

美国医学科普小品精选

林耀寰 编

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前 言

本书为精心选编的文章，词汇丰富，句型多样，题材广泛，形式多样。文章主要选取美国读者文摘中令人感兴趣的内容，如长生不老、理想运动、什么是幸福、品格的锻炼、营养食品、眼睛的保护和头发的保养之类。因此，不论你的专业是什么，只要你有中学或自学的英语基础，愿意继续提高你的英语水平，或对人体保健小品感兴趣的话，请你将此书一读，定会有所裨益。

在本书编译过程中，得到了很多同志的支持，特别是解放军总医院叶惠芳教授和段容贞主任给了热情的关怀和大力帮助，在此表示衷心感谢。

由于编者水平有限，书中缺点和错误在所难免，敬请读者批评指正。

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In a major new survey of nearly 100,000 Americans, a Columbia University psychology professor reveals some surprising--and reassuring--findings about the pursuit of man's most cherished state

1. HAPPINESS: WHO HAS IT, AND WHY

Happiness is one subject everyone thinks about but few seem to understand. Some gain happiness and keep it, others momentarily⁽¹⁾ grasp⁽²⁾ it, then lose it. A few never experience it at all. Yet however elusive happiness may be, it is attainable no matter how miserable you may have been in the past.⁽³⁾

These views of man's most cherished state are reflected in research findings set forth in a new book called HAPPY PEOPLE,⁽⁴⁾ written by Jonathan L. Freedman, a professor of psychology at Columbia University⁽⁵⁾. The book

sams up the testimony of nearly 100,000 Americans who responded to detailed questionnaires on elements of happiness⁽⁶⁾—what it is, who has it and why.

HAPPY PEOPLE reveals much that is new and reassuring about happiness⁽⁷⁾. For example,

- * People do not become less happy as they grow older.

- * Money can't buy happiness.

- * Unhappy children are not doomed to be unhappy adults⁽⁸⁾.

- * Most Americans are happy.

The questionnaires prepared by Freedman and his colleagues⁽⁹⁾ originally⁽¹⁰⁾ appeared in *Psychology Today* magazine and *Good Housekeeping*⁽¹¹⁾. Professor Freedman also incorporated the results of many other surveys, so that his overall findings are representative of the nation in general.⁽¹²⁾ Here are some of the patterns that emerged.⁽¹³⁾

Love and Sex: People see love as the key to happiness. Those who love and are loved in return are happier than others.⁽¹⁴⁾ Great prosperity, a high-status job, health, personal attractiveness, marriage, even sex—none of these make up for a lack of love.⁽¹⁵⁾ "You can be happy without a good sex life, and you can

have a good sex life and be unhappy". Freedman points out⁽¹⁶⁾, though sex is an important element in happiness for most people.

Marriage: Being married makes happiness easier, even in an age of widespread divorce.⁽¹⁷⁾ "Despite changing attitudes toward marriage and the incredible high divorce rate," says Freedman, "a vast majority of our population seem to find happiness in marriage and to be unhappy if they remain single too long."⁽¹⁸⁾

The Single Life: Single men and women are generally less happy than married ones. Still, the questionnaire replies⁽¹⁹⁾ revealed⁽²⁰⁾ sharp⁽²¹⁾ differences between the sexes. After age 40, the "happiness gap" between single and married men seems to disappear, while it increases between single and married women. For many reasons, life seems particularly hard for single women as they age.

Divorce: Those who are divorced are much less happy than those who maintain a central love relationship.⁽²²⁾ So it comes as no surprise that most who get divorced eventually remarry.⁽²³⁾ And those who do get married again, the survey indicates, are much better off than those who do not.

Second marriages have at least as much

potential⁽²⁴⁾ for happiness as first ones. "One failure, on poor choice, one relationship that does not work out, may cause considerable unhappiness,⁽²⁵⁾ but it does not seem to reduce one's chance for finding happiness in marriage or in general." In fact, survey results indicate that for men the second marriage is happier than the first. Unfortunately,⁽²⁶⁾ women, on average, are slightly less happy in a second marriage.

Working Wives. One of the questions in the survey asked people if they suffered from headaches, sleeplessness, worries, loneliness, etc. — since people who do consider themselves less happy than those who don't.⁽²⁷⁾ Married women who do not work are much more likely to have these kinds of symptoms,⁽²⁸⁾ the book says. "Employed⁽²⁹⁾ wives are less anxious⁽³⁰⁾ and worried, and less likely to feel worthless⁽³¹⁾ than housewives."

Age and Happiness. Despite widespread belief that the middle years are the happiest, the survey says this isn't so.⁽³²⁾ Nor does old age inevitably mean the onset of unhappiness.⁽³³⁾

An intriguing sidelight of the survey is the discovery that people become gradually less happy with the state of their health from age

20 to age 45, but then things level off.⁽³⁴⁾

"From the age of 45 on, people do not report any noticeable change in the extent⁽³⁵⁾ to which health is a problem or a source of unhappiness."

