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The

# Memory Man

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Footprint Reading Library with video from **National Geographic**

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Footprint Reading Library  
Series Editor, Rob Waring

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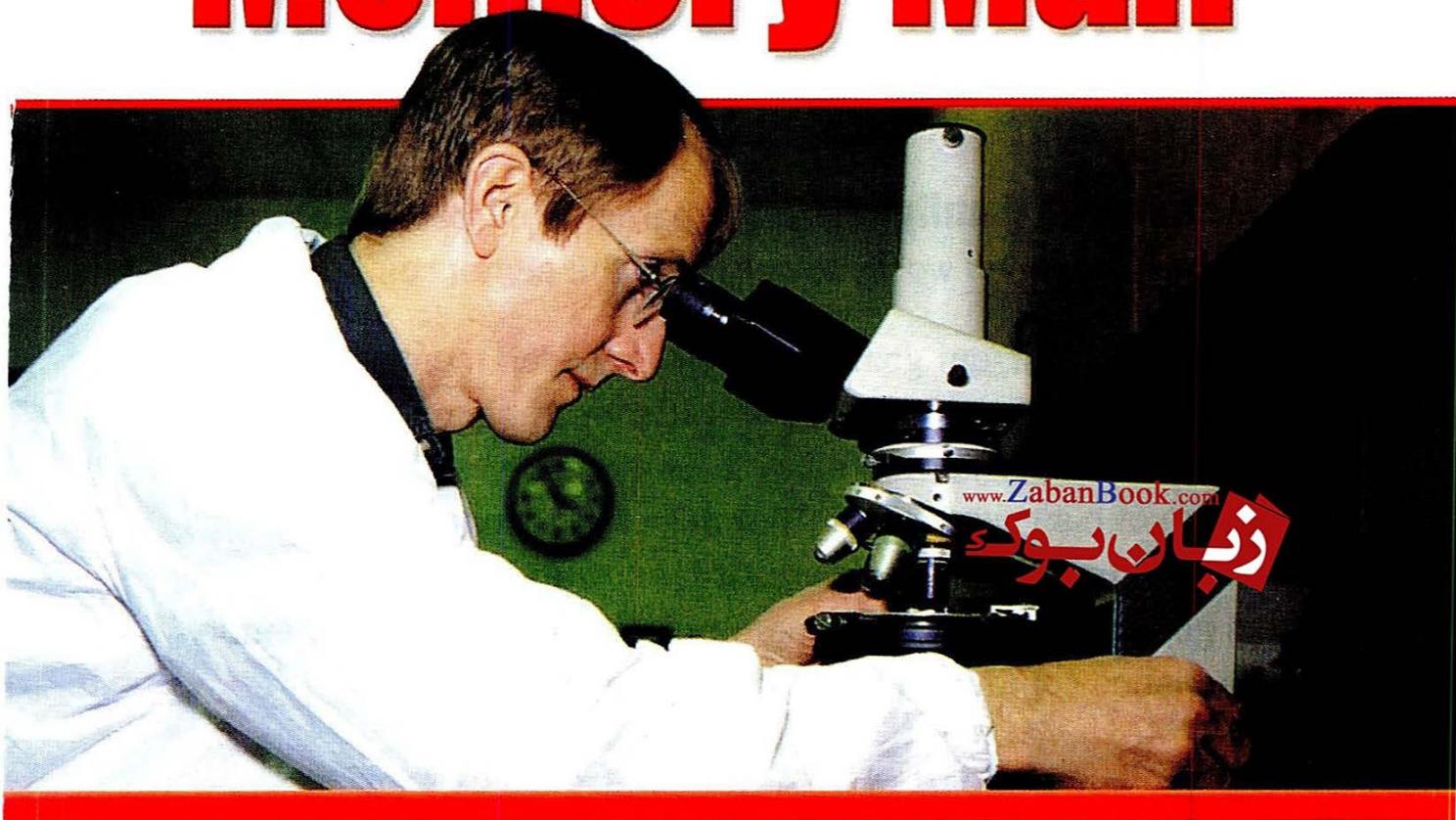
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# The Memory Man

