

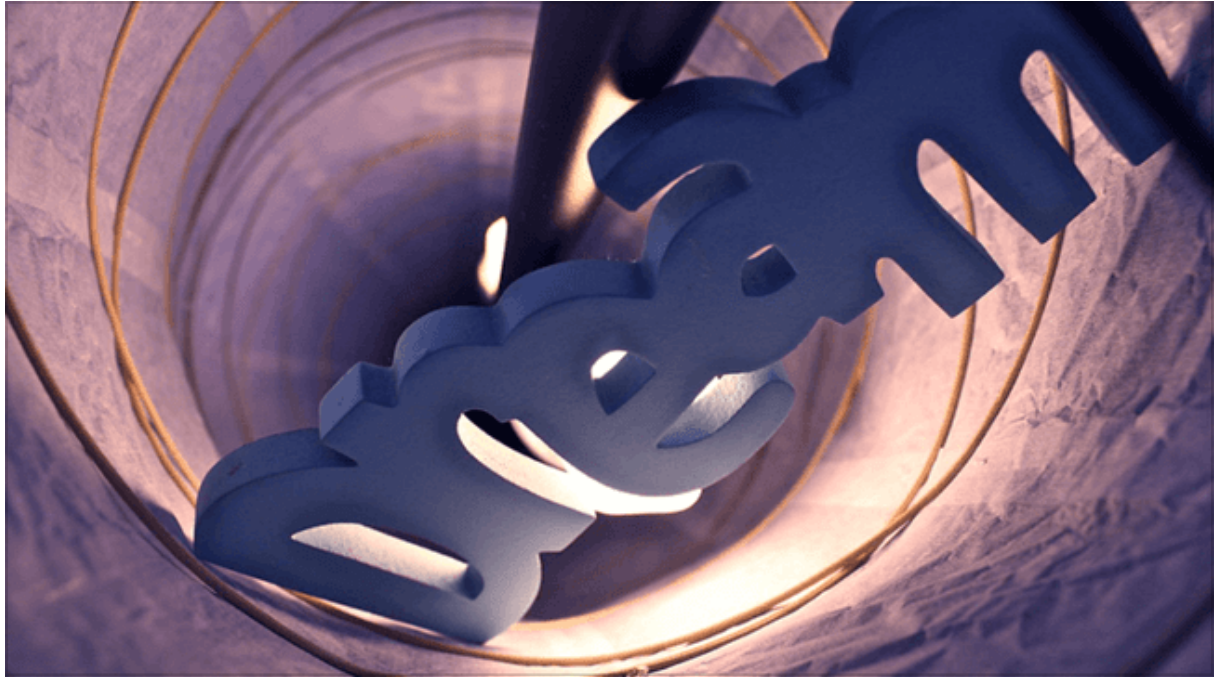
# 流利阅读 2019.5.6

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**‘When we dream, we have the perfect chemical canvas for intense visions’**

“入梦时，我们就拥有了能够呈现强烈幻象的完美化学画布”

**canvas** /'kænvəs/

n. 画布

**vision**

n. 幻觉，幻象

搭配短语：have visions of sth.

例句：I had visions of us getting hopelessly lost. 我想像我们完全迷失了方向。

Alice Robb is an American science journalist who has written for the Washington Post and the New Republic. Her new book, *Why We Dream*, encourages us to rethink the importance of dreams and to become dream **interpreters** ourselves.

爱丽丝·罗伯是一名美国科学记者，曾为《华盛顿邮报》和《新共和》撰稿。她的新书《我们

为什么做梦》激发我们去重新考量梦的重要性，并鼓励我们也成为梦境的解读者。

**interpreter**/ɪn'tɜːrprətər/

n. 译员；演绎者

词性拓展：interpret (v. 解释，翻译)

词根词缀：-er

搭配短语：simultaneous interpreter

interpretation 搭配短语：The Interpretation of Dreams.

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Recently there's been a massive interest in the science of sleep. Sleep plays a role in maintaining our mental health. Are dreams part of that process?

Dreams play a big role in helping us cope with stress, **grief** and **trauma**. Dreams are an opportunity to work through things that frighten us in real life, to play out worst-case scenarios in an environment where they have no consequences.

