

新编大学英语

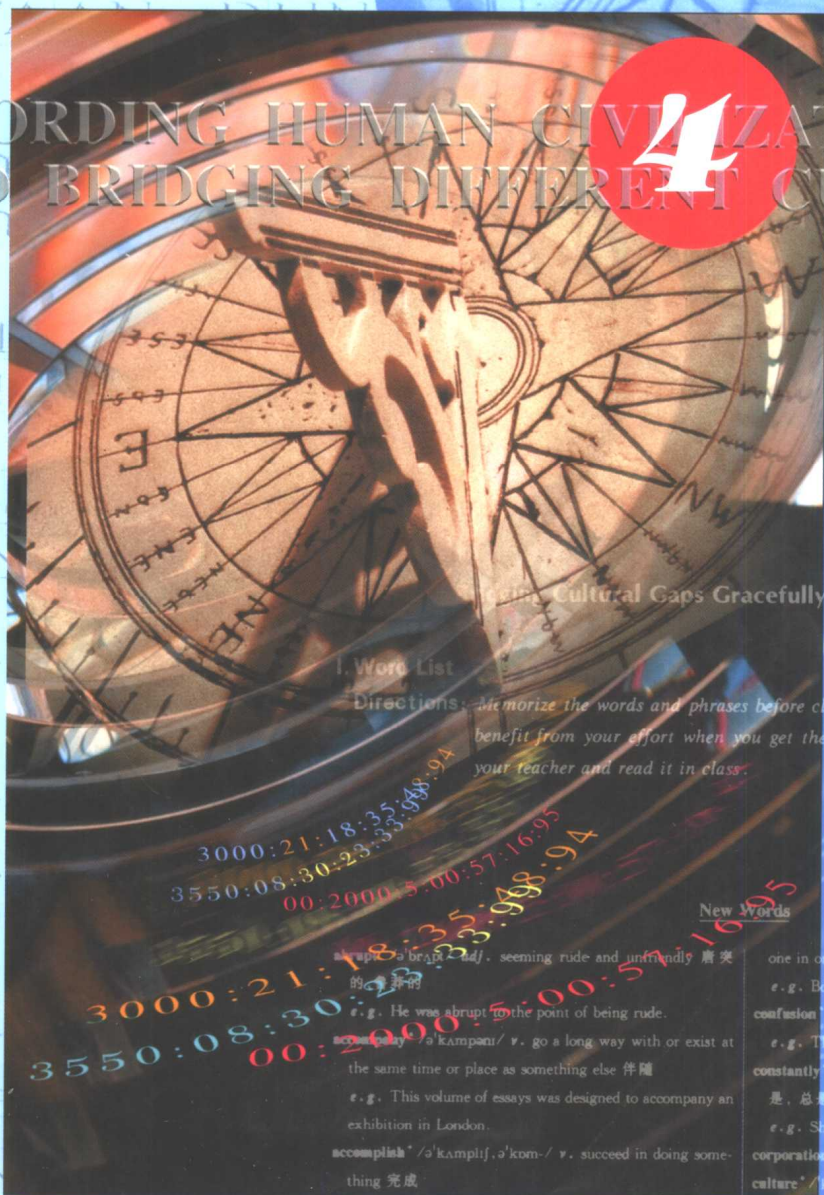
NEW COLLEGE ENGLISH

教师用书

浙江大学 编著

RECORDING HUMAN CIVILIZATION AND BRIDGING DIFFERENT CULTURES

4



Bridging Cultural Gaps Gracefully

I. Word List

Directions: Memorize the words and phrases before class. You will benefit from your effort when you get the passage from your teacher and read it in class.

New Words

abrupt /ə'brʌpt/ *adj.* seeming rude and unfriendly 唐突的, 莽莽的

e.g. He was abrupt to the point of being rude.

accompany /ə'kʌmpəni/ *v.* go a long way with or exist at the same time or place as something else 伴随

e.g. This volume of essays was designed to accompany an exhibition in London.

accomplish /ə'kʌmplɪʃ, ə'kɒm-/ *v.* succeed in doing something 完成

e.g. If we'd all work together, I think we could accomplish our goal.

achieve /ə'tʃi:v/ *v.* succeed in doing something 完成, 实现

e.g. He has achieved a great deal of success in his career.

