2014 北京丰台高三二模

英　　语

本试卷分为第I卷（选择题）和第II卷（非选择题）两部分．共 150 分，考试时间 120 分钟．

第一部分：听力（共三节，满分 30 分）

做题时，先将答案划在试卷上。录音内容结束后，你将有两分钟的时间将试卷上的答案转涂到答题卡上。

第一节 （共 5 小题；每小题 1．5 分，满分 7．5 分）

听下面 5 段对话。每段对话后有一个小题，从题中所给的 A、B、C 三个选项中选出最佳选项，并标在试卷的相应位置。听完每段对话后，你都有 10 秒钟的时间来回答有关小题和阅读下一小题。每段对话仅读一遍。

1．What does the boy want for breakfast?

A．Bread.　　B．Pancakes.　　C．Sandwich.

2．What did the man do in his vacation.

A．He stayed at home.

B．He took some courses.　　C．He did a part-time job.

3．How does the man feel about the interview?

A．Confident.　　B．Uncertain.　　C．Disappointed.

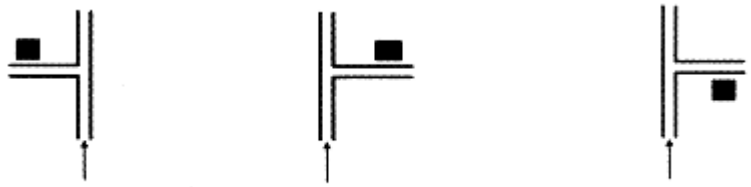
4．What is the man doing?

A．Making an apology.

B．Making an offer.

C．Making a request.

5．Where is the post office?



A.　　B.　　C.

第二节 （共 15 小题；每题 1．5 分，满分 22．5 分）

听下面 5 段对话或独白。每段对话或独白后有几个小题，从题中所给的 A，B，C 三个选项中选出最佳选项，并标在试卷的相应位置。听每段对话或独白前，你将有时间阅读各个小题，每小题 5 秒钟；听完后，每小题将给出 5 秒钟的作答时间。每段对话或独白读两遍。

听第 6 段材料，回答第 6、7 题。

6．What happened to the man in today's game?

A．He broke his leg.

B．He injured his ankle.　　C．He hurt his back.

7．What does the woman ask the man to do?

A．Give up sports.

B．Lie comfortably.

C．Stop arguing.

听第 7 段材料，回答第 8—9 题。

8．Who made the phone call?

A．A taxi driver.

B．The woman's husband.

C．A traffic policeman.

9．What happened to the woman?

A．She got sick suddenly.

B．She had a baby in the car.

C．She got hurt in the accident.

听第 8 段材料，回答第 10—12 题。

10．Where are the speakers?

A．At a party.

B．At a conference.

C．At an interview.

11．What is Greg famous for?

A．Training snakes.

B．Playing Yo-Yo.

C．Doing magic tricks.

12．What's Brad Pitt wearing?

A．A yellow shirt.

B．A purple jacket.

C．A black coat.

听第 9 段材料，回答第 13—15 题。

13．When does the class meet on Tuesdays?

A．1: 00pm to 2: 00pm.

B．2: 00pm to 3: 00pm.

C．8: 00pm to 9: 00pm.

14．In which room will the class meet in the last part of the course?

A．Room 309.

B．Room 405.

C．Room 511.

15．Which is most important for a student's grade?

A．Research projects.

B．Midterm & final tests.

C．Quizzes.

第三节（共 5 小题；每小题 1.5 分，共 7.5 分）

听下面一段对话，完成第 16 至 20 题，每小题仅填写一个词。听对话前，你将有 20 秒钟的时间阅读试题，听完后你将有 60 秒钟的作答时间。这段对话你将听两遍。

Travel Agency Enquiry Form	
Customer's name	Susan __16__
Destination	__17__
Time	On a __18__ in August
Number of people	3
Requirements about accommodation	**Type**: Apartment **Price**: Less than € __19__ a day **Location**: Near the __20__

第二部分：英语知识运用（共两节，满分 45 分）

第一节：单项填空（共 15 小题，每小题 1 分，满分 15 分）

从 A、B、C、D 四个选项中，选出可以填入空白处的最佳选项，并在答题卡上将该项涂黑。

21．—Have you told Mr．Smith about the meeting?

—Not yet．I _____ him in a minute.

