

MASTER YOUR MEMORY

Learn Simple, Effective Techniques to
Remember Anything in any Course or Meeting
Instantly Remember Names and Faces
Never Lose Your Eyeglasses or Keys Again!

From America's Top Expert
on Study Skills

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Chapter 2

How Good Is Your Memory Right Now?

This chapter contains a series of tests that will help determine your “memory starting line,” or what and how much you can remember right now. There is no reason to get anxious; the “score” for each test is only so you can see how you do on the tests in Chapter 12, after learning the many techniques in this book, compared to where you started.

Test 1: Random numbers

Look at the following number for no more than two minutes. Then cover the page (or, better yet, close the book and put it aside) and write down as much of it—in order—as you can.

03995121571143091041251

Test 2: Random words

Study the following list of words for no more than two minutes, then cover the page and reproduce as many words as you can. (Pats on the back for listing them in the correct order.)

Skirt	Beard
Pipe	Cigar
Car	Glass
Shovel	Chair
Umbrella	Stove
Daisy	TV
Rocket	Spoon
Bone	Tiger
Tuba	Magazine
Butter	Sky

Test 3: Less-familiar English words and definitions

The following list contains 15 obscure English words along with their definitions. Study it for three minutes, then take a separate sheet of paper and write down as many of the words and definitions as you can. Their order is not important. Allow yourself no more than an additional three minutes to complete the quiz.

Discalced	Barefoot
Soporific	Sleepy or drowsy
Claque	A group hired to applaud an act or performer
Damson	A small dark blue plum
Pollex	Thumb
Eristic	Pertaining to controversy
Leman	Mistress
Imprest	A loan
Costard	A large, English variety of apple
Valgus	Bow-legged
Thistly	Troublesome
Horripilation	Goosebumps
Edentulous	Toothless
Tiffin	A light lunch
Lowery	Dark, threatening

Test 4: Foreign words and definitions

Look at the following list of 15 German words along with their English definitions. Study this list for three minutes, then take a separate sheet of paper and write down as many of the words and definitions as you can. Their order is not important. Allow yourself no more than an additional three minutes to complete the quiz.

Esel	Donkey
Rezept	Prescription
Holz	Wood
Nebel	Fog
Teich	Pond
Zahn	Tooth
Dorf	Village
Klavier	Piano
Obst	Fruit
Tuch	Kerchief
Augriff	Attack
Schrei	Scream
Wissen	Knowledge
Geflugel	Poultry
Pilz	Mushroom

Test 5: Names

Give yourself three minutes to memorize the names of the following U.S. president/vice president combinations, then take another three minutes to write down as many as you remember. Order is not important, though the correct pairing is.

Thomas Jefferson/George Clinton

Martin Van Buren/Richard Johnson

Ulysses S. Grant/Skuyler Colfax

Harry Truman/Alben Barkley

James Monroe/Daniel Tompkins

James Polk/George Dallas

Andrew Jackson/John C. Calhoun

Franklin Pierce/William King

James Buchanan/John C. Breckinridge

Grover Cleveland/Thomas Hendricks

Test 6: Historical dates

Give yourself three minutes to memorize the names and dates of the following Civil War battles, then take another three minutes to write down as many as you remember. Order is not important, though pairing is.

May 12, 1863	Battle of Raymond
November 7, 1861	Battle of Belmont
May 25, 1862	Battle of Winchester
September 14, 1862	Battle of South Mountain
July 1, 1863	Battle of Gettysburg
April 12, 1861	Battle of Fort Sumter
June 25, 1862	The 7 Days Battle
March 8, 1862	The Battle of Pea Ridge
October 9, 1861	The Battle of Santa Rosa Island
September 18, 1863	Battle of Chickamauga

Here is another list, this time of the finalists (but not the winner) for the Pulitzer Prize for Drama for five different years. Again, give yourself three minutes to memorize the names of the plays, playwrights, and dates, then take another three minutes to write down as many as you remember. Order is not important, though pairing the correct date with the correct play and playwright is.

2003	<i>Take Me Out</i>	Richard Greenberg
	<i>The Goat or Who Is Sylvia?</i>	Edward Albee
1996	<i>A Fair Country</i>	Jon Robin Baitz
	<i>Old Wicked Songs</i>	Jon Marans

1984	<i>Fool for Love</i>	Sam Shepard
	<i>Painting Churches</i>	Tina Howe
2014	<i>Fun Home</i>	Lisa Kron, Jeanine Tesori
	<i>The (Curious Case of the)</i> <i>Watson Intelligence</i>	Madeline George
1987	<i>A Walk in the Woods</i>	Lee Blessing
	<i>Broadway Bound</i>	Neil Simon

Test 7: Lists without dates

Look at this list of states and their respective state flowers (no dates!). Again, give yourself three minutes to memorize the combinations, then take another three minutes to write down as many as you remember. Order is not important.

