



Name: _____

Date: _____

Smelling Fear

The sense of smell is an important tool for animals that live together in groups. Dogs and wolves, for example, use smell to communicate with their families and with other groups. In a similar way, smell is important for humans. In fact, it also helps us (24). Some scientists say that without smell, we would have trouble recognizing family members and learning how to get along in a group. This is because smell is closely related to our memories.

Katherina Hauner, a researcher at Northwestern University in Chicago, did an experiment to learn about smell, memories and feelings - in particular, fear. She showed participants a picture of a man while causing them pain. (25), she smelled roses, they became afraid. This is because they remembered the smell, the picture and the pain together as one memory.

Before beginning her experiment, Hauner had believed that there was a way to use smells to help people get rid of their fears. She knew that when people see something that they are afraid of many times, they learn not to be afraid of it. In her experiment, Hauner had the participants sleep in a room that smelled like roses. While the participants were sleeping, the smell caused them to remember the picture in their dreams many times. When they woke up, they were less afraid of the picture. Hauner was (26). She hopes doctors will use these results to develop treatments for fears in the future.

24. a. improve academic ability b. develop social skills
 c. reduce stress easily d. forget pain quickly
25. a. With luck b. For this reason
 c. At the same time d. By then
26. a. not able to help them b. worried they might get hurt
 c. not surprised by the results d. ready to start new research