A．called　　B．call

C．will call　　D．have called

22．Students _____ to do some voluntary work every year.

A．were encouraged　　B．are encouraged

C．encourage　　D．encouraged

23．The manager refused to accept _____ of the three suggestions．

A．neither　　B．either

C．some　　D．any

24．I got to the lecture hall very early, _____ to get a good seat．

A．hoping　　B．hoped

C．to hope　　D．hope

25．Online shopping _____ more and more popular in recent years．

A．becomes　　B．became

C．is becoming　　D．was becoming

26．During the final match, all the audience shouted _____ excitement．

A．at　　B．for

C．by　　D．with

27．We are not allowed _____ drinks into the computer lab．

A．taking　　B．to take

C．taken　　D．take

28．—Why is Tom absent today?

—No idea．He _____ be ill at home．

A．might　　B．can

C．must　　D．should

29．Although _____ by the opposite team, the players were not discouraged but practiced harder．

A．beating　　B．beaten

C．having beaten　　D．being beaten

30．Air pollution has caused millions of deaths every year, _____ has become a great concern．

A．when　　B．what

C．which　　D．that

31．We _____ for over 2 hours．Are you sure this is the right way?

A．have been driving　B．were driving

C．had driven　　D．drove

32．Success partly depends on _____ you have the patience to do simple things perfectly．

A．that　　B．what

C．when　　D．whether

33．If I _____ the project earlier, I would be enjoying myself on the beach now．

A．might finish　　B．finished

C．had finished　　D．would have finished

34．_____ is responsible for the accident will be punished．

A．Whoever　　B．Whatever

C．Who　　D．What

35．You can get respect from others only _____ you respect yourself．

A．because　　B．when

C．before　　D．unless

第二节 完型填空（共 20 小题；每小题 1．5 分，满分 30 分）

阅读下面短文，从短文后各题所给的四个选项（A、B、C 和 D）中，选出最佳选项，并在答题卡上涂黑。

I got aboard and sat down in my seat．It was going to be a long flight． Around me were some___36___"Where are you headed?" I asked．

"Lakes Air Base．We'll be there for special training, and then to the front．"

After about an hour, an announcement was made that box lunches were___37___for five dollars． The journey would be several hours, and I decided to buy one．

As I___38___for my wallet, I heard a soldier ask his buddy if he would buy lunch．"No, that seems a lot of money for

just a box lunch．" I looked around at the other soldiers．___39___were buying lunch．I walked to the back of the plane and___40 _ the flight attendant a fifty-dollar bill.

"Take a lunch to all those soldiers." I said. She seized my arms tightly. Her eyes wet with tears, she___41___me, " My son is a soldier in the front... it's almost like you are doing it for him．"

Picking up ten boxes, she headed to the soldiers.

After eating, on my way to the rest room I was___42___by a man．"I saw what you did and I want to be___43___of it．" With this, he handed me twenty-five dollars.

Soon after I returned to my seat, I saw the Flight Captain coming, looking at the seat numbers___44___he walked．When he got to my row he stopped, smiled, held out his___45___, and said, "I want to___46___your hand．" I stood and took his hand. With a loud voice he said, "I was a soldier．___47___, someone bought me a lunch. It was such an act of___48___that I never forgot．" I was a little bit___49___when applause rang out from all of the passengers．These soldiers were giving their all for our country．I could only give them a couple of meals.

Later, when I walked to the front of the plane to stretch my legs, a man___50___another twenty-five dollars in my hand.

When we___51___, I gathered my belongings and started to leave．A man stopped me, put something in my pocket, and walked away___52___ a word．Another twenty-five dollars! Seeing the soldiers___53___at the terminal, I walked over to them and handed them seventy-five dollars．As I walked___54___to my car, I prayed for their safe___55___.

