



Полезная лексика по теме

# «Видеоразбор: креативное и рациональное полушария мозга — миф или реальность?»

**Behold** the human brain: its **lumpy landscape** is **visibly split into** a left and right side. This structure has **inspired** one of the most **pervasive** ideas about the brain: that the left side controls logic, and the right — creativity. And yet, this is a **myth unsupported** by **scientific evidence**. So how did this **misleading** idea **come about**, and what does it **get wrong**?

to behold — смотреть  
lumpy — бугорчатый  
a landscape — рельеф, поверхность  
visibly — заметно  
to split into — разделять на  
to inspire — вдохновлять  
pervasive — распространенный, повсеместный  
a myth /mɪθ/ — миф  
unsupported — неподкрепленный, неподтвержденный  
scientific — научный  
an evidence — доказательство  
misleading /mɪs'li:dɪŋ/ — недостоверный, вводящий в заблуждение  
to come about — возникать, появляться, приходить на ум  
to get wrong — понимать неверно, заблуждаться



It's true that the brain has a right and a left side. This is most **apparent** with the **outer layer**, or the **cortex**. **Internal regions**, like the **striatum**, **hypothalamus**, **thalamus**, and **brain stem** **appear** to be made from continuous **tissue**, but in fact, they are also organized with left and right sides. The left and the right sides of the brain do control different body functions, such as **movement** and **sight**.

The brain's right side controls the **motion** of the left arm and leg, and **vice versa**. The visual system is even more **complex**. Each eye has a left and right **visual field**. Both left visual fields are sent to the right side of the brain, and both right fields are sent to the left side. So the brain uses both sides to make a complete image of the world.

Scientists don't know **for sure** why we have that **crossing over**. One theory is it began soon after animals developed more complex **nervous systems**, because it gave the **survival advantage** of quicker reflexes.

If an animal sees a **predator** coming from its left side, it's best of **escaping** to the right. So we can say that vision and movement control are two systems that **rely on** this left-right structure.

apparent — очевидный, явный

the outer /'aʊtə/ layer — наружный слой

the cortex — кора головного мозга

the internal region — внутренняя область

the striatum /straɪ'eɪtəm/ — полосатое тело мозга

the hypothalamus /haɪ'prɒθələmjuz/ — гипоталамус

the thalamus /'θaləməs/ — таламус

the brain stem — ствол головного мозга

to appear — оказываться

tissue — ткань (головного мозга)

movement — движение

sight — зрение

the motion — движение

vice versa /'vaɪs(ɪ)'vɜ:sə/ — наоборот

complex — сложный

visual field — поле зрения, зона видимости

for sure — наверняка

crossing over — пересечение

the nervous /'nɜ:vəs/ system — нервная система

a survival advantage — преимущество для выживания

a predator /'predətə/ — хищник

escaping — возможность убежать, ускользнуть

to rely /rɪ'laɪ/ on — полагаться на, зависеть от



But problems **arise** when we **overextend** that idea to logic and creativity. This **misconception** began in the mid-1800s, when two **neurologists**, Broca and Wernicke, **examined** patients who had problems communicating **due to injuries**. The researchers found **damage** to the patients' left **temporal lobes**, so they **suggested** that language is controlled by the left side of the brain. That **captured** the popular **imagination**.

Author Robert Louis Stevenson then **introduced** the idea of a logical left **hemisphere competing** with an emotional right hemisphere represented by his **characters** Dr. Jekyll and Mr. Hyde.

But this idea didn't **hold up** when doctors and scientists examined patients who were **missing** a hemisphere or had their two hemispheres **separated**. These patients showed a complete **range of behaviors**, both logical and creative.

Later research showed that one side of the brain is more active than the other for some functions. Language **is** more **localized** to the left, and **attention** — to the right. So one side of the brain may do more work, but this **varies** by system **rather than** by person. There isn't any evidence to suggest that individuals have **dominant** sides of the brain, or to support the idea of a left-right split between logic and creativity.

to arise — возникать

to overextend — чрезмерно расширять

a misconception /ˌmɪskənˈseɪʃən/ —  
ошибочное восприятие, неправильное  
понимание

a neurologist /njuːəˈrɒlədʒɪst/ — невролог

to examine /ɪgˈzæmɪn/ — осматривать

due to — в связи с, из-за

an injury /ˈɪndʒəri/ — травма

damage — ущерб, вред

the temporal lobe — височная доля

to suggest — предполагать, выдвигать идею

to capture /ˈkæptʃər/ — захватывать,  
привлекать

imagination — представление, воображение

to introduce — вводить, внедрять

a hemisphere /ˈhemɪsfɪər/ — полушарие

to compete /kəmˈpi:t/ — конкурировать,  
соревноваться

a character /ˈkærɪktə/ — герой (произведения)

to hold up — подтвердить, выдерживать

to miss — отсутствовать

to separate — отделять, разделять

a range of behaviors — диапазон стилей  
поведения

to be localized — находиться

attention — внимание

to vary /ˈveəri/ — различаться, варьироваться

rather than — скорее чем, нежели

dominant — преобладающий



<p>Some people may be <b>particularly</b> logical or creative, but that has nothing to do with the sides of their brains. And even the idea of logic and creativity <b>being at odds with</b> each other doesn't hold up well.</p> <p><b>Solving</b> complex <b>math problems</b> requires inspired creativity, and many <b>vibrant works of art</b> have <b>intricate</b> logical <b>frameworks</b>. Almost every <b>feat</b> of creativity and logic <b>carries</b> the <b>mark</b> of the <b>whole</b> brain functioning as one.</p>	<p>particularly — особенно, чрезвычайно to be at odds with somebody/something — не гармонировать, иметь разногласия</p> <p>solving — решение a math problem — математическая задача to require — требовать vibrant /'vaɪbrənt/ — яркий, красочный a work of art — произведение искусства intricate /'ɪntrɪkɪt/ — замысловатый, сложный a framework — основа, концепция a feat — достижение to carry — нести a mark — отметка whole — целый, всецелый</p>
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