

Science of Love

(Part 1)

Garcia, Andy, Megumi, and Beth are high school students. They are giving a presentation in a class.

Garcia: Good afternoon, everyone. I'm Garcia and I am the moderator of this presentation. Today, we'd like to talk about why people love someone. Most of you have fallen in love with someone before, haven't you? The fact that people fall in love is universal. Some people might be so crazy about someone that they cannot think of anything else. They might even lose their appetite and find it difficult to sleep. Love seems to have a power that is often beyond our control.

Why do people fall in love? And when they do, how do they choose the people they love? What do you think brings us that strange feeling of love? We'd like to think about this issue from three different viewpoints. Each theory explains the cause of those complicated feelings of love. Andy, Megumi, and Beth will introduce theories that are from the fields of psychiatry, genetics, and biology. Andy, would you start?

(Part 2)

Andy: Sure. I'll introduce the theory of Thomas Lewis, an American psychiatrist. He argues that people fall in love because of their childhood experiences. According to his theory, what matters most is physical closeness as a child, such as being held in a mother's arms. Our brain remembers how comfortable that was. As we get older, we seek the same sort of experience without being aware that we are doing this.

When we are attracted to somebody, it could be because he or she reminds us of good childhood memories. In a sense, we love someone not because we hope to be with the person in the future, but because we hope to go back to the past and enjoy the same comfort and affection again. Thus, the person becomes "the only one" if he or she has a certain look or smell that brings back very deep memories within us.

Garcia: That's an interesting theory, Andy. From a psychiatrist's point of view, we love someone because our hidden memories are activated. Megumi, could you tell us about another theory?