Footprint Reading Library with video from National Geographic

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# The Memory Man



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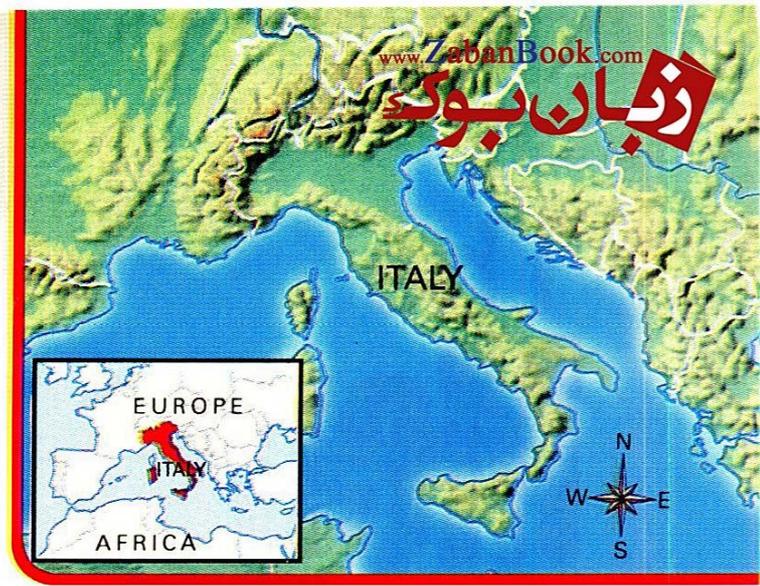
**Rob Waring**, *Series Editor*

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## Words to Know

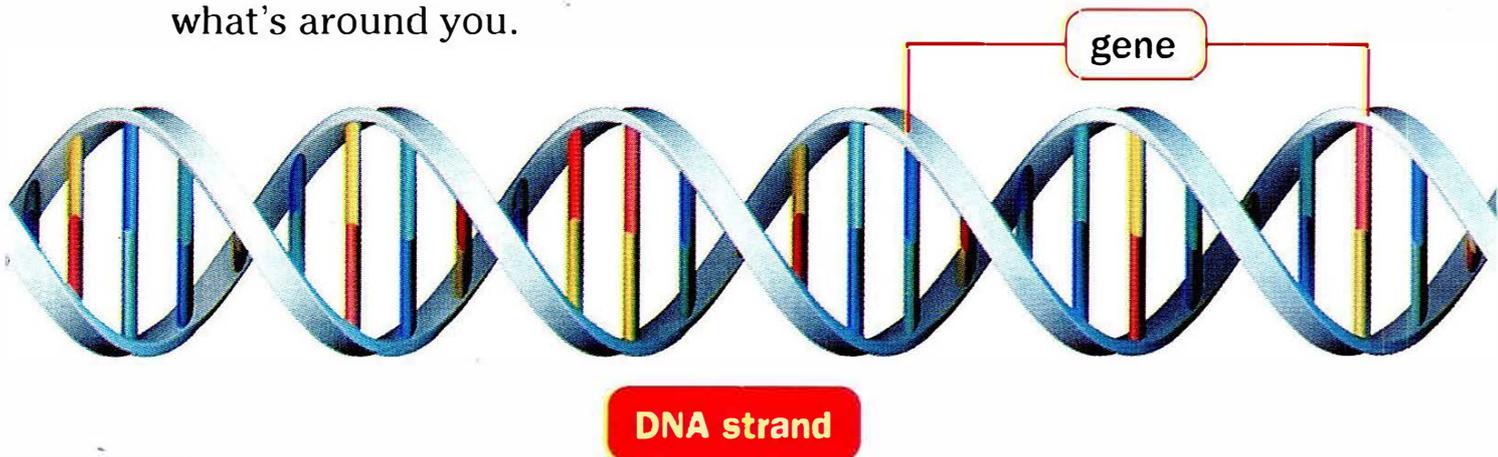
This story is set in Europe. It happens in the country of Italy.



**A Environment or Family?** Read the paragraph. Use the correct form of the underlined words to complete the sentences.

Gianni Golferà [dʒɑːni ɡɔ:lferə] has a very good memory. He can remember a lot of information. The capacity of his mind is so big that many scientists want to study it. Some think his good memory is because of his environment. They think his actions and the things around him improved his memory. Other scientists think that Gianni got his good memory from his parents' genes. They think memory characteristics come from the DNA of family members.

