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# BRAIN AGE Train Your Brain in Minutes a Day!

### **INSTRUCTION BOOKLET**

PLEASE CAREFULLY READ THE SEPARATE HEALTH AND SAFETY PRECAUTIONS BOOKLET INCLUDED WITH THIS PRODUCT BEFORE USING YOUR NINTENDO® HARDWARE SYSTEM, GAME CARD OR ACCESSORY. THIS BOOKLET CONTAINS IMPORTANT HEALTH AND SAFETY INFORMATION.

### IMPORTANT SAFETY INFORMATION: READ THE FOLLOWING WARNINGS BEFORE YOU OR YOUR CHILD PLAY VIDEO GAMES.

### **WARNING - Seizures**

- Some people (about 1 in 4000) may have seizures or blackouts triggered by light flashes or patterns, such as while watching TV or playing video games, even if they have never had a seizure before.
- Anyone who has had a seizure, loss of awareness, or other symptom linked to an epileptic condition should consult a doctor before playing a video game.
- Parents should watch when their children play video games. Stop playing and consult a doctor if you or your child have any of the following symptoms:

Convulsions	Eye or muscle twitching
Altered vision	Involuntary movements

Loss of awareness Disorientation

- · To reduce the likelihood of a seizure when playing video games:
  - 1. Sit or stand as far from the screen as possible.
  - 2. Play video games on the smallest available television screen.
  - 3. Do not play if you are tired or need sleep.
  - 4. Play in a well-lit room.
  - 5. Take a 10 to 15 minute break every hour.

### WARNING - Radio Frequency Interference

The Nintendo DS can emit radio waves that can affect the operation of nearby electronics, including cardiac pacemakers.

- Do not operate the Nintendo DS within 9 inches of a pacemaker while using the wireless feature.
- If you have a pacemaker or other implanted medical device, do not use the wireless feature of the Nintendo DS without first consulting your doctor or the manufacturer of your medical device.
- Observe and follow all regulations and rules regarding use of wireless devices in locations such as hospitals, airports, and on board aircraft. Operation in those locations may interfere with or cause malfunctions of equipment, with resulting injuries to persons or damage to property.

### **WARNING - Repetitive Motion Injuries and Eyestrain**

Playing video games can make your muscles, joints, skin or eyes hurt after a few hours. Follow these instructions to avoid problems such as tendinitis, carpal tunnel syndrome, skin irritation or eyestrain:

- Avoid excessive play. It is recommended that parents monitor their children for appropriate play.
- · Take a 10 to 15 minute break every hour, even if you don't think you need it.
- When using the stylus, you do not need to grip it tightly or press it hard against the screen. Doing so
  may cause fatigue or discomfort.
- If your hands, wrists, arms or eyes become tired or sore while playing, stop and rest them for several hours before playing again.
- If you continue to have sore hands, wrists, arms or eyes during or after play, stop playing and see a doctor.

## WARNING - Battery Leakage

The Nintendo DS contains a rechargeable lithium ion battery pack. Leakage of ingredients contained within the battery pack, or the combustion products of the ingredients, can cause personal injury as well as damage to your Nintendo DS.

If battery leakage occurs, avoid contact with skin. If contact occurs, immediately wash thoroughly with soap and water. If liquid leaking from a battery pack comes into contact with your eyes, immediately flush thoroughly with water and see a doctor.

To avoid battery leakage:

- · Do not expose battery to excessive physical shock, vibration, or liquids.
- · Do not disassemble, attempt to repair or deform the battery.
- · Do not dispose of battery pack in a fire.
- Do not touch the terminals of the battery, or cause a short between the terminals with a metal object.
- · Do not peel or damage the battery label.



### NEED HELP PLAYING A GAME?

Nintendo's game pages, at **www.nintendo.com/games**, feature walkthroughs, frequently-asked questions, and codes for many of our games. If your answer isn't there, check out our forums where you can exchange tips with other gamers online.



For more information about our forums, visit www.nintendo.com/community.

If you don't have access to the web-site, recorded tips for many titles are available on Nintendo's Power Line at (425) 885-7529. This may be a long-distance call, so please ask permission from whoever pays the phone bill.