睡眠科学近来备受关注。睡眠能够帮助维持我们的心理健康。那睡梦是这个过程的一部分吗？睡梦能很好地帮助我们去应对精神压力、悲伤和心理创伤。在睡梦当中，我们有机会去设法解决那些在现实生活中让我们害怕的事情，可以借助这个不会产生任何现实后果的环境，去经历可能出现的最坏结果。

**play a role in**

在...（某事）当中起作用

搭配短语：play a positive/leading role in

**cope with**：应付

**grief**

n. 悲伤；伤心事

**trauma**/ˈtraʊmə/

n. 心理创伤

英文释义：a mental condition caused by severe shock

搭配短语：the trauma of marriage breakdown

**work through**

逐步解决一个困难的问题

**play out**

某事逐渐进行或者演化

例句：I'm going to see how this plays out.

**worst-case scenario**

最坏的可能，最糟的情况

scenario 英文释义：a situation that could possibly happen

例句：You and I have to consider the worst case scenario here.

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Has anyone explained why dreams contain such **surreal** elements, **weird collages** of time, people, **geography** and so on?

When we dream, the logic centres of our brain – the frontal lobes – go dark, and chemicals associated with self-control, like **serotonin** and **norepinephrine**, drop. At the same time, the emotion centres light up: we have a perfect chemical canvas for dramatic, psychologically intense visions.

有人解释过为什么梦里会有这样的超现实因素和关于时间、人物、地点等方面奇怪的“大杂烩”吗？

当我们做梦时，我们大脑的逻辑中枢——大脑的前额叶——会进入休眠状态，像血清素和去甲肾上腺素等与自制力相关的化学物质水平呈下降趋势。同时，情绪中枢激活，让我们拥有能够呈现激动而强烈的心理幻象的完美化学画布。

**surreal**/sə'ri:əl/

adj. 离奇的，荒诞的，超现实的

词根词缀：sur-（在...之上）

例句：Driving through the total darkness was a slightly surreal experience.

**weird** /wiəd/

adj. 古怪的

搭配短语：a weird and wonderful idea/story/invention：稀奇古怪的念头/诡谲的故事/奇妙的发明

**collage**/kə'lɑ:ʒ/

n.（不同事物的）大杂烩；拼贴画

相关词汇：college（n. 大学）

英文释义：a collection of things

例句：The film is a shoddy collage of various special effects.

搭配短语：make a collage of postcards

**geography**

n. 地理学；地形

**frontal lobe**

大脑额叶

相关词汇：front（adj. 前面的；前部的）；lobe（n. 大脑、肺、肝等器官的叶）

**go dark**

进入休眠；关闭

**serotonin**/ˌserə'təʊnɪn/

n. 血清素

## **norepinephrine**

n. 肾上腺素；去甲肾上腺素

## **light up**

激活，进入活跃状态

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You say neglecting to consider our dreams is like “throwing away a gift from our brains without bothering to open it.” What is the gift?

When we’re dreaming, we’re thinking in a state we never have access to by day. Dreams offer the opportunity to think in a different way and show new answers to problems. They show us blind spots, help us home in on things we might be neglecting in our personal lives.

你提到如果不重视研究我们的梦，就像是“连看都懒得看，就直接扔掉来自我们大脑的礼物”。所以这份礼物是什么呢？

当我们处在梦境中，我们的思绪进入了一种白天无法企及的状态。梦境给我们提供了一种机会，让我们能够以另外一种方式来思考，并且向我们展示解决问题的新方法。梦境让我们看到盲点，使我们集中注意力于个人生活里可能忽视了的東西。

## **blind spot**

盲点，无知领域

例句：It can be very dangerous if there’s a vehicle in your blind spot.

例句：He has a blind spot about personal finance.

## **home in on**

集中注意力于；瞄准，对准

搭配短语：home in on sth./sb.

英文释义：to find and give a lot of attention to something or someone

例句：The report homed in on the weaknesses in the management structure.

例句：The missile homed in on the ship.

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原文：

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— The Guardian: 'When we dream, we have the perfect chemical canvas for intense visions'