one in order to praise him/her 称赞

e.g. Bob complimented me on my new hairstyle.

confusion /kən'fju:ʒən/ *n.* 混乱

e.g. There has been some confusion of names.

constantly /'kɒnstəntli/ *adv.* continuously; frequently 总是

e.g. She worries constantly.

corporation /'kɒpə'reɪʃən/ *n.* 公司

culture /'kʌltʃə(r)/ *n.* the ideas, beliefs, and customs

that are shared and accepted by people in a society

e.g. Chinese culture, British culture, Western culture

cultural /'kʌltʃərəl/ *adj.* 文化的

definitely /'defɪnɪtli/ *adv.* with no chance of being 无疑地, 确实地

e.g. It is definitely going to rain this afternoon.



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教师用书

4

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前 言

《新编大学英语》是按“以学生为中心的主题教学”模式编写的教材,有1至6级,分学生用书和教师用书。第4册为4级,有12个单元,每单元由4部分组成:(1)准备活动(Preparation);(2)以听力为中心的语言活动(Listening-Centered Activities);(3)以阅读为中心的语言活动(Reading-Centered Activities);(4)巩固和提高(Further Development)。准备活动旨在激发学生对本单元有关内容的兴趣,开阔他们的思路,使他们进入积极的语言活动状态。以听力和阅读为中心的语言活动旨在让学生获取大量的可理解的语言输入,提高语言能力,在此基础上展开各项语言活动。课内阅读文章以活页形式由教师在阅读前发给学生,当场阅读。巩固和提高活动是在学生学完本单元课内(1篇)和课外(3篇)所有的文章之后进行的。此时,学生对同一个主题的有关内容、语汇和表达法已有了一定的接触和了解,通过这一部分的综合性语言活动进一步提高应用能力。

每单元围绕一个主题展开读、听、说、写、译等活动,旨在培养学生的语言综合应用能力。因为语言技能的发展是不可分割、相辅相成的。在实际语言环境中,也要求语言技能的综合应用。本教材所选用的材料语言规范,具有时代性、知识性、趣味性和可思性。形式多样的课堂活动使学生在课堂教学的过程中积极思考、自觉参与、获取知识、了解风情、提高能力。在12个单元结束后,有一份学生自测试卷,并提供答案以便自我检查。自测试卷的每部分,均采用了一定量的测试语言综合应用能力的试题,题型新颖、合理、有效。课内和课外阅读文章均有词表。本册教材中,单词均有中英文解释,且配有大量的例句,便于学生掌握。其中4级词汇,均包含常用义项。同时还加强了词汇、段落翻译和写作训练。如“Enriching Your Word Power”,通过上下文比较学过的单词的不同含义,让学生掌握旧词的新意,而这种情况恰恰是词汇表所无法解决的。不断扩充学过的单词的义项,也是提高词汇能力的极为重要的方面。还有“From Appreciation to Production”,通过欣赏模仿文字或结构精彩的段落,写出自己的文章,这不仅提高了学生的写作能力,还提高了学生的语言鉴赏能力。

《新编大学英语》配有供学生课外使用的自主听力教材 *Listening Practice* 1至4级。每级12个单元,每单元两课,围绕同一个主题。每级包括听力练习和小测验,并提供全部录音材料的文字稿,和练习及小测验的答案,以利于学生自学。教材选材新颖、题材多样、内容丰富、趣味性强,练习形式活泼,能激发学生的自学兴趣。

整套教材采用“以学生为中心的主题教学”模式。词汇、听力、阅读均符合新大纲的各项规定及量化指标。读、听、说、写、译的技能也是按新大纲规定的“较强的阅读能力,一定的听、说、写、译能力”两个层次要求编写的。“以学生为中心”旨在理解和体现学生在知识、智力、情感、个性等方面的需求。“主题教学”指以主题为依据,选取了与学生的校园和社会生活息息相关的语言最佳样本。同时提供给学生大量的、相互有联系的、符合认知需求的语言材料和语汇。语汇复现率高,便于联想和记忆。

为了便于教师使用,教师用书中有客观题的全部答案,并为所有主观题,包括作文,提供了实例。所有话题均提供相关的参考信息。课内阅读文章有参考译文,并有补充的语言语法点。每单元均配有活页形式的小测验,可以在该单元结束后进行,或由教师灵活掌握,并在教师用书中提供全部答案。