Nintendo



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### Introduction

Hello! I'm Dr. Ryuta Kawashima! Did you know that just like how you lose muscle mass with age, your brain function begins to decrease when you reach maturity? This happens even if you lead a normal, healthy life. Everyone knows you can prevent muscle loss with exercise, and use such activities to improve your body over time. But we now know that the same is true of your brain. If you proactively reinforce daily habits of brain training, you can help to prevent a decrease in brain function.

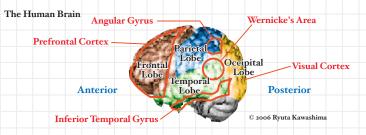
Have you noticed yourself forgetting things lately? Do you have trouble articulating exactly what you want to say? These symptoms can be alleviated by training your brain. But such training is not just for adults. Children, too, can heighten their creativity and memory—and learn self-control—by training their brains.



Ryuta Kawashima, M.D.

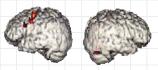
### • Getting The Most out of Your Prefrontal Cortex

The prefrontal cortex is like the control tower of your brain—it determines how you use stored knowledge in practical situations. That means that your "practical intelligence," or ability to apply stored knowledge to your everyday reality, depends upon how well your prefrontal cortex functions. So training your prefrontal cortex could actually raise your intelligence!



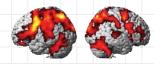
### • A Brief Explanation of The Brain

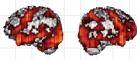
Both hemispheres of the human brain are divided into four parts: the frontal lobe, parietal lobe,temporal lobe, and occipital lobe. The prefrontal region (which makes up a large part of the frontal lobe) is the foundation of creativity, memory, communication, and self-control. Its role could be described as the "brain within a brain." • Recent Neurological Research Regarding Brain Training My research has shown that reading out loud and performing calculations quickly are effective for training your brain. The diagrams below and to the right show functional magnetic resonance imaging (fMRI) of the blood flow in a brain. The red and yellow areas show which parts of the brain are working. Red indicates the hardest working portions of the brain, while yellow displays slightly less activity.



© 2006 Ryuta Kawashima

A Brain in Idle Thought The left hemisphere is working, but the right hemisphere is hardly working at all. A Brain Solving a Difficult Math Problem Even when solving a hard problem, your brain may not be working very hard.





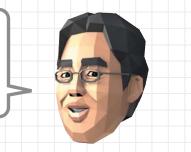
© 2006 Ryuta Kawashima

A Brain Performing Simple Math Problems Quickly Many parts of both hemispheres are working very hard. A Brain Reading a Book Aloud The faster you read aloud, the harder your brain works.

These diagrams demonstrate that performing simple calculations quickly and reading aloud are effective ways to train your brain.

Based on these results, I conducted a memory test on a wide range of people, from elementary school-age children to fullgrown adults. My data showed that subjects who performed simple calculations and read aloud did two to three times better in tests of memory ability. Also, patients with cognitive impairment that performed simple calculations and read aloud two to five times per week were able to prevent the worsening of their condition and improve the functioning of their prefrontal cortices more than those who had not done such exercises. • Training Your Brain with Brain Age The key to training is sticking with it. This software was designed to work your brain with simple math-related activities and literature passages to read aloud. It will also be fun so you can continue to use and enjoy it every day! The best time to do this training is in the morning, when your brain is at its peak level of activity. Take a moment from your free time each day to complete your training.

Don't worry! I'll be assisting with your brain training. I'm sure we'll work well together!



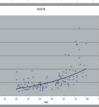
**Modern Equipment Shows That Brain Training Works!** An imaging technology called near-infrared spectroscopy (Figure 1) has allowed us to investigate the workings of the prefrontal cortex in a person who is playing Brain Age. After testing several dozen training programs, we have selected only those that proved effective for activating the brain (Figure 2).

Figure 2

# Figure 1

Measuring blood flow in the brain.

### Chart 1





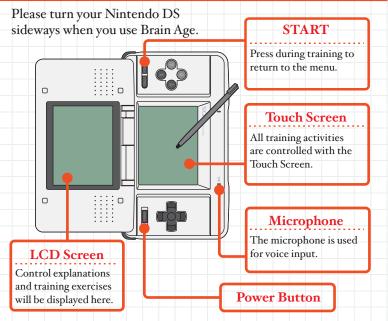
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A three-dimensional image produced during the examination.

