

2

Read the text below about a plant which is said to improve the memory. As you read, look for the answer to this question – What interesting thing have scientists found out about rosemary?

Rosemary for Remembering

The herb rosemary has been associated with improving the memory for hundreds of years.

5 A famous English statesman, Sir Thomas More, said, "Rosemary is the herb sacred to remembrance, and therefore, to friendship." In the past, people at funerals in the West often threw sprigs of rosemary into the coffin of a dead person before burial. This was to make sure the dead person would not be forgotten.

10 Shakespeare mentioned rosemary in two of his great tragedies. In Hamlet, Hamlet's fiancée, Ophelia, is starting to go mad. She starts talking about plants and says, "There's rosemary, that's for remembrance . . ." In Romeo and Juliet, the priest says over Juliet's dead body, "Dry up your tears, and put rosemary on this fair corpse; and as the custom is, take her to church."

15 But does rosemary really help us to remember things? The answer is yes. Scientists today have found that there really is a connection between rosemary and memory. Rosemary contains carnosic acid, which is neuroprotective – in other words, it protects brain cells from damage. This damage can lead to disease such as Alzheimer's disease and other brain disorders. Now, researchers plan to develop drugs based on the carnosic acid in rosemary.

20 In another study, scientists found that the scent of rosemary improved the memory of office workers. So next time you are in the herb section of the supermarket, remember to buy some rosemary and add it to your food. It is not only delicious, but it may help you to remember a lot of other things.



1)What has rosemary been associated with?

_____.

2)Why did people throw sprigs of rosemary on the coffin of a dead person?

_____.

3-What does rosemary contain?

_____.

3

Read the text again and find the words below. Guess the best meaning for each one from the three choices given. Then check the meanings in your dictionary to see if you were right.

- 1 herb (line 1)
a flower **b** tree **c** small plant
- 2 statesman (line 3)
a businessman **b** politician **c** explorer
- 3 sprigs (line 6)
a small stems **b** leaves **c** roots
- 4 tragedies (line 10)
a serious plays **b** sad poems **c** romantic novels
- 5 corpse (line 13)
a person **b** young girl **c** dead body
- 6 protects (line 16)
a looks after **b** contains **c** keeps from damage
- 7 disorders (line 17)
a illnesses **b** untidy places **c** unhappy situations
- 8 scent (line 19)
a pleasant smell **b** bad smell **c** soft touch