

# 跳蚤 · 阅读 FLEA READER'S

## 第二辑①

掘地探宝

上帝的力量

赠挚友



外文出版社

跳蚤·阅读精品系列中英文对照文丛

**FLEA READERS**

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第二辑

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## 前 言

《跳蚤·阅读》(FLEA READERS) 是刘国彬教授和美籍专家迈克·理斯顿先生为大中学生和广大英语爱好者精心策划的一套英语课外读物,是针对教育部对目前英语教学现状提出的意见编撰的,旨在为广大中学生和大学低年级学生提供一套既实用又轻松的中英文对照读物。

这套书编排形式活泼新颖,文章短小精悍,图文并茂,注释详实,这是本书的第一个特点;

第二,本丛书取材广泛,纵横古今中外,品类繁多,包罗影视文(章)网(络)。

我们拟先推出三辑 30 本,以后再陆续添加。在本丛书的成书过程中,许多人都付出了大量的时间、精力和心血。我们在此向他们表示由衷的感谢。

尽管我们在尽最大的努力做好每一件事,但是失误仍然在所难免。希望广大读者一如既往地对我们的工作进行监督与批评,并欢迎广大读者随时与我们联系。

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## **The Secrets of Memory**

*By Lee Smith*

The alarm finally goes off in your head around 3 p. m. Your face flushes and your hands plow through the papers on your desk. You have accidentally stood someone up for lunch. It gets worse. You can't remember who. And still worse: You can't recall where you left your glasses, so you can't look up the name in your appointment book.

Why does our memory betray us? Is this a precursor of Alzheimer's disease? Are there ways to make memory clear again?

First, reassurance: a momentary loss of memory is probably not a sign of Alzheimer's<sup>①</sup>. People between 65 and 75 face only a four to ten percent chance of Alzheimer's versus a 20 to 48 percent chance for those over 85. Yet almost all of us will be tripped up by forgetfulness as we age. Memory may begin to get a little shaky even in our late 30s, but the decline is so gradual that we don't start to stumble until we're in our 50s. In recent years some neuroscience researchers have begun to pay more attention to this condition, called age-associated memory impairment.

**Making Memories.** Many scientists believe new information is absorbed and then processed into memory in

**LIFE AND KNOWLEDGE**



## 记忆的奥秘

李·史密斯



下午三点左右，警报终于在你脑中响起，你的脸红了，手在桌上的文件中乱摸，你忘了和某人的午餐约会。更糟糕的是你记不清约谁了。比这还糟糕：你想不起来眼镜放在哪了，因此你无法在记事本中查出这个人的名字。

为什么我们的记忆力靠不住？这是不是老年性痴呆症的前兆。有没有使记忆重新清晰的办法？

首先，请放心：暂时的记忆丧失不一定是老年性痴呆的征兆。65-75岁之间的人只有4%-10%的人有可能患这种病；而85岁以上的人在20%-48%之间。然而，随着年龄的增长，我们几乎都会受健忘的困扰。甚至我们近40岁时记忆力就开始有点不可靠了，不过这种衰退逐渐加深，我们要到50多岁才开始丢三落四。近些年，一些神经学研究人员已开始更加关注记忆力随着年龄的增长而减退的问题。

**记忆的形成。**许多科学家认为，新的信息是由脑子中部的海马体吸收，

① Alzheimer

[ˈælsəhaimə] 早老

性痴呆

the hippocampus, a seahorse-shaped organ in the center of the brain. The memories are then stored in sometimes bizarre patterns in various parts of the brain. The names of natural things, such as plants and animals, are apparently lodged in one part of the brain; the names of chairs, machines and other man-made stuff are in another. Nouns seem to be separated from verbs.

While age affects our ability to remember, other factors also make a difference. Marilyn Albert, a researcher at Massachusetts General Hospital, notes that among elderly people she has been studying, those who are less educated, less active physically and less able to control their day-to-day lives tend to experience greater memory loss than the better educated, who regard themselves as more in control.

**Five Types.** While most people distinguish between long-term and short-term memory, many scientists believe there are actually five types of memory, each with a different likelihood of decaying over time. In order of durability <sup>①</sup>, they are as follows.

