



## Практичне заняття № 4

Read and translate into Ukrainian the following texts:

### *UNDERSTANDING MEMORY*

Remembering and forgetting are most common experiences that function daily in the life of a person. One may remember a traumatic experience that occurred in childhood and may forget what formula to use in the examination or still simpler thing what dress he wore yesterday.

One may remember throughout his life that India attained independence in 1947, but can forget his father's birthday. The very act of speaking means that we are remembering and recalling the words of our language in grammatical sequence and we have also to keep track with our conversation, i.e. what we said just now; otherwise our conversation will be senseless.

In most cases memory means retaining information which we have learnt or heard. Some people can remember more of what they have done or seen or heard than others and so they are said to have better memories. The capacities of remembering vary from one another in certain aspects. But they have some elements in common.

Like in each case, the present experience or the present behavior of an individual is determined by something that has happened in the past. Memory consists of learning, retaining, recalling or recognizing. For example, when we remember the name of a person, we demonstrate that we have learnt the name earlier and that we have retained it during the intervening period and are still able to recall the name at any time.

A distinction is often made between two kinds of memory: rote memory and logical memory. Rote learning results from the mechanical process of repeating it by heart, without understanding the meaning. A small child who sings a nursery rhyme is demonstrating rote memory without any comprehension, while logical memory is the remembering / retention of the material with its meaning.

According to Atkinson-Shiffrin's psychological theory, memory is divided into two: one is short term memory (STM) and the second is long term memory (LTM). If an individual has to reproduce what he has learnt immediately after learning it, he employs, what is referred to as short-term memory or immediate memory, where it is held only for 20-30 seconds.



## ПРОФЕСІЙНО-ОРІЄНТОВАНИЙ ПРАКТИКУМ ІНОЗЕМНОЮ МОВОЮ

For example, you asked a phone number from the telephone operator and did not write but thought that you have learnt it, if the telephone line is busy, and if you have to wait for a minute or two, before dialing again, you may forgot the number by then. This is the case, when material is stored in STM. Our STM has a very limited capacity; it is believed. Miller, another psychologist, in 1956, found that the capacity of STM is  $(7-2=5)$  or  $(7+2=9)$ . This means that a person can retain in STM not more 9 bits of information. This is a reason why telephone numbers or vehicle numbers are never more than 9 digits or numbers.

While the material in LTM may retain for days, weeks, months or years. The long term memory has no limits to its capacity; some theorists believe there is no forgetting from this.

In contrast to memory comes forgetting, i.e. the apparent loss of information already encoded and stored in long-term memory. The question arises, why do we forget? There is no single or simple answer to it.

The oldest explanation to forgetting is misuse, because it is often seen that driving, swimming, riding a bicycle, are such skills, which are never forgotten, although they might be use seldom. Another reason is distortion. For example, if a person is asked to recall something like a story after different intervals of time, it will be noticed that his memory of the learned material undergoes distortions. There might be distortions due to loss of information or even the other way round, i.e. addition of details. As a result, the actual content of the story is thus forgotten.

## *SCIENCE OF THE HEART*

It is the most widely prescribed medical test in the United States. And no wonder. The electrocardiogram tells the inside story of how that most vital of organs, the heart, goes about its work of pumping the nourishing blood of life throughout the body.

Ninety-one years have passed since Willem Einthoven, a Dutch physician-physiologist invented the first practical way to measure what happens when the heart beats. By graphically tracing the electrical impulses that spark the heart's action, he opened the field of electrocardiography. In the decades since, many pioneers have improved on Einthoven's invention, and today an electrocardiogram offers detailed and precise information on the condition and performance of the heart.



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This year, Wyeth-Ayerst pays special tribute to the medical heroes who made this possible. Twelve of them are pictured in a special 1992 calendar distributed to cardiologists. The calendar is part of the company's marketing program for a trio of drugs to treat the arrhythmias that electrocardiography detects. Arrhythmias are variations from the normal heart beat and are the principal reason a physician orders an electrocardiogram, or ECG.