36．A．strangers　B．soldiers　C．attendants　D．passengers
37．A．available　B．reasonable　C．convenient　D．special
38．A．prepared　B．sent　C．reached　D．paid
39．A．None　B．Some　C．Many　D．All
40．A．lent　B．showed　C．handed　D．charged
41．A．advised　B．greeted　C．inspired　D．thanked
42．A．praised　B．stopped　C．attracted　D．discovered
43. A. one　B. kind　C. part　D. much
44．A．as　B．though　C．till　D．unless
45．A．tongue　B．arm　C．head　D．hand
46．A．feel　B．seize　C．shake　D．check
47．A．Once　B．Later　C．Recently　D．Frequently
48．A．performance　B．kindness　C．bravery　D．wisdom
49．A．embarrassed　B．relieved　C．overjoyed　D．satisfied
50．A．threw　B．found　C．took　D．left
51．A．separated　B．landed　C．paused　D．chatted
52．A．in　B．for　C．through　D．without
53．A．training　B．shouting　C．gathering　D．marching
54．A．casually　B．anxiously　C．disappointedly　D．lightheartedly
55．A．arrival　B．return　C．flight　D．escape

第三部分：阅读理解（共 20 小题，每题 2 分，满分 40 分）

阅读下列短文，从每题所给的四个选项（A、B、C 和 D）中，选出最佳选项，并在答题卡上将该项涂黑。

A

Dear Grandma,

It was nice seeing you at Christmas．You looked so happy!

After losing two grandparents within the past year, I have taken some time to reflect on what is most important．I want to let you know what a positive influence you have been on me．I am the person I am because of you.

I remember being on your farm a lot when I was younger．I remember the projects you planned for us．We painted rocks to represent our family members．We made doll clothes out of colorful socks．We made many "playhouses" in the woods.

We learned that if you left a bucket of soybeans in the rain, you would soon have a bucket of growing beans．We

learned that if we helped pick the strawberries in the morning, we'd have them on our ice cream in the afternoon. We learned that some plants have funny names, like the elephant ear plant. We learned that you could make do with what you had. We learned that making things out of paper and cardboard was more fun than what came inside the packaging. We learned it was OK to get dirty, but Grandma would wash us up before Mom came.

You once made models of everyone's houses, which made me want to be an architect. Another time, you made quilts for all of the grandkids. I still use mine every night. The edge has worn out.

But you taught me how to fix it.

I love and respect you. You are always patient, with a quiet determination.

Grandma, thank you for everything you have taught me. I hope that I am able to pass on all these memories and skills to my children and grandchildren.

Love always,

Kelly

56. After losing two grandparents, the author began to _____.

A. realize her grandma's influence on her

B. become a person like her grandma

C. write to her grandma regularly

D. like her grandma very much

57. On her grandma's farm, Kelly learned to _____.

A. make strawberry ice cream

B. name different funny plants

C. mend the worn-out edge of her quilt

D. use cupboards to make models of houses

58. Kelly's grandma _____.

A. was willing to help others

B. was skilled in making things

C. wanted Kelly to be an architect

D. disliked the kids' bad behaviors

59. Kelly wrote this letter mainly to _____.

A. send her grandma best wishes for Christmas

B. show love and respect for her grandma

C. recall her happy life on the farm

D. ask her grandma for help

B

On a February day during an unusually mild winter, I found myself missing the snowy beauty. I enjoyed the feeling that comes from watching snow fall gently from heaven while I'm cosy inside with a good fire burning in the stove. But there were more serious concerns, like the lack of rainfall making our woods more accessible to summer forest fires. Local ski fields and hotels, all dependent on a snowy season, felt sorry for the vacant lifts, empty restaurants and unused snowmobiles.

Then I happened to see three little robins （知更鸟） fly into our yard. What were they doing here? West of us, in the Willamette Valley, wild flowers burst this time of year. But here in central Oregon, even if a groundhog （ 土拨鼠） had wanted to appear, it couldn't have broken through the frozen earth. And yet, these robins had arrived.

Their presence brought me a flow of happiness. It felt like a celebration as I dug into my bag of birdseed and spread a handful on the ground. Above me, the deep blue sky was cloudless, perfectly quiet but for some smoke from a neighbor's chimney. The lively cold made the air fresh and clean. My robins jumped lightly toward the seed. My soul jumped with them, feeling equally carefree.

Caught up in the moment of spring fever, I checked our snowless flower beds. To my delight, I spotted a green branch sticking out through the brown soil.

Despite the cold, I wasn't ready to go back inside. Just a short meeting with those robins had renewed my spirit. The

next day I would return to my outdoor work with a cheerful heart and a hopeful eye for these signs of spring.

