

TRAINING THE MENTAL POWERS

Directions for the Cultivation of the Memory and the Imagination, from Lectures Given the Students in Psychology at the L. D. S. University.

To the Editor:

The following simple directions for the improvement of the memory and the imagination, contain no reference to mnemonics or to special devices of any kind. This does not indicate incompleteness, for what is here given is substantially all that can be safely recommended. The essay below was handed in by a student, as a synopsis of the class lectures in psychology, on these topics. I think they will be of interest and value to the general reader.

Truly yours, J. H. PAUL.

TRAINING THE MEMORY.

The training of the mental powers, in general, is best accomplished through the training of the will. Therefore the training of attention, which is "the stuff that memory is made of," is the best to begin the training of the memory. Fuller's rules were—(1) Pay close attention; (2) soundly infuse what you would remember; (3) link the knowledge together. These rules are the sum of what is known about memory training, except that recent psychology has more fully explained the significance of rule three. We now know that all recalling in memory is dependent upon the fact that every idea we have is related to other ideas by numerous associations, and that any idea not so associated cannot readily be remembered. An idea not associated with others is not built into our fabric of knowledge, and is like a stone which the mason cannot build into the wall—it is not only of no use but is likely to be in the way. The easiest way to teach new facts, therefore, is to present them as related to or growing out of what is already known. Of such new fact is related to former knowledge by several or many associations, it is linked, as it were, to the former knowledge by so many ties, (the ancients called them hooks) that its recall is easy and often as a matter of course. Mastering any related facts or any coherent body of knowledge, such as botany, chemistry, European history, etc., is the best possible training of the memory, and is the easiest way of learning much, because the facts in each subject are so bound together (related by association) that the very mention of any fact in these subjects recalls immediately many of its associated facts; while these, in turn, suggest their associates, and so on. The memorizing of facts that are not related does not help the memory; for it is doubtful whether or not the native capacity of the mind to recall can be improved by practice. What can be improved is the power of linking ideas together so that the mention of one will bring others in to consciousness. This power is improved by any studies in which the facts are grouped into related wholes or into consistent aggregations of coherent groups. Memory is best cultivated in youth. The verbal memory is best cultivated under the age of 14. A person can learn the words of his mother tongue, can memorize selections, and can learn foreign languages under 14 more easily than at any subsequent time. Attention and memory training should be the chief aim of the elementary schools; but as both these powers

are trained through the will, they should be trained chiefly by giving the student complete things to do—things to work at which involve all the powers of mind and body. The verbal memory and the memory for sounds, tastes, and smells is best trained in early life, and can be successfully trained at this time by repetition; though repetition alone is a very imperfect method. The power to learn words and to recall bare facts decreases after the age of 25, but the power to associate and to rearrange old knowledge in newer and better ways goes on increasing until old age impairs the faculties.

CULTURE OF THE IMAGINATION.

The imagination is the most practical of powers of the mind. It is not the highest power, but the highest powers are dependent upon it for their materials. The use of the imagination in creative effort and the formation of ideas has not always been distinguished in the past, from the abuse of this power in phantasy or day dreaming. The former requires concentration; the latter, the latter, is a definite purpose; the latter, is a definite purpose. Since these activities were not distinguished, and since day dreaming was known to be harmful in tendency, it was thought that the imaginative power should be strongly repressed and not cultivated by exercise. Even today most people suspect the worth of an imaginative child. The true view, however, is that this faculty is the queen of the mental powers, and its due exercise a matter of the highest importance. Perceptions are the materials with which the imagination works—they are the seeds which blossom in imagination and bear fruit in action. We can only imagine as we have seen, heard, felt, or known. The imagination can no more work without abundant perceptual material than the intellect without ideas. The material is always abundant in the world—streams, clouds, hills, forests, landscapes, flowers, rocks, the constellation, sunsets, starlight dawns, are always at hand, but they need to be pointed out in order to be available in later life as the materials with which to work. The more clear-cut are the images perceived, the better the material the imagination has to work with. What are the best studies for cultivating the imagination? Geography, rightly taught, not merely map studies, drawing, memorizing, but descriptions, pictorial representation, imaginary journeys, etc. History and the natural sciences come next. Oral descriptions and story telling are excellent. So to describe anything or to paint or draw from memory. But practice in writing is the best, if given to descriptions and narrations; or the working out of a plot. So, to read half a story, and to imagine the rest of it, and to see a picture of every battle we read of, of every village, hill, dale, or river.

One of the best of all exercises is to liken one thing to another in metaphor or simile. The supreme power of the imagination is to create an ideal. An ideal is a perfect object, character or act—something perfectly beautiful, than which we can imagine nothing better. The perfect object is imagined by the mechanic before he can even make an imperfect one. A picture is imagined by the artist before he begins to paint; the perfect hero or heroine.