"The ECG is a simple test for a patient" said Marc W. Deltch, M.D., Vice President of Medical Affairs and Medical Director of Wyeth-Ayerst Laboratories. "It's quick, painless, and there is little risk. Because it identifies otherwise invisible heart conditions, the ECG has become an irreplaceable part of medical diagnosis."

Sometimes variations in heart rhythm are normal, and may be caused by exercise, caffeine, alcohol, drugs, or congenital defects. Everyone experiences these to some degree. But when arrhythmias occur frequently, they put a strain on the heart by making it work harder to maintain normal blood flow.

Electrocardiograms help to detect these problems, antiarrhythmic drugs work to correct them. Wyeth-Ayerst offers three such medications. In fact, "Wyeth-Ayerst is market leader in the antiarrhythmic arena", said Bob Czenszak, Group Product Director for the antiarrhythmic brands.

### *SLEEPING SICKNESS*

Folks who snore and feel drowsy the next day – even after eight hours of sleep – may have problems more serious than just getting a good night's rest. A study finds that snoring sleepyheads are twice as likely to suffer a stroke as ordinary snoozers. How come? The odd sleep patterns may be a sign of sleep apnea, a condition in which breathing briefly stops throughout the night – possibly disrupting blood flow to the brain.

 Write the numbers of the corresponding figures from figure 1.  
Arm \_\_\_ Back \_\_\_ Bottom \_\_\_ Ear \_\_\_ Eye \_\_\_ Foot \_\_\_ Hair \_\_\_  
Hand \_\_\_  
Head \_\_\_ Knee \_\_\_ Leg \_\_\_ Mouth \_\_\_ Neck \_\_\_ Nose \_\_\_ Teeth \_\_\_  
\_\_\_

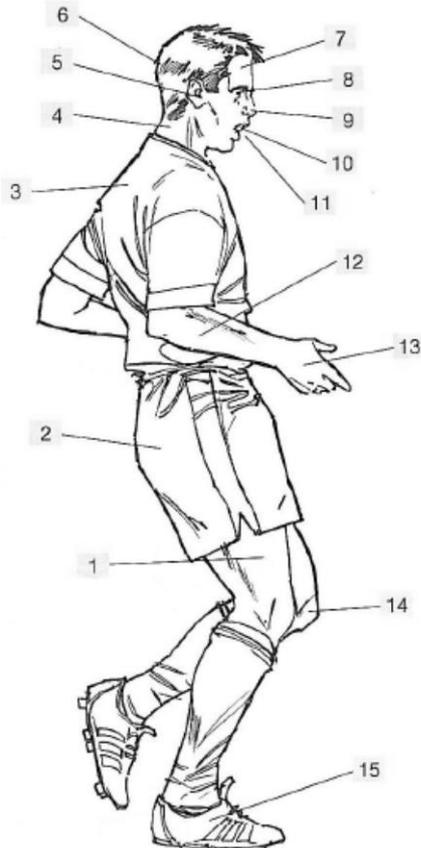


Figure 1.