How Is One's Brain Age Determined?

I took a sample set of 120 people from age 20 to 70 and broke them down into groups of 20. I then evenly dispersed them by age and adjusted their test results to find the best fit in a distribution curve (Chart 1). This is the curve used to calculate your brain's age when you use Brain Age.

# How to Use Your Nintendo DS with Brain Age



Close the Nintendo DS to enter Sleep Mode and reduce battery consumption. Open the DS to leave Sleep Mode.

### Starting Brain Age

To start Brain Age, first make sure that the Nintendo DS is turned off. Insert your Brain Age Game Card into the Nintendo DS until you hear a click.



Brain Age: Train

13

When you turn on the Nintendo DS, you will see the screen on the left. Please read the information and tap the Touch Screen.

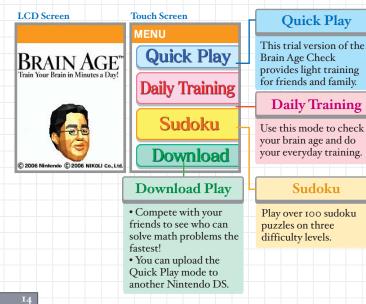
On the DS Menu Screen, touch the Brain Age panel. After a brief load time, the title screen will appear.

If your system start up has been set to Auto Mode, you can skip the above step. See the Nintendo DS hardware instruction booklet for more information.

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### Modes

There are four different modes in Brain Age. Please use your Brain Age software according to the instructions shown on the LCD screen.



# **Daily Training**

### • Training for the First Time

The first time you start, you will need to create a personal data file. This is the place where daily testing results are stored. You can create up to four personal data files on one Game Card. The following pages will walk you through the process.



Back

Left Right

### **Confirm the Date** Confirm that the date and time are accurate. If both are correct, tap "Yes." If not, tap "No."

To change the time or date, turn off the DS and change the settings when you restart the system. Please see your DS manual for more information.

### **Confirm Handedness**

If you are right-handed, tap "Right" to continue. If you are left-handed, tap "Left" to continue. If you choose left-handed settings, please follow the on-screen instructions and rotate your DS so that the Touch Screen is on the left-hand side.

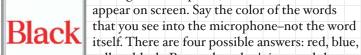
• Measuring Your Current Brain Age When the doctor is finished explaining his theory about the brain, you will be able to test your current brain age.

The Brain Age Check contains a test that requires you to speak out loud, so please make sure you are in a quiet place when you do so. If you are not in such an area, tap "I Can't Speak" to take the Calculations x 20 test instead of the Stroop test. (See page 17 for details.)

Voice recognition effectiveness will vary by individual.

If you are having trouble being recognized, you may need to adjust how close you are to the microphone.

### Stroop Test



The correct answer is Red.

### Calculations x 20



Look at the problems that appear on the display screen and write the answers on the Touch Screen as quickly as you can. You must solve 20 problems consecutively. If the software does not recognize your number, tap "Erase" to clear the screen, then write it again. Try to write your numbers with large, clear strokes.

During the Stroop test, colored words will

appear on screen. Say the color of the words

yellow, black. Remember, don't just read the

words! You must say the color of the word.

# • Creating a Personal Data File



When the Brain Age Check has finished, you will be asked to write your name. This will be the name of your personal data file. Use the stylus to sign your name on the Touch Screen.



3

Once you tap "Select," you will be asked to write down the year, month, and day of your birth. Use the stylus to write the last two digits of your birth year on the Touch Screen. Please write only one number in each square.

Next, do the same for the month you were born, and then the day you were born. Tap "Select" to progress through each stage.



When the confirmation screen appears, tap "Select" to go to the next screen if all the information is correct.. If you want to make any changes, tap "Revise" to return to the signature screen.

# • Brain Age Check Results

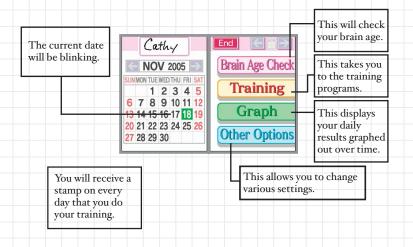
More	
Your brain age	

This displays your current brain age. Once the professor is done talking, tap "To Data Select Screen." You will return to the Data Select Screen.