New York	Rose
Vermont	Red clover
Maryland	Black-eyed susan
Louisiana	Magnolia
Kansas	Sunflower
Nevada	Sagebrush
Illinois	Violet
Tennessee	Iris

Wyoming	Indian paintbrush
Arkansas	Apple blossom
Missouri	Hawthorn
Utah	Sego lily

Test 8: Reading

Read the following passage at your normal reading speed, and then answer the questions.

The brain is subdivided into four major areas. From the top down, you'll find: 1) the *cerebral cortex*, which I refer to as the cortex; 2) the *midbrain*, which contains a lot of the switching areas where nerves that pass up from below go to and from the cortex; 3) the *brainstem*, where much of the basic nervous system controls sit (coma occurs when this malfunctions, and death occurs when it is severed); and 4) the *cerebellum*, which sits behind the upper part of the brainstem and has traditionally been thought to regulate coordination of complex movements.

The cerebral cortex is the most newly evolved region of the brain and it is the part that separates humans from all the other mammals, especially the area in the front, appropriately named the *frontal cortex*. This area acts as a bridge between the sensory and motor circuits of the rest of the cortex and the older, deeper structures of the limbic system, which regulate drive and emotion. The frontal cortex

is probably where much of our complex and abstract thoughts occur. It is probably where we put today in context with yesterday and tomorrow. When the frontal lobe is damaged, we become either more reactive and hypersexual like wild animals (without the step of logic in between to stop us) or very docile and unconcerned.

Behind the frontal cortex are the sensory and motor regions of the cortex, each divided up to correspond with specific areas on the opposite side of the body. Along the side are two protruding horns of cortex called the *temporal lobes*. Here, much of the processing of sound and verbal information occurs. Inside sits a deeper part of the limbic system called the *hippocampus*. The hippocampus acts like a way-station that coordinates the placement of information as it moves from sensory input to other areas of the brain.

In the back is the *occipital cortex*, where much of the processing of visual information occurs. The remaining areas along the side above the temporal horns form the *parietal cortex*. These areas are thought to be where a lot of cross-connection between the different sensory structures occurs. When the right side of the parietal cortex is damaged, very bizarre perceptions and reactions occur, such as ignoring one side of your body because you think it is a stranger.

The limbic system consists of the hippocampus, the rim of cortex on the inside of the halves around the corpus callosum called the *cingulate cortex*, and two almond-shaped heads near the frontal region,

each one called the *amygdala*. This set of structures is the closest thing to what Freud referred to as the id, the seat of emotion and animal drive. It is the older region of the cortex in terms of evolution, and is also involved in memory.

Strange things can happen when the cortex is damaged. (A great book on this subject is *The Man Who Mistook His Wife for a Hat*, by Dr. Oliver Sacks.) I find this particularly fascinating because it means who you are as a person in terms of identity and interaction with other people depends completely on the complex and precise interaction of all these neural areas. It suggests that your identity depends on your neurology and not merely on a spirit living in your body.

1. Which part of the brain processes much of the visual information?
2. What are the temporal lobes?
3. What occurs if the brainstem malfunctions?
4. What is the most newly evolved region of the brain?
5. How many major areas is the brain subdivided into?

Modes of transportation

Oxen	Rocket
Yacht	Taxi
Van	Zeppelin
Ferry	Bus
Airplane	Glider
Canoe	Auto
Donkey	Palanquin
Kayak	Lorry

Sumerian goddesses and their areas of influence

Ninkasi	alcohol
Ereshkigal	the underworld
Sirtir	sheep
Nammu	sea
Ama	fertility
Ninlil	air
Gula	medicine
Inanna	love
Nidaba	learning
Damkina	Earth
Ningal	reeds
Ashnan	grain
Ninhursag	childbirth

Languages and the country in which they are spoken

Maori	New Zealand
Tepes	Uganda
Adangme	Ghana
Fur	Chad
Livonian	Latvia
Bambara	Mali
Pipil	San Salvador
Adangbe	Togo
Himba	Gabon
Chamorro	Guam
Dalecartian	Sweden
Shena	Zimbabwe
Tok Pisin	Papua New Guinea
Khoekhoe	Namibia

Ape (Ax, Awl, Ace)

Boat (Bee, Bicycle, Beanie, Bear, Box, Beer)

Cigar (Computer, Candle, Car, Club, Sea)

Dodo (Dinosaur, Drum, Diamond, Daisy, Dean, Doe)

Ear (Eye, Eel)

Feet (Foil, Fire, Freighter, Football)

Goose (Grass, Girl, Gag, Golf club, Guitar)

Hive (Heaven, House, Hip, Hell, Ham)

Ivy (Eye, Iron, Igloo)

Jet (Jetty, Jar, Jail)

Kite (Kitty, Knight, Cab, Cub, Kerchief, Kumquat)