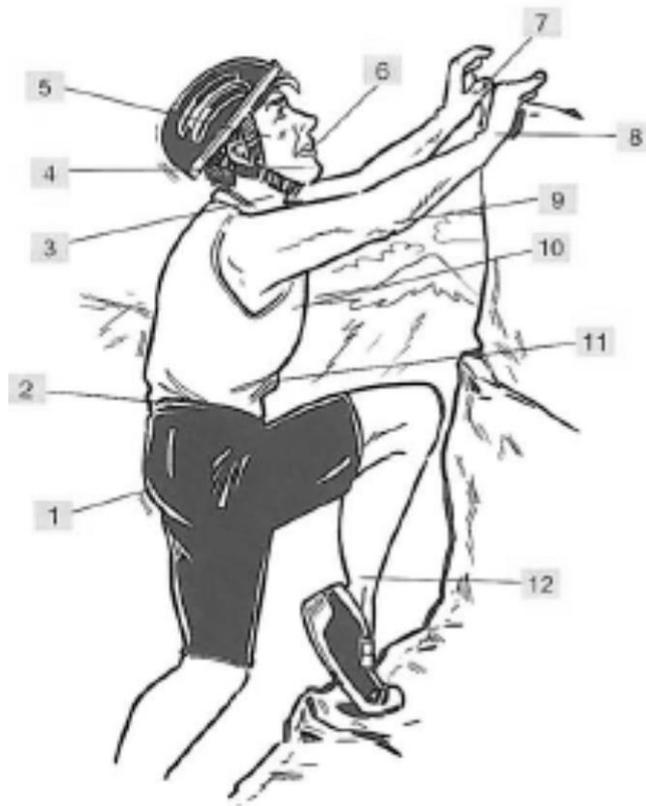
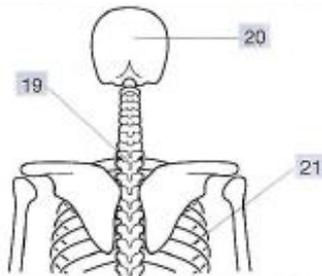
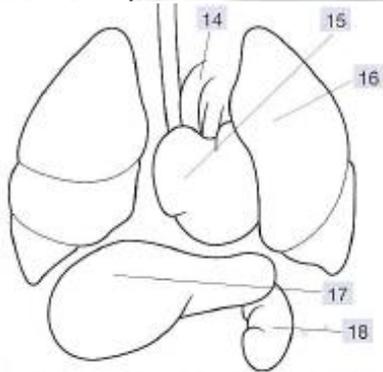
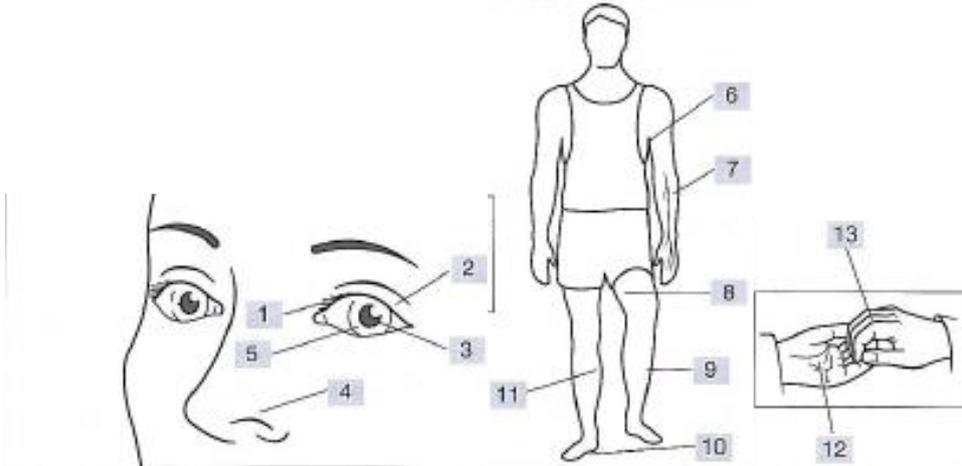


Figure 2.

✎ Write the numbers of the corresponding figures from Figure 2.

Ankle \_\_\_ Bottom \_\_\_ Cheek \_\_\_ Chest \_\_\_ Chin \_\_\_ Elbow \_\_\_  
 Lips \_\_\_  
 Stomach \_\_\_ Throat \_\_\_ Thumb \_\_\_ Waist \_\_\_ Wrist \_\_\_

✎ Write the suitable words using the words given below: armpit, artery, calf, eyelash, eyelid, heart, iris, kidney, knuckle, liver, lung, nostril, palm, pupil, ribs, shin, skull, sole, spine, thigh, vein.



- 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_ 5 \_\_\_\_\_  
 6 \_\_\_\_\_ 7 \_\_\_\_\_ 8 \_\_\_\_\_ 9 \_\_\_\_\_ 10 \_\_\_\_\_  
 11 \_\_\_\_\_ 12 \_\_\_\_\_ 13 \_\_\_\_\_ 14 \_\_\_\_\_ 15 \_\_\_\_\_  
 16 \_\_\_\_\_ 17 \_\_\_\_\_ 18 \_\_\_\_\_ 19 \_\_\_\_\_ 20 \_\_\_\_\_  
 21 \_\_\_\_\_