

**HOW TO STRENGTHEN THE
MEMORY, OR, NATURAL
AND SCIENTIFIC METHODS
OF NEVER FORGETTING**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649479962

How to Strengthen the Memory, Or, Natural and Scientific Methods of Never Forgetting by M. L. Holbrook

Except for use in any review, the reproduction or utilisation of this work in whole or in part in any form by any electronic, mechanical or other means, now known or hereafter invented, including xerography, photocopying and recording, or in any information storage or retrieval system, is forbidden without the permission of the publisher, Trieste Publishing Pty Ltd, PO Box 1576 Collingwood, Victoria 3066 Australia.

All rights reserved.

Edited by Trieste Publishing Pty Ltd.
Cover @ 2017

This book is sold subject to the condition that it shall not, by way of trade or otherwise, be lent, re-sold, hired out, or otherwise circulated without the publisher's prior consent in any form or binding or cover other than that in which it is published and without a similar condition including this condition being imposed on the subsequent purchaser.

www.triestepublishing.com

M. L. HOLBROOK

**HOW TO STRENGTHEN THE
MEMORY, OR, NATURAL
AND SCIENTIFIC METHODS
OF NEVER FORGETTING**

**HOW TO STRENGTHEN THE
MEMORY;**

OR,

**NATURAL AND SCIENTIFIC METHODS OF NEVER
FORGETTING.**

By **M. L. HOLBROOK, M. D.,**

EDITOR OF "THE HERALD OF HEALTH," AUTHOR OF "HYGIENE OF
THE BRAIN," "PARTURITION WITHOUT PAIN," "EATING
FOR STRENGTH," "FRUIT AND BREAD," ETC.

NEW YORK:

M. L. HOLBROOK & CO.

COPYRIGHT BY
M. L. HOLBROOK,
1886.

BOSTON MEDICAL LIBRARY
IN THE
FRANCIS A. COUNTWAY
LIBRARY OF MEDICINE

PREFACE.

Some years ago I commenced investigating the various systems of mnemonics in connection with my friend, Mr. John Fretwell, of Eisenach, Germany. Whatever came in my way I gave to him, and whatever he found in his extensive travels and reading he at once communicated to me. The result was a mass of incongruous material, much of it having little value.

We found that most systems of mnemonics are altogether too cumbersome—using them is like employing a large amount of machinery to accomplish a small amount of work. It is more difficult to handle the machinery than to do what is to be done by simple and natural methods. These methods are given in this book. They are all easy, and adapted to every class of persons, be they learned or unlearned.

Let no one, however, imagine he can train and discipline his memory by reading this book; he must apply its principles, and that, too, for a long time. A half hour given to the subject every day so keeps the matter in hand that in the course of time every person with a weak and defective memory may have a strong one. The extent of its strength will depend largely

PREFACE.

upon the patience and perseverance of the pupil. I advise him to use the work as a text-book, and master every principle contained therein, so that they become a part of his mental organization. These principles are the laws of association, comparison, attention, repetition and the securing of a vivid first impression; minor details, important as they are, will easily be learned. Those who wish to possess memories of great power, and become able to master the most difficult subjects if nature has not given them the requisite ability, can do so by hard work, and by no other means. All will find that the rational methods of memory culture advised will not only strengthen this faculty, but every other intellectual faculty. That the work may prove useful to all who study it is my sincere desire.

M. L. H.

CONTENTS.

Introductory	9
The Best Foundation for a Good Memory	12
Memory and Nutrition	21
Fatigue	22
Perfect Circulation of Blood	25
Quality of Blood	25
Memory and Bodily Illness	28
Results of Brain Injury	28
Results of the Use of Narcotics	31
Unconscious Memory	34
Memory, Its Exaltation and Degeneration	35
Exaltation	35
Degeneration	38
Attention	40
Repetition	43
Suggestions, Associations, Links and Chains	44
A Striking Example of Memory Culture	51
Close Attention	52
Careful Observation and Reflection	53
Methodical Association	53
Mental Employment	53
Memory Culture in Schools	57
Self-culture of the Memory	57
Memory of Names	73

CONTENTS.

Memory of Forms and Faces.....	77
Why the Memory of Form Should be Trained.....	77
Early Training.....	79
Methods of Training.....	88
Memory of Faces.....	87
Memory of Places and Its Culture.....	90
Culture of the Musical Memory.....	95
Strengthening the Memory for Facts and Events.....	98
Memory for Figures and Dates.....	101
The Figure Alphabet.....	104
Tricks of Memory.....	107
How to Learn a New Language.....	109
Association of Ideas—Analogous or Opposite.....	110
“ “ “ Neither Analogous nor Opposite.....	118
Application of these Rules.....	119
Word Memory.....	128
Lawyers' Memories.....	129
Suggestions for Clergymen.....	148
Mastering the Contents of a Book.....	148
The Art of Forgetting.....	148
Abnormal Memory.....	150
Conclusion.....	153

HOW TO STRENGTHEN THE MEMORY.

CHAPTER I.

INTRODUCTORY.

Memory may be defined as that intellectual power which enables a person to recall, with more or less distinctness and accuracy, past experiences, facts which have before been in the mind, forms, faces, figures, words, phrases, emotions, sounds and colors which have previously exercised the brain. Or it may be defined as a kind of resurrection or reproduction of the past, or a perception of anything with reference to its past existence, or a vision of time past. Memory appears to be a property of living matter; at least a property of it after it has become organized into a nervous system.