



继续教育本科系列教材·英语教程

总主编 葛广纯

# 英语阅读教程

*ENGLISH READING COURSE*

主 编 / 周玉梅 周训贞



第四军医大学出版社

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## 内容简介

本书共分十个单元,每个单元围绕同一主题选取两篇文章,每篇文章后均附有详尽的课文分析、注释及多种类型的练习题。全书还配有习题答案和突出“信”字、忠实于原文的教学参考译文。本书选材广泛,课文难易程度适中,词汇量范围适宜,语言规范,结构严谨,可读性强,不仅可作为继续教育本科教材使用,亦可供有一定英语基础的人士阅读参考。

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# 前言

终身教育，或称终身学习，是一种适应社会发展需要的教育理念。随着社会的飞速发展，人们深切地体会到终身学习的必要性，迫切需要利用各种学习条件提高个人素质。目前，从专科、本科至研究生各个层次的英语教材已呈现出“百花齐放，百家争鸣”的局面，极大地促进了外语学习，基本满足了不同层次学习者的需要。而作为适合以自学为主的继续教育本科教材的编写仍处于探索阶段。基于继续本科教育的特点和学习者自主学习的需求，我们编写了作为继续教育本科系列教材之一的《英语阅读教程》。教程在课文内容的选材和全书体例的编排上都进行了一些新的尝试。

《英语阅读教程》全书由 10 个单元构成，每单元围绕同一主题，配有两篇课文 (Text A & Text B)。Text A 为主，Text B 为辅。每篇课文分为 5 个部分：课文、单词短语及专有名词、课文分析、难句和重点内容详解和练习。

本书主要具有三个特点：一是课文选材广泛。我们从国内外出版的各类英语读物中精选出 20 篇文章，内容涉及文化、教育、时事与科技等领域，有助于学习者在学习语言的同时从不同角度了解英美社会及文化。二是文章语言规范。本书选文优美，行文流畅，难易程度适中，词汇量范围适宜，结构严谨，可读性强，有助于培养学习者的语言及语用能力。三是自主学习指导性强。全书每篇课文后均有课文分析和难句、重点内容详解，有助于学习者更好地理解课文，把握重点。同时配有各种类型的练习题，有助于学习者学习和巩固所学过的重点内容。该教程还配有习题答案和突出“信”字、忠实于原文的教学参考译文，便于学习者自学并检测学习效果。

由于我们水平有限，书中难免存在疏漏与不妥之处，诚请广大读者批评指正。

编者  
2003.3

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# UNIT 1



## ***HAPPINESS***

**Text A    Happiness and Wealth**

**Text B    Our Pursuit of Happiness**

## Text A

# HAPPINESS AND WEALTH

BY EDWARD CORNISH



1) Living standards have soared during the twentieth century, and economists expect them to continue rising in the decades ahead. Does that mean that we humans can look forward to increasing happiness?

2) Not necessarily, warns Richard A. Easterlin, an economist at the University of Southern California, in his new book, *Growth Triumphant: The Twenty-first Century in Historical Perspective*. Easterlin concedes that richer people are more likely to report themselves as being happy than poorer people are. But steady improvements in the American economy have not been accompanied by steady increase in people's self-assessments of their own happiness. "There has been not improvement in average happiness in the United States over almost a half century — a period in which real GDP per capita more than doubled," Easterlin reports.

3) The explanation for this paradox may be that people become less satisfied over time with a given level of income. In Easterlin's word: "As incomes rise, the aspiration level does too, and the effect of this increase in aspiration is to vitiate the expected growth in happiness due to higher income."

4) Money can buy happiness, Easterlin seems to be saying, but only if one's amounts get bigger and other people aren't getting more. His analysis helps to explain sociologist Lee Rainwater's finding that American's perception of the income "necessary to get along" rose between 1950 and 1986 in the same proportion as actual per capita income. We feel rich if we have more than our neighbors, poor if we have less, and feeling relatively well off is equated with being happy.

