

**MENTAL GYMNASTICS,
OR LESSONS
ON MEMORY**

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Mental Gymnastics, or Lessons on Memory by Adam Miller

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ADAM MILLER

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LESSONS ON MEMORY.

—BY—

ADAM MILLER, M. D.

—AUTHOR OF—

*Life in Other Worlds; Plain Talk to the Sick; Mistakes of
Doctors; Laconography, etc.*

THIRD EDITION.

CHICAGO:
1886.

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mind Travel
INSTRUCTIONS.

After reading the first chapter, commence the study of the system on p. 21, and make yourself especially familiar with the letters representing numbers. Your memory will be strengthened with the first effort to recollect the relation between letters and figures. The 22d and 23d pages will explain the phonetic sounds that correspond with the letters that stand for numbers.

When familiar with the 2d chapter commence the study of the 100 words on pp. 24 and 25, and, with a little practice, you will soon be able to tell the numbers on hearing the words. Then go through VIIth and VIIIth chapters in the same way; keep a pencil and paper at hand, write the numbers from the words, and this will soon make you familiar with the letters and their homo phonetic sounds, which will invariably give you the correct numbers. As your memory gains strength in this direction it will become stronger in every respect, especially for retaining names and committing to memory anything you may wish to keep in your memory's storehouse. The improvement may be slow at first, but by persevering effort you will most assuredly reap the reward of your labor by obtaining a renewed vigor of body and mind.

THE AUTHOR.

PREFACE.

The author of this work does not claim to have originated an entirely new system for the cultivation of the memory. But he does claim to have simplified some of the old and complex systems contained in books now out of print; or in large and expensive volumes, not in the reach of those most interested in this subject.

Several small works have been published, based on the writings of Prof. Francis Fauvel-Gourand, and almost literally copied from his work without giving him credit for his arduous labors in this department of literature. Writers on this subject have left it in such obscurity, that persons, after purchasing the books, have laid them away as useless; because they could not understand the few brief and indefinite sketches called memory lessons.

The following pages have been arranged with new and original formulas by the author, more with a view to instruct the student in the noble faculty of memory, than to embellish the pages with fine language and obscure expressions.

We aim to make the subject as plain as possible, and to bring it within the comprehension of ordinary minds, so as to lead the student from the first simple lessons to the more complex without mental strain or effort, and by these mental gymnastics gradually to increase the strength of the memory. Instead of a

severe strain it will be a mental recreation and amusement, and will prepare the mind for more arduous labors in other departments of study.

The object is to bring the subject within the reach of all classes, and to make the study interesting and profitable to all. There is no business in life, and no department in literature, where a well cultivated memory may not be turned to a good account.

Our capacity for any kind of business is increased in proportion as our memory is able to retain the details of our business.

These lessons are valuable to those who are studying any system of short-hand writing, and especially to the system called Laconography.

The author, now advanced beyond the ordinary years allotted to men in this life, has so cultivated his memory, that it is much stronger and more reliable than it was in the earlier years of his life, and all as the result of the training recommended in these pages. A well employed and active mind and a good memory well stored with useful knowledge are very important factors in human happiness.

While it does not bring back the years that have passed into the future, it lifts the mind above the wasting influences of time to a great extent, and often turns the gloomy winter of old age into the warmth and brightness of a summer's morning. It will help to smooth the wrinkles of a furrowed brow, and give intelligent expression to the eye that is growing dim with age. Try the process we recommend, and you will be satisfied.

A. M.

CHAPTER I.

GENERAL REMARKS ON MEMORY.

Without memory our lives would be a dreary waste. The past would be a blank. The present a fretful and perplexing hour. Without a recollection of the past we would find very little encouragement in looking into the future. With the storehouse of our memories well filled with past events, many pleasant scenes of our past lives are brought in review before us. Even our sufferings and disappointments, when recollected in connection with the relief that may have come to us, and our deliverance from the apparent accidents and dangers to which we found ourselves exposed, all have a tendency to encourage us for the future. A recollection that the same or similar help may come to us in the future that sustained us in the past, will enable us to move forward in the struggles of life and trust in the same powers and forces for protection that sustained us in the past. All persons are endowed with this faculty, but some in a much higher degree than others. While there are natural endowments, and some have much better memories than others, it is undeniably true that by neglecting to exercise and cultivate this faculty it becomes enfeebled, while, on the other hand, by a proper course of train-

ing and a systematic exercise, the memory may be strengthened beyond the highest conceptions of those who have not made suitable and systematic efforts in this direction. The reason why many persons in advanced years complain of a feeble memory is an inattention to the common concerns of life, and a want of effort to treasure up the ordinary occurrences. The idea of many that because they have lived a certain number of years and arrived at an age where the mental faculties generally become enfeebled, has caused many to feel prematurely old, and a general loss of bodily and mental vigor follows a determination that it must be so, because it is the natural order of things. Many live and finally go down to their graves without being aware of the wonderful undeveloped powers they possessed, which, if they had been properly cultivated, would have contributed much to the support of the physical organism. There is such an intimate connection between the body and the mind that the lack of a proper treatment of the one will unfavorably affect the other.

We have gymnastics for physical culture and find, from experience and observation, that much is gained by a proper exercise in muscular development.

The memory is more susceptible to improvement by proper exercise and training, than the body. It is that which possesses the body, and is destined to survive its final dissolution and decay. The dweller in the house is of more importance than the house, so the mind of man, of which memory is a part, is of more importance than the body in which it dwells.

We talk of a mind well stored with knowledge, but we must not forget that memory is the store-keeper, and not only holds the key to the storehouse but arranges all the shelves and drawers and the different compartments for storing away the treasure accumulated by mental efforts. The mind selects and brings in the treasures, sometimes secures them by hardest toil and perilous efforts. The memory takes the treasures and stores them away on different and appropriate shelves, or in different drawers, and so marks them and the place where they are deposited, that they can be looked at any time when they are wanted.

What advantage would we have in the accumulation of wealth in silver and gold and diamonds and other precious things that make men rich, if we brought them home and handed them over to our steward or servant for safe keeping, and he put them where they never could be found? Suppose a man had millions on millions of treasures hidden in this way that he nor no one else could ever find; what advantage would they be to him? None. He might say I have lost them because I have not provided a proper place to store them away. I had no systematic arrangement in my treasure house, and now they are forever beyond my reach. In this way, from a want of a properly arranged house to store away the treasures of the mind, thousands of precious gems have been lost. We may deeply regret the loss, but this will not return to us the lost treasures. The only safe and proper way is to guard against these