                                                                                                                   |
| caricatures           | Drawings that exaggerate a person's features for a humorous effect. Sue used them to cheer up her parents despite her own pain. <b>Example:</b> On the front she had drawn caricatures of Mary and me with the words: "Here are some funny people. Did they make you laugh? I laughed a lot as well."                                                                                      |
| magnetic variation    | The difference between the direction of magnetic north and true north. A compass reading must allow for this difference when used for navigation. <b>Example:</b> We had lost our main compass and I was using a spare which had not been corrected for magnetic variation.                                                                                                                |
| made an allowance for | Adjusted a calculation to take a particular factor into account. The narrator corrected for the compass difference while estimating the boat's position. <b>Example:</b> I made an allowance for this and another                                                                                                                                                                          |

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|                      | estimate of the influence of the westerly currents which flow through this part of the Indian Ocean.                                                                                                                                                                                                                                               |
| conviction           | A strong belief or feeling of certainty. The narrator spoke confidently to Larry despite privately lacking confidence. <b>Example:</b> If we were lucky, I told him with a conviction I did not feel, he could expect to see the island at about 5 p.m. Then with a heavy heart, I went below, climbed on my bunk and amazingly, dozed off.        |
| with a heavy heart   | With sadness, anxiety or discouragement. The narrator feared that his calculations might not bring them safely to the island. <b>Example:</b> If we were lucky, I told him with a conviction I did not feel, he could expect to see the island at about 5 p.m. Then with a heavy heart, I went below, climbed on my bunk and amazingly, dozed off. |
| dozed off            | Fell into a light sleep. Exhaustion briefly overcame the narrator despite the danger and uncertainty. <b>Example:</b> If we were lucky, I told him with a conviction I did not feel, he could expect to see the island at about 5 p.m. Then with a heavy heart, I went below, climbed on my bunk and amazingly, dozed off.                         |
| beat back            | Sail back against the wind by following an angled, zigzag course. The damaged boat lacked enough sail to manage this return journey. <b>Example:</b> I knew we must have missed the island, and with the sail we had left, we couldn't hope to beat back into the westerly winds.                                                                  |
| a tousled head       | A head with untidy, disordered hair. The description introduces Jonathan as he appears beside the narrator's bunk. <b>Example:</b> At that moment, a tousled head appeared by my bunk.                                                                                                                                                             |
| tousled              | Untidy or ruffled, especially in reference to hair. Here it gives a simple, affectionate picture of the child. <b>Example:</b> At that moment, a tousled head appeared by my bunk.                                                                                                                                                                 |
| matter-of-fact voice | A calm, practical tone that presents something as ordinary or obvious. Sue announces their success without dramatic excitement. <b>Example:</b> "Why, you must be," said Sue in a matter-of-fact voice.                                                                                                                                            |
| chorused             | Spoke together at the same time. The children jointly announced that the island was in sight. <b>Example:</b> "It's out there in front of us," they chorused, "as big as a battleship."                                                                                                                                                            |
| stark outline        | A sharply defined, bare-looking shape. The phrase describes the island as it became visible from the boat. <b>Example:</b> "It's out there in front of us," they chorused, "as big as a battleship." I rushed on deck and gazed with relief at the stark outline of Ile Amsterdam.                                                                 |
| stark                | Bare, plain or sharply noticeable. Here it emphasises the island's clear, exposed appearance. <b>Example:</b> "It's out there in front of us," they chorused, "as big as a battleship." I rushed on deck and gazed with relief at the stark outline of Ile Amsterdam.                                                                              |
| bleak                | Bare, unwelcoming and lacking comfort. Although the island looked desolate, it represented safety to the family. <b>Example:</b> It was only a bleak piece of volcanic rock, with little vegetation — the most beautiful island in the world!                                                                                                      |
| volcanic rock        | Rock formed through volcanic activity. It describes the island's rough, rocky character. <b>Example:</b> It was only a bleak piece of volcanic rock, with little vegetation — the most beautiful island in the world!                                                                                                                              |
| offshore             | In the sea at some distance from the land. The boat remained there overnight before the survivors went ashore. <b>Example:</b> We anchored offshore for the night, and the next morning all 28 inhabitants of the                                                                                                                                  |

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|                   | island cheered as they helped us ashore.                                                                                                                                                                                                                                                                                                                                                               |
| inhabitants       | People who live in a particular place. Here they are the island's residents who welcomed the survivors. <b>Example:</b> We anchored offshore for the night, and the next morning all 28 inhabitants of the island cheered as they helped us ashore.                                                                                                                                                    |
| ashore            | Onto or on the land from the water. Reaching land marked the end of the family's immediate ordeal. <b>Example:</b> We anchored offshore for the night, and the next morning all 28 inhabitants of the island cheered as they helped us ashore.                                                                                                                                                         |
| optimistic        | Hopeful that things will turn out well. The narrator praises the crewmen for retaining this attitude in extreme danger. <b>Example:</b> With land under my feet again, my thoughts were full of Larry and Herbie, cheerful and optimistic under the direst stress, and of Mary, who stayed at the wheel for all those crucial hours.                                                                   |
| the direst stress | The most severe pressure and distress. The expression emphasises the extraordinary demands placed on the crew during the crisis. <b>Example:</b> With land under my feet again, my thoughts were full of Larry and Herbie, cheerful and optimistic under the direst stress, and of Mary, who stayed at the wheel for all those crucial hours.                                                          |
| direst            | Most terrible, serious or extreme. Here it describes the intensity of the pressure the crew endured. <b>Example:</b> With land under my feet again, my thoughts were full of Larry and Herbie, cheerful and optimistic under the direst stress, and of Mary, who stayed at the wheel for all those crucial hours.                                                                                      |
| crucial           | Extremely important to the outcome of a situation. Mary's long hours at the wheel were essential to their survival. <b>Example:</b> With land under my feet again, my thoughts were full of Larry and Herbie, cheerful and optimistic under the direst stress, and of Mary, who stayed at the wheel for all those crucial hours.                                                                       |
| recurring         | Happening or appearing repeatedly. Here it describes the blood clot that required further treatment after Sue's injury. <b>Example:</b> Most of all, I thought of a seven-year-old girl, who did not want us to worry about a head injury (which subsequently took six minor operations to remove a recurring blood clot between skin and skull), and of a six-year-old boy who was not afraid to die. |

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