5) Easterlin's findings challenge psychologist Abraham Maslow's "hierarchy of wants" as a reliable guide to future human motivation. Maslow suggested that as people's



basic material wants are satisfied, they seek to achieve nonmaterial or spiritual goals. But Easterlin's evidence points to the persistence of materialism.

6 “Despite a general level of affluence never before realized in the history of the world,” Easterlin observes, “material concerns in the wealthiest nations today are as pressing as ever and the pursuit of material needs as intense.” The evidence suggests there is no evolution toward higher order goals. Rather, each step upward on the ladder of economic development merely stimulates new economic desires that lead the chase ever onward. Economists are accustomed to deflating the money value of national income by the average level of prices to obtain “real” income. The process here is similar — real income is being deflated by rising material aspiration, in this case to yield essentially constant subjective economic well-being. While it would be pleasant to envisage a world free from the pressure of material want, a more reliable projection, based on the evidence, is of a world in which generation after generation thinks that it needs only another 10% to 20% more income to be perfectly happy.

7 Needs are limited, but not greeds. Science has developed no cure for envy, so our wealth boosts our happiness only briefly while shrinking that of our neighbors. Thus the outlook for the future is gloomy in Easterlin's view:

8 “The future, then, to which the epoch of modern economic growth is leading is one of never ending economic growth, a world in which ever growing abundance is matched by ever rising aspirations, a world in which cultural difference is leveled in the constant race to achieve the goods life of material plenty; it is a world founded on belief in science and the power of rational inquiry and in the ultimate capacity of humanity to shape its own destiny. The irony is that in this last respect the lesson of history appears to be otherwise: that there is no choice. In the end, the triumph of economic growth is not a triumph of humanity over material wants; rather, it is the triumph of material wants over humanity.”

(631 words)

## New Words

**soar** / sɔː / v.

**economist** / ɪˈkɒnəməst / n.

**growth** / grəʊθ / n.

**triumphant** / traɪˈʌmfənt / adj.

**perspective** / pəˈspektɪv / n.

**concede** / kənˈsiːd / v.

go upward 剧增, 猛增, 大幅度提高

经济学家

increase in numbers or amounts 增长, 增加

victorious, successful 胜利的, 成功的

the way in which a matter is judged (观察问题的)视点, 视角

admit as true, just, or proper, often unwillingly 承认

**steady** / 'stedɪ / *adj.*  
**economy** / ɪ'kɒnəmi / *n.*  
**accompany** / ə'kʌmpəni / *v.*  
**assessment** / ə'sesmənt / *n.*  
**GDP** (gross domestic product 的缩写)  
**paradox** / 'pærədɒks / *n.*  
**aspiration** / æspə'reɪʃən / *n.*  
**vitiate** / 'vɪʃɪeɪt / *v.*  
**analysis** / ə'næləsɪs / *n.*  
**perception** / pə'sepʃən / *n.*  
**sociologist** / səʊsɪ'ɒlədʒɪst / *n.*  
**proportion** / prə'pɔːʃən / *n.*  
**challenge** / 'tʃælɪndʒ / *v.*  
**psychologist** / saɪ'kɒlədʒɪst / *n.*  
**hierarchy** / 'haɪərə:ki / *n.*  
**want** / wɒnt / *n.*  
**reliable** / rɪ'laɪəbl / *adj.*  
**motivation** / məʊtɪ'veɪʃən / *n.*  
**evidence** / 'eɪvɪdəns / *n.*  
**persistence** / pə'sɪstəns / *n.*  
**affluence** / æ'fluəns / *n.*  
**observe** / əb'zɜːv / *v.*  
**pursuit** / pə'sjuːt / *n.*  
**intense** / ɪn'tens / *adj.*  
**evolution** / ɪ'vɒlʊʃn, əvə'lʊʃən / *n.*  
**stimulate** / 'stɪmjuleɪt / *v.*  
**chase** / tʃeɪs / *n.*  
**process** / 'prəʊses, 'prɒses / *n.*  
**deflate** / drɪ'fleɪt / *v.*  
**yield** / jiːld / *v.*

