

How Your Eyes Help You Remember Things Better?

today's issue: What would you do when you are thinking?

->I'll touch my chin, but I don't know why I did that.

1. Prevent 預防 ; 阻止

a. prevent [pri`vent] (v.) 預防 ; 阻止

-Parents can't always prevent ~~chudrent~~ children from making mistakes.

b. prohibit [prə`hibit] (v.) 禁止 ; 妨礙

-Smoking is prohibited indoors.

c. forbid [fə`bid] (v.) 禁止

-He is **forbidden** from leaving the country.

2. **distraction** 分心

a. **distraction** [di`strækʃən] (n.) 分心

-There are too many distractions for him to **concentrate**.

b. distract [di`strækt] (v.) 轉移 ; 使分心

-Noises from the **construction side** distracted me from work.

c. **disturb** [dis`tɜb] (v.) 妨礙 , 打擾

-I'm sorry to disturb you **this late**, but it's in emergency.

3. capacity 容量 ; 能力

a. capacity [kə`pæsəti] (n.) 容量 ; 能力

-The theater has a **sitting capacity** of a thousand.

b. volume [**`**valjəm] (n.) 容積；體積

-Did you see the volume of smoke coming from the **chimney**(煙囪).

4. specific 特殊的，特定的；明確的

a. specific [spɪ**`**sɪfɪk] (adj.) 特殊的，特定的；明確的

-If you want to train your dog, you need to give specific **instructions**.

b. **precise** [pri**`**sais] (adj.) 準確的；明確的

-Without my schedule, I can't give you a precise date of the meeting.

c. exact [ɪg**`**zækt] (adj.) 確切的；精確的

-It is said that it's difficult to tell an Asian exact age.

It says that closing your eyes prevents you from distractions that occupy your visual senses. It seems that your brain has a limited capacity when it comes to processing information related to specific senses.

這篇文章說，閉上眼睛讓你不受其他視覺干擾。當大腦要處理特定感官資訊時，容量似乎有限。