

词汇: *smell* 气味

Have you ever caught a **whiff** of something and been strongly reminded of a person or place? It seems there is a deep **psychological** link between **smells**, our personality and our memory. Some research even suggests that smells can influence our **cognition**.

So, why do smells **take us back**? Roja Dove, a **perfumer**, told the BBC that when we are born, the **olfactory bulb**, which is the area in our brain that processes smell, is empty. Therefore, our responses to smell are learnt and very personal to the individual. This means that when we smell an **odour** again, the original and unique memory comes **flooding back** because of the association.

Our awareness of smells is primarily **unconscious**, according to Andreas Keller from the Department of Philosophy at City University of New York. This means we are not actively aware of them unless they are extremely strong. But, **low-level** smells are still **picked up** because the **scent receptors** in our brain are so powerful that we unconsciously register them. In fact, various studies have found the olfactory bulb sends more **neurons** to more areas of our brain than our **hearing** or **vision**.

Research suggests that the power of smell can also affect how the brain performs, especially when it comes to the **aroma** of **essential oils**. Mark Moss, from the Department of Psychology at Northumbria University, found that **sage** and **peppermint** show general positive effects on cognition while the smell of **rosemary** can enhance our memory. He also investigated **lavender** which he says "tends to impair memory and slow down reaction time. But research by others have [has] shown it to be useful in reducing pre-treatment anxiety in dental and medical situations".

So, don't take your nose for granted. It really is powerful!

词汇表

| | |
|----------------------------|-------------------|
| whiff | (一股) 气味 |
| psychological | 心理的 |
| smell | 气味 |
| cognition | 认知 |
| take (someone) back | 唤起(某人的)记忆 |
| perfumer | 调香师, 香水调配师 |
| olfactory bulb | 嗅球 |
| odour | (尤指难闻的) 气味 |
| flood back | (回忆) 涌现 |
| unconscious | 无意识的 |
| low-level | 低水平的, (此处指气味) 淡薄的 |
| pick up | 捕捉 |
| scent receptor | 嗅觉感受器 |
| neuron | 神经元 |
| hearing | 听觉 |
| vision | 视觉 |
| aroma | 香气, 芳香 |
| essential oil | 精油 |
| sage | 鼠尾草 |
| peppermint | 胡椒薄荷 |
| rosemary | 迷迭香 |
| lavender | 薰衣草 |

测验与练习

1. 阅读课文并回答问题。

1. Why are responses to smell so personal?
2. True or False? *The olfactory bulb helps us process smells.*
3. Why are we not actively aware of smells unless they are extremely strong?
4. True or False? *Rosemary and lavender can help our memory.*
5. How can lavender help in dental and medical situations?

2. 选择意思恰当的单词或词组来完成下列句子。

1. He has worked as a _____ since the 90s.

| | | | |
|-------|-------|-------|----------|
| whiff | scent | aroma | perfumer |
|-------|-------|-------|----------|

2. Memories _____ when I saw my childhood home again.

| | | | |
|-----------|---------|-----------|--------------|
| picked up | smelled | took back | flooded back |
|-----------|---------|-----------|--------------|

3. This song has a very _____ meaning to us. We danced to it at our wedding.

| | | | |
|---------------|-------------|-----------|----------|
| psychological | unconscious | low-level | personal |
|---------------|-------------|-----------|----------|

4. My _____ is getting worse. I think I need new glasses.

| | | | |
|-----------|----------|---------|--------|
| cognition | receptor | hearing | vision |
|-----------|----------|---------|--------|

5. We noticed a really horrible _____ as we entered the room.

| | | | |
|------------|-------|----------|----------|
| peppermint | odour | lavender | rosemary |
|------------|-------|----------|----------|

答案

1. 阅读课文并回答问题。

1. Why are responses to smell so personal?

When we are born, the olfactory bulb is empty. Therefore, our responses to smells are learnt.

2. True or False? *The olfactory bulb helps us process smells.*

True. The olfactory bulb is the area in our brain that processes smell.

3. Why are we not actively aware of smells unless they are extremely strong?

Because our awareness of smells is primarily unconscious.

4. True or False? *Rosemary and lavender can help our memory.*

False. Rosemary can enhance our memory but lavender "tends to impair memory and slow down reaction time".

5. How can lavender help in dental and medical situations?

Mark Moss said that research by others has shown it to be useful in reducing pre-treatment anxiety.

2. 选择意思恰当的单词或词组来完成下列句子。

1. He has worked as a **perfumer** since the 90s.

2. Memories **flooded back** when I saw my childhood home again.

3. This song has a very **personal** meaning to us. We danced to it at our wedding.

4. My **vision** is getting worse. I think I need new glasses.

5. We noticed a really horrible **odour** as we entered the room.