moving or developing evenly 稳定的, 扎实的  
 经济  
 happen or exist at the same time as 伴随  
 a judgment or opinion 估价, 评价  
 国内生产总值  
 a statement which seems foolish or impossible, but which has some truth 似矛盾而正确的说法, 似非而是的谬语  
 strong desire to do something great or important 热望, 渴望  
 weaken, spoil, harm the quality of... 使……无效; 损害  
 an examination of something together with thoughts and judgments about it 分析  
 the action of perceiving 理解, 感觉  
 社会学家  
 compared relationship between two things in regard to size, amount, force, importance, etc. 比例  
 question the rightness of (someone or something) 向……挑战  
 a person who is trained in psychology 心理学家  
 the organization of a system into higher and lower ranks 等级, 层次  
 need 需要  
 dependable, fit to be trusted 可靠的, 可信赖的  
 purpose; need 动机; 动力  
 words which prove a statement, support a belief, or make a matter more clear 证据, 根据  
 the act of continuing firmly 坚持, 持续  
 wealth, richness 富裕, 富足  
 make a remark; say 评述  
 chase, seek 追求, 追逐  
 strong 强烈的, 激烈的, 剧烈的,  
 gradual change and development 发展, 进展  
 encourage 激励, 刺激  
 pursuit, seek 追求, 追逐  
 course 程序, 过程  
 reduce, lower 缩小, 减少  
 give, produce, bear 生产, 出产

**essentially** / ɪ'senʃəli / *adv.*

**constant** / 'kɒnstənt / *adj.*

**subjective** / sʌb'dʒektɪv / *adj.*

**well-being** / ,wel 'bi:ɪŋ / *n.*

**envisage** / ɪn'vɪzɪdʒ / *v.*

**pressure** / 'preʃə / *n.*

**realistic** / rɪə'lɪstɪk / *adj.*

**projection** / prə'dʒekʃən / *n.*

**generation** / ,dʒenə'reɪʃən / *n.*

**greed** / gri:d / *n.*

**envy** / 'envɪ / *n.*

**boost** / bu:st / *v.*

**briefly** / 'bri:flɪ / *adv.*

**shrink** / frɪŋk / *v.*

**outlook** / 'aʊtlʊk / *n.*

**gloomy** / 'glu:mɪ / *adj.*

**epoch** / 'i:pɒk / *n.*

**abundance** / ə'bʌndəns / *n.*

**match** / mætʃ / *v.*

**level** / 'levəl / *n.*

/ *v.*

**ultimate** / 'ʌltɪmɪt / *adj.*

**capacity** / kə'pæsɪtɪ / *n.*

**humanity** / hju:'mænɪtɪ / *n.*

**destiny** / 'destɪni / *n.*

**irony** / 'aɪərənɪ / *n.*

**respect** / rɪs'pekt / *n.*

**otherwise** / ˈʌðəwaɪz / *adj.*

**triumph** / 'traɪəmf / *n.*

**rather** / 'ra:ðə / *adv.*

in reality 本质上, 实质上

unchanging; fixed 持久不变的; 始终如一的

influenced by personal feeling 个人的, 主观的

personal and bodily comfort, esp. good health 安乐, 康乐

see in the mind as a future possibility 想象, 设想

forcible influence 压力

showing determination to face facts and deal with them

实际的, 现实的

a guess of future possibilities made on the base of experience

and general direction of events at a given time (根据趋势所作的) 预测, 推测, 估计

all people of about the same age 一代人

strong desire to obtain a lot or more than what is fair 贪欲, 贪婪

a feeling one has towards someone when one wishes that one

had his qualities of possessions 羡慕, 嫉妒

increase; raise 促进, 提高

for a short period of time; temporarily 短暂地; 暂时地

(cause to) become smaller 缩小, 收缩

future probabilities 前景, 展望

having or giving little hope or cheerfulness 令人沮丧的

a period of historical time or an age in the history of the

earth, during which events or developments of a stated kind

happened 时代, 时期

a great quantity; plenty 丰富; 充裕

be equal to 与……一致, 是……的对手

amount, size or number 数量, 水平

make or become flat or even 消除, 铲除

being at the end or happening in the end 最终的, 最后的

ability; power 能力; 智能

mankind, human beings generally 人类

fate 命运

a course of events or a condition which has the opposite

result from what is expected, usu. a bad result 讽刺

a detail, a point 方面

in a different state; not as supposed 并非那样, 另一回事

a complete victory or success 胜利, 成功

more truly 恰恰相反

## ***Phrases and Expressions***

to look forward to

to be likely to do sth.