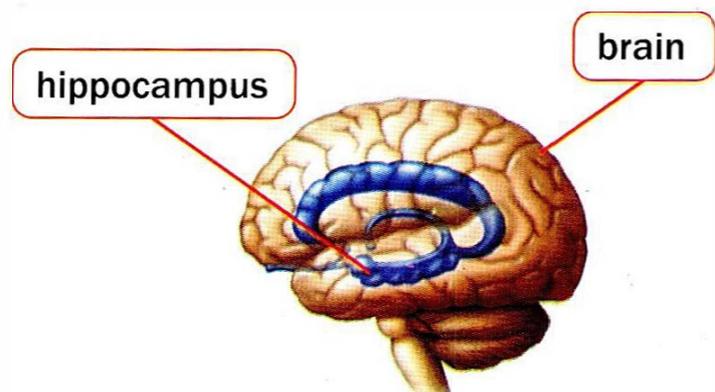
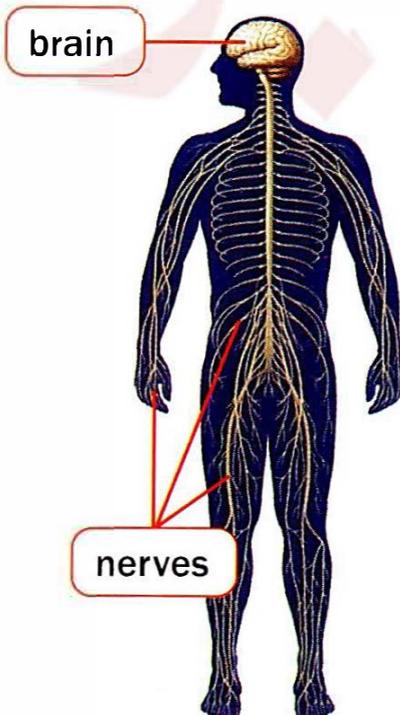
1. A \_\_\_\_\_ is a part of DNA that controls a certain characteristic.
2. \_\_\_\_\_ is the ability to remember.
3. The amount that something can contain is its \_\_\_\_\_.
4. Your \_\_\_\_\_ is the situation that you live in; what's around you.



**B Memory and the Brain.** Look at the pictures and read the paragraph. Then match each word with the correct definition.

Dr. Malgaroli [mælgərouli] is a kind of scientist called a neurobiologist. He studies the human brain and the nerves connected to it. In this story, Dr. Malgaroli studies Gianni Golfera to find out why he has a good memory. He thinks the answer may be in a part of the brain called the hippocampus. Researchers have studied the hippocampus. They have found that it is important in adding information to our memories. In it, information is coded, or recorded, in the brain.

- |                         |   |
|-------------------------|---|
| 1. neurobiologist _____ | a. someone who studies a subject in detail  |
| 2. brain _____          | b. a scientist who studies the brain and    |
| 3. hippocampus _____    | the nervous system                          |
| 4. researcher _____     | c. change information so that it can        |
| 5. code _____           | be stored                                   |
|                         | d. part of the brain which has to do        |
|                         | with memory                                 |
|                         | e. organ in the head that controls thought, |
|                         | feeling, and movement                       |



The Human Nervous System

The Brain and the Hippocampus

**G**ianni Golfera is in front of a group of people. He's **blindfolded**,<sup>1</sup> but he can still show these people something that's amazing. The young Italian man calls it 'the art of memory'. First, the people who are watching him **randomly**<sup>2</sup> choose sixty numbers. After that, a helper reads the numbers to Gianni. Then, after hearing them just once, Gianni repeats the numbers in the correct order from memory. He does this first in the order he heard them. Then, he does it again – backwards!

