

# BBC LEARNING ENGLISH

## Take Away English 随身英语

### Can money make you happy? 金钱能买来幸福吗?



- 請注意：中文文字內容只提供簡體版

#### Vocabulary: money 词汇：金钱

What would make you happy? Really happy? A nice holiday, **lazing** on a tropical beach? Maybe a **blowout** meal with friends at a **swanky** restaurant? Or possibly **splashing out** on a pair of the latest designer jeans? All these pleasures cost money so does that mean we need lots of cash to feel good or does the old saying '**money can't buy happiness**' still ring true?

This well-worn **adage** has been put to the test by scientists in Canada. They found that when used in the right way, money can bring us happiness. They discovered that when you use money to free up time, by paying someone to do your **chores** for example, you are happier. In an experiment, individuals reported greater higher life satisfaction if they used \$40 to save time rather than spend it on **material goods** such as a new pair of shoes. But surprisingly, the researchers found that fewer than a third of individuals spent money to buy themselves time each month.

In our **hectic** lives time is one thing we seem to be short of. People are reporting a '**time famine**', where they get stressed over the daily demands on their time. Psychologists say stress over lack of time causes lower well-being and contributes to anxiety and **insomnia**. But in many countries now, as **incomes** are rising, there is an option to buy more time.

This can be through **hiring** a cleaner to clean your house or **outsourcing** your ironing to someone else – giving us valuable extra hours to do the things we want to do. And in many **forward-thinking** companies, staff are given the opportunity to buy more time off or work flexibly.

Professor Dunn, who worked with colleagues at Harvard Business School, Maastricht University and Vrije Universiteit Amsterdam, says that "money can in fact buy time. And it buys time pretty **effectively**... and so my take home message is, 'think about it, is there something you hate doing that fills you with **dread** and could you pay somebody else to do that for you?' If so, then science says that's a pretty good use of money."

I would agree that buying more time makes me feel happier and more relaxed. But making time a **priority** over making money does **come at a price**; you have less cash to spend on the things you now have time to do. However there's another old saying that '**life is short and time is swift**' so there's no time to waste and there's more to life than doing **tedious** housework!

## 词汇表

<b>laze</b>	享受, 消磨 (时光)
<b>blowout</b>	大餐
<b>swanky</b>	奢华时髦的
<b>splash out</b>	花大笔钱
<b>money can't buy happiness</b>	金钱买不到幸福
<b>adage</b>	格言, 谚语
<b>chore</b>	日常琐碎的工作
<b>material goods</b>	物质商品
<b>hectic</b>	忙碌的
<b>time famine</b>	“时间荒”
<b>insomnia</b>	失眠
<b>income</b>	收入
<b>hire</b>	雇用
<b>outsource</b>	将...交给他人处理
<b>forward-thinking</b>	前瞻性的
<b>effectively</b>	有效地
<b>dread</b>	忧虑
<b>priority</b>	优先考虑的事
<b>come at a price</b>	要付出很高的代价
<b>life is short and time is swift</b>	生命短暂, 时光飞逝
<b>tedious</b>	单调乏味的

## 测验与练习

### I. 阅读课文并回答问题。

1. Give an example of material goods mentioned in the article.
2. Why have many people now got the option to buy more time?
3. Which chores mentioned in the article could you pay someone to do?
4. In the article, Professor Dunn uses the phrase "a pretty good use of money". What does 'pretty good' mean?
5. True or false: *If life is short and time is swift, we should earn as much money as we can.*

### 2. 请在不参考课文的情况下完成下列练习。选择一个意思合适的单词填入句子的空格处。

1. My husband took me to Paris for my birthday and we stayed in a \_\_\_\_\_ hotel.

hectic	splashing out	tedious	swanky
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2. Police forces in England and Wales could save £1bn a year by \_\_\_\_\_ backroom services to private companies.

hiring	effectively	outsourcing	splashing out
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3. Getting the leaking roof fixed is a \_\_\_\_\_. If we don't get it done, we won't be able to live in the house.

priority	prioritise	priory	priorised
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4. Our city council is very \_\_\_\_\_ as they've introduced electric cars on the streets.

outsourcing	swanky	forward-thinking	tedious
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5. Being by the seaside does \_\_\_\_\_ – with the marked increase in house prices reflecting the demand for rooms with a sea view.

come on a price	come up with a price	come with a price	come at a price
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## 答案

### I. 阅读课文并回答问题。

1. Give an example of material goods, mentioned in the article.

**Designer jeans, a pair of shoes.**

2. Why have many people now got the option to buy more time?

**In many countries now, incomes are rising.**

3. Which chores mentioned in the article, could you pay someone to do?

**Ironing, cleaning the house.**

4. In the article, Professor Dunn uses the phrase "a pretty good use of money". What does 'pretty good mean'?

**'Pretty good' means 'fairly'.**

5. True or false: *If life is short and time is swift, we should earn as much money as we can.*

**False. The phrase 'if life is short and time is swift' means we should make the most of our time not spend it earning money.**

2. 请在不参考课文的情况下完成下列练习。选择一个意思合适的单词填入句子的空格处。

1. My husband took me to Paris for my birthday and we stayed in a **swanky** hotel.

2. Police forces in England and Wales could save £1bn a year by **outsourcing** backroom services to private companies.

3. Getting the leaking roof fixed is a **priority** otherwise we won't be able to live in the house.

4. Our city council is very **forward thinking** as they've introduced electric cars on the streets.

5. Being by the seaside does **come at a price** – with the marked increase in house prices reflecting the demand for rooms with a sea view.