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Let  $\alpha, \beta$  be  $(x + \sqrt{x^2 - 1})^{1/n}$  and  $(x - \sqrt{x^2 - 1})^{1/n}$ , respectively. Assume that  $q = \alpha + \beta$  is a rational number. Since  $\alpha\beta = 1$ ,  $\alpha$  and  $\beta$  are two roots of  $t^2 - qt + 1 = 0$ . It is easy to see that a sequence  $A_m = \alpha^m + \beta^m$  satisfies  $A_{m+2} - qA_{m+1} + A_m = 0$ . Thus, we can write  $A_m$  as a linear combination of  $A_0 = 2$  and  $A_1 = q$  with rational coefficients. This implies that  $A_m$  is rational. Therefore,  $A_n = \alpha^n + \beta^n = 2x$  is rational, or equivalently,  $x$  is rational, as desired.