If you choose to continue your brain training, please tap the saved personal data file you would like to use. (It's most likely the one with your name on it.) You will then go to the Stamp/Calendar screen.

### Stamp/Calendar Screen

When you touch a personal data file that you want to use on the data select screen, you will go to the Stamp/Calendar screen.



### Events

Once you select your personal data file, you may experience one of the following special events!

### Memory Quiz

The doctor will ask you one of several questions. Please write the answer to this question on the Touch Screen. In a few days, you will be asked to recall the answer to this question. Try your best to remember the answer.

### • Picture-Drawing Quiz

You will be given the name of an item that you must draw on the Touch Screen. Once you are done, tap "Select" to view a detailed illustration of the item on the display screen. It's fun to compare your picture to the detailed one!

### How to Start Training



Tap "Training" on the main menu to go to the Training menu, then tap the name of the training program you want to use.

If you want to see the instructions for a program, tap "Rules." It's located to the right of each program name.



When you have finished training, your results will appear on the LCD screen, while the Touch Screen will display the top three scores from that training program. Once you have read these, tap "Next" to display your ranking.

You can use a training program as many times per day as you want, but only your daily score from the first attempt will be recorded. You can also see your progress in this program as tracked on a graph. Once you have read it, tap "More" or "Next."



You need to complete only one training program per day to receive a stamp for that day on your calendar. (You can't earn more than one stamp per day.)

You can also design your own stamp. See page 33 for more information.

• Training Programs When you start a new file, there are only three programs available. You can unlock more programs by fulfilling certain conditions.

### Calculations x 20



Look at the problems that appear on the display screen and write the answers on the Touch Screen as quickly as you can. If the software does not recognize your number, tap "Erase" to clear the screen, then write it again. Write your numbers with large, clear strokes. Your final time will be recorded, and wrong answers will cost you a time penalty.

### Calculations x 100



This is the same as Calculations x 20, but with 80 more problems!

### **Reading Aloud**

	Next
Robert Louis	never been renewe
Stevenson	since the date
The Strange Case	of the first
of Dr. Jekyll and	experiment, began
Mr. Hyde	to run low. I sent out for a fresh
My provision of	supply and mixed
the salt, which had	the draught; the

### Low to High



Reading out loud gives your prefrontal cortex a workout. Please read the offered passage as quickly as possible. When you are ready to turn the page, tap "Next." Your time to read the entire passage will be recorded.

Numbers will appear momentarily on the LCD screen. Boxes will then appear where the numbers used to be. Tap these boxes in the order of numbers they contained, moving from lowest to highest. The numbers will only appear for a moment, so look quickly!

### Syllable Count

Beggars can't be choosers. Read the passage on the LCD screen, then write the total number of syllables it contains on the Touch Screen.

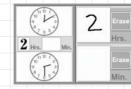
### **Triangle Math**



Start from the top and work your way down, performing calculations on the numbers based on the mathematical operators that appear between them. Once you finish the top level, solve the problems in the second row using the answers derived from above. Continue this process until only one answer remains. Please write this number in the frame provided on the Touch Screen.

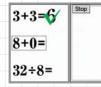
Please handle calculations with negative numbers in the following manner: I - (-2) = I + 2 = 3 I + (-2) = I - 2 = -I(-I) - (-2) = -I + 2 = I (-I) + (-2) = -I - 2 = -3

### Time Lapse



Determine the amount of time that has passed between the clock on the top and the clock on the bottom. When you are done, write the answer separately in terms of hours and minutes. Please write hours in the top window and minutes in the lower window.

### **Voice Calculation**



### Head Count



Solve these calculation problems and then speak the answer into the microphone.

Watch people as they go into and out of the house. When they are done, write the number of people left inside the house on the Touch Screen.

# **Brain Age Check**



Brain Age Checl Done! III now calculate your Your brain age brain age 35



To perform a Brain Age Check, touch "Brain Age Check" on the main menu.

You must complete three tests in succession. If you stop before completing all three, the test will be unsuccessful.

Your brain age will be displayed like so. Once you are satisfied, tap "More."

This graph charts the progress of your brain age. Once you are satisfied, tap "Next."

You can check your brain age as many times a day as you like, but only the first result will be saved.