本教材是在理论研究的基础上,根据大学英语教学的实际情况,在浙江大学经过1997年8个试点班和1998年两千六百多名学生的使用,不断总结经验、不断完善以后出版的。我们衷心感谢浙江大学教务处、浙江大学97级试点班的全体同学和98级的全体同学、浙江大学外国语言学与应用语言学系大学英语第一教研室和第二教研室的全体教师、浙江大学外国语言学与应用语言学研究生、浙江大学外国语言学与应用语言学系办公室、实验室、资料室的全体工作人员、美国语言专家Maxine Huffman、Don Huffman、Sally Ross、Naomi Woronov,以及兄弟院校的同行及专家。有了他们的大力支持和无私奉献,才有本教材的顺利出版。

本教材由应惠兰主编,周星、黄建滨、王元春、周颂波、徐丽萍、袁靖、徐莹编写,邵永真教授、Maxine Huffman博士以及Don Huffman博士负责审稿。参加编写工作的还有何莲珍、蒋景阳、张兴奎、张筱菲、Sally Ross博士、Maxine Huffman博士、Don Huffman博士和Naomi Woronov博士。

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Useful Information

Happiness is defined as a feeling of contentment coming from being well or doing well or as a feeling of satisfaction at having got what one wanted. Even based on these definitions, we can see that happiness can be a moment of joy or a more lasting state of mind.

Everyone wants to be happy but it would appear that some people are more prone to happiness than others. Certain personality traits, inherited or otherwise, seem to increase one's propensity for happiness. Positive attitudes with regard to our own strengths and weaknesses and with regard to the world around us make us more likely to be happy.

Many philosophers and moralists consider that happiness is not a passive attainment. In other words, one has to work at being happy. This involves making a conscious effort to smile, to serve and to help others. Happiness is more than a personal matter. Rather, it is a reflection of our relationship with other people—be they friends, co-workers, members of our family or society at large.

Throughout the ages, people in various cultures have sought and achieved material success, always hoping that with wealth comes happiness. However, there are innumerable folktales and true life stories that prove that neither wealth nor power are guarantees for happiness.

Part One Preparation

1. Stories Behind the Faces

Sample 1

Faces:



Face 1



Face 2



Face 3

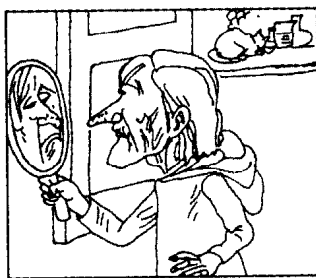
Story: Margaret is a compulsive bargain hunter. Every time there is a sale, she buys a lot, including things she will never use. One day, she found a boutique that offered winter clothes at a surprisingly low price. Though it was a scorching summer day, she went in without any hesitation because she found the prices irresistible and the clothes really beautiful. She spent an hour excitedly selecting the cheap but beautiful clothes (Face 1). After she paid for the clothes with all the money she had on her, she left the boutique satisfied. But as soon as she stepped out of the shop, one of the shop assistants rushed out and asked her to stop. Then she found some passers-by staring at her as if she were a shoplifter. She was really astonished—she had paid for all the clothes she bought. “What happened?” she wondered (Face 2). When she went back into the shop, she was congratulated by the shop manager. Before she became even more surprised, she was told that she was the lucky customer of the day and that she had bought her clothes free of charge. “That is really a bargain!” she exclaimed (Face 3).

Sample 2

Faces:



Face 1



Face 2



Face3

Story: Once upon a time, there was a wizard. Though he was the greatest wizard of his time, he had to admit that he was not good-looking. In order to become handsome, he spent years trying to develop a magic medicine that would turn the ugly into beautiful. One morning, he was working in his laboratory as usual. This time, however, he succeeded in making some red liquid turn black, which he thought was the magic medicine. Wild with excitement, he decided to try it on someone else since he dared not experiment on himself (Face 1). At this moment, his cat ran in. “Yes, the cat.” The wizard suddenly got an idea. The cat took the test, but nothing happened. Disappointed as usual, he walked slowly out of the laboratory, leaving the door open (Face 2). A few minutes later, realizing that the door was still open, he hurried back. To his great astonishment, he saw a beautiful lady standing there. And believe it or not, she was eating a mouse (Face 3).

