



SEXUALITY

ROSE AND WAR

赵白生 主编

傅国英 编著

两性

玫瑰与战争

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内 容 提 要

本书为英语阅读读物，适合于具有英语四、六级水平的读者。通过阅读心理学家、社会学家、性学专家、社会工作者以及当事人对爱情、婚姻、性爱及人生的探讨，读者在学习英语的同时，可以了解到许多关于男女两性关系方面的科学知识。

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前言

有人学语法，背单词，攻苦食淡，但当博取大学英语四级、六级证书后，却深感茫然，他们除了做练习是否还有其他方法？是否有好的读物来帮助他们检验、提高自己的英语水平？有人磨杵成针，考托福，试 GRE，期望到英美大学、研究生院深造，在出国前他们是否想了解国外的教科书和报刊的语言的难度？有人英语学有所成，但尚无用武之地，他们是否需要磨枪练剑，以备所需？有人恋爱，有人独身，有人结婚，有人离婚，他们幸福，他们痛苦，他们快乐，他们困惑，可是知其然却不知其所以然，他们是否想听研究两性关系的社会学家、心理学家、性学专家和其他专家们谈谈？如果您对这本书有兴趣，不妨翻翻看看，相信它会对您有所裨益。



爱与喜爱

爱情的三要素与种种爱情

这些不是爱情

恋爱三阶段

形形色色的爱情

社会心情学家的爱情理论（之一）

社会心情学家的爱情理论（之二）

弗洛依德爱情论

女权主义者的爱情

冬夜暖光



L o v i n g

情爱篇





Love or Liking?

爱与喜爱

文章题解

我们可能会听到某个朋友说：“我很喜欢他（她），可是我并不爱他（她）。”这个朋友可能懂得什么是爱，什么是喜欢，知道这两种感情的界限。然而，许多刚刚处于恋爱中的人们，甚至结婚经年的人，可能会对自己对恋人或配偶的感情觉得困惑不已。他们会问自己：“我是否是真的爱他（她），还是只是喜欢他（她）？”本文从《婚姻与家庭社会学》及《婚姻与家庭》两本书中各摘选了一篇文章，分别介绍了社会学家和社会心理学家对这两种感情的界定与研究，并且探讨了它们对婚姻的影响。在两篇文章之后附上一个对这两种感情的测试，读者不妨一试。

社会学家认为喜爱是一种愉悦之情，我们之所以喜爱某人是因为这个人能给我们某种回报，或者因为这个人对我们很好；如果这个人不再给我们好处，我们的喜爱之情就随之减弱。而爱情是对一个人强烈的依恋之情，珍爱之情，它更充满情感，它既会让人感到幸福，也会使人痛苦。我们并不一定要我们所爱的人为我们做什么，只是希望能凝视着他（她）；被爱的人并不一定要以爱相报，甚至可能是态度冷淡、拒人千里之外、乃至无礼的，

但仍然被爱着。喜爱和爱情这两种情感常常微妙地交织在一起，一些社会学家认为，婚姻应建立在坚固的相互喜爱的感情上，而不是在理想化的浪漫的爱情之上。您同意上述的观点吗？

英文阅读

Liking versus Loving in Sociologists' Eyes

We commonly make a distinction between people we like and those we love. "I *like* him well enough, but I just don't *love* him." This distinction is well founded sociologically. Two different processes are involved: we *like* those persons who do **rewarding** things for us. On the other hand, we *love* a person for whom we have a very strong emotional **attachment**, as if they were the most valuable things in the world, *Liking* is a pleasant feeling, a type of gratitude we feel for someone who has done good things for us.

⁽¹⁾ *Loving* exists in a different dimension. It needs not be a pleasant feeling at all; it is much more emotional, quite possibly upsetting or elevating¹. We want to be near the person we *love*, but not necessarily to have him do anything for us; instead we want only to **gaze upon** that person, be **in his presence** or do things for him. *Liking* then, is linked to the rewards one gets from another. If the other person stops rewarding you, your liking for him diminishes². *Love* may work in quite the opposite way. ⁽²⁾ *Love* arises in situations that may be

¹ elevate /'eliveitin/ a. 振奋的，激励的；使升高

² diminish /dɪ'mɪnɪʃ/ vi. 减少，缩减

closer to those ordinarily **provoking** hate. A *loved* person may be cold, rejecting¹, or even insulting and still be loved. The rejection may even enhance the love. ⁽³⁾ The **idol** is still an idol even if he does not **respond to** his worshiper; in fact, the idol may become even more elevated thereby. Of course, this degree of idealization in *love* may become so unrealistic as to be considered neurotic². But it also exists to some degree in the *loving* feeling of concern for the other's well-being, and of giving oneself for the loved one's happiness.

We should ask, then, when we encounter theories about love, whether they are really about love or about liking. Often the two are linked together in subtle ways. ⁽⁴⁾ Some sociologists have argued that marriage choices should be based in the solid grounds of *liking* rather than on the starry idealization of romantic *love*. Whether such advice has any relevance to the world of how people really behave is another matter.

