

ISSUE 2

Are You Happy?

What makes you happy? More fundamentally, what does “happiness” mean? The way we answer these questions is very important if we want to achieve a happy life. We should know what makes us feel satisfied and sad. That way we could pursue some situations and evade others. Everyone is different in terms of what he desires and what he despises. For example, most people seem to want more money, thinking it will make them happier, but some believe that material desire is endless and thus causes eternal trouble.

What makes you happy?

- (1) Being healthy and physically attractive
- (2) Having money
- (3) Preserving my integrity
- (4) Doing my job well
- (5) Having friends
- (6) Being in love
- (7) Accomplishing my goals
- (8) Having a hobby
- (9) Learning more
- (10) Getting a college diploma



Sample Answers

(A) I would say that being in love is the happiest feeling in my life, except that every time I've been in love I've felt *miserable*. You want the other person to love you *in return*, so you are *hyper-sensitive* about whether that is true or not. If you are not with your loved one all the time, you feel lonely and anxious. Emotionally, it's like being *on a roller coaster* at the amusement park, but the ride never ends.

(B) If I had my diploma I could do anything in life I wanted. It would be easier to find a better job and make more money. I could attend concerts and sporting events and take wonderful vacations. I could drive a nice car and live in a big house. And I'd be able to be friends with rich, attractive, successful people. But, unfortunately, studying doesn't make me happy at all!

Speak Your Mind

1. How do you usually respond if your friend asks if you are happy?
2. Are you satisfied with your current life? Why or why not?
3. What is your *secret* for a happy life? Is it *applicable* to other people?
4. Does money make people happy? Or does the love of money destroy their happiness?
5. How do your friends make you happy? When do they disappoint you?
6. Do you think knowledge makes people happy or unhappy?
7. We *overlook* a lot of trivial and routine things that actually make us happy. Name some "unimportant" things that are *vital* to your happiness.
8. A certain man is handsome, intelligent, and rich, and everybody knows and respects him. He has a beautiful wife and terrific children. The whole family enjoys a high social *status*. Do you think he is always happy? Why or why not?
9. We must learn how to be happy and then *work at* it. What have you learned about happiness? How do you practice happiness?

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F : I feel wonderful today!

M : I thought you felt wonderful every day. Is today special?

F : Well, of course, every day is wonderful, and I do feel terrific all the time. But, yes, today is a very special day indeed!

M : Why? It's just like any other Wednesday.

F : No, it's not. It is a Wednesday beyond compare!

M : Why? How?

F : Today is the Wednesday that will notify me that I just won the lottery. I know I won! I can *feel it in my bones*!

M : Are you sure you won? Have you checked the newspaper?

F : Not yet. I'm delaying as long as I can, because I love the happy sense of *anticipation*. When the *suspense* has *built up* to the point where I can't take it any more, then I'll check out the winning numbers.

M : And then what?

F : And then I'll find out that I actually won, and my excitement will know no *bounds*!

M : Gosh, I sure hope you win. You're so high that a fall in your spirits if you lose could be *downright* painful.

F : Don't worry. I'm so high because I know I'll win. It's just impossible for me to lose!



ISSUE 3

When You Have a Cold

Colds are not fatal, but they assure maximum discomfort to their sufferers. A person with a cold not only coughs and sneezes regularly but also has a runny nose, a fever, a headache, a sore throat, and congested nasal passages all at the same time. It is hard to concentrate or stay awake, yet it is also difficult to fall asleep. Even though it only lasts a day or two in its severe stage, the time of suffering seems endless. An odd but important fact is that, even though the cold is the most common illness known to man, repeatedly affecting nearly everyone, there is no known cure. Antibiotics don't work well because every cold virus is unique.

Do you rush to see the doctor whenever you get a cold?

- (1) Yes. That's what doctors are for — making us feel better when we're sick — isn't it?
- (2) I just take some aspirin and try to go about my normal routine.
- (3) I relax and stay at home, knowing I'll recover soon.



+congested : blocked with some liquid

+last : continue; go on

+antibiotic : drug used to kill bacteria and cure infections

+unique : being the only one of its kind

Sample Answers

(A) I always tell myself when I get a cold to just stay at home, drink plenty of liquids, and get lots of sleep until I feel better. But somehow, instead, I try to ignore the cold as much as I can. I take medicine and go to work, but I feel terrible all day, I don't get much accomplished, and I probably just *infect* other people. Maybe next time I'll take my own advice!

(B) Patients want their physician to *relieve* their various medical problems. And the doctors want to be helpful, not only because of their professional obligation but also because they know the patient will find a new doctor if they don't help. But this mutual attitude has led to some very severe problems, related especially to the overuse of antibiotics. So viruses are *adapting* themselves to the most widely used drugs and making them ineffective. So I never go to the doctor for some minor *ailment* like a cold. I want those vaccines to be useful when I really need them!

Speak Your Mind

1. How often do you feel tired? What do you do at those times?
2. How often do you catch a cold? How do you find relief from it?
3. Do you sometimes have a stomach ache? How do you *cope with* it?
4. Do you ever *suffer from* a headache? Do you take aspirin or deal with it some other way?
5. Do you regularly take vitamins?
6. Have you ever suffered from *insomnia*? What did you do?
7. Are you afraid of the *side effects* of any medicine?

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F : Do you ever worry about the side effects of any medicines you're taking?

M : Why, no. I just follow the instructions carefully. Why do you ask? Is my skin turning green or something?

F : No, but I'm afraid mine might. I hardly ever take medicine, not even aspirin, but my doctor just prescribed a whole *slew* of them for my back pain, and I'm worried about how they might affect me.

M : Well, prescribing medicines is not an exact science. Sometimes the drugs will affect one person differently than another. People have different *tolerances*, and some people are allergic to certain medicines. So if you have any *adverse* effects, it might be a good idea to *discontinue* their use and see your doctor again right away.

F : Yes, that's what the doctor told me. How likely is it that I'll have problems?

M : *The odds are in your favor*. Medicines are pretty *exhaustively* tested before they're allowed on the market, and very few people have any trouble as long as they follow the directions carefully. But there's always that odd exception, so watch yourself. Be careful.

F : This is the reason why I usually avoid medicines: I'm afraid of the after-effects.

M : Being a little cautious is good for everyone, but I wouldn't worry so much. The doctors usually don't offer prescriptions to medicines they're not familiar with.

F : But I hear horror stories about people who follow directions carefully and still have something terrible happen. They get a heart attack or go blind or something like that! I'm very concerned.

M : Usually the side effects are minor but unpleasant. People get *blurred* vision or stomach *cramps* or something like that. But they're just having a bad case of anxiety attack.

F : Really? What do you think I should do?

M : Why don't you see a doctor? He can probably prescribe something else that will calm your *nerves*.

→ *slew* : large number

→ *tolerance* : ability to withstand

→ *adverse* : not favorable; going against or in an opposition direction

→ *discontinue* : stop

→ *the odds are in (sb's) favor* : chances are good

→ *exhaustively* : thoroughly

→ *blurred* : unclear

→ *cramp* : sudden severe pain

→ *nerves* : feeling worried or frightened