per capita

due to

to get along

to equate A with B

to point to

to be accustomed to...

free from...

to base on...

in sb.'s view

to lead to

in the end

to expect to feel pleasure (in something about to happen)

期望, 盼望

to be expected to do sth. 可能作某事

for or by each person 人均

because of, caused by 由于

to make a living 过活, 度日

to make /consider A equal to B 使 A 与 B 相等

to suggest the strong possibility of; to be a sign of

指出, 指明; 表明

to be used to..., to be in the habit of... 习惯于.....

safe from..., without (someone or something unwanted),

untroubled by... 没有.....的

to give (something) reason or starting point in... 以.....为根据

according to sb., in sb.'s opinion 在某人看来

to direct 引导

finally, at last 最后, 终于

## ***Proper Names***

California / ˌkælɪˈfɔːnjə /

Lee Rainwater / liːˈreɪnwɔːtə /

Easterlin / ˈiːstəlɪn /

Maslow / ˈmæsləʊ /

加利福尼亚 (美国的一个州)

李·雷恩沃特

伊斯特林

马斯洛

## ***Organization of the Text***

① The text is made up of 8 paragraphs. Main ideas for them are shown in the following chart.

Paragraphs

Main Ideas

1

Introduction to the topic: wealth vs. happiness



- |   |   |
|---|---|
| 2 | Easterlin's view of the above topic: the paradox: Increase in wealth doesn't necessarily mean improvement in average happiness. |
| 3 | Explanation for the above paradox   |
| 4 | Common people's concept of happiness: the equation of happiness with wealth   |
| 5 | Abraham Maslow's view: People's satisfaction in basic material wants enables them to achieve spiritual goals.                   |
| 6 | Easterline's refutation to Maslow's argument  |
| 7 | Easterline's view for the outlook of the future   |
| 8 | The future world in Easterline's view: material wants over humanity   |

- 2 The text can be divided into four parts. The first part serves as an introduction to the topic of wealth and happiness. The second and the third parts serve as the body, which deals with Easterlin's paradox: Improvement in economy does not always mean increase in happiness, which challenges Maslow's "hierarchy of wants". The last part serves as the conclusion in which the author warns us of the triumph of material wants over humanity. The division and main ideas are shown in the following chart.

Parts	Paragraphs	Main Ideas
I	1	Introduction to the topic: wealth vs. happiness
II	2 ~ 4	The paradox: Improvement in economy does not always mean increase in happiness
III	5 ~ 7	Easterlin's challenge against Maslow's "hierarchy of wants"
IV	8	The triumph of material wants over humanity

### Notes to the Text

- 1 in the decades ahead (= in the coming several ten years)  
在今后的几十年中
- 2 Not necessarily, warns Richard A. Easterlin, an economist at the University of Southern California, in his new book, *Growth Triumphant: The Twenty-first Century in Historical Perspective*:

美国南加州大学经济学家理查德·A·伊斯特林在其新作《增长的胜利：从历史的视角展望21世纪》中告诫世人“未必如此”。

本句为倒装句，not necessarily 是省略了成分从句作 warns 的宾语（完整句子为：That does not necessarily mean that we humans can look forward to increasing happiness.）。Richard A. Easterlin 是句子主语，an economist at the University of Southern California 是它的同位语。in his new book 是状语，*Growth Triumphant: The Twenty-first Century in Historical Perspective* 是 new book 的同位语。

- ③ ...richer people are more likely to report themselves as being happy than poorer people are.

……富人比穷人更有可能称自己是幸福的。

本句为省略了成分的比较状语从句，省略的部分为：... than poorer people are likely to report themselves as being happy.

