Memory

**God gives us memory so that we may have roses in December. *(Sir James Barrie, British writer)***

**Been there, done that: Ever have the feeling that you’ve . . .**

* **learned this stuff before: deja knew**
* **waited in this line before: deja queue**
* **eaten this dinner before: deja stew**
* **forgotten this name before: deja who**
* **been on this airplane before: deja flew**
* **fed these pigeons before: deja coo**
* **felt this ill before: deja flu**
* **sheared this sheep before: deja ewe**
* **sat through this sermon before: deja pew. *(Rocky Mountain News)***

**Memory is the best of all gardens. Therein, winter and summer, the seeds of the past lie dormant, ready to spring into instant bloom at any moment the mind wishes to bring them to life. (*Hal Boyle, author)***

**An acquaintance, determined to do something about his forgetfulness, bought a book on the subject, entitled Memory. As he put it on his bookshelf, he noticed that it was next to a book he purchased last year. The title? Memory. *(W. R. Withers, in Reader's Digest)***

**To bring in a memory process is to be there and to experience it. *(Dr. Paul Brenner)***

**Memory is a child walking along a seashore. You never can tell what small pebbles it will pick up and store away among its treasured things. *(Pierce Harris, in Atlanta Journal)***

**Memory is the treasury and guardian of all things. *(Cicero)***

**When a man says he has a clear conscience, it often means he has a bad memory. *(Bits & Pieces)***

**Cocoa boosts memory: Eating chocolate has long been known to improve mood and increase blood flow, but new research indicates it may have an even bigger benefit: reducing age-related memory loss. The key ingredient, reports LATimes.com, is epicatechin, a flavanol found in cocoa beans. In a small study, researchers looked at two groups of healthy individuals ages 50 to 69. Half were given a daily drink that contained 900 milligrams of epicatechin, while the others consumed just 10 milligrams a day. After three months, the high-dose group performed significantly better on memory tests, and subsequent brain scans confirmed improved blood flow to the dentate gyrus, a region of the brain that's been linked to age-related memory loss. Researchers caution that the typical candy bar contains minuscule amounts of the flavanol (with dark chocolate having more than milk chocolate), and that people would have to eat up to 25 chocolate bars a day to get as much as the group in the experiment. "It would make a lot of people happy," said study author Scott Small, "but it would also make them unhealthy." Researchers plan another, larger study on the memory-protective effects of epicatechin. *(The Week magazine, November 14, 2014)***

**Memory is a complicated thing, a relative to truth, but not its twin. *(Barbara Kingsolver, in Animal Dreams)***

**Memory is a crazy woman who hoards colored rags and throws away food. *(Quoted in Detroit News)***

**Anxiety interferes with memory, that’s known. Some psychopaths suffer little, if any, anxiety. Medical mentalists say that’s probably why certain criminals without consciences remember all sorts of lifetime details others tend to forget. *(L. M. Boyd)***

**Memory is the diary we all carry about with us. *(Mary H. Waldrip, in Dawson County, Georgia, Advertiser and News)***

**Out of Date: We invited a friend to our new home for dinner. We began to worry when Ed, usually prompt, was late. He finally arrived, after a frustrating venture. He'd been driving up and down our street looking for 1492. Our address was 1776. *(Judy Goldwasser, in Reader's Digest)***

**Elegance is not about being noticed, it's about being remembered. *(Giorgio Armani)***

**Everywhere we’ve lived takes on a certain shape in our memory only some time after we leave it. Then it becomes a picture that will remain unchanged. *(Hermann Hesse)***

**Dad reads Zoey's written composition: "My favorite memory. My favorite memory about this summer is when my sister... That's not how you spell 'diarrhea.'" Mom: "Let's think of another favorite memory." *(Rick Kirkman and Jerry Scott, in Baby Blues comic strip)***

**When people are troubled, they long for the food of their childhood. The most successful dishes recall the arms of the mother who protected you. *(Georges Masraff, Parisian chef)***

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**How is it that our memory is good enough to retain the least triviality that happens to us, and not good enough to recollect how often we’ve told it to the same person? *(La Rochefoucauld)***