—Adapted from Randall Collins and Scott Coltrane. *Sociology of Marriage and the Family*. Nelson Hall Publishers, 1992

Liking versus Loving in Social Psychologists' Eyes

In defining *love* as an emotion, it is important to distinguish it from another, similar feeling—*liking*. ⁽⁵⁾ Liking is not as powerful as loving, and research shows liking may be more **rational**—a result of thinking rather than feeling.

Social psychologists investigated the differences between liking

¹ rejecting /ri'dʒektɪŋ/ a. 拒绝的, 排斥的

² neurotic /nju'rɒtɪk/ a. 神经质的

and loving. They found that people *like* others whom they respect, evaluate highly, or who appear **similar** to themselves in values, attitudes, or social class. *Liking* often involves recognition of an individual's socially desirable qualities—believing that someone is unusually well-adjusted or capable of good judgment, for instance. *Loving*, however, is different. ⁽⁶⁾ Research has generally found the overriding¹ component² of love to be its emotional intensity. It involves emotional closeness and attachment to a person thought to be unique and indefinably special. Lovers often feel that they can confide³ “almost anything” to each other or that, if they were lonely, their “first thought” would be to seek out⁴ their beloved.

⁽⁷⁾ Another social psychologist who studied the emotional aspect of love, distinguished love from liking, labeling them “passionate⁵ love” and “companionate⁶ love” respectively. While *liking* is sensible and rational and increases in accordance with partners' similarities, *loving* is less predictable. Furthermore, they found that passion between lovers often develops in irrational or illogical ways. “Passion sometimes develops under conditions that would seem more likely to provoke aggression and hatred than love. For example, ... individuals experience intense love for those who have rejected them.” They hypothesized⁷ (with some support from their research) that negative

¹ overriding /'ouvə'reɪdɪŋ/ a. 压倒一切的

² component /kəm'pəʊnənt/ n. 组成部分, 成分

³ confide /kən'faɪd/ vt. 吐露 (秘密等)

⁴ seek out 搜寻, 挑出

⁵ passionate /'pæʃənɪt/ a. 热烈的; 被情欲所支配的

⁶ companionate /kəm'pænjənɪt/ a. 相伴的, 伴侣的, 友爱的

⁷ hypothesize /haɪ'pɒθaɪz/ vt. 假设, 假定

emotions can arouse passion because they cause a heightened emotional state. ⁽⁸⁾ This is not to say that passion is always negatively generated; both positive and negative emotions heighten the passionate component of loving. Though not all research psychologists agree with this interpretation, there is some support for the theory from counseling psychologists. Many maintain that conflict may heighten rather than weaken the emotion of loving, because, properly resolved, conflict can generate greater mutual knowledge and intimacy as the partners reveal themselves in their effort to resolve their differences.

Some researchers synthesized¹ the loving/liking types and the passionate love/compassionate dichotomy² in research investigating the course of love over time. They found that passion decreased in relation to the length of time a couple had been married. However, the companionate love a couple felt remained uniformly high. This study has significant methodological weaknesses—it uses a small, unrepresentative sample and does not really follow the course of love over time, but depends on comparison of different couples with different lengths of marriage. Looking at the whole body of research on love, however, some social psychologists conclude that although passionate love loses its fight against time, companionate love does not. ⁽⁹⁾ The friend/lover who shored up³ our self-esteem, shared our attitudes and interests, kept us from feeling lonely, reduced our anxiety, and helped us get the things we wanted early in the relationship continues to be appreciated many years later.

¹ synthesize /'sɪnθaɪz/ *vt.* 综合

² dichotomy /daɪ'kɒtəmi/ *n.* 二分法, 一分成二 (这里指夫妻双方关系)

³ shore up 支撑, 支持

—Adapted from Mary Ann Lamanna and Agnes Riedmann.
*Marriage and Families—Making Choices throughout the
Life Cycle*. Belmont, California: Wadsworth Publishing
Company, 1985

Measuring Love and Liking

Do you love a person or like him/her? Fill in the person's name in the blanks; then give each statement a score ranging from 1 (strongly disagree) to 9 (strongly agree), with 5 representing neutral (neither agree nor disagree). Add up the two scales. Which is higher?

Love-Scale Items

1. If _____ were feeling badly, my first duty would be to cheer him (her) up.
2. I feel that I can confide in _____ about virtually everything.
3. I find it easy to ignore _____'s faults.
4. I would do almost anything for _____.
5. I feel very possessive toward _____.
6. If I could never be with _____, I would feel miserable.
7. If I were lonely, my first thought would be to seek out _____.
8. One of my primary concerns is _____'s welfare.
9. I would forgive _____ for practically anything.
10. I feel responsible for _____'s well-being.
11. When I am with _____, I spend a good deal of time just looking at him (her).
12. I would greatly enjoy being confided in by _____.
13. It would be hard for me to get along without _____.