60. The author missed a snowy winter because snow could _

A. prevent forest fires

B. boom his business

C. promise an early spring

D. bring him a good feeling

61. The author felt happy when finding _____.

A. the sky was deep blue with clouds

B. three little robins flew into his yard

C. wild flowers burst in the Willamette Valley

D. a groundhog appeared through the frozen earth

62. We can infer from the passage that the author _____.

A. would enjoy wild flowers the next day

B. thought winter was already over

C. longed for the coming of spring

D. loved robins the most

C

Cooking Kills Four Million People a Year Polluted airborne particles （大气悬浮颗粒）kill 7 million people a year, reports the World Health Organization.

That news may not come as a surprise to anyone who has seen images of chimneys in Beijing, Delhi or Mexico. But those factories-or even the jammed roadways of modem cities-are not the biggest killer. Each year, some 4. 3 million people die earlier than they should because of polluted air inside their homes, says the WHO.

What's causing the air inside people's homes to be so poisonous that it kills around 11, 000 people a day? Stoves. " Having an open fire in your kitchen is like burning 400 cigarettes an hour. " says Kirk Smith, a professor at the University of California at Berkeley, whose research suggests that household air pollution from cooking killed between 3. 5 million and 4 million people in 2013.

Not all stoves cause this kind of harm. The ones Smith's talking about are those that the 3 billion people in the developing world use for heat and cooking, which bum solid fuels such as wood, coal, or crop waste instead of gas. The smoke from those fires produces harmful fine particles and carbon monoxide into homes. Poor ventilation then prevents that smoke from escaping, raising fine particle levels 100 times higher than the limits that the WHO considers acceptable.

Breathing this air day in day out eventually causes a lot of diseases: more than a third of the 4. 3 million die of a stroke, while a quarter die of heart disease. And around one-third of annual lung disease deaths worldwide are due to waste from coal stoves.

Exposure tends to be extremely harmful for the people who spend the most time around the Fire-usually women and young children. In fact, the WHO reports that household air pollution almost doubles the risk for childhood lone disease.

63. According to Kirk Smith's research, _____.

A. factories are the biggest killer worldwide nowadays

B. burning 400 cigarettes an hour is extremely dangerous

C. household air pollution from cooking is surprisingly harmful

D. some 4. 3 million people die earlier each year than they should

64. What should be the deadly killer in a household kitchen?

A. Solid fuels. B. Coal stoves.

C. Poor gas. D. Cooking smoke.

65. The underlined word "ventilation" in Paragraph 4 probably means _____.

A. airing B. cooking

C. burning D. cooling

66. The author intends to tell people _____.

A. how to avoid polluted air in their homes

B．to stop cooking in the household kitchen

C．to guard against household pollution from cooking

D．how to prevent childhood lung diseases in household

D

Your dilemma （进退两难） has two aspects: your employer demands loyalty, but you want to help another working woman．The question is whether you can act properly towards both．Your personal view about the unfair maternity policy makes it complicated．In the United States, paid maternity leave（带薪产假）is not an automatic benefit guaranteed by the government．Even unpaid leave is only permitted for a limited period with certain working hours．

It's understandable that you feel such divided loyalties, said Gretchen Zetoony, a licensed clinical expert in Virginia．" On the one hand, you want to be careful not to provide information that might discomfort your employer in a negotiation; on the other hand, it's natural to feel sympathetic toward someone in a similar situation, particularly if you see the company's policy as unfair．" she said．

Before you give advice on negotiating a better maternity-leave package, remember to be careful with what you say．"If you are nervous that your employer could lean you had advised her, that should be a guide for you that you may wander into a questionable area．" Zetoony said．

What happens if your colleagues discover that this applicant benefits simply because of your advice．That may not be formal discrimination but it might create a bad feeling among colleagues who are not working mothers and who didn't join your organization armed with insider tips．"In this case, the risk isn't as much about betraying your employer or your fellow women as possibly creating conflict in the workplace if colleagues notice that you helped an applicant gain an advantage because you share some personal characteristics．" Zetoony said．If that happens, and you find that your colleagues are whispering about you, or openly complaining, address the situation with a calm sit-down．Explain that you felt you had to help this woman pass her way through the organization’s human-resources maze, and that you would do the same for anyone who asked you for advice．

There might be a better way to help women negotiate maternity leave than advising them． Consider getting together with colleagues who also care about this issue to advocate for better family leave policies within your organization, Zetoony suggests．The more employees who join you, the more likely management are to listen．It is also applicable in other components of an employment offer where you will face such a dilemma．

67．One may fall into a dilemma mainly because _____．

A．he thinks the maternity policy unfair

B．his employer breaks the maternity policy

C．the US government protects his employer

D．his woman colleague asks for a paid leave

68．According to Zetoony, your nervousness might lead to _____．

A．your employer's forgiveness

B．an even more embarrassing situation

C．your employer's sympathy

D．an exposure to your characteristics

69．From the passage, in a similar dilemma, you'd better ____．

A．talk to your employer directly

B．put forward more applicable solutions

C．give your colleagues a helping hand sincerely

D．gather more colleagues to work out better policies

70．What's the author's attitude towards maternity leave?