**Semantic.** The memory of what words and symbols mean is highly resilient; about half of Aszheimer's patients retain much of their semantic memory. It's unlikely you'll forget what "prom" and "mess hall" mean, even though you haven't used the words in years. Nor do you forget religious symbols and corporate trademarks or what dis-



然后加工成记忆的。各种记忆随之储存在脑子的不同部位，有时储存的方式是稀奇古怪的。自然界事物的名称，如动植物的名称明显地停留在脑子的一侧；而椅子、机器和其它一些人造物品的名称则留在另一侧；名词与动词也似乎分开储存。

年龄影响我们的记忆力，其它因素同样会带来差别。马萨诸塞州总医院的研究人员马里琳·艾伯特发现，在她研究的老年人中，那些受教育程度低、不喜欢体育活动、在日常生活中自制能力差的人，比那些受过良好教育、认为自己控制力强的人更容易出现记忆力衰退现象。

**五种记忆形式。**虽然大多数人把记忆分为长期和短期两种，但是，许多科学家认为实际上有五种形式，每种随着时间推移其衰退的情况不同。以持续时间长短为序，这五种形式为：

**语义的记忆。**人们对于字词和符号的意思记忆得非常持久，大约一半的老年性痴呆症患者保留着许多语义方面的记忆。尽管你已多年不用“舞会”和“食堂”了，但是却不大可能忘掉它们；同样地，你也不会忘记宗教信条

① durability  
[ˌdjʊərəˈbɪlɪti] 耐久



tinguishes a cat from a dog. You can add words to your semantic memory until death.

**Implicit.** Chances are, you will never forget how to ride a bike, swim or drive a car—skills that depend on automatic recall of a series of motions. Conditioned responses, such as reaching for a handkerchief when you sense a sneeze, also aren't likely to disappear. Loss of implicit memory is a sure sign of serious mental deterioration <sup>①</sup>.

**Remote.** This is data collected over the years from schools, magazines, movies, conversations, wherever. Remote memory appears to diminish with age in normal people, though the decline could be simply a retrieval problem. "It could be interference," says Johns Hopkins neurologist Barry Gordon. "We have to keep sorting through the constant accumulation of information as we age. "

**Working.** Now we enter territory that erodes for most people. This is extremely short-term memory, lasting no more than a few seconds. It is the brain's boss, telling it what to cling to. In conversation, working memory enables you to hang on to the first part of your wife's sentence while she gets to the end. It also lets you keep several things in mind simultaneously—to riffle through your mail, talk on the phone and catch the attention of a



和公司的商标，以及猫和狗的区别之处。在生命终结之前，你都可以在你的语义记忆中增加新的词汇。

**潜在记忆。**事情如此：你永远也不会忘记怎样骑自行车、游泳和开汽车，这是靠对一串动作的下意识的回忆而完成的。条件反射——当你感觉要打喷嚏时，会伸手去拿手绢，这也是不可能丧失的功能。潜在记忆的丧失，毫无疑问是大脑严重退化的信号。

**久远记忆。**数据是多年来从学校、杂志、电影、谈话以及别的地方积累起来的资料。正常人的久远记忆随着年龄的增长而降低，尽管这种衰弱只可能是要进行回忆的问题。“可能是记忆受到阻碍，”约翰·霍普金斯大学神经病学家巴里·戈登说，“随着年龄增长，我们必须经常整理不断得到的信息。”

**流动记忆。**现在我们进入了多数人的记忆都会消失的领域。这是一种持续时间极短的记忆，不超过几秒钟。它是人脑的总指挥，告诉它抓住什么。在谈话中，流动记忆使你在妻子讲完话的时候，还能够记得她前面说了些什么。它还可以让你同时留意几件事情——一边翻检着邮件、一边打着电话，并看到

① deterioration  
[diˌtiəriə'teɪʃn] 恶化，退化

colleague walking by the door—all without losing your place.

**Episodic.** This is the memory of recent experience—everything from the movie you saw last week to where you put your glasses. It, too, dwindles<sup>①</sup> over time, and its loss troubles many people. You remember how to drive your car, but you can't recall where you parked it.

Episodic memory could begin to dwindle in the late 30s, but the downward glide is so gentle that you probably won't notice it for a couple of decades. At 50, however, you are likely to feel a little anxiety as you watch the younger people in the office learn how to operate the new computer software more quickly than you do.

**Tricks to Remember.** The good news is that, with effort, people who have average intellects can boost their memories substantially. For example, most people have trouble remembering numbers of more than seven digits or so, a limitation long recognized by telephone companies. But researchers at Carnegie Mellon University trained otherwise undistinguished undergraduates to memorize hundred-digit numbers. Focusing hard on that long string of digits, the students found patterns they could relate to meaningful number series, such as birthdays.

