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**THE FORUM**

**MEMORY TRAINING**  
By Rev. V. L. Eggleston

A few years ago I took a course of lessons on the memory from a noted professor of the art and got his books but did not read them with any care and do not know now what they contained. Time and money lost, was it? No, it was a great gain. The world is full of just such gains. We hear, get an impression, receive mental nourishment and forget the details which disappear like the scaffolding from a new house. It is thus that seemingly forgotten things are continually entering as fruitful atoms into our mental and spiritual lives. What I gained by my memory studies was, first of all, the consciousness of ability to improve the memory, and second the habit of using that ability. My teacher had a definite system. I did not like it and did not follow it. I did better, I developed my own system or way of strengthening the memory. I have no rules or formulas to offer now, but I want to do for some others what my studies did for me. I want to awaken interest in the subject.

Of all the mental powers the memory admits of the most rapid and permanent improvement. The art of memory is the art of attention and concentration. Memory is the grasping and of the mind like benevolence, or self-esteem or any other of the phrenological organs. Memory is the grasping and retaining power of the mind as a whole. Each faculty retains those things that pertain to itself. Benevolence remembers scenes of pain and misery. The musical faculty remembers melodious tones. The mathematical faculty remembers numbers and their processes, and so on.

We all remember those things in which we are most interested, because when first presented to us they make a deep impression and are incorporated into the texture of the brain. The memory thus depends upon mental conditions. A mind healthy and well developed has a good general memory. It is interested in many things and it therefore remembers much and retains well. Weak minds have poor memories. They are leaky vessels. The tired mind is like a cat without claws. It catches nothing and cannot hold even that which is thrust upon it. "Give me your attention," cries the angry teacher to a listless pupil, and the true answer would be: "I have no attention to give. I am mentally tired." Send tired Johnny out doors to rest and he comes back with the power of grasping and of holding. He has a memory.

Jennie has learned nothing today although she is a good girl. She was at a birthday party last night and did not sleep more than three hours. She is tired. To-morrow she will forget all she learned to-day. The healthy mind, the mind that has had its rest and recreation has a good memory for those things it is interested in. The sick and weary mind has no memory for anything. Assuming the mind to be healthy and interested and not overworked, the next thing is order. The best mind can greatly improve its memory by reducing all its affairs to a condition of good order. Who can find anything in a disordered house? Who can remember anything with a disordered mind? Would you have a good memory? Set your house, your desk, your affairs of every kind in order. Have a place for everything and everything in its place, a time for everything and everything at its time. Be orderly, be punctual. Attend to the condition of the nervous system. The brain is a

man of nerves and if they are unstrung or exhausted the grasping and retaining power that constitutes memory is lost. A frightened man forgets the things he has most need of. At the great Chicago fire in 1871 a broker rushed down from his house to his office with his key in his pocket, but, wild with excitement, forgot that he had the key and undertook to break the padlock with an axe, and hampered at it until he fell dead. Or perhaps he looked for his key and was too much excited to find it.

The calm and collected mind whose affairs are always in order remembers well. At the battle of the wilderness in Virginia General Grant was standing with a group of officers under a tree when an orderly rode up in hot haste with news that threatened ruin to the Union army. The enemy was approaching, he said, from an unexpected quarter in great force. All the officers were startled except Grant who stood still and then said for a full minute and then silent coolly: "I don't believe it," and he was right. It proved a false alarm. In that moment of reflection he must have glanced over the whole field and recalled what he knew of the position of both armies. If he had been "rattled" by the announcement he would have forgotten what he knew a moment before and might have given some foolish order as ruinous perhaps as the conduct of the man who could not find his key.

The mental condition then as to health and strength is the first consideration is regard to memory. After this there are details of great importance. Much depends upon the manner of laying hold of that which is to be remembered. When a name, for example, is to be fixed in the memory let everything else be excluded and the attention intensely fixed upon it. Spell it, pronounce it, look at it, compare it with other sound or think of other men of the same name. Repeat it ten times in this attentive mood and it will rarely if ever escape you. Is this too much trouble? Then a memory of names is not worth talking about. I think it worth the cost and a similar course will fix anything we wish to hold. While laying hold of one thing exclude all the universe besides. All half learned things, all things learned by weary brains, all things droned and mumbled over while thinking of other things, of the next picnic, or of one's best girl or young man, all things in which one is not heartily interested are forgotten. I repeat the art of memory is the art of attention and concentration.

The healthy brain remembers. The person whose affairs are in good order remembers. The student who does not undertake too much remembers. The eager, interested mind remembers. The man who breathes much out-door air remembers. We remember best those things in which we are most interested. The sick mind forgets. The over-worked brain forgets. The inattentive student forgets. The man with "too many" irons in the fire" forgets. The mind that cares only for sport retains no serious thought or lesson. As the true business man acquires wealth by keen-eyed diligence, so does the healthy, serious, orderly mind treasure up facts and keep them. There is just one class of persons that can profit by such suggestions as the above. They are those who think of themselves as objects of self-culture and who are capable of gradually changing themselves by force of will and by intellect study of mental conditions. Such persons can greatly strengthen the memory by culture.

