The researchers say there have been numerous neurobiological studies conducted on how the brain stores information, a process called persistence. However, it is only lately that scientists have begun paying attention to forgetting, or transience. That's because like us all, scientists also assumed that our occasional inability to recall facts was due to a failure in the brain.

In 2013, Frankland and his team discovered that as new neurons integrate with the hippocampus, a region of the brain that plays a significant role in learning and remembering, they overwrite old memories, making them harder to access. There is also evidence that the brain deliberately weakens or eliminates synaptic connections between neurons, in which memories are encoded.

Richards and Frankland, who published their findings in the journal Neuron, have a theory on why the brain spends so much energy erasing memories. They believe that doing this with old information makes the brain more efficient. For evidence, they cite a 2016 study where an independent team of scientists taught a group of mice to locate a maze. The researchers then erased the memories of a subset of the rodents with drugs and moved the maze. The mice who still had memories of its original location had a harder time finding the new site than those that had no recollection.

Additionally, the team believes that retaining too much detail could prevent us from making good decisions. Richards, who studies the parallels between artificial intelligence (AI) and neuroscience, likens this behavior to a phenomenon called regularisation in the AI world. This is where a machine is trained to forget the little details to understand the bigger picture. For example, if you teach a computer to recognise faces by memorising each one, it will be unable to identify a new f
That's because instead of recognising
faces are generally oval, have two e
one nose, and a mouth, the computer le
the particulars of distinct faces – th
like the colour of eyes or shape of l

Although we may all admire people
can win quizzes and general knowl
tests, the fact is that our brains h
developed not to trawl up old facts b
make intelligent decisions. Forgetting th
is healthy and clears pathways for mal
better choices. The scientists say
the brain decides to forget is determi
by our daily life. An example Rich
gives is that of our brains dispensing
need to remember phone numbers.
says, "Instead of storing this irrele
information that our phones can store
us, our brains are freed up to store
memories that actually do matter for

In fact, the researcher encourages pe
to help their brains declutter by exerci
regularly, stating, "We know that exer
increases the number of neurons in
hippocampus." While that may cause
to lose some memories, Richards beli
that they're the **mundane** details f
your life that don't actually matter
that may be keeping you from mak
good decisions. So, the next time you
unable to recall a seemingly impor
everyday fact, don't be hard on yours
Just chalk it down to your brain's "sp
cleaning" to make room for informa
that can contribute to making you smar
Remember, even Albert Einstein
absent-minded!

36. Choose the best title or heading
passage.
    A. AI will Enlarge our Memory
    B. Poor Memory is Best
    C. Top Things we Need to Forget
    D. Remember to Forget