- ④ As incomes rise, the aspiration level does too.

收入增加了，人们的期望值也随之提高。

本句中的 does 是代动词，代替 rises，以避免重复。

- ⑤ ...happiness due to higher income.

……收入提高所带来的本应增加的幸福。

(1) due to higher income 为介词短语，作 happiness 的定语。

(2) due to 是复合介词，相当于 because of，意为“由于，因为”，例如：

The flight was cancelled due to the fog. 航班因雾取消。

- ⑥ Money can buy happiness..., but only if one's amounts get bigger and other people aren't getting more.

……只有当自己金钱不断增多，而别人收入不变的情况下金钱才可以买来幸福。

if 通常引导条件状语从句，但本句中的 if 表达 when 的意思。注意 if 的多义性，例如：

If you mix yellow and blue, you get green. 将黄色与蓝色混合，便会得到绿色。(if = when)

If he is poor, at least he is honest. 他虽然穷，但至少是诚实的。(if = although)

If you don't like your job, why don't you change it? 既然你不喜欢你的工作，为什么不换一下？(if = since / as)

- ⑦ His analysis helps to explain sociologist Lee Rainwater's finding that ...

他的分析有助于解释社会学家李·雷恩沃特的调查结果：……

本句中 finding 是名词，that 引导的同位语从句说明 finding 的具体内容。

- ⑧ We feel rich if we have more than our neighbors, poor if we have less, and feeling relatively well off is equated with being happy.

如果我们收入比邻居多，我们会感到自己富有；如果我们的收入不如邻居，则觉得自己贫穷。可见，人们把幸福感与相对富裕程度等同起来。

(1) 本句是一个由 and 连接的并列复合句，在第一个分句中，poor 之前省去了 we feel, less 之后省略了 than our neighbors。第二分句中动名词短语 feeling...well off 作主语。



- (2) well off 是形容词，意为“富裕”，例如：

Although she is well off, she lives a very simple life. 她虽家境富裕，却过着非常简朴的生活。

- 9) ..., they seek to achieve nonmaterial or spiritual goals.

……，他们就会转而追求非物质的，即精神的需求。

本句中 or 意为“即”，例如：

Some people suffer acrophobia, or fear of great heights.

有些人患有恐高症，也就是对高空的恐惧。

- 10) despite a general level of affluence never before realized in the history of the world, ...

尽管实现了人类历史上从未实现过的普遍水平的富裕，……

despite... 是介词短语作让步状语。过去分词短语 never before realized in the history of the world 作定语修饰 affluence，相当于定语从句 which has never before been realized in the history of the world。

- 11) ...material concerns in the wealthiest nations today are as pressing as ever and the pursuit of material needs as intense.

……但当今最富有的那些国家对物质的关注还是那么迫切，对物质需要的追求还是那么强烈。

本句是由 and 连接的并列句。第二个分句是省略句，完整的句子应为 ...the pursuit of material needs is as intense as ever。

- 12) While it would be pleasant to envisage a world free from the pressure of material want, a more reliable projection, based on the evidence, is a world in which generation after generation thinks that it needs only another 10% to 20% more income to be perfectly happy.

虽然设想一个没有物欲压力的世界是件惬意的事，但是一个基于事实的更切实际的想法是设想这样一个世界。在那个世界里，一代又一代的人们都认为只要将收入再提高 10%~20% 他们便可感到无比幸福。

(1) 本句是一个主从复合句，while 引导让步状语从句，句中 would 不是过去时，表示“当然”。

(2) 本句的主句是 a more reliable projection...is ...，其中 in which 引导一个定语从句，定语从句中还包含一个由 that 引导的宾语从句，宾语从句中 it 是形式主语，to be perfectly happy 是真正主语。

(3) 过去分词短语 based on the evidence 作定语修饰 projection。

- 13) Needs are limited, but not greeds.

需求有极限，贪婪却无止境。

本句是由 but 连接的并列句，第二个分句是省略句，完整的句子为 but greeds are not limited。

- 14) ...our wealth boosts our happiness only briefly while shrinking that of our neighbors.