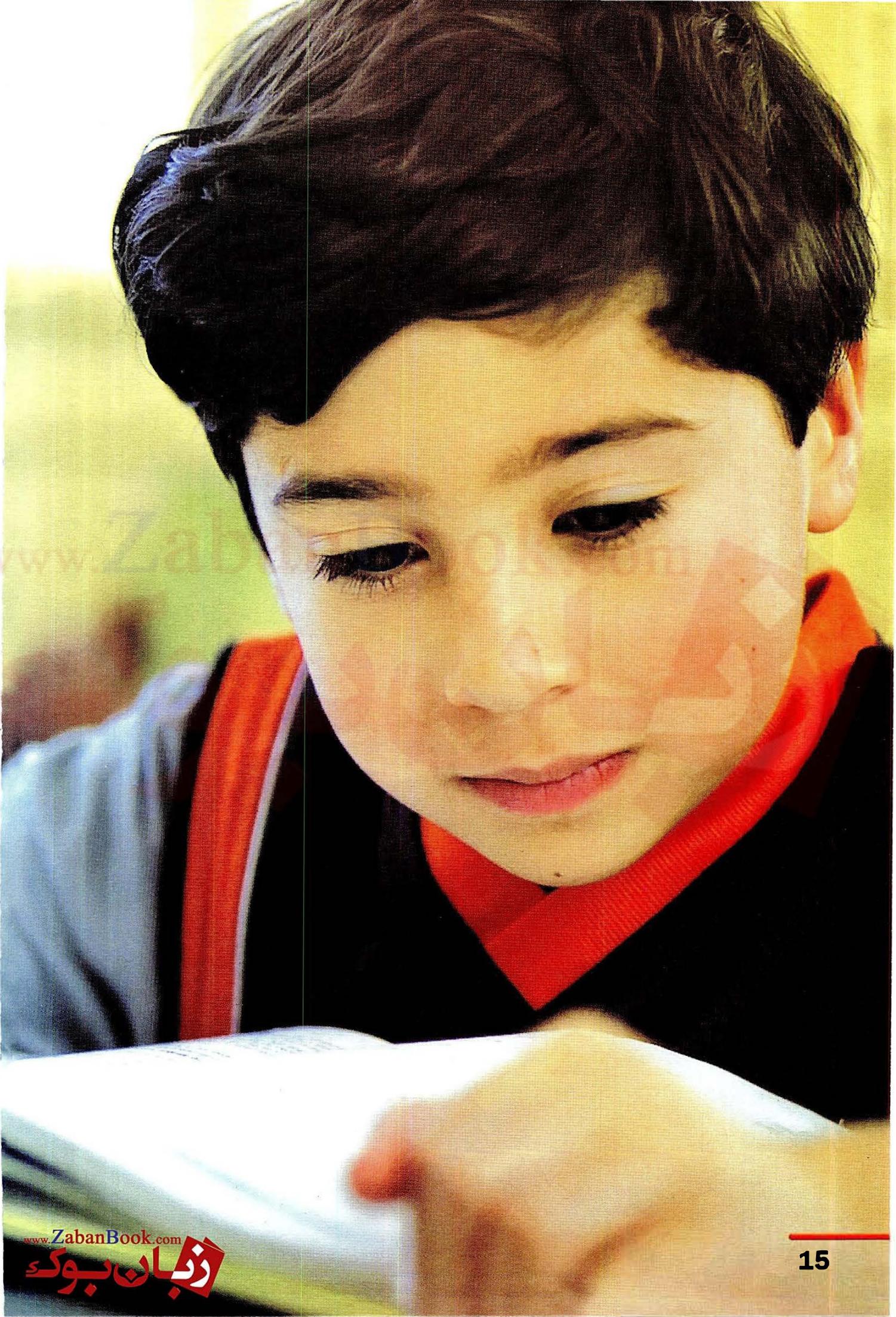
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<sup>1</sup>**blindfolded:** wearing something over the eyes so one cannot see