### Tests Used in Brain Age Check

### Calculations x 20

This activity is identical to the one in your list of training programs. Write the answers on the Touch Screen as quickly as you can.

### Stroop Test

This test is identical to the one that you did in the first Brain Age Check. Say the colors of the words into the microphone-don't just read the word aloud.

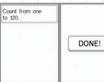
### Word Memory

rate	wool	1 Min	1 Min. 53 Sec.	
dish	horn	roll	card	
eyes	swig	lime	soap	
cart	rate	pans	deep	
germ	grin	bunt	roar	
tong	talk	rush	four	
rage	left	iron	sing	
inch	gnat	knee	gore	

Memorize as many of the displayed words as you can in the two minutes provided. After that, you will have three minutes to write as many as you can on the Touch Screen. Please write only one word at a time.

# **Brain Age Check**

### **Speed Counting**



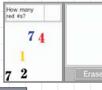
Tap "Start Brain Age Check" to begin the countdown. Once the countdown has ended, count out loud from 1 to 120 as quickly as possible. Please be sure to pronounce every number correctly. When you are finished counting, tap "DONE!"

### **Connect Maze**



Drag the stylus as quickly as possible (and without lifting it) from item to item in the order of A to 1 to B to 2 to C to 3, and so on. Don't touch any letter or number but the one that you are aiming for.

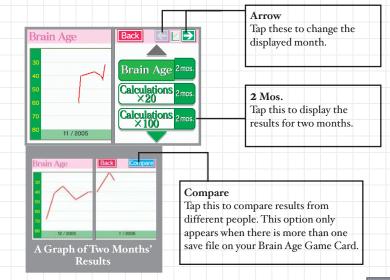
### Number Cruncher



You will see numbers of various types scattered across the display screen. Read the question carefully and write the corresponding answer on the Touch Screen.

# Graphs

You can display your results from training programs and brain age checks on a graph.



# **Other Options**

# Changing Settings



You can change the font size used in Reading Aloud, or your handedness settings here. You can also erase personal data files.

Personal data that has been erased cannot be recovered! Please be careful when erasing.



Also, if you fulfill certain conditions, you will be able to unlock an option that allows you to design your own stamp or to view my tips whenever you like. Keep up the training, and I'm sure you'll do it in no time! Hoo hoo ha!

# **Changing Your Signature**

You can change the signature used to identify your save file.

# Original Stamp Design



You can design an original stamp for use on your calendar. Tap "Stamp Design" to go to the design screen. Use the stylus to design a stamp in the space provided, then tap "Select" to make this your new stamp.

When you choose a new stamp design, your stamps from previous days will be replaced with the new design.

### **Professor's Tips**

This option allows you to view all the tips the doctor gives you upon completion of a training program.

# **Quick Play**

This option allows you or others to try a simplified version of training programs and the Brain Age Check. You can also play a quick sudoku puzzle (see page 36 for more information).

• Quick Brain Age Check You can start this check without creating a save file.



Please tap "Quick Brain Age Check."

An explanation will appear on the display screen. Tap "Start Brain Age Check" on the Touch Screen to begin a Stroop test.



Your brain is in its **30**s When the test has ended, your brain age will appear. Because this is a simplified version, the age is displayed in increments of decades, not by single years.

# • Quick Training Playing Calculations x 20.



#1 out of 2 player

To begin, tap the button that says "Quick Training." The handedness settings screen will appear. Tap "Right" if you are righthanded. Tap "Left" if you are left-handed, then follow the on-screen instructions about how to turn your DS.

The doctor's explanation will appear on the LCD Screen. Touch "More" to read it, and "Start Training" to begin. Math problems will then appear on the LCD Screen. Use a stylus to write the answers as quickly as possible on the Touch Screen.

# Sudoku

To solve a sudoku puzzle, you must fill in the squares with a number from 1 to 9. But you need to follow three rules when writing in numbers!



First, each column must contain only one of each number from 1 to 9.

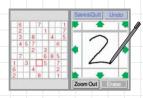


Second, each row must contain only one of each number from 1 to 9.

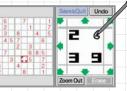


And finally, each 3x3 box must contain only one of each number from 1 to 9.

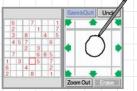
If you fulfill all three conditions and fill every square, you will clear the puzzle!