As might be expected, major factors contributing to unhappiness in old age are reduced income, loss of a spouse, and the boredom of retirement. Yet, on the whole, "the reported happiness levels of people in the later years, including a great many who have retired, is no lower than in any other group."⁽³⁶⁾ In fact, older people are more likely to say that they are very happy than any other age group in the survey.

Income and Education: A large part of the influence of money and education on happiness derives from one's original expectations.⁽³⁷⁾ If you thought you'd earn a lot, perhaps because of extensive education, and did, you may have a "so what?" attitude.⁽³⁸⁾ But if your expectations have been overfulfilled, the happiness that comes from getting more than you thought you would get can be quite pronounced. "The happiest groups were those with little education who earned a lot, while the highly educated who earned a lot were not so well off⁽³⁹⁾ psychologically."⁽⁴⁰⁾

Job and Happiness: Satisfaction⁽⁴¹⁾ with your work is more important element of happiness. than anything except love and marriage, the survey makes clear. Ranking⁽⁴²⁾ various occupations by the happiness of the workers revealed⁽⁴³⁾ that⁽⁴⁴⁾ clerks⁽⁴⁵⁾ were at the bottom⁽⁴⁶⁾ of the range, secretaries and blue-collar workers came next, then architects,⁽⁴⁷⁾ college professors, nurses and managers. And at the top of the contentment scale came clergymen, psychologists and entertainers.⁽⁴⁸⁾

"One of the enigmas of this survey," Freedman writes, "is that lawyers and, even more so, doctors, rated themselves as relatively unhappy."⁽⁴⁹⁾

Childhood and Adolescence:⁽⁵⁰⁾ Although the key to happiness does not lie in one's childhood experiences, it does seem to be associated⁽⁵¹⁾ with a child's relationship⁽⁵²⁾ with the same-sex parent and with childhood guilt⁽⁵³⁾—"two factors from early life closely related to adult unhappiness."

Is there, then, such a thing as a "recipe"⁽⁵⁴⁾ for happiness? Probably not. But there are recurring⁽⁵⁵⁾ elements in the lives of very happy people that suggest some answers.

To love and be loved in return. To have enough

money, but not necessarily a great deal.⁽⁵⁶⁾ To have meaning and direction in life, and a sense of control over it. To have received more from life than you expected.

As Freedman concludes: "the pursuit of happiness is difficult and chancy, but you are never eliminated from the game."⁽⁵⁷⁾ No matter how unhappy you are now or were in the past, you can still find happiness in the future."

Notes

1. momentarily ['meɪntənterɪli] ad. 瞬息间, 短暂地
2. grasp [grɑ:sp] v. 抓住, 握住, 掌握
3. Yet however elusive happiness may be, it is attainable no matter how miserable you may have been in the past.

然而, 尽管幸福如此难以捉摸, 但你还是可以得到它, 不管你过去的境况如何悲惨。

- 1) elusive [ɪ'ljʊ:sɪv] a. 躲避的, 难以捉摸的
- 2) attainable [ə'teɪnəbl] a. 可达到的, 可获得的
- 3) no matter 之后的句子是让步状语从句
- 4) miserable ['mɪzərəbl] a. 痛苦的, 悲惨的
4. These views of man's most cherished state are reflected in research findings set forth in a new book called Happy People.

在一本叫做“幸福的人们”的新书中, 可以看到这些关于人生最佳境况的论点。

- 1) view [vju:] n. 观察, 观点
- 2) cherish ['tʃerɪʃ] v. 珍爱
- 3) state [steɪt] n. 状态, 状况
- 4) forth [fɔ:θ] prep. 出自, 来自

5. Professor of psychology at Columbia University
哥伦比亚大学心理学教授
6. the book sums up the testimony of nearly 100,000 Americans who responded to detailed questionnaires on elements of happiness.....

这本书总结了将近10万个美国人回答详细调查幸福问题的答案.....

- 1) sum up 总结, 概括, 集中
- 2) testimony ['testiməni] n. 陈述, 证明
- 3) respond [ris'pɒnd] v. 作答, 答复
- 4) detail ['di:teɪl] v. 详述, 细说
- 5) questionnaire ['kwɛstɪə'nɛə, 'kwɛstʃə'nɛə] n. 调查表
- 6) Who 引导的句子是定语从句, 修饰 Americans
7. Happy People reveals much that is new and reassuring about happiness.

《幸福的人们》揭示出许多关于幸福的新的令人宽慰的论点。

- 1) reveal [ri'vi:l] v. 揭示
- 2) much [mʌtʃ] n. 许多 (内容)
- 3) that 之后的句子是定语从句, 修饰 much
- 4) reassure [ri:ə'ʃuə] v. 使放心, 使消除疑虑
8. Unhappy children are not doomed to be unhappy adults.