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**LOCAL NEWS CONTINUED**  
Mrs. S. Mead of Canaan spent last week on her farm with old neighbors.  
Mrs. E. C. Langworthy is spending a few days at her home in Hornell.  
George Stephens and Albert Trowbridge of Greenwood are passing a couple of weeks at the home of their nephew and brother-in-law Trowbridge.  
Frank Raufenbarth and Fred Frank were in Wellsville Friday to attend a meeting of the fire chiefs of Allegany County, held in the Genesee hose rooms. The purpose of the meeting was to form an Allegany Volunteer Firemen's Association.  
—Miss Helen French and Arthur E. Baggs of Marblehead, Mass., were united in marriage recently. Mr. Baggs is a son of Mr. and Mrs. V. A. Baggs of Alfred.

—Mrs. Belle K. Wait of Cuba passed from life Nov. 5th, at the family residence in that village, after an illness of about four months. Mrs. Wait was born in Cuba in 1854.  
—Rev. James H. Herendeen, rector of St. Pauls Church at Angelica, was taken with an attack of acute indigestion and became unconscious while conducting service. He was removed to his home where he rallied.  
—At the new Child's Welfare Board meeting, in Lockport, it was estimated that the least possible sum to be requested of the supervisors will be \$10,000, and this only allows \$1 a week per child on the cases already entered.  
—Robert Olin, the present supervisor of the Town of Sardinia, who was defeated by J. G. Allen, the Republican candidate at the recent election, wants another election held. It is claimed that several illegal votes were cast.  
—Norman S. Parker of Friendship died Nov. 11th, from injuries received the day before while at work on a threshing machine. He was feeding the grain into the separator when the cylinder blew up. Deceased leaves a wife and five children.  
—Mrs. Ransom Briggs died suddenly at her home in Whitesville, Nov. 8th. Mrs. Briggs, who has been an invalid for five years, was sitting a chair when she made an outcry of pain and expired as her husband reached her side. She was 62 years of age.  
—A farm barn owned by Myron Saunders, located about one mile from Scio was burned the last of the week. A lighted lantern hung under a harness trimmed with celluloid rings caused the blaze. A large quantity of hay, straw, grain, etc., was destroyed. The loss is \$1,500.  
—A poultry house, owned by Daniel Totten just outside the corporation limits of Cuba, was destroyed by fire last Sunday afternoon. Seventy-five hens were burned, and the entire loss is estimated at about \$1200.00 with \$200.00 insurance. It is believed the fire was of incendiary origin.  
—George B. Reed, whose death occurred at his home in Nile, Nov. 1st, at the age of 82 years, was born in Sparford, N. Y. Mr. Reed served in the Civil War in Co. E, 5th regiment for three years and was honorably discharged at the expiration of his term. Interment was made at Scio.  
—Every Mason, or anyone else, who really wishes to have the "laugh of their life," has only to attend the photo-play "Are You a Mason?" at the Auditorium, Thanksgiving evening. To have their desire realized. The editor of The News and others in Andover have seen the play and all united in recommending it as a sure cure for any case of "blues" or groutchitis.  
**IRRITABLE CHILDREN OFTEN NEED KICKAPOO WORM KILLER**  
There is a reason for the disagreeable and fretful nature of many children. Think of the unrest when the child's body is possessed by tiny worms sapping its vitality and clogging its fine blood vessels. Whatever may be the cause, "that children have worms is a fact."

**ALMOND MAN KILLED**  
WELLSVILLE, N. Y. MORNING  
The lifeless body of Lewis D. Halsey of Almond, a brakeman of the Alleghany Division of the Erie, was found Wednesday near the tracks about a mile from that village. Mr. Halsey, who was 25 years of age, had been employed by the Erie railroad for the past three years. The train reached Hornell at 12:45 Wednesday morning. The crew registered in and it is thought Halsey left on the milk train at 2 o'clock to ride to Almond. The supposition is that in the darkness he mistook the culvert for the station and swung off the rear of the swiftly moving train. The body was horribly mangled the head being crushed. Deceased had passed his entire life in Almond. He was an industrious man with a large circle of acquaintances and friends. A wife and child survive.

**AUDITORIUM**  
SATURDAY EVENING  
The famous star of the New Theatre, New York, Edith Wynn Mathison, whose personality endeared her to so many visitors at Chautauqua this Summer, will be seen Saturday evening in a film version of David Belasco's great stage success, "The Governor's Lady," a story of an ambitious husband and a home loving wife by Alice Bradley. Miss Mathison's interpretation of this fam-

ous role will be a rare treat to those who appreciate this drama that is intensely gripping and the sentiment and sunshine that she so generously circulates. Our "B. B. B." Column always brings quick returns. Try it.

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