2. Happiness Test

STEP TWO

Samples

- 1) — I'm most satisfied with the fact that I'm intelligent enough to be enrolled in a prestigious university.
 - I'm most satisfied with my strong willpower. I have been taught never to give up even if I am faced with great difficulties.
 - I'm most satisfied with the harmonious relationships between the members of my family. We help and learn from each other and enjoy each other's company.
 - I'm most satisfied with my major and what I've achieved so far. Hopefully this will enable me to find a good job.
- 2) — I'm most dissatisfied with my communication ability. I'm reserved and so it's difficult for me to make friends with others.
 - I'm most dissatisfied with my bad temper. I'm easily annoyed by anything I find unsatisfactory. So I often hurt my friends.
 - I'm most dissatisfied with my financial situation. I'm often short of money and cannot afford to go traveling, my favorite hobby.
- 3) — I think I will become even happier after graduation because I can be economically independent and pursue my interests with the money I earn. And I'm quite sure that I will have a good family, which is also a source of happiness.
 - I don't think every student can become happier after graduation. We are quite carefree when we are students. After we graduate, we will inevitably meet different kinds of people and will be in different situations that we cannot predict now. I'm afraid that not all the problems of life will be solved. So probably we will feel discouraged from time to time.

Part Two Listening-Centered Activities

Listening I

Tapescript

Happiness and Smiling

Happiness is associated with smiling. But do we always smile when we are happy?

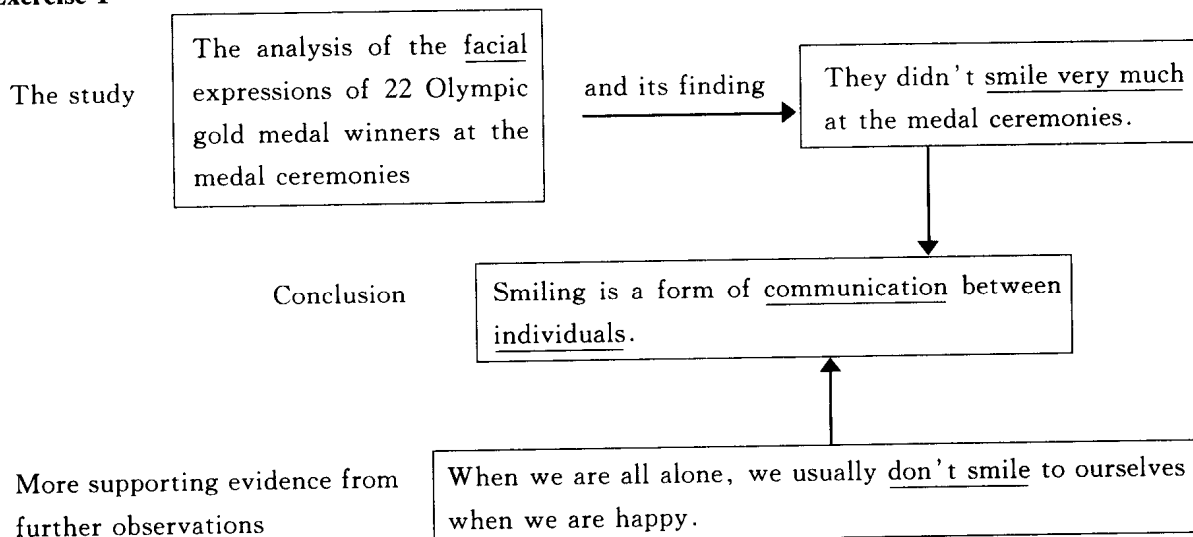
During the Olympic Games in Barcelona in 1992, Spanish researchers analyzed the facial expressions of 22 gold medal winners at the medal ceremonies. The researchers were surprised to see that these medal winners didn't smile very much. In fact, throughout the different medal ceremonies, they only smiled about 10% of the time. But during the brief moment when the gold medal was actually put around their neck, the medal winners grinned about 70% of the time.

The researchers interviewed the athletes they had watched to find out how they felt. All the winners interviewed said that they felt intensely happy throughout the ceremony.

Despite the fact that they were profoundly happy, they didn't smile a great deal. The researchers concluded that smiling is not the automatic expression of happiness. The fact that the gold medal winners smiled much more when they were actually being given their medals can be explained because, according to the Spanish researchers, smiling is a form of communication between individuals. The happy athletes were smiling at the people who were giving them their gold medals.

