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- 請注意：中文文字内容只提供簡體版

Vocabulary: brain training 词汇: 头脑训练

If you don't use it, you lose it. At least, that's how the old **aphorism** goes. It refers to the idea that something which does not get **utilised** regularly quickly falls into a **state of decline**. For example, a hobby that you haven't done for a few years, like playing the trumpet. You might find yourself a bit **rusty** the next time you pick one up – or maybe you've forgotten **altogether!** Muscles are another example. They will **waste away** without use. In order to **counteract** this, people take regular exercise to **keep** their skills **sharp**.

Well, what about the brain? As we age, our brains can naturally begin to decline. In some cases this can lead to certain mental conditions such as dementia, which I'm sure you will agree, no one wants. However, all is not lost because these days it's relatively easy to train your brain. Smartphones and apps have put programmes into our hands that can test, maintain and even **augment** our memories, mathematical skills, logic skills and **a raft of** other mental abilities. With a little practice every day, we can keep our brains nice and sharp, right?

Well, no, actually. According to a report from the Global Council on Brain Health, even though many people thought it was important to play online games, such as puzzles and mind games, which are designed to improve brain health, the evidence of the benefits was “weak to **non-existent**”. Playing a ‘brain game’ may lead to improvements in game performance, but this has yet to show a convincing result in people's daily **cognitive** abilities. In other words, doing hundreds of sudoku puzzles might make you a sudoku **wizard**, but it doesn't necessarily improve your ability to do your accounting.

It's not all **doom and gloom** though. There are other ways to **stimulate** the old **grey matter**. It recommends seeking out new activities that challenge the way you think and are socially engaging, while leading to a healthy lifestyle. Among their suggestions are practising tai chi, taking photography classes, learning new technologies, gardening, art projects or volunteering.

There's more good news, too. James Goodwin, chief scientist at Age UK has said that brain decline is not **inevitable**. As long as the activities are “new to you and require your concentrated attention”, they can provide benefits for brain health. So, **make haste**, get out there and try something new. Maybe it's time to try that hobby you've always wanted to do. And as for me? I'm off to learn the piano.

词汇表

aphorism	格言
utilise	利用，使用
a state of decline	退化、衰退的状态
rusty	(因长期不去做而)生疏的
altogether	彻底地，全部地
waste away	逐渐衰退
counteract	对抗，抵消
keep sharp	保持(技术)熟练; 保持(头脑)敏锐
augment	增强、加强
a raft of	许多，大量
non-existent	不存在的
cognitive	认知的
wizard	能手，“达人”
doom and gloom	前景悲观，一片黯淡
stimulate	促进(身体某部位的)功能
grey matter	“灰质”，头脑
inevitable	不可避免的
make haste	(旧式说法)快点

测验与练习

1. 阅读课文并回答问题。

1. What does 'if you don't use it you lose it' mean?
2. Why is it relatively easy to train your brain?
3. True or False: *Doing lots of Sudoku puzzles makes you better at mathematics in general.*
4. What types of activities are suggested by the Global Council on Brain Health to maintain brain health?
5. Which word in the article means 'able to make you believe it is true or right'?

2. 请在不参考课文的情况下完成下列练习。选择一个意思合适的单词填入句子的空格处。

1. Before the children do any story writing, I always show them a few pictures to _____ their imaginations.

augment	waste away	stimulate	aphorism
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2. Once bitten, you have 20 minutes to use an anti-venom to _____ the snake bite.

counteract	inevitable	aphorism	utilised
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3. It's been a while since I've spoken any French, so I might be a little _____.

wizard	make haste	non-existent	rusty
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4. It's not just this romantic comedy I don't like. I don't like romantic comedies _____.

waste away	altogether	a raft of	cognitive
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5. Have you ever seen James solve a Rubiks cube puzzle? He's not just good, he's a _____!

aphorism	wizard	grey matter	stimulate
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答案

1. 阅读课文并回答问题。

1. What does 'if you don't use it you lose it' mean?

Something which isn't used regularly quickly falls into a state of decline.

2. Why is it relatively easy to train your brain?

Smartphones and apps have put programs into our hands that can test, maintain and even augment our memories, mathematical skills, logic skills and a raft of other mental abilities.

3. True or False: *Doing lots of Sudoku puzzles makes you better at mathematics in general.*

False. Doing hundreds of sudoku puzzles might make you a sudoku wizard, but it doesn't necessarily improve your ability to do your accounting.

4. What types of activities are suggested by the Global Council on Brain Health to maintain brain health?

Among their suggestions are practising tai chi, taking photography classes, learning new technologies, gardening, art projects or volunteering.

5. Which word in the article means 'able to make you believe it is true or right'?

Convincing

2. 请在不参考课文的情况下完成下列练习。选择一个意思合适的单词填入句子的空格处。

1. Before the children do any story writing, I always show them a few pictures to **stimulate** their imaginations.

2. Once bitten, you have 20 minutes to use an anti-venom to **counteract** the snake bite.

3. It's been a while since I've spoken any French, so I might be a little **rusty**.

4. It's not just this romantic comedy I don't like. I don't like romantic comedies **altogether**.

5. Have you ever seen James solve a Rubik's cube puzzle? He's not just good, he's a **wizard**!