A．Supportive．　　B．Neutral．

C．Negative．　　D．Critical．

第二节（共 5 小题；每小题 2 分，共 10 分）

根据短文内容，从短文后的七个选项中选出能填入空白处的最佳选项。选项中有两项为多余选项。

Selfie

Social media and the mobile web have given rise to a strange phenomenon called the selfie．It refers to a picture of yourself, usually shared on any social networking website．

71 Some selfies are extreme close-ups, and others show part of an arm held straight outward．A few of them even feature the subject standing in front of a bathroom mirror．

Everyone takes selfies, but the younger crowd seems to be especially involved in the trend． Young people are relatively heavier digital users．They are interested in staying connected to their friends． 72

There are also kinds of psychological factors driving people to take a selfie and upload it to a social networking site． 73 A quick and easy way to attract other's attention is to get "likes" and comments from friends．Secondly, it's human nature to show off your own great achievements．When you feel good about yourself or look good, it's far too easy to take out your phone and document it all through one or several selfies． 74 That's right．Sometimes people are bored at work, bored at school, bored at home and even bored on the toilet．Last but not least, social media is about being social! If that means uploading as many selfies as possible, then so be it．It's fun, and it's a cool way to sort of document your own life．

Finally, there are things to be mindful of when you're posting．It's easy to think you're sharing a photo with a few people． 75 So don't post anything online, selfie especially．

A．There are lots of selfie styles．

B．The rise of selfies has become universal．

C．Social media, to some extent, is the driving force of their selfie activity．

D．The desire to take, post and get "likes" on selfies goes back to a biological behavior．

E．But the whole world of social media is public and every individual can get access to it．

F．There are also people who will take selfies because they have nothing else better to do．

G．The leading factor is that people want to get attention from as many people as possible．

第四部分：书面表达（共两节，35 分）

第一节（15 分）

假如你是红星中学高三（1）班的学生李华，你参加高校招生英语面试，请根据以下提示用英语做自我介绍。

1．兴趣爱好：篮球、音乐。

2．擅长科目：英语。

3．未来专业意向。

注意：

1．词数不少于 50；

2．可适当增加细节，以使行文连贯；

3．开头和结尾已给出，不计入总词数。

Good morning! I’m Li Hua from Hongxing Middle School．

_____

_____

_____

_____

_____

That’s all．Thank you．

第二节（20 分）

假设你是红星中学高三（1）班的学生李华，发现爷爷奶奶思念定居国外的姑姑。请根据以下四幅图的先后顺序，用英语写一篇周记，记述你和爸爸妈妈帮助他们视频后通话的过程

注意：1.周记的开头已为你写好。

2.词数不少于 60.



Last Saturday,

参考答案

第一部分

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
C	B	A	C	B	C	A	A	B	A	A	C	B	B	C

16.Perlins

17.Greece

18.weekend

19.100

20.beach

21	22	23	24	25	26	27	28	29	30	31
C	B	D	A	C	D	B	A	B	C	A
32	33	34	35	36	37	38	39	40	41	42
D	C	A	B	B	A	C	A	C	D	B
43	44	45	46	47	48	49	50	51	52	53
C	A	D	C	A	B	A	D	B	D	C
54	55	56	57	58	59	60	61	62	63	64
D	B	A	C	B	B	D	B	C	C	D
65	66	67	68	69	70	71	72	73	74	75
A	C	A	B	D	A	A	C	G	F	E

