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EXTRACTS FROM A LECTURE ON SELF-CULTURE.*

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(Continued.)

Extract 5. Self-examination of Memory.—What stores does your memory hold? Does it receive and treasure up everything, holding with equal tenacity and reproducing indiscriminately things trifling and things important, things valueless and things precious, things ignoble and things elevating? Perhaps you have heard it said that all impressions alike are laid up in memory. But there is a misapprehension here. True, no man knows what trivial thing may in years to come prove its latent existence in the mind by emerging to consciousness through some chance suggestion; but the things that are sure to return are those that have most strongly roused attention, the things that we have dwelt upon, that we have held up to close and prolonged contemplation. The visible or reproducible content of each man's memory evidences the habits of mind that he has indulged, the things in which he has delighted. It reveals his tastes; and as culture refines taste, and taste determines to a very great extent the content of memory, that content reveals each man's culture. Memory holds firmly whatever has been given into her keeping. What have you entrusted to her?

* Given before the Teachers' Association in connection with McGill Normal School, April 15, 1897.