HAVE YOU ANY OF THESE?

Symptoms of a Very Common Trouble

There is no disease so common in the United States as catarrh because it appears in so many forms and attacks so many different organs. The preparation is a common mistake to suppose that catarrh is confined to the nose and throat. Any inflammation of the mucous membrane wherever located accompanied by abnormal secretions, catarrh, is a common trouble of the bladder, or intestines is nearly as common as nasal catarrh and much more serious although it is true that stomach catarrh and catarrh of other internal organs is the result of neglected nasal catarrh.

A new remedy has recently appeared which so far as tested seems to be remarkably effective in promptly curing catarrh, wherever located. The preparation is sold by druggists generally under name of Stuart's Catarrh Tablets and in addition to being very palatable and convenient, possesses extraordinary merit, in many cases giving immediate relief from the coughing, hawking and constant clearing of the throat and head, those symptoms with which everyone is familiar who has ever suffered from colds in the head and throat.

Catarrh is simply a continuation of these symptoms until the trouble becomes chronic and grows gradually worse from year to year. Stuart's Catarrh Tablets are composed of Blood root, red gum and similar antiseptics and catarrh specifics, from which it will be seen that no secret is made of the ingredients and also that no mineral poisons are used, as in the case with many well known catarrh medicines.

For catarrh of the nose, throat, bronchial tubes, for catarrh of stomach, intestines or bladder no preparation is so safe and gives such rapid and permanent results as Stuart's Catarrh Tablets. All druggists sell them at 50c. for full sized package. You can use them with assurance that you will not contract the cocaine or morphia habit as the results from this catarrh cure are apparent from the first day's use.

by the novelist; the perfect machine, by the inventor; the perfect character, by the ambitious youth who desires to be true and noble. And these ideals ever used in my family. I unhesitatingly recommend them to everybody. They cure Constipation, Biliousness, Sick Headache, Torpid Liver, Jaundice, malaria and all other liver troubles. Z. C. M. I. Drug Store, 112-114 Main St. LYDIA WESTON.

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Within a very short space of time Signor Marconi hopes to be able to announce the opening of his wireless system for general business service. This cannot be accomplished until satisfactory arrangements have been made with the British authorities for the transmission of the messages overland. The famous inventor is being deluged with congratulations.

MASCOT "BILLY BOY, JR."

Don De Tobas, alias "Billy Boy, Jr.," rated on board the United States battleship Olympia, at the Brooklyn navy-yards, as "mascot," at the Brooklyn navy-yards, with being a deserter. "Billy" is a large black and white and handsomely be-shorned goat. He was transferred with part of the Brooklyn's crew to the Wabash in Boston. The Wabash and Olympia lay at the dock, side by side, about a week ago, and "Billy" it is alleged, then deserted. According to Billy's enlistment papers he entered the service of the United States navy on Sept. 14, with the United States ship "Monk," at Singly Point, Philippines Islands, to serve for four years. He is rated as "mascot," and is described as follows: Where born—Sangley Point, P. I. Date—July 10, 1900. Height—Two feet six inches. Weight—Sixty pounds. Eyes—Goat. Hair—Goat. Complexion—Goat. Personal characteristics—Has two long horns, a short tail and a—a—a goat.

Residence at date of enlistment—Sangley Point, Philippines Islands. Name of next of kin—Mr. and Mrs. Billy Goat Tobas. His record since his enlistment has been of the best. For obedience and sobriety his mark is "excellent," and for marksmanship there is no record in the whole navy equal to Billy's. Both for "small arms" and "great guns" he has a "five," which is absolute perfection. His seamanship is, however, only rated at one, the lowest mark. There is recorded against him on board the Olympia, Dec. 10, 1901, "for making unnecessary noise, restriction to the ship for one month." On the Wabash, Oct. 17, "for leaving ship

without permission and being kidnapped, proper discipline for his unauthorized absence," and yesterday on the Olympia, "for disrespect to an officer, restriction to ship for one month." He was found in Admiral Coghlan's quarters and promptly ordered out, a command which he resented by saying: "Ha, ha!" and making a dive for the admiral.—New York World.

THE POLITE MOOSE.

When the Night Hawk club of Newark, N. J., an organization of sportsmen which visits Maine every spring to fish and each fall to hunt, went into camp this fall, about three weeks ago, they crossed Moosehead lake in the steamer Louisa. This craft makes a stop at Sugar Island, one of the small islands in the lake, and when she landed there on that day the Night Hawks were astonished to see a big cow moose calmly feeding upon the shores of the island. The laws of Maine make it illegal to kill a cow moose, so that the only shooting they could do was with a camera.