第四部分：书面表达（共两节，35 分）

第一节（15 分）

一、评分原则：

1、本题总分 15 分，按 4 个档次给分。

2、评分时，先根据文章的内容和语言质量初步确定其档次，然后以档次的要求来衡量，确定或降低档次，最后给分。

3、评分时应考虑：内容是否完整，条理是否清楚，交际是否得体，语言是否准确。

4、拼写、标点符号或书写影响内容表达时，应视其影响程度予以考虑。英、美拼写及词汇用法均可以接受。

5、词数少于 50，从总分中减去 1 分。

二、内容要点：

1. 兴趣爱好：篮球、音乐；　　2. 擅长科目：英语；　　3. 未来专业意向。

三、各档次的给分范围和要求：

分值	评分标准说明
第一档 (13 分--15 分)	完全完成了试题规定的任务。 内容完整，条理清楚； 交际得体，表达时充分考虑到了交际的需求；体现出较强的语言运用能力。 完全达到了预期的写作目的。
第二档 （9 分--12 分）	基本完成了试题规定的任务。 内容、条理和交际等方面基本符合要求； 所用语法和词汇满足了任务的要求； 语法和用词方面有一些错误，但不影响理解。 基本达到了预期的写作目的。
第三档 （4 分--8 分）	未恰当完成试题规定的任务。 内容不完整； 所用词汇有限，语法或用词方面的错误影响了对所写内容的理解。 未能清楚地传达信息。
第四档 （1 分--3 分）	未完成试题规定的任务。 写了少量相关信息； 语法或用词方面错误较多，严重影响了对所写内容的理解。
0	未能传达任何信息；写的内容与要求无关。

Possible version

Good morning! I'm Li Hua from Hongxing Middle School. I'd like to give a brief introduction about myself. I'm easy going and have various hobbies. I love sports, especially playing basketball with my friends. I'm also keen on listening to music to relax myself in my spare time. Among all the subjects, English is my favorite and I'm good at it. When it comes to my ideal major, I'm quite interested in international business because I like meeting people from different cultures and communicating with them in English. I sincerely hope that you can give me a chance to improve myself in your university.

That's all. Thank you.

第二节 情景作文（20 分）

一、评分原则：

1. 本题总分为 20 分，按 5 个档次给分。
2. 评分时，先根据文章的内容和语言质量初步确定其档次，然后以该档次的要求来衡量，确定或调整档次，最后给分。
3. 评分时应考虑：内容要点的完整性、上下文的连贯、词汇和句式的多样性及语言的准确性。

4．拼写、标点符号或书写影响内容表达时，应视其影响程度予以考虑。英、美拼写及词汇用法均可接受。

5．词数少于 60，从总分中减去 1 分。

二、内容要点：

1．爷爷奶奶思念姑姑；　　2．去商店买 Pad；

3．教会使用；　　4．视频通话。

三、各档次的给分范围和要求：

第一档 18 分—20 分	完全完成了试题规定的任务。 ·覆盖了所有内容要点； ·运用了多样的句式和丰富的词汇； ·语法或用词方面有个别错误，但为尽可能表达丰富的内容所致；体现了较强的语言运用能力； ·有效地使用了语句间的连接成分，所写内容连贯、结构紧凑。 完全达到了预期的写作目的。
第二档 15 分—17 分	完全完成了试题规定的任务。 ·覆盖了所有内容要点； ·运用的句式和词汇能满足任务要求； ·语法和用词基本准确，少许错误主要为尽可能表达丰富的内容所致； ·使用了简单的语句间连接成分，所写内容连贯。 达到了预期的写作目的。
第三档 12 分—14 分	基本完成了试题规定的任务。 ·覆盖了内容要点； ·运用的句式和词汇基本满足任务要求； ·语法和用词方面有一些错误，但不影响理解。 基本达到了预期的写作目的。
第四档 6 分—11 分	未恰当完成试题规定的任务。 ·漏掉或未描述清楚主要内容； ·所用句式和词汇有限； ·语法或用词方面的错误影响了对所写内容的理解。 未能清楚地传达信息。
第五档 1 分—5 分	未完成试题规定的任务。 ·明显遗漏主要内容； ·句式单调、词汇贫乏； ·语法或用词方面错误较多，严重影响了对所写内容的理解。
0 分	未能传达任何信息；所写内容与要求无关。

四、One possible version:

Last Saturday, when I got home after school, I happened to see my grandparents looking at the photos of my aunt, who is now living abroad. I realized that they were missing her. When I told this to my parents, we all agreed that we should help them see each other, so we went to a store to buy a Pad so that they could talk online.

Back at home from the store, I taught my grandparents how to use the Pad step by step. Soon, they learnt how to get online and talked with my aunt that evening. Seeing my grandparents and my aunt chat happily online, both my parents and I felt a sense of contentment.