Touch the square you want to fill in to zoom in on it. Write a large number in the enlarged square.



To note a possible answer, write a small number in the square. This is called an Option. Each square can hold up to nine Options.



To erase your answer, write a "o" in the square or tap "Erase."

# Sudoku



If you want to quit a puzzle, tap "Save & Quit" to save your game so you can come back to it later.



When on a zoomed-in square, tap an arrow to move in that direction.



If you are playing the Quick Sudoku Demo, tap "Quit" to stop playing. You will not be able to save your game in this version.



Touch the square you want to fill in to zoom in on it. Write a large number in the enlarged square.



Tap "Undo" to take back your last answer.

You can choose to be notified when you enter a wrong answer. If you select "Yes," you can get up to five wrong answers before you fail the puzzle. If you choose "No," you won't know if an answer fits until you get every answer right But no matter how many wrong answers you input, you won't fail the puzzle.

# **DS Download Play**

You can play with others by using the wireless communication function of your Nintendo DS.

Please see pp. 46-47 for extra information about setting up DS Download Play.

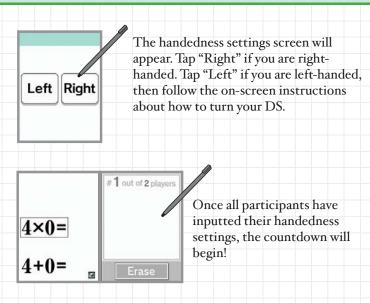
### • Calculation Battle x 30

This is a battle to see who can solve 30 calculations the fastest. Two to sixteen people can play with only one Game Card. The DS with the card inserted will be the Parent unit, and all others will be Child units.

# The Parent Unit



Tap "Download Play" on the main menu to reach the screen shown to the left. Once there, tap "Calculation Battle x 30." The number of people participating (including the parent unit) will appear on the Touch Screen. Once everyone is ready, tap "Next" to send the game to the other units.



# **DS Download Play**



Download data from the parent DS. When the download is complete, you will see the handedness settings screen. When everyone has inputted the handedness settings, the countdown will begin!

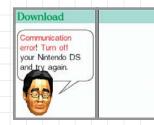
### After the Battle

After completing the 30 problems, each participant's time and rank will appear. When you are ready to continue, tap "Next."

When you have completed Calculation Battle x 30, please turn off the power.

### **Communication Errors**

If you see the screen below, please turn off the power, turn it back on, and then try to download the data again.



# **DS Download Play**

### Sending a Demo

Upload the Quick Play mode to other DS consoles. The DS with the card inserted will be the parent unit and send the demo. The other unit will be the child unit and receive the demo.

### The Child Unit

When the download is finished, you will see the demo title screen.

If you turn off the DS, you will lose the demo. Be careful!

### The Parent Unit



Tap "Download Play" on the main menu to go to the screen shown on the left, then tap "Send Demo." You will see a screen that tells you the DS is looking for a partner. When the child unit chooses to start the download, you will see a message saying "Sending to [NAME]." Tap "Next" and wait for the upload to finish.

# Using DS Download Play

(This section explains how to establish a link for DS Download Play.)

### **Necessary Items**

Nintendo DS systems -	 	 	··· I per player
Brain Age Game Cards	 	 	I

### What to Do (For the Parent Unit)

- 1. Make sure that all DS systems are turned off, then insert a Brain Age Game Card into your unit.
- 2. Turn on the power for all systems. The DS Menu Screen will appear.
- 3. Touch the "Brain Age" panel.
- 4. Follow the instructions on page 38.

### Steps - All systems excluding P1

- 1. Turn on the power of all the systems. The DS menu screen will appear.
- 2. Touch the "DS Download Play" panel. The Game List Screen will appear.
- 3. Touch the "Brain Age" panel. The Download Confirmation Screen will appear.
- 4. When the correct software appears, touch "Yes." The parent unit will then start the download process.
- 5. Next, follow the instructions on pages 38-39.



### DS Menu Screen



### **Game List Screen**

### Precautions Regarding DS Download Play

Take note of the following guidelines for DS Download Play.

- □ The 📰 icon on the DS and game menu screens shows that there is a wireless function associated with an activity. Choose menus with this icon to engage in wireless activities. Please do not choose this option in places where wireless transmission is forbidden, such as airplanes or hospitals.
- The fine icon that appears when you are connected to a wireless signal indicates the strength of the signal. The stronger the signal, the smoother your wireless play will be.