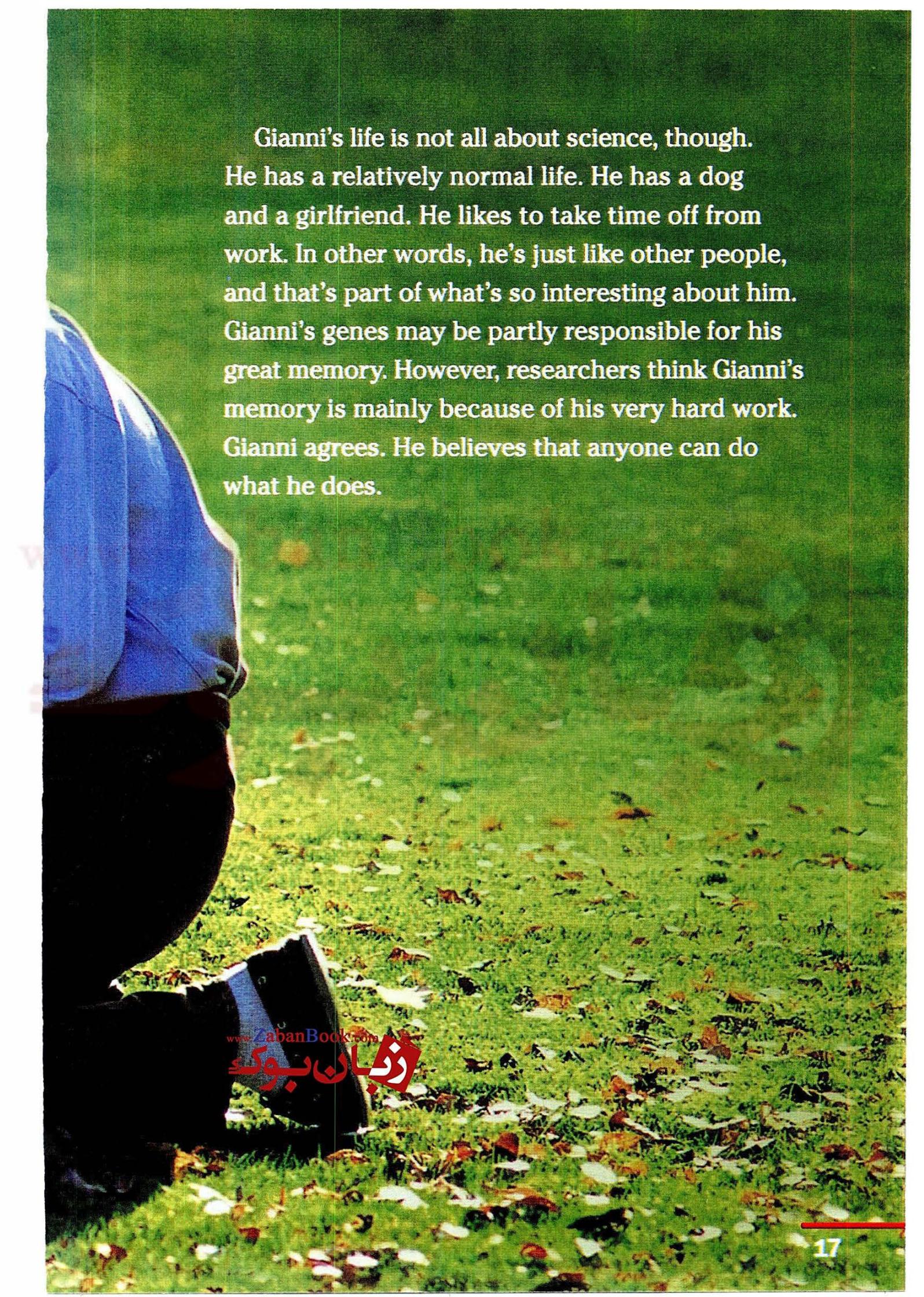
<sup>2</sup>**random:** done or chosen without any plan or system