After watching the moose for some minutes, the members of the Newark club thought it would be a good scheme to give the animal a sail up the lake. They circled about her and coaxed with tempting offers of sugar and potatoes until finally the "old woman," as one of them named her, walked down to the wharf and up the gangplank aboard the steamer. She was fed and appeared quite content, even when the lines had been cast off and the boat started on its way across the big inland sea. When Kinco was reached, the "old woman" was the first to go ashore, and after walking a short distance up the bank, she turned and bowed, so the sports say, her adieu and dashed off into the woods.—Boston Advertiser.

Read All Of This.

You Never Know the Moment When This Information May Prove of Infinite Value.

It is worth considerable to any reader to know the value and use of medicine. In the meantime, frail humanity is subject to so many influences and unforeseen contingencies that the wisest are totally unable to gauge the future. Know then, that Doan's Ointment will cure any case of hemorrhoids, commonly known as piles, or any disease of the rectum or skin, general termed eczema. One application convinces a continuation cures. Read the proof. T. H. Thomas, attorney, of 609 E. Bennett Ave., Cripple Creek, says: "I just as emphatically endorse Doan's Ointment today as I did in the month of June, 1899. At that time I went to a drug store for a box which I used for itching hemorrhoids. A few applications gave wonderful relief, and a short continuation of the treatment cured me. There have been symptoms of a recurrence since but a few applications of the remedy never fails to bring positive relief. My opinion of Doan's Ointment, then expressed, is the same today as it was when it was first brought to my notice." For sale by all dealers; price 50 cents per box. Foster-Milburn Co., Buffalo, N. Y., sole agents for the U. S. Remember the name—Doan's—and take no substitute.

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Oregon Short Line Railroad Time Table

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ARRIVE.

From Ogden, Portland, Butte and San Francisco..... 8:40 a.m.
From Ogden and intermediate points..... 9:00 a.m.
From Caliente, Milford, Nephi, Provo, and intermediate points..... 9:35 a.m.
Ogden, Chicago, St. Louis, Omaha, Denver and intermediate points..... 11:35 a.m.
From Ogden, Chicago, St. Louis, Kansas City, Omaha, Denver and San Francisco..... 3:35 p.m.
*From Garfield Beach, Tooele and Terminus..... 5:00 p.m.
From Tintic, Mercur, Nephi, Provo, and Mantle..... 5:55 p.m.
Ogden and intermediate points..... 6:50 p.m.
From Ogden, Butte, Portland, San Francisco..... 8:10 p.m.

For Ogden, Cache Valley, Omaha, Chicago, Denver, Kansas City and St. Louis..... 7:00 a.m.
*For Garfield Beach, Tooele and Terminus..... 7:45 a.m.
For Tintic, Mercur, Provo, Nephi and Mantle..... 7:55 a.m.
For Ogden, Butte, Helena, Portland and intermediate points..... 8:45 a.m.
For Ogden, Omaha, Chicago, Denver, Kansas City, St. Louis and San Francisco..... 12:50 p.m.
Ogden and intermediate points..... 4:50 p.m.
For Ogden, Denver, Kansas City, Omaha, St. Louis and Chicago..... 6:00 p.m.
For Provo, Nephi, Milford, Caliente and intermediate points..... 7:05 p.m.
For Ogden, Butte, Helena, Portland, San Francisco and intermediate points..... 12:50 p.m.
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No. 6—For Grand Junction, Denver and points east..... 8:30 a.m.
No. 2—For Provo, Grand Junction and all points east..... 9:15 a.m.
No. 4—For Provo, Grand Junction and all points east..... 9:20 p.m.
No. 10—From Provo, Grand Junction and the east..... 8:00 a.m.
Provo and all intermediate points..... 6:00 p.m.
No. 11—For Ogden and all intermediate points..... 8:10 p.m.
No. 3—For Ogden and the west..... 11:00 p.m.
No. 1—For Ogden and the west..... 12:30 p.m.
No. 5—For Ogden and the west..... 9:20 a.m.
No. 102—For Park City..... 8:15 a.m.

ARRIVE SALT LAKE CITY:

No. 12—From Ogden and all intermediate points..... 8:00 a.m.
No. 4—From Ogden and the west..... 9:35 a.m.
No. 11—From Provo, Grand Junction and the east..... 12:35 p.m.
No. 3—From Provo, Grand Junction and the east..... 10:50 p.m.
Eureka, Marysville, Mantle and intermediate points..... 8:20 a.m.
No. 2—From Ogden and the west..... 9:20 p.m.
No. 4—From Ogden and the west..... 9:20 p.m.
No. 1—From Eureka, Payson, Helper, Provo and intermediate points..... 10:00 a.m.
No. 101—From Park City..... 8:15 p.m.

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