

心理学

1. A test

In our lab today, we'll be testing the **hypothesis** that babies can **count** as early as five months of age. The six babies here are all less than six months old. You'll be watching them on **closed-circuit** TV and measuring their responses. The experiment is based on the **well-established** observation that babies **stare** longer if they don't see what they expect to see. First, we're going to let two **dolls** move slowly in front of the babies. The babies will see the two dolls disappear behind a screen. Your job is to record, in seconds, how long the babies stare at the dolls when the screen is removed. In the next stage, two dolls will again move in front of the babies and disappear. But then a third doll will follow. When the screen is removed, the babies will only see two dolls. If we're right, the babies will now stare longer because they expect three dolls but only see two. It seems **remarkable** to think that such young children can count. My own research has **convinced** me that they have this ability from birth. But whether they do or not, perhaps we should **raise** another **question**. Should we take advantage of this ability by teaching children mathematics at such a young age? They have great **untapped** potential, but is it good for parents to pressure young children?

n. 假说

v. 计算、计数

闭合电路

adj. 确定、设置好的

v. 盯着看

n. 玩偶

adj. 非凡的

v. 使确信

提出问题

adj. 未发掘的

v. 施压

Sleep

You might think that most of the patients at sleep **clinics** are being treated for **sleeplessness**, commonly referred to as **insomnia**, but that is not the case. The majority of sleep-clinic patients suffer from **disorders** of excessive sleep, or "**hypersomnia**."

While most **insomniacs** somehow manage to drag themselves through the day and function at **acceptable**, although not **optimal** levels, this is not so for people who suffer from hypersomnia. They are **incapacitated** by irresistible **urges** to sleep during the day, often in **inappropriate** situations—at business meetings, in supermarkets, or at parties. Even more dangerous is their failure to remain awake when driving or operating machinery.

Falling asleep in such situations could obviously be **life-threatening**. Many **hypersomniacs** suffer from **narcolepsy**, for which the primary symptom is excessive daytime sleepiness.

Though not apparent in childhood, this **symptom** most often appears for the first time during the teen years and continues throughout a person's life. The sleep attacks may occur as many as fifteen to twenty times during the course of the day and last for periods from fifteen minutes up to two hours. What can be done to help those suffering from narcolepsy? There are certain drugs that can help, and specialists suggest voluntary **napping** to decrease the frequency of such sleep attacks.

n. 门诊、临床

n. 失眠

n. 失眠症

n. 紊乱

n. 睡眠过度

n. 失眠症患者

adj. 可接受的

adj. 最佳的

adj. 无法胜任的

n. 迫切要求

adj. 可接受的. 不恰当的

adj. 致命的

n. 嗜睡症患者 / n.

嗜睡发作

n. 想睡

n. 症状

n. 小憩

3. Psychological Causes

So, you see, physical illness can have **psychological causes**. Now, we just have time to introduce another interesting example of the **interaction** between the mind and the body, **placebos**. Placebos—maybe you've heard them called sugar pills—are **harmless** substances, not always sugar, that are used **routinely** on groups of sick people in experiments. These experiments test the **effectiveness** of new drugs. One group is given the new drug, the other group is given a placebo, and the results are measured. As you might guess, some of the people who receive the new drug get better. Surprisingly, however, some of the placebo group also get better. Why? Well, it's an interesting question, one which doctors can't quite answer. Some of the group may have **gotten better** on their own, without any **treatment** at all, but research has shown that the very act of **taking a medication** that you think will make you better, often does make you feel better. Have you ever taken an aspirin and felt better in five minutes? **Aspirin** doesn't work that fast, does it? Basically, if you believe you will get better, sometimes you do. The history of how doctors and **healers** have used the mind-body connection to cure people is long and interesting, but I see that it's time to chose, so I'll have to cover this in the next class. You'll have to hold your questions on this topic till then. Before you go, I have some **handouts** for you concerning the midterm exams next week.

adj. 心理上的

n. 原因

n. 交互作用

n. 安慰剂

adj. 无害的

adv. 一般地

n. 效力

get better

n. 治疗

服药

阿司匹林

n. 医治者

n. 资料、讲义