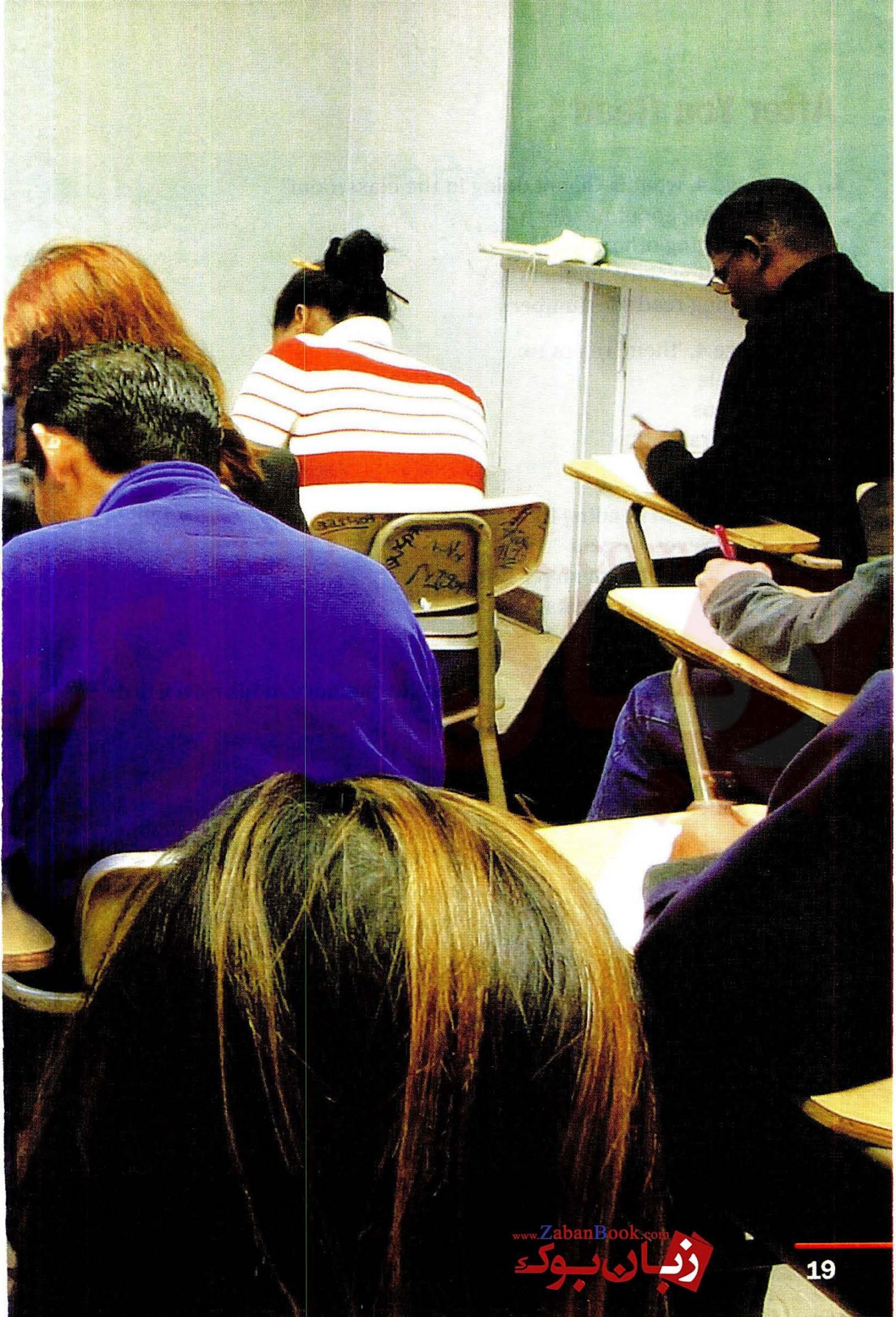
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A person wearing a blue long-sleeved shirt and dark pants is walking on a grassy field. The field is covered with many fallen, dry leaves in shades of brown and orange. The background is a bright green field under a clear sky. The text is overlaid on the upper right portion of the image.

Gianni's life is not all about science, though. He has a relatively normal life. He has a dog and a girlfriend. He likes to take time off from work. In other words, he's just like other people, and that's part of what's so interesting about him. Gianni's genes may be partly responsible for his great memory. However, researchers think Gianni's memory is mainly because of his very hard work. Gianni agrees. He believes that anyone can do what he does.



## Memory Systems of the Brain

Memory System	Information Source	Time Stored
<b>Sensory Memory</b>	the senses: eyes, ears, etc.	12 to 30 seconds
<b>Short-Term Memory</b>	sensory memory storage	several minutes or hours
<b>Long-Term Memory</b>	short-term memory storage	many years

Now that you understand how the brain works, here are three simple suggestions from brain researchers to improve your memory:

### 1. CHOOSE CAREFULLY

Don't try to remember everything. Decide what it is that you really need to remember. Then spend your time studying this key information. Don't let yourself think about unimportant information and ideas, even if you find them really interesting.

### 2. TRY SOMETHING NEW

The brain learns more when we keep it active. It gets stronger when it is given something new and unusual to learn. If you are a swimmer, learn how to play soccer. If you speak English, learn how to speak Spanish.

Learning a new language is a great way to keep your brain active.

### 3. GET ENOUGH SLEEP

The brain needs sleep and rest. While you are sleeping, the brain organises all the information that it processed during the day. If you don't get enough sleep, the information is not correctly stored. It is then difficult to remember things the next day, especially if you are very tired.



**Word Count:** 332

**Time:** \_\_\_\_\_



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AMAZING SCIENCE

## The Memory Man

Gianni Golferà can remember almost everything. Scientists want to study his mind because he can remember so much. Some think his environment improved his memory. Others think that Gianni's memory came from his parents. Where did his great memory come from?

Welcome the sights and sounds of the world with the *Footprint Reading Library*. Accompanied by original video material developed by **National Geographic Digital Media**, this is the first non-fiction reading series to present fascinating real-world stories in three formats: print, audio, and video.



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