**New Yorker Larry Shine discovered that memory can even help erase minor irritations. Once, in a Manhattan candy store, he put a quarter in a stamp machine. It dispensed only on ten-cent stamp and one five-cent stamp. Annoyed, but also in a rush, he deposited two more quarters. As he began sticking the stamps on his letters, he noticed that the five-cent ones were issued for the 1964-65 New York World's Fair. Then he remembered his pleasant childhood visits to the fair, and suddenly he didn't feel short-changed by the machine. *(Jack Denton Scott, in Reader's Digest)***

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**After performing in rodeos for years, an Iowa man finally retired. When asked why, he replied, “My memory has improved with age. I remember better how much it hurts.” *(Gordon Gammack, in Des Moines Tribune)***

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**Western scrub jays are smart, hiding food in trees of underground and retrieving it later. It now seems their memories are even keener than previously believed. In lab tests by Nicky Clayton of the University of Cambridge, jays remembered where they stored food days or weeks earlier, and whether they hid nuts or worms. They often moved their stash if another bird that had seen them hide it was put in their cage. And yet they cleverly avoided going near their food if their new cagemate hadn’t seen where they put the stuff. People have long puzzled over which characteristics distinguish humans from other animals, eventually ruling out tool use and language. The new research shows that another supposed human exclusive – the ability to remember specific past events – requires nothing more than a bird brain. *(Smithsonian magazine)***

**There are three kinds of memory: good, bad and convenient. *(Country Extra magazine)***

**The life of a person is not what happened, but what he remembers and how he remembers it. *(Gabriel Garcia Marquez)***

**We look at the world once, in childhood. The rest is memory. *(Louise Gluck)***

**In our technologically sophisticated culture, some people have concluded that memorization is no longer necessary since all the information we need is available at the push of a button or tap of a screen. But I shudder at what might have happened in the Apollo 13 flight crew if its NASA team had had to spend precious minutes looking up multiplication tables, or what will happen if our government’s national-security advisers need to consult Wikipedia to shape their foreign policy decisions. *(David G. Bonagura, teacher, in the The Wall Street Journal)***

**Some migratory birds, that summer in Europe, and winter in Latin America, have been observed to circle an area in the middle of the Atlantic Ocean before flying on. As though they were looking for land that their genetic memories tell them should be there. Land that was there once, maybe? *(L. M. Boyd)***

**On Your Avante-Garde: I was admiring a piece of modern sculpture -- a reclining figure with a large hole where the stomach should be -- when a couple came up beside me. They looked at the statue intently, and then the woman turned to her husband. "Now I remember!" she exclaimed. "We forgot to bring the sandwiches!" *(Eric Dickhans, in Reader's Digest)***

**Your memory is a monster; you forget – it doesn’t. *(John Irving)***

**My friend Richard Perry also has photo-clear recall of his father, especially during the Christmas season. Perry remembers that during the Depression. when he was eight-years-old, he received only apples, oranges and a single candy bar in his Christmas stocking. He was filled with self-pity. Later, on Christmas morning, however, his father told him his present was in the yard. Perry ran outdoors and saw a 30-foot-high mountain of snow, fashioned into a giant slide. His father had asked the town's snow-removal crew to pile some of the heavy snowfall of three days in his side yard. It was done at night, and this was a complete surprise. Perry remembers that with his own snow mountain he was the envy of the every kid in the neighborhood. "To this day," he says, "whenever it snows I have a tender feeling for that very special father." *(Jack Denton Scott, in Reader's Digest)***

**Memory is never a precise duplicate of the original; it is a continuing act of creation. *(Rosalind Cartwright, sleep researcher)***

Nobody belongs to us, except in memory. *(John Updike, in The Afterlife)*

It's okay to visit Memory Lane, just don't live there. *(Submitted by Guideposts reader, Jeffrey Lorimer, in Reader's Digest)*

Everyone has a photographic memory; some just don’t have film.

