4	A mass suspended from a spring is oscillating vertically. The oscillations are damped.
	Which of the following statements is correct?

■ A The damping force is always in the opposite direction to the acceleration.

**B** The damping force is always in the opposite direction to the velocity.

The damping force is always in the same direction as the acceleration.

**D** The damping force is always in the same direction as the velocity.