只有当我们的财富让邻居相形见绌的时候，我们才会感到片刻的幸福。

本句是一个主从复合句，while 引导的时间状语从句是省略句，完整的句子应为 while our wealth shrinks that (代替 the wealth) of our neighbors。

注意：英语中，当状语从句的主语与主句的主语一致，而状语从句中有动词 be 时，可将状语从句的主语连同动词一起省去，例如：

While (I was) ready to help her, I don't know what she wanted. 我很乐意帮助她，但不知她需要什么。

She is better than (she was) when I last saw her. 她比我上次见到时气色好多了。

- 15 The future, then, to which the epoch of modern economic growth is leading is one of never ending economic growth, a world in which ever growing abundance is matched by ever rising aspirations, a world in which cultural difference is leveled in the constant race to achieve the goods life of material plenty, it is a world founded on belief in science and the power of rational inquiry and in the ultimate capacity of humanity to shape its own destiny.

现代经济发展的时代所引向的未来是经济永无止境发展的未来。未来世界会是一个财富与欲望同比增长的世界；一个为达到富裕物质生活而不断角逐从而导致文化差异丧失殆尽的世界；一个建立在崇尚科学和理性探索并相信人类最终有能力把握自己命运的世界。

(1) 本句是一个主从复合句，主句结构是 the future... is one of ..., one 是代词，代替 the future, to which 引导一个非限制性的定语从句，which 指代 future, to 是动词 lead 的固定搭配。

(2) 两个“world”作 one 的同位语，分别跟有一个 in which 引导的定语从句。

(3) 在 the goods life of material plenty 中，of material plenty 作 the goods life 的同位语。

- 16 The irony is that in this last respect the lesson of history appears to be otherwise: that there is no choice.

具有讽刺意味的是，在这最后一点上，历史的经验教训表明似乎并非如此：人类不能选择自己的命运。

(1) in this last respect 指前一句提到的 the ultimate capacity of humanity to shape its own destiny.

(2) otherwise 意为“并非那样；另一回事”，例如：

Some are wise, but some are otherwise. 有些人很聪明，有些人则不然。

## EXERCISES



### ◆ Comprehension of the Text

Choose the best answer for each of the following.

- 1 According to Easterlin, improvement in living standards means \_\_\_\_\_.

A. increasing happiness

- B. nothing to happiness  
C. increasing happiness sometimes  
D. decreasing happiness
- 2 The author considers Easterlin's report as a paradox because he \_\_\_\_\_.  
A. thinks that increase in wealth will lead to increasing happiness  
B. doesn't think that increase in wealth will lead to increasing happiness  
C. does not agree with Easterlin  
D. thinks it is true in reality though it seems unreasonable at first thought
- 3 The explanation for the paradox lies in \_\_\_\_\_.  
A. people's dissatisfaction with their income though it is steadily increasing  
B. people's pursuit for happiness  
C. disparate attitudes toward wealth and happiness  
D. the equation between wealth and happiness
- 4 According to Easterlin, money can buy happiness only when a person's wealth \_\_\_\_\_.  
A. reaches the peak  
B. is equal to other people's  
C. gets bigger than his close friend's  
D. gets bigger while other people's remains unchanged
- 5 In the 4th paragraph, the income "necessary to get along" refers to \_\_\_\_\_.  
A. the income necessary to rise with time passing  
B. the living wage  
C. the income equal to one's colleague's  
D. the income increasing with the prices
- 6 According to psychologist Abraham Maslow, when people's basic goods wants are satisfied, they will \_\_\_\_\_.  
A. earn more money than ever  
B. seek spiritual satisfaction  
C. feel happy  
D. further pursue materialism
- 7 Easterlin refutes Maslow's "hierarchy of wants" by the following arguments **EXCEPT** that \_\_\_\_\_.  
A. material concerns in the richest countries are not decreasing  
B. people still intensely pursue material needs  
C. economic development merely stimulates rising material aspiration  
D. a general level of affluence has been realized in the history of the world
- 8 According to the text, real income is deflated by \_\_\_\_\_.