

New Elementary 3
Unit 3 Reading
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Measuring Health and Happiness

measure (v.) = quantify = know how big or how long something is

measurement (n.) = measuring something

health (n.) = being healthy and not being ill

healthy (adj.) = having or giving health

healthy ≠ unhealthy

The small country of Bhutan in the Himalayan Mountains is over one thousand years old. In the past it was a poor country and not many people visited it. But nowadays, it is becoming more and more popular with tourists. Medicine and health is improving, and its economy is growing. The King of Bhutan thinks happiness is the way to measure the country's development.

the Himalayan Mountains = the Himalayas

over = more than

in the past ≠ in the future

in the past = previously

poor ≠ rich

nowadays = these days

popular = liked; in favor

It is becoming more and more popular with tourists. = More and more tourists like it.

medicine = medical science and profession

improve = get better

economy = financial system; wealth

grow = increase, become bigger

happiness = being happy

way = method

development = progress; making headway

But how do you measure happiness? Perhaps health is the best way because a famous doctor once said, "Happy people generally don't get sick." It's also easy to measure how many people feel ill or unhealthy in a country. For example, one survey says Iceland is the "healthiest country in the world" because men and women live a long time there, the air is very clean, and there are more doctors available per person than anywhere else in the world.

perhaps = maybe

famous = well-known

once = at a time in the past

generally = usually

ill = sick

survey = study = research

available = on hand

per person = for each person

However, there was another survey of the happiest countries in the world, and Iceland was not near the top. The questions on this survey included: How much do you earn? How healthy are you? How safe do you feel? After visiting 155 different countries, the researchers decided that Denmark feels happier than other countries.

however = but

top ≠ bottom

include = consist of

research (n.) = scientific study

researcher (n.) = a person who does research

decide (1) = make a decision

decide (2) = understand, conclude

Denmark (country) => **Danish** (nationality)

So does happiness equal money and good health? Not according to some other researchers. They feel that there are other ways of measuring happiness. These researchers have a website and visitors click on different happy or sad faces to comment on the quality of their sleep, their family and friends, their level of stress, and their physical activity. When you finish, the website adds the results for each area, and it gives you a final result for your happiness.

equal = be the same as

according to = based on

comment (n.) = view

comment (v.) = say what you think about something

quality = how good something is

level = amount; extent; degree

physical activity = movements of the body

add = put together

area = domain

result = outcome

Full Text:

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But how do you measure happiness? Perhaps health is the best way because a famous doctor once said, "Happy people generally don't get sick." It's also easy to measure how many people feel ill or unhealthy in a country. For example, one survey says Iceland is the "healthiest country in the world" because men and women live a long time there, the air is very clean, and there are more doctors available per person than anywhere else in the world.

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Sample Summary:

Bhutan is a small, old country in the mountains. It was poor in the past, but now more tourists are coming, health is getting better, and the economy is growing. The King of Bhutan believes that how happy people are should show how well the country is doing.

Measuring happiness can be tricky. Some think health shows happiness because healthy people are usually happy. For example, Iceland is called the healthiest place because people live long, the air is clean, and they have lots of doctors.

But another study said Denmark is the happiest country, not Iceland. This study asked people about their money, health, and safety.

Some experts think happiness isn't just about money and health. They have a website where people can say if they're happy or sad by clicking on faces. They ask about sleep, friends, stress, and exercise. Then, the website tells you how happy you are.

Source:

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