Liking-Scale Items

1. When I am with _____, we are almost always in the same mood.
2. I think that _____ is unusually well-adjusted.
3. I would highly recommend _____ for a responsible job.
4. In my opinion, _____ is an exceptionally mature person.
5. I have great confidence in _____'s good judgment.
6. Most people would react very favorably to _____ after a brief acquaintance.
7. I think that _____ and I are quite similar to each other.
8. I would vote for _____ in a class or group election.
9. I think that _____ is one of those people who quickly wins respect.
10. I feel that _____ is an extremely intelligent person.
11. _____ is one of the most likable people I know.
12. _____ is the sort of person whom I myself would like to be.
13. It seems to me that it is very easy for _____ to gain admiration.

—Adapted from Z. Rubin. “Measurement of Romantic Love”.
Journal of Personality and Social Psychology 16(1970): 267

关键词语

rewarding /ri'wɔ:diŋ/ a. 有益的；报答的

◇ It is a *rewarding* experience for young people to labor in

fields in the countryside.

attachment /ə'tætʃmənt/ *n.* 依恋

- ◇ As a Chinese national in the U. S., he is loyal to his new country, but he still feels strong *attachment* to his mother country.

gaze upon 凝视

- ◇ They had never before *gazed upon* such beautiful scenery.

in one's presence or in the presence of 在某人面前

- ◇ The little girl is always shy *in the presence of strangers*.

provoke /prə'vɒk/ *vt.* 激起, 惹

- ◇ Oppression *provoked* the people's indignation.

idol /'aɪdəl/ *n.* 偶像

- ◇ When teenagers grow up, they laugh at the *idol* they once worshipped.

respond to 做出相应的反应

- ◇ She *responded to* the news of the death of Prince Diana by bursting into tears.

rational /'ræʃənəl/ *a.* 理性的

- ◇ Human beings are *rational* animals.

similar to 相似

- ◇ His new car is *similar in shape to* mine.

难句翻译

- (1) Loving exists in a different dimension. It needs not be a pleasant feeling at all; it is much more emotional, quite possibly upsetting

or elevating .

爱情则属于另一不同的范畴。它完全不必是愉悦之情，而是更情绪化，它很可能会让人相当心烦意乱，或者使人精神倍添。

- (2) Love arises in situations that may be closer to those ordinarily provoking hate.

产生爱情的环境有可能与那些常常会激起仇恨的环境更相近。

- (3) The idol is still an idol even if he does not respond to his worshiper; in fact, the idol may become even more elevated thereby.

即使偶像对他的崇拜者无动于衷，偶像也依然是偶像；事实上，偶像也许由此更加令人仰慕。

- (4) Some sociologists have argued that marriage choices should be based in the solid grounds of *liking* rather than on the starry idealization of romantic *love*.

有些社会学者说，婚姻的选择应基于深厚的喜爱之情，而不是以眩目的理想化的浪漫爱情为基础。

- (5) Liking is not as powerful as loving, and research shows liking may be more rational—a result of thinking rather than feeling.

喜爱之情并不像爱恋那么强烈。研究表明，喜爱之情可能更加理性，是思考的结果，而不是出自于感情。

- (6) Research has generally found the overriding component of love to be its emotional intensity.

研究已经大体发现，爱情最主要的成分是其浓烈的感情色彩。

- (7) Another social psychologist who studied the emotional aspect of love, distinguished *love* from *liking*, labeling them “passionate love” and “companionate love” respectively.

另一位研究关于爱情的情感方面问题的社会心理学家也把爱情与喜爱加以区分，把两者分别称为“激情之爱”和“伴侣之爱”。

- (8) This is not to say that passion is always negatively generated; both positive and negative emotions heighten the passionate component of loving.

这并不是说，激情总是在消极的情感中产生，积极的和消极的情感都能加强爱情的激情成分。

- (9) The friend/lover who shored up our self-esteem, shared our attitudes and interests, kept us from feeling lonely, reduced our anxiety, and helped us get the things we wanted early in the relationship continues to be appreciated many years later.

在双方相处初期我们的朋友/恋人曾维护我们的自尊，与我们志趣相投，让我们不再孤独，减轻我们的焦虑并且帮助我们获得我们企望的东西；这样的朋友/恋人在多年之后也依然为我们所欣赏。

How Do I Love Thee?

爱情的三要素与种种爱情

文章题解

有人称爱情是雾里看花，他们处理自己情感的态度是“跟着感觉走”。然而许多社会科学家与自然科学家在对人类的爱情这种情感进行着理性的分析与研究，并形成了各种爱情理论。耶鲁大学的研究人员罗伯特·斯特恩伯格发展了他的“爱情三角构架”理论。他认为爱情包括三个主要要素：亲密无间的关系、激情满怀的状态和情感的专注。这三个要素构成了爱情三角构架的三个顶角。亲密无间的关系是爱情的情感要素，相亲相爱、相互支持和共同分享是这个要素的主要特征；激情是爱情的动机要素，缠绵悱恻的柔情与云雨交欢的愉悦促使人们追求爱情；感情的专注与相依相守是爱情的认知要素。爱情三要素的各种组合，组成了八种可能的爱情。这当中有三项要素皆无的非爱情，也有只有激情的一见钟情式的爱情，还有三项要素俱在的完美的爱情等等。世间的人们希冀着完美的爱情。斯特恩伯格说，要获得完美的爱情就如同减肥一样，很难办到，但并非是可望而不可及的神话。