

**Computers damage our memory,  
says study**  
过度依赖电脑会使记忆力减退

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根据一项研究结果显示，过分依赖使用电脑和搜索引擎会使人脑的记忆力减退。以下是 Oliver Farrimond 的报道。

Scientists spoke to 6,000 adults in eight European countries and found that while many were able to **recall** phone numbers from their childhood, fewer could remember their current work numbers, or the contact details of family members.

About a third turned first to computers to recall information.

British adults seemed to be the worst affected. Only about half knew their partners' phone numbers, compared with **four fifths** of Italians.

Researchers say people have become **accustomed to** using digital devices as **extensions** of their brains, and that repeatedly looking up information does not create a **lasting** memory in the same way as simple **recollection**.

## 词汇表

<b>recall</b>	回想起
<b>four fifths</b>	五分之四
<b>accustomed to</b>	习惯了, 习惯于
<b>extensions</b>	延展部分
<b>lasting</b>	持久的
<b>recollection</b>	记忆

## 测验

请听报道并回答下列问题。

1. Why are people's memories getting worse?
2. Which word means 'machines'?
3. True or false? *People found it easier to remember phone numbers from long ago.*
4. What percentage of Italians knew their partners' phone numbers?

## 答案

1. Why are people's memories getting worse?  
**People's memories are getting worse because they rely on using computers to look up information, which affects their ability to form new memories.**
2. Which word means 'machines'?  
**Devices.**
3. True or false? *People found it easier to remember phone numbers from long ago.*  
**True. They found it easier to remember numbers from their childhood.**
4. What percentage of Italians knew their partners' phone numbers?  
**80% of Italians knew their partners' phone numbers (four fifths).**