Leaf (Loaf, Lemon, Leg, Llama)

Mom (Man, Mace, Modem, Metal)

Nun ([K]not, [K]nee, Nose, Noose)

Oar (Oven, Oxen, Owl)

Pipe (Pope, Pot, Peg, Pie, Peel)

Quill (Queen, Quail)

Rope (River, Racer, Robber, Rose)

Soap (Stop sign, Soup, Stump, Saxophone)

Toe (Tub, Tug, Tattoo, Tornado, Tea, Tee)

Umbrella (Urn, Uzi)

Vampire (Vine, Vein, Vane, Venus)

Wino (Wheel, Wagon, Witch)

X-ray

Yoyo (Yak, Yolk)

Zebra (Zither, Zoo)

Here are two more lists for you to memorize using what-ever technique(s) you prefer:

Types of Birds

Pacific loon	Gadwall
Eared grebe	Sora
Short-tailed shearwater	Whimbrel
White ibis	Mourning dove
Wood stork	Sky lark
Snow goose	Oliva sparrow
	Bobolink

Types of Music

Merengue	Industrial
Mariachi	Reggae
Jungle	Freestyle
Dixieland	Ragtime

The list on the opposite page contains some fictitious (and harder) names to remember. What pictures and/or sound-alikes can you conjure up?

Cydnor Ticehurst

Ganesh Savarkar

Vladimir Ballentikoff

Zahoor Akhluq

Klas Linderlaught

Ossa Haramilloo

Manco Ypselqui

Lembert Quigg

Quentin Beukeldeau

Phelim Osterscholtz

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The following chart contains approximately two dozen roots from Latin and Greek that contribute to thousands of English words.

Root	Meaning	Example
annu	year	annual
aqua	water	aquarium
arch	chief	archenemy
bio	life	biology
cap, capt	take, seize	capture
chron	time	chronological
dic, dict	say	indicate
duc, duct	lead	induction
fact, fect	do, make	effective
fer	carry, bear	infer
graph	write	graphics
homo	same, identical	homonym
logos	word	logical
manu	hand	manufacture
mitt, miss	send	remittance
path	feel, feeling	apathy

ped, pod	foot	pedal
plico	fold	implication
pon, posit	place, put	imposition
port	carry	export
psyche	mind	psychopathic
scrib	write	scribe
spec	observe, see	speculative
tend, tent	stretch	intention
tene	have, hold	tenacious
vert, vers	turn	introverted

Prefixes, the fragments added to the beginning of a word, can greatly change the message conveyed by the root. The following chart contains examples of common prefixes.

Prefix	Meaning	Example
a-, ab-	from, away	aberration
a-, an-	without, not	amoral
ad-, af-, at-, ag-	to, toward	admonition, affection, aggressor
ant-, anti-	against	antidote
ante-	before	antecedent
bi-	two	bicycle
con-, com-	with, together	commitment

de-	away from	deviant
dis-	apart, opposite	disrespect
e-, ex-	out of, over	exorbitant
en-	in	envelope
extra-	beyond	extraordinary
hyper-	above, over	hyperthermia
hypo-	under	hypoglycemic
il-, im-, in-	not	illicit, impeccable
inter-	between	intercept
intra-	within	intrauterine
mal-	evil	maladjusted
multi-	many	multiply
ob-, op-	toward, against	obdurate, opposite
per-	through	perspicacious
peri-	around	peripatetic
post-	after	posthumous
pre-	before	premonition
pro-	for, forth	production
re-	again, back	regression
sub-, sup-	under	substantiate
sym-, syn-	with, together	sympathetic, synergy
tri-	three	triangle
un-	not	uncool

The last but certainly not the least important building block of words is the suffix, which quite often indicates how the word is being used. Suffixes can be used to turn an adjective into an adverb (the “-ly” ending), to compare things (smallER, smallEST), or even to modify other suffixes (live-LIEST). Some suffixes with which you should be familiar are:

Suffix	Meaning	Example
-able, -ible	capable of	pliable
-ac, -al, -ial	pertaining to	hypochondriac, remedial
-acy	quality of	fallacy, legacy
-age	quality of	outrage
-ance, -ence	state of being	abundance
-ant, -ent	one who	student
-ary	devoted to	secretary
-cy	state of	lunacy
-dom	quality of, state of	martyrdom, kingdom
-en	made of	wooden
-er, -or	one who	perpetrator
-ful	full of	woeful
-hood	state of	neighborhood
-ic	pertaining to	pedantic
-ine	like	leonine

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-ion	act of	extermination
-ish, -ity	quality of	purplish, enmity
-ist	one who practices	novelist
-ive	disposition of	active
-less	lacking	penniless
-ly	like	cowardly
-ment	process of	enlightenment
-ness	state of	holiness
-ory	pertaining to	memory
-ose	full of	grandiose
-ous