不幸福的儿童并非注定成为不幸福的成年人。

- 1) unhappy a. 不幸福的
- 2) doomed [du:m] v. 注定
- 3) adult ['ædʌlt] n. 成年人
9. colleague ['kɒli:g] n. 同事
10. originally [ə'ridʒənəl] ad. 最初, 原先
11. Good Housekeeping 《好管家》(杂志名)
12. Professor Freedman also incorporated the results of many other surveys, so that his overall findings are representative of the nation in general.

弗里德曼教授还结合了其他观察结果, 因此他的全部发现代表了国家的普遍情况。

- 1) incorporate [in'kɔ:pəreit] v. 使结合, 合并
- 2) survey [sə(:)'vei] n. 调查, 观察
- 3) so that 之后的句子是结果状语从句

- 4) overall ['ouvəɜ:ɪ] a. 全面的, 全部的
- 5) representative [reprɪ'zentetɪv] a. 足以代表的
- 6) nation ['neɪʃən] n. 国家
- 7) in general 普遍地, 总的说
13. Here are some of the patterns that emerged,
这里列举一些经常出现的情况:
 - 1) pattern n. 典型
 - 2) that emerged 是定语从句, 修饰 pattern
 - 3) emerge [i'mə:dʒ] v. 出现, 表现
14. Those who love and are loved in return are happier than others.
那些爱别人并被人所爱的人较其他人更幸福。 *in return*
 - 1) Who...in return 是定语从句, 修饰 those
 - 2) are loved 是被动语态句型
 - 3) in return 反过来, 作为对……报答
15. Great prosperity, a high-status job, health, personal attractiveness, marriage, even sex — none of these make up for a lack of love.
巨大的成功, 高职位, 健康, 个人的美貌, 婚姻, 甚至性生活 —— 其中任何一种都不能补偿爱的缺欠。
 - 1) prosperity ['prɒspərɪtɪ] n. 幸运, 成功, 繁荣昌盛
 - 2) status ['steɪtəs] n. 地位
 - 3) attractiveness [ə'træktɪvnis] n. 有吸引力, 有迷惑力
 - 4) marriage ['mæɪrɪdʒ] n. 结婚, 婚姻
 - 5) none [nʌn] pron. 没有人, 没有任何东西, ……中任何一个都不……
 - 6) make up for 补偿, 弥补
 - 7) lack [læk] n. 缺陷, 不足
16. point out 指出
17. divorce [dɪ'vɔ:s] n. 离婚
18. "Despite changing attitudes toward marriage and the incredible high divorce rate," says Freedman, "a vast majority of our population seem to find happiness in marriage and to be unhappy if they remain single too long."
“尽管结婚的观点在改变且离婚率高得惊人”, 弗里德曼说, “但绝大多数人似乎在婚姻中得到了幸福, 而且独身时间太长则不幸福。”

- 1) despite [dis'pait] prep. 尽管, 任凭
- 2) attitude [ætitju:d] n. 态度, 看法
- 3) incredible [in'kredəbl] a. 难以置信的, 惊人的
- 4) a vast majority of our population 绝大多数人
- 5) if 引导的句子是条件状语从句
- 6) single ['singl] a. 单身的, 独身的
19. reply [rip'lai] v. 回答, 答复
20. reveal [ri'vi:l] v. 出现
21. sharp [ʃɑ:p] a. 明显的
22. Those who are divorced are much less happy than those who maintain a central love relationship.
那些离了婚的人都不如那些保持固定情侣关系的人幸福。
 - 1) 二个 who 引导的句子都是修饰其前 those 的定语从句
 - 2) relationship [ri'leiʃənʃɪp] n. 亲属关系
23. So it comes as no surprise that most who get divorced eventually remarry.
因此, 很多人离婚后又再婚就不奇怪了。
 - 1) no surprise 难怪
 - 2) surprise [sə'praiz] n. 惊奇
 - 3) that 引导的句子是主语从句。
 - 4) who get divorced 是定语从句, 修饰 most
 - 5) eventually [i'ventʃuəli] ad. 最后, 终于
 - 6) remarry [ri:'mæri] v. 再婚
24. potential [pə'tenʃəl] n. 潜力, 可能
25. "One failure, one poor choice, one relationship that does not work out, may cause considerable unhappiness, ...
"一次失败, 一个错误的选择, 一次不成功的结合会造成相当大的不幸,
 - 1) failure ['feiljə] n. 失败
 - 2) that does not work out 是定语从句, 修饰 relationship
 - 3) work out 作出
 - ✓ 4) considerable [kən'sidərəbl] a. 相当大的, 很大的
26. unfortunately [ʌn'fɔ:tʃənɪtli] ad. 不幸, 遗憾, 可惜
27. One of the questions in the survey asked people if they suffered from headaches, sleeplessness, worries, loneliness, etc. ...since people who do consider themselves less happy