

mind before, it is a memory; if not, it is a fancy or imagination.

An act of memory is accomplished by following the line of suggestions from some idea in the mind to the idea or fact to be remembered. If nothing in mind or sight recalls the idea sought for, then we must follow other lines of association or suggestion or take some other fact or idea to start from.

To gain expertness in remembering or recalling, one must study the several classes of suggestions. Tho' seemingly innumerable, all associations belong to one or another of a few classes. The chief of these classes are those of *place*, of *time*, of *resemblance*, and *contrast* and of *cause* and *effect*. Resemblance or similarity may be in form, in motion, in sound, smell or taste, and in causes or consequences. If I wish to recall a man's name I try to think of names which are similar in sound or look; if this fails, I next try to recall where I have seen or heard of the man, in whose company he was; what he did or said, and the rapidity with which I can run through all the helpful suggestions marks my skill in remembering. If it is an *event* which I wish to remember, I seek to recall the place, time and cause or effect of the event. If it is the date of the event, I recall contemporary, or preceding or following events, or the causes and effects of the event itself.

To cultivate the memory demands the cultivation of the power and habit of forming associations of ideas. These associations depend, first, on the vividness and strength of the impression in which the association is formed, and, second, on the number of ideas associated. Excited feeling, and intense attention, at the moment of learning, or seeing any fact, makes the impression ineffaceable and forms associations of the strongest kind. An event learned under high excitement is rarely if ever forgotten, while what is learned lazily and without interest is easily lost. Intense interest or excitement also quickens the mental activity, and tends to form numerous, as well as strong, associations among the ideas present in the mind.

The power of close and earnest or active attention is essential to a good memory. Active attention implies active thinking, and this in turn means the comparison, classifying and logical arrangement of the related ideas, and of course means also the logical association of those ideas. Good thinkers are men of good memories. The more any fact or truth is thought over the longer it remains in memory.