Perhaps we can support the findings of the Spanish researchers by making some observations of our own behavior. When we are all alone, for example, do we smile to ourselves when we are happy? Probably not very often. If someone greets us with a friendly smile, do we respond with a smile? Yes, we probably do. When a friend gives us a beautiful present, would we show our appreciation with a smile? Yes, of course. But if we are sitting alone watching television, do we smile at a commentator who smiles at us? (286 words)

Exercise 1



Exercise 2

- 1) What is the nationality of the researchers? B
- 2) How much of the time did the gold medal winners smile during the medal ceremonies? A
- 3) When did the athletes smile quite a lot? C
- 4) How did the gold medal winners feel during the ceremony? D
- 5) According to the passage, on which of the following occasions would we most probably NOT smile?
A
- 6) Which of the four statements is true according to the passage you have just heard? D

Exercise 3

Samples

- 1) — I agree that smiling is a form of communication between individuals. We can see many commentators smiling on TV, but I never smile at them. Even if they mention something amusing, I don't smile. Instead, I probably laugh.
- I don't think the responses from the Olympic gold medal winners are a good example. Those medalists are really very happy at heart. They are extremely excited when they realize that they have become the winners. They would probably express their excitement by crying. When the medal ceremony begins, they are perhaps no longer excited. That is the reason why they don't smile much.
- I sometimes smile when I read newspapers. For example, if I find a story humorous in the newspaper, I smile. But I don't think I am communicating with others. That's why I don't agree that smiling is a form of communication between individuals.
- 2) — Yes. Sometimes I will smile when I feel happy. I won't even realize it myself until someone asks me, "Why are you so happy?"
- No. When I feel happy, I will either laugh or tell others or myself what happy feelings I have. But I certainly don't smile.
- 3) — I always smile when I meet someone I know.
- When I feel really happy and there is nobody around me, I will smile.
- I always smile when I'm watching some interesting TV programs.
- Sometimes when I feel embarrassed, I will smile in order to hide my true feelings.
- Facing a camera, I will smile.
- 4) Other ways to express one's happiness:
- to sing and dance;
 - to cry;
 - to yell;
 - to jump;
 - to run wildly;
 - to go shopping;
 - to clap one's hands;
 - to eat a lot;
 - to chat with others;
 - to play games;
 - to clean the room and put everything in order.

Listening II

Tapescript

Wealth and Well-Being

Interviewer: Good morning, Professor Sherwood. Thank you for accepting our interview. You've been doing research on happiness for many years, so I'm sure you have some interesting information to share with our audience.

Prof. Sherwood: Good morning. Thank you for inviting me. I hope I can answer your questions.

Interviewer: I would like to start with a general question. Are people in rich countries happier than people in not-so-rich countries?

Prof. Sherwood: Well, I would say there is a relationship between national wealth and well-being. In other words, the economic wealth of a country does appear to reflect the overall well-being of its citizens. For instance, in Portugal, one in ten people reports being very happy, whereas in Holland, four in ten people say they are very happy.

Interviewer: Does it mean that rich people in a country are happier than poor people?

Prof. Sherwood: In some poor countries, satisfaction with one's financial situation does affect happiness. But once people are able to afford the basic necessities of life, having more money doesn't necessarily make them happier.

Interviewer: What about rich places like Europe and the United States? Are income and happiness related?

Prof. Sherwood: Very little. Rich people are only slightly happier than the average citizen. People whose income increases constantly are not any happier than people whose income doesn't increase.

Interviewer: I'm always wondering whether winning a lottery can bring happiness. Is there any research on that?

Prof. Sherwood: Well, as a matter of fact, various studies show that lottery winners only get temporary joy.

Interviewer: I guess wealth is like health. If you don't have your health or if you're extremely poor, you will be miserable.

Prof. Sherwood: Yes, that's true. Happiness is wanting what we have rather than getting what we want.

Interviewer: That's a nice way of putting it. Well, in your opinion, do people become happier as their countries become richer?

Prof. Sherwood: Well, if I take the case of the United States, from 1957 to 1996, the proportion of people who said that they were very happy declined from 35% to 30%. But during that same period, the average income per person in the United States doubled.

Interviewer: So, you mean that a steady increase in a country's prosperity does not mean an increase in its people's happiness.