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Within 30 ft.	0	I	2	3
Signal Bars	Weak	•		Strong

The power light will blink when wireless functionality is active.



- $\hfill\square$  To make the most of your wireless experience, remember the following:
- Keep all DS consoles within 30 feet of each other, or at least close enough that you see two or more bars of signal strength.
- Please arrange the DS consoles so they face each other. Make sure there are no people or other obstructions between the DS consoles.
- Play may sometimes be affected by devices that cause interference, such as GBA Wireless Adapters, Wavebirds, WLAN, microwaves, or cordless appliances. If this occurs, move away from the interference-causing device or turn it off.

### Profile



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Born 1959, Chiba City, Chiba Prefecture, Japan

Graduated Tohoku University School of Medicine. "Completed course of research at Tohoku University Graduate School of Medicine." Guest researcher at the Karolinska Institute, Sweden. Associate Professor, Assistant Professor, then Tenured Professor at Tohoku University. Former member of the National Council concerning Language and Culture. Foremost Japanese researcher of brain imaging, focusing on the functionality of different parts of the brain.

# Works used in "Reading Aloud"

Some of the works excerpted here contain language and themes that may be considered controversial to some users. However, we have chosen to present them as they originally appeared, and we ask you to understand their context in

the greater canon of English literature.

Louisa May Alcott: Little Women Sherwood Anderson: Winesburg, Ohio Iane Austen: Emma Jane Austen: Pride and Prejudice Jane Austen: Sense and Sensibility Ambrose Bierce: An Occurrence at Owl Creek Bridge Emily Brontë: Wuthering Heights William Wells Brown: Clotelle: A Tale of Southern States Lewis Carroll: Alice's Adventures in Wonderland Kate O'Flaherty Chopin: The Awakening Joseph Conrad: Heart of Darkness James Fenimore Cooper: The Last of the Mohicans Stephen Crane: The Red Badge of Courage Daniel Defoe: Robinson Crusoe Charles Dickens: A Christmas Carol Charles Dickens: Great Expectations Charles Dickens: A Tale of Two Cities Fredrick Douglass: My Bondage and My Freedom Sir Arthur Conan Doyle: The Hound of the Baskervilles Sir Arthur Conan Dovle: The Lost World Alexandre Dumas: The Count of Monte Cristo George Eliot: Middlemarch George Eliot: Silas Marner Ralph Waldo Emerson: Essays-First Series Henry Fielding: The History of Tom Jones Benjamin Franklin: The Autobiography of Benjamin Franklin Nathaniel Hawthorne: The Scarlet Letter O. Henry: The Gift of the Magi Washington Irving: The Legend of Sleepy Hollow Henry Jacobs: Incidents in the Life of a Slave Girl Written by Herself

Henry James: The Turn of the Screw Abraham Lincoln: The Gettysburg Address Jack London: The Call of the Wild Jack London: To Build a Fire Jack London: White Fang Herman Melville: Bartleby the Scrivener Herman Melville: Moby Dick Thomas Paine: The American Crisis Edgar Allan Poe: The Cask of Amontillado Edgar Allan Poe: The Pit and the Pendulum Edgar Allan Poe: The Tell-Tale Heart Samuel Richardson: Pamela, or Virtue Rewarded Mary Shelly: Frankenstein Laurence Sterne: The Life and Opinions of Tristam Shandy, Gentleman Robert Louis Stevenson: The Strange Case of Dr. Jekyll and Mr. Hyde Robert Louis Stevenson: Treasure Island Bram Stoker: Dracula Harriet Beecher Stowe: Uncle Tom's Cabin Ionathan Swift: Gulliver's Travels Henry David Thoreau: Walden Anthony Trollope: The Warden Mark Twain: The Adventures of Huckleberry Finn Mark Twain: The Adventures of Tom Sawver Mark Twain: A Connecticut Yankee in King Arthur's Court Booker T. Washington: Up from Slavery: An Autobiography H. G. Wells: The Time Machine H. G. Wells: The War of the Worlds Oscar Wilde: The Picture of Dorian Grav The Constitution of the United States of America The Declaration of Independence of the United States of America

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