The forgetting of names bedevils<sup>②</sup> many people, the more so as they age. But Harry Lorayne, 69, a memory coach and performer, can memorize the names of as many

#### **LIFE AND KNOWLEDGE**



有位同事从门前经过。做所有这些事时,你还不会忘记干到什么地方了。

**情节记忆。**这是对近期工作的记忆——从上星期看的电影到眼镜放在哪里了等等。它也随时间而渐渐消逝,而且使许多人很烦恼。你记得怎样驾驶汽车,但却想不起把车子停在哪里。

情节记忆可能在近 40 岁时开始走下坡路,不过,十分轻缓,所以你可能在二三十年里都不会把它当回事。但是到了 50 岁时,当你看到办公室里的年轻人学习使用新的电脑软件速度比你快得多时,你可能会感到有些焦虑不安。

**记忆的诀窍。**好消息是,通过努力,智力平常的人可以大大提高记忆力。例如,大多数人都不易记住超过七位或七位左右的数字,这是电话公司长期以来公认的数字记忆的极限。但是卡内基—梅隆大学的研究人员训练一批记忆方面能力不强的大学生记忆百位数字。由于全神贯注于那一长串数字,学生们发现了能够与一些有意义的数字排列联系起来的模式,如出生日期等等。

忘名是令人头疼的事,年纪越大,问题越严重,然而 69 岁的记忆教练和表演者哈里·劳瑞恩却能够记住听他

① dwindle[ˈdwindl]

衰落,退化

② bedevil[biˈdevɪl]

困扰,使混乱

as 500 people in an audience. His technique is to look at and listen intently to everyone he encounters and then quickly invent a dramatic image to associate with that person's face and name. "I meet Mr. Bentavena, and I notice he has a big nose," Lorayne says. "So I think 'vane,' like weather vane, a nose that's a bent weather vane, "

College students may be superior at memorizing, not only because their neurons are young but also because they are in the habit of developing mnemonic devices to survive exams. That's an easy practice to resume. For example, memory is WIRES—working, implicit, remote, episodic and semantic.

Another way to improve your memory, according to many experts, is to exercise your brain. You might choose to hang out with challenging, fast-thinking company. Or you might take on a new field of study: accounting, zoology or a language.

Coming someday perhaps is a memory pill. Cortex Pharmaceuticals, Inc. , founded by three neuroscientists from the University of California at Irvine, claims to have developed a class of drugs that amplify the signals passed between weakened neurons. The company reports that laboratory tests with rats and preliminary clinical trials on humans in Germany have been encouraging. It hopes to test the drugs soon on Alzheimer's victims.



讲课的多达 500 人的姓名。他的方法是每见一个人都专心看和听，然后很快虚构出一个与那人脸相关的戏剧形象。劳瑞恩说：“我遇见本塔维娜先生，我注意到他有一个大鼻子，因此我就想到 vane(风标)这个词，如同观测气象用的风向标，鼻子就是弯曲的风向标。”

大学生们可能记忆力较强，这不仅因为他们的神经细胞年轻，而且他们有研究记忆的习惯，以便考试过关。那很容易恢复原意，比如，记忆 working, implicit, remote, episodic, semantic, 只要记住 WIRES 就行了。

根据许多专家的看法，另一个改善你的记忆力的方法就是训练大脑。你可以选择那些具有挑战精神、思维敏捷的人作伴，或者选修些新的课目：会计、动物或者一门新语言。

也许有一天会出现一种加强记忆的药丸。由加利福尼亚大学欧文分院三名神经学家创立的脑皮层药剂公司宣称，他们已研制出一种药来扩大在衰弱的神经细胞之间的信号。公司报告说，在实验室用老鼠做的试验和在德国对人体进行的初步临床试验效果喜人。不久有望在老年性痴呆症患者身上进行试验。

These or other drugs may eventually prove to be an effective way to help remember things. But why wait for drugs to be tested and approved? After all, you could be exercising your memory right now by learning Chinese.



试验可能最终会证明这些或其它药品是一种帮助记忆的有效方法。但是,为什么要等到药品得到验证呢?其实,你可以从现在就开始学习汉语以训练你的记忆力。



## **Buried Treasure**

*by Thomas Penfield*

You push the spade into the ground again, listening intently for the metallic <sup>①</sup> sound that will tell you you've found it. Around you, pyramids of freshly turned earth rise higher as you probe deeper and deeper for the treasure you are certain is there. You have been digging half the night, and your back aches like fury <sup>②</sup>.

You crawl out of the pit exhausted, collapse on the warm earth, and watch the moon floating lazily across the cloudless sky and the wind rustling lightly through the leaves. You listen to the strange night sounds—the scurrying of a rat, the swishing flight of a night bird, the baying of dogs in the distance. The night envelops you with shadowy, shapeless forms.

What was that? Your blood tingles with fear and excitement. Could you have been followed, in spite of the numerous precautions you have taken to safeguard your secret? You crouch to the earth and listen with concentration, but all you can hear is the thump, thump, thump of your own heartbeat. You finally realize that your imagination has been playing tricks on you. You go back to your work.

Dig, dig, dig! There is treasure below—gold in an

**AROUND THE WORLD**