Prof. Sherwood: That's right.

(368 words)

Exercise 1

The Interviewer's Questions	Professor Sherwood's Answers
1) Are people in <u>rich</u> countries happier than people in <u>not-so-rich</u> countries?	<p>The economic wealth of a country does appear to <u>reflect</u> the overall well-being of its citizens.</p> <p>Evidence: In Portugal, <u>one in ten</u> people reports being very happy.</p> <p>In Holland, <u>four in ten</u> people report being very happy.</p>
2) Are rich people in a country happier than poor people?	<p>In poor countries, satisfaction with <u>one's financial situation</u> does affect happiness. But once people can afford <u>the basic necessities</u> of life, having more money doesn't necessarily make them happier.</p> <p>In rich places like <u>Europe</u> and <u>the United States</u>, the relationship between income and happiness is rather weak.</p>
3) Can winning a <u>lottery</u> bring happiness?	<p>As a matter of fact, various studies show that winners only get <u>temporary</u> joy.</p>
4) Do people become happier as their countries <u>become richer</u> ?	<p>A steady increase in a country's <u>prosperity</u> does not mean an increase in its people's happiness.</p> <p>Evidence: In the United States, from <u>1957</u> to <u>1996</u>, the proportion of happy people declined from <u>35%</u> to <u>30%</u>.</p> <p>But during that same period, the <u>average income</u> per person in the country <u>doubled</u>.</p>

Exercise 2

- 1) Wealth is like health. If you don't have your health or if you are extremely poor, you will be miserable.
- 2) Happiness is wanting what we have rather than getting what we want.
- 3) — Yes, I agree. If people can't make ends meet, they can't be happy. They will have to worry about daily necessities and will always be thinking about ways to make money. And there'll be no chance for them to enjoy life, let alone to feel happy. But once they can support their families and save a certain amount of money every month, they should feel satisfied with their financial situation. If they love money too much, they would either be misers or risk their health to earn more. Some people even cheat others out of their money, and consequently they become criminals. Therefore, it's almost

impossible for these people to be happy. So I think we have to be content with our lives. Greed and jealousy are major causes for feeling miserable.

— No. First of all, happiness is not wanting what we have. What we have is not always satisfactory. To accept it unconditionally will cause depression rather than happiness. And it is also possible that there won't be much change in our lives, which we will find boring. If all the members in a society are satisfied with what they have, there would be no progress. Second, happiness is getting what we want. The pursuit of happiness itself is a kind of happiness to us, no matter whether we find it or not. The most important thing is that we have tried. Of course, if we succeed, it will bring us a greater sense of happiness.

Part Three Reading-Centered Activities

In-Class Reading

II . Pre-Reading

Sample

STEP TWO

Generally speaking, an extroverted optimist with high self-esteem who does not put too much emphasis on wealth has a good potential for happiness. As far as I'm concerned, I'm rather reserved and pessimistic and my self-esteem is not high, so it seems that I'm not likely to be happy. But the truth is that I feel happy most of the time. Nothing is absolute and perhaps I am an exception to the general rule.

III . Passage Reading

Words , Phrases and Grammatical Points

1. Ancient philosophers believed that happiness accompanied a life of intelligent reflection. (1.5 - 6)

The word "reflection" means serious thought or consideration 深思, 考虑, 想法

e.g. I) He doesn't get much time for reflection.

II) On reflection, he says, he very much regrets the comments.

III) After thirty years as a judge, her reflections on life and justice were well worth listening to.

Other meanings of "reflection":

- 1) an image seen in a mirror or shiny surface (反映出来的) 影像

e.g. I) She stared at her reflection in the bedroom mirror.

II) In Greek mythology, Narcissus fell in love with his own reflection that he saw in a pool of water.

2) the process by which light and heat are sent back from a surface and do not pass through it 反射
e.g. I) He put silver foil around the fire to increase heat reflection.

II) The reflection of the lights in the rain made driving difficult.

3) something that shows the effects of, or is a sign of, a particular condition, situation, etc. 反映
e.g. I) Inhibition in adulthood seems to be very clearly a reflection of a person's experiences as a child.

II) His unhappiness is a reflection of his mistaken marriage.

