

The first step is to see exactly what memory job needs to be perfected. The second step would naturally be to proceed to practice this particular job. But just here a very curious state of affairs often comes to light. The man who says he very much desires to improve his memory yet finds it very irksome to work at the details of this particular job. In a way he is indifferent or even unwilling to do this job well. He experiences an inner resistance that interferes with his progress.

If this seems almost an impossibility, consider once more the sad case of the man whose wife finds him very unsatisfactory as a provider of interesting news. Is this the sort of man who snaps up eagerly every bit of interesting gossip or happening, and who anticipates the pleasure of recounting his news at the supper table? Does he relish the job of gathering news items for feminine consumption? Possibly not. Quite possibly he is the kind of man who thinks this beneath his dignity. He doesn't regard this as his job in any big sense. When it comes down to the actual working of this job, he rebels against it. This inner resistance is going to interfere considerably with the improvement which he might make. The chances are that he never will enter into this new game heartily, and will never become a shining example of success in this sort of memory work; but if he can overcome his own resistance it is in his power to improve. It has been done.

Poor memory is due to poor management rather than to an inferior faculty of memory. Any sort of memory can be improved if one discovers exactly what needs to be improved, and if one can play the game heartily.

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#### OCEAN SURVEY SHIP SELECTED BY NAVY

The U. S. S. Rainbow, former mother-ship for submarines, is to be fitted out as a floating laboratory and itself sent in search of underwater secrets. The Hydrographic Office of the Navy Department has announced the selection of this vessel for the first of a series of cruises in which the ocean will be surveyed from top to bottom.

The Rainbow is on her way home from China and the Philippines. On her arrival she will be fitted out with a sonic depth finder for surveying the sea bottom and with tanks and laboratories for the collection and examination of living specimens of the denizens of the deep. When fitted out for her scientific work, the Rainbow is expected to take up a program of investigation in the region of the Caribbean Sea and the Gulf of Mexico which will later include more extensive surveys in the Atlantic and Pacific oceans, which the Conference on Oceanography has recommended should form a permanent part of naval activities.

Captain F. B. Bassett, chief of the Hydrographic Office and president of the Conference, stated that the Rainbow is especially well adapted to scientific exploration. She is 350 feet long, has a draft of 17 feet and displaces 4350 tons and is amply provided with comfortable cabins and quarters to take care of the extra personnel for scientific work.

During the World War this ship did duty as convoy vessel, as transport, and as mother-ship for submarines. She was originally built as a merchant vessel, but purchased by the Navy at the time of the Spanish-American War. At one time she was assigned as water distilling vessel for the fleet and was fitted with lab apparatus for distilling water.

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