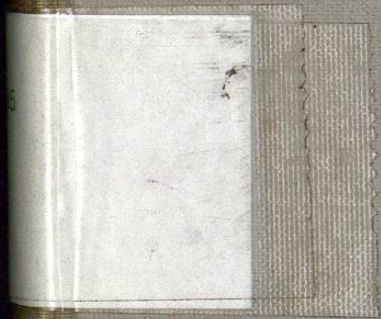



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PREFACE.

PROF. A. LOISETTE wishes to call the attention of those who are now for the first time becoming acquainted with his System of Memory Training, that he was the first teacher of a Memory System to announce and to insist that Memory is not a *separate faculty* whose office it is to carry the recollective burdens of the other faculties—but that Memory is a Physiological and Psychological property of each mental act, and that such act retains the traces and history of its own action, and that there are as many memories as there are kinds of mental action, and that, therefore, Memory is always concrete, although, for convenience sake, we do speak of it in the abstract, and that consequently all Memory improvement means *improvement of the Action or Manner* of action of the Mental powers, and that what he imparts is the right way to USE the Intellect and Attention—and that hence his System does make and must make better observers, clearer and more consecutive thinkers, and sounder reasoners as well as surer rememberers; that in short the fundamental principle of his System is Learn by Thinking, and that his achievements as a mind-trainer are completed when he has helped the student of his System to acquire the Habit of Attention and the Habit of Thinking on that to which he is attending on all occasions, which two Habits combined constitute the Habit of Assimilation, and that when this Habit of Assimilation is thus established in the pupil's mind, the System as such is no longer consciously used.

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ASSIMILATIVE MEMORY.

FUNDAMENTAL PRINCIPLES.

WHAT is the basic principle of my system? It is, *Learn by Thinking*. What is *Attention*? It is the will directing the activity of the *intellect* into some particular channel *and keeping it there*. It is the opposite of mind-wandering. What is thinking? It consists in *finding relations* between the objects of thought with an *immediate awareness* of those relations.

What is the Sensuous memory? It is association through the eye or ear of a *succession* of sights or sounds without any reflection or consideration of the units of the succession, or what they stand for, or represent. It is learning by *rote*—mere repetition—mere brainless or thoughtless repetition—a mode of learning that is not lasting—and always causes or promotes mind-wandering.

What is Assimilative memory? It is the *habit* of so *receiving* and *absorbing* impressions or ideas that they or their representatives shall be *ready for revival or recall whenever wanted*. It is learning through relations—by thinking—from grasping the ideas or thoughts—the meaning and the comprehension of the subject matter. This mode of learning promotes attention and prevents mind-wandering.

What are the two stages of the Memory? Let me illustrate: Last week, month, or year you saw a military procession pass along the streets. Note how your mind was affected. Into your eyes went impressions as to the