

Memory

Dictionary Studies: Read this dictionary entry for *memory*.

mem-o-ry n., pl. **-ries**

1. The ability to keep and remember things in the mind.
2. Everything that a person can remember.
3. Something remembered.
4. The fact of being remembered.
5. Computer Science: The part of a computer that stores data and information.

Now read the sentences below. Decide which definition above matches how *memory* is used in each sentence. Write the number of the definition on the appropriate line.

1. ____ This plaque is dedicated to the memory of our company's founder.
2. ____ My memory isn't as good as it used to be.
3. ____ Perhaps you should increase your laptop's memory.
4. ____ This trip will give you memories to last a lifetime.
5. ____ Nothing like this has ever happened before in my memory.

Quick Quote: Look at this quote about memory by the British poet, Christina Rossetti (1830-1874).

Better by far you should forget and smile
Than that you should remember and be sad.

Now decide which sentence below is closest in meaning to what Christina Rossetti said.

1. A smile can help you forget a bad memory.
2. Bad memories can make you unhappy, so try to put them out of your mind.
3. It's impossible to forget a bad memory, so don't try.

Word Preview: The underlined parts of the sentences below are the key words in today's reading. Complete each sentence with the correct choice.

1. Traumatic events are those that are especially _____.
a. sudden b. shocking c. romantic
2. If you remember something vividly, you remember it _____.
a. clearly b. permanently c. easily
3. A sophisticated machine or technique is one that is very _____.
a. difficult to operate b. easy to use c. advanced and complex
4. If a thought or idea engages a certain part of the brain, it _____ it.
a. develops b. damages c. involves
5. To treat a disease or medical condition is to try to _____ it.
a. understand b. cure c. research
6. A person who suffers from nightmares _____.
a. can't fall asleep b. has bad dreams c. talks in his/her sleep
7. If an idea lingers in the mind, it _____ there.
a. starts b. disappears c. stays
8. If something exacerbates a serious situation, it _____ it.
a. makes it better b. makes it easier to understand c. makes it worse

Reading: Read the essay below carefully.



Let's say you have been in a serious car accident. Or a close relative or friend has passed away. Or perhaps someone you were madly in love with has left you for someone else. If you're anything like me, you know that memories of traumatic events like these are particularly hard to erase from the mind. They are remembered much more vividly than normal memories. What is the reason for this?

Researchers at Duke University, using sophisticated brain-imaging techniques, have come up with an answer. Bad memories not only engage the part of the brain that controls memory, but they also involve the amygdala, the brain's emotional center. This interaction between feeling and remembering gives such memories a "special resonance." The Duke discovery may help us to better understand and treat post-traumatic stress disorder (PTSD). PTSD is a serious psychological condition caused by traumatic experiences. Its victims suffer from frequent flashbacks and nightmares in which they relive the original event over and over.

So, is there any way we can get rid of such bad memories? For centuries, alcohol has been believed to be helpful in "drowning one's sorrows." But a team of doctors at the University of Tokyo says no to that idea. Drinking just exacerbates things, they claim. Although alcohol may have some short-term benefits, it actually causes bad memories to linger in the mind much longer and stronger.

But hope is on the way. Another team of researchers, this time at Harvard University, has developed an "amnesia drug" that can help delete bad memories. The drug, known as Proponal, has already been used to treat victims of rape and serious accidents. In just ten days on the drug, patients were able to talk about their traumatic experiences more openly and calmly—the first step towards complete recovery.

Notes

1 relative 「身内」両親や兄弟も含み、親戚より広い意味を持つことに注意 2 passed away 「亡くなった」dieの婉曲的ないい方 2 were madly in love with madly = very much be in love with = to love 2 has left you for someone else 「あなたを捨てて別のの人に走った」 8 come up with = think of 9 amygdala 「小脳扁桃」脳の正面中央に位置し、感情を瞬時に処理するために不可欠な器官と考えられている。 11 The Duke discovery 「デューク大学での実験で発見されたこと」(the がついていることから前に述べられていることだとわかる) 12 PTSD 「心的外傷後ストレス障害」 14 relive 「(想像によって) 追体験する」 17 "drowning one's sorrows" 「悲しみを酒で紛らす」 21 hope is on the way 「希望が持てます」(←希望が近づいてきている) 22 "amnesia drug" 「記憶を喪失させる薬」 24 on the drug 「薬を飲み続けて」

Reading Comprehension: Complete each sentence below with the correct choice.

1. In paragraph 1, the death of a parent is mentioned as an example of a _____.
a. serious accident b. normal memory c. traumatic event
2. Researchers at Duke University used brain-imaging techniques to _____ the brain.
a. observe b. control c. change
3. The amygdala is the part of the brain that _____.
a. controls memory b. deals with feelings
c. causes people the most stress
4. If something has a "special resonance," it _____.
a. is stronger and lasts longer b. does a person more harm than good
c. causes post-traumatic stress syndrome
5. Alcohol's benefits for helping people overcome bad memories are _____.
a. permanent b. very well known c. temporary
6. The new drug Proponal _____.
a. is still only experimental b. hasn't been developed yet
c. has already proven to be effective in some cases
7. Getting rid of a bad memory often depends on _____.
a. reliving it in flashbacks b. being treated at Harvard University
c. being able to discuss it with others

Word Study 1: Fill in the blank in each Sentence B below so that it means the same as Sentence A. Use words from the Word Preview list on page 7. Be sure to use the correct grammatical form.

1. A. The audience found the lecture interesting.
B. The lecture _____ the audience's interest.
2. A. I can't forget the movie's last scene.
B. The movie's last scene _____ in my memory.
3. A. Aspirin helps lower a person's blood pressure.
B. Aspirin is used to _____ high blood pressure.
4. A. Children are very frightened by a stay in the hospital.
B. Being in the hospital is _____ for children.

Word Study 2: Decide what word from the Word Preview list you could use to... (The first one is done for you as an example.)

1. describe a professor of yours who is both elegant-looking and knows everything. sophisticated
I think Professor Sa to is very smart and sophisticated.

2. compare a really difficult English examination to. _____

3. explain how your favorite author describes his/her characters. _____

4. tell someone how the economic recession is making Japan's unemployment problems more serious. _____

Challenge: Write a short sentence of your own based on each situation in Word Study 2. Use the lines above. (The first one is done for you as an example.)

Pattern Practice: Look at this sentence from the reading.

Let's say you have been in a serious car accident.

The expression "Let's say..." is used to talk about "What if...?" situations—things that could happen or might have happened. For example, the question "What would you do with the money if you won the lottery?" can be rewritten as:

Let's say you won the lottery. What would you do with the money?

Now rewrite the questions below using the pattern in the example.

1. What kind of work would you like to do if you had already graduated from university?

2. Where would you like to live if you could no longer live in Japan?

3. How would you tell your teacher that you haven't finished your term report?

Listening: As you listen to the short talk, read the sentences below.

Circle T if the sentence is true, F if it is false.



1. T F The more attention you pay to something, the better you'll remember it.
2. T F It takes more than a minute for the brain to remember a piece of information.
3. T F The brain needs exercise, too.
4. T F Too much variety is not good for the brain.
5. T F The purpose of the talk is to show people how to be more intelligent.