2. Social scientists have exploded some myths about who's happy and who's not by identifying predictors of happiness and life satisfaction. (l. 13 - 14)

In this sentence, the word "explode" means "prove that something that many people think or believe, is wrong or not true (推翻,戳穿)".

e.g. I) The privatization of electricity has exploded the myth of cheap nuclear power.

II) Such rumors have only recently been exploded.

Other meanings of "explode":

1) burst loudly and with great force, often causing damage or injury 爆炸

e.g. They were clearing up when the second bomb exploded.

2) express strong feelings suddenly and violently 大发雷霆

e.g. Bess decided that she had better leave before she exploded.

3) increase suddenly and rapidly in number or intensity 激增,迅速扩大

e.g. The population exploded to 40,000 during the tourist season.

3. reveal and conceal

These two words are antonyms. The word "reveal" means "make known or show something that was previously secret or hidden".

e.g. I) She has refused to reveal the whereabouts of her daughter.

II) A survey of the British diet has revealed that a growing number of people are overweight.

The word "conceal" means "prevent something from being seen or known about, hide".

e.g. I) The entrance to the house is concealed behind high gates.

II) Is there something you're concealing from me?

4. "in-", "im-" and "ex-"

"Introvert" and "extrovert" are antonyms. Similar pairs of antonyms, one with "in-" or "im-" and the other "ex-", are:

include—exclude

internal—external

intrinsic—extrinsic

(inclusion—exclusion

implicit—explicit

introvert—extrovert

inclusive—exclusive)

inhale—exhale

interior—exterior

import—export

5. Depending on our outlooks and recent experiences, our happiness fluctuates around our happiness set

point, which disposes some people to be ever cheerful and others gloomy. (l. 67-69)

The word “dispose” means “make ready or willing; incline (使有倾向,使愿意)”.

e. g. I) More pay and shorter hours of work disposed him to take the new job.

II) His prejudice disposed him to rule in their favor.

课内阅读

参考译文

寻求快乐

快乐是否特别青睐某一年龄段、某种性别或是某个收入阶层的人呢？有了令人满意的、紧密的人际关系就会有快乐吗？什么样的人生态度、事务活动以及选择取舍能给人快乐呢？

尽管有关快乐的科学研究最近才迅速发展起来，但对快乐的思索却自古有之。古代哲学家们认为充满智慧思维的人才快乐。罗马哲学家西塞罗说：“世上没有快乐的愚人，也没有不快乐的智者。”在此后的几个世纪里，一些智者认为快乐源于高尚的人生，而另一些则认为快乐来自尽情享受；一些智者认为快乐源于知情达理，而另一些则认为快乐来自一直存有的幻想；一些智者认为快乐源于自律，而另一些则认为快乐在于摆脱愤怒和痛苦。对立的观点我们还可以列举出很多，但蕴涵的意义已经很清楚了：要想了解快乐的真谛，我们必须搞清楚这些相互对立的观点是否贴近现实。总之，必须科学地研究这个问题。

社会科学家通过辨别与人生的快乐和满足有关，推翻了一些关于哪些人快乐、哪些人不快乐的错误观念。

很多人认为人生中有几个不快乐的阶段——通常指的是压力重重的青少年时期，“危机四伏的中年”时期，以及日趋衰弱的老年时期。但是对不同年龄段的人所做的调查结果表明，人生中并不存在有哪个时期特别快乐或特别不快乐。确实，人的情绪会随着年龄的增长而变化：对中老年人来说良好的社会关系和健康状况会显得更加重要。青少年则与成人不同，他们的愁闷或快乐不到一小时就完全过去了。但是，一个人是否一直幸福，他的年龄并不能给予任何启示。而且，抑郁、自杀、离婚的比例在所谓的“危机四伏的中年”阶段也没有上升的迹象。

那么，快乐是否偏爱某个性别的人呢？男人是否因为他们的收入较丰厚、社会地位较高而比女人更快乐呢？女人会不会因为她们似乎更易于亲近、更善于社交而比男人更快乐呢？跟年龄一样，性别同主观上的幸福感也没有必然的联系。但是，处于痛苦时，男女的反应确有差别：烦恼时，男人更喜欢借酒消愁，而女人则容易胡思乱想，变得沮丧或焦虑不安。但男人和女人都一样有可能表示自己“非常快乐”，对生活“很满足”。这一结论是从世界范围内的几十个调查研究中得出的。