***(Steven Wright, comedian)***

**It is related in Genesis that when fleeing from the cities of Sodom and Gomorrah, which God was destroying, Lot's wife looked back, and "became a pillar of salt." Salt is a preservative, corresponding to memory. When we remember the pleasures of the senses and long for their return, we preserve or "salt" the sense desire. This desire will manifest somewhere, sometime, unless the memory is dissolved through renunciation. *(Charles Fillmore, in The Twelve Powers of Man, p. 146)***

**Several studies are coming to the same conclusion about how to preserve memory as people age: Choices made about eating, smoking and exercise during youth and middle age can affect memory later. Dr. Lissy Jarvik, a psychiatrist and specialist in the aging mind at UCLA, studied 134 sets of elderly twins. Those with the healthiest lifestyles tended also to have the best memories. Researchers at West Virginia University found that physically fit senior citizens were better drivers than those in bad shape. *(Denver Rocky Mountain News)***

**You never realize what a good memory you have until you try to forget something. *(Franklin P. Jones, in Quote magazine)***

**“Look at this,” I said to my wife. I showed her an article in my newspaper describing how getting plenty of rest can improve one’s memory. She glanced at it and remarked sadly, “I can’t remember the last time I had a good night’s sleep.” *(R. Cheetham, in Reader’s Digest)***

**Rewriting memory: Human memory doesn’t work like a video camera capturing a single version of events. Instead, a new study has shown, recollections are constantly being overwritten with fresh information through an editing process that occurs in the brain’s hippocampus. Researchers used MRI scans to track brain activity in 17 participants, who were first asked to remember the location of an object pictured against a specific background, such as an ocean scene. They were then asked to place the object in the same spot on a computer screen against a new background – something none of them did correctly. When participants were shown the original scene and asked to pinpoint the spot where they had first seen the object, they invariably picked instead the location they’d identified on the second screen, showing that their memory had been altered to reflect intervening experience. Researchers say such revision actually helps people adapt to their environments. “Everyone likes to think of memory as this thing that lets us vividly remember our childhoods or what we did last week,” Northwestern University neuroscientist Joel Voss tells Science Daily.com. “But memory is designed to help us make good decisions in the moment and, therefore, memory has to stay up-to-date.” *(The Week magazine, February 21, 2014)***

**A country without a memory is a country of madmen. *(George Santayana)***

**Memory is the way we keep telling ourselves our stories -- and telling other people a somewhat different version of our stories. *(Alice Munro)***

**A good storyteller is a person who has a good memory and hopes other people haven’t. *(Irvin S. Cobb, American humorist)***

**It wasn't that he remembered; it was that he never forgot. *(James Grady, in Reader's Digest)***

**Memory is a slippery thing: Think back to your first day at school or last job interview, and the clarity of your recollections might convince you that memory works like a digital camera, recording everything we see and do. This belief in the infallibility of memory might explain some of the outrage that followed NBC news anchor Brian Williams's admission that he'd "misremembered" being on board a helicopter that was shot down over Iraq in 2003. Williams's excuse smacks of dishonesty -- I think I'd remember whether or not I was almost blown out of the sky -- yet studies have repeatedly shown just how unreliable memory can be. Of the first 250 U. S. prisoners who were exonerated by DNA evidence, 76 percent had been wrongly identified by an eyewitness, according to the Innocence Project. Psychologists have found it easy to plant false memories by using digitally altered photos to convince test subjects they were attacked by an animal as a child or witnessed a demonic possession. It's entirely possible, of course, that Williams deliberately gilded his memories to appear more heroic -- but that's also not unusual. Researchers have found that people tend to misremember to their benefit: We recall voting when we didn't or giving more generously to charity than we did. Revising the past to make yourself a little braver and kinder can actually be beneficial. People suffering from depression, studies show, recall past events more accurately than the rest of us. "A little bit of memory distortion might be good for people," says Elizabeth Loftus, an expert in false memories. To some degree, we are all liars. William's mistake was to do his lying on national TV. *(Theunis Bates, in The Week magazine, February 20, 2015)***

**You never know when you're making a memory. *(Rickie Lee Jones, "Young Blood" - Easy Money Music)***

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