20 世纪人们的生活水平得到了大幅度的提高，并有望在未来的几十年中继续提高。这是否就意味着我们人类可望享有更多的幸福呢？未必如此。经济的稳步增长并不会使人们同时感到自己也越来越幸福。随着时间的推移，人们似乎不怎么满足于已有的收入水平。

一次又一次的研究表明，快乐的人有四个典型特征：首先，快乐的人都非常自我赏识，这

在强调个性的西方文化中显得尤为突出。在自尊测试中,他们对于诸如“与我相处很有趣”“我有很多好主意”的说法都表示认可。快乐的人承认他们有很强的自尊心,这与我们的猜想正好一致。的确,他们通常自我感觉良好:认为自己比别人道德高尚,更聪明,少偏见,更善于与他人相处,也比常人更健康。

第二,快乐的人都特别有自我驾御能力。他们能力很强从不会束手无策,因而在学校里成绩也更好,工作中成就更大,对压力也更能应付自如。一旦失去了生活的自主权,人们就会意志消沉、健康恶化,这一现象曾在囚犯、疗养院里的病人等群体中进行过研究。极度的贫穷如果使人们丧失了对生活的自主意识,也是非常糟糕的。

第三,快乐的人通常都很乐观。也许人们会这样进行推理,由于悲观者的期望不高很容易满足,所以他们经常会感到惊喜。诗人亚历山大·蒲柏在1727年的一封信中写了这样的话:“无所期望的人才会感到快乐,因为他永远不会失望。”但是,乐观主义者往往会更成功、更健康、更快乐,他们能进行有益的建设性的思考,承认有诸如“当承担一项新工作时,我期望成功”这样的想法。

第四,快乐的人往往很外向。尽管我们也许会以为内向者过着沉思默想、不大紧张的宁静生活,可能日子过得会更幸福,但是,外向的人更快乐,无论是独自一人或是与他人一同生活和工作,无论是住在乡村或是都市。

对于上述每一种性格特征与快乐的相互关系中,哪个是“因”哪个是“果”还不能断定。比如,是快乐使人更外向呢?还是外向的人与他人交往更热情,更不拘谨呢?外向的人结婚早、职业好、朋友多也许是因为他们有这些特点。如果这类性格真的能给人带来快乐,那么人们也许可以装作具有这类性格以使自己更快乐些。实验显示了那些佯装自信的人自我感觉真的好起来了,那些强作笑颜的人也更快乐了。

然而,快乐似乎只能在基因组织所限定的范围内变化。心理学家戴维·利肯和奥克·泰利根估计,人们快乐程度的差别有50%是遗传的,这是他们在研究了254对同卵和异卵双胞胎之后作出的。即使在不同环境里养大的一对同卵双胞胎,他们的快乐程度仍然差不多。快乐程度在人生观和目前经历的影响下,会在一个我们固有的快乐值左右变动,这个固有的快乐值使一些人常常快乐,而另一些人却愁肠百结。

亲密的人际关系也是幸福生活的标志。人们很容易想像为什么亲近的关系所带来的压力会恶化病情,加重痛苦。让·保尔·萨特表示:“他人即地狱。”幸好,与朋友家人之间的亲密关系所带来的益处常常多于它所带来的压力。与缺少亲朋好友的人相比,那些能够报出几个好朋友的人总是更健康、不容易早逝、更加快乐。心理学家威廉·派弗特发现,人们在与他人相处时会更愉悦。

对九成以上的人来说,婚姻是结束孤寂生活的最有效的办法。尽管婚姻关系的破裂会带来极大的痛苦,但相互支持,亲密无间,忠贞不渝的婚姻关系是人生中最美满的事。用亨利·沃德·比彻的话来说就是“婚姻美满如添翼,勉强结合似牢笼。”值得高兴的是,全国范围内的调查表明,四分之三的已婚美国人说他们的配偶是自己最好的朋友,五分之四的人说,倘若可以再次选择,他们还会选择现在的配偶。这种情感恰好可以说明为什么在20世纪70年代和80年代,声称自己“非常快乐”的已婚者比未婚者多(39%比24%)。

婚姻是否如人们通常所认为的那样,对男性快乐比对女性快乐的影响大?在欧洲与北美国家的调查都表明:无论男性还是女性,已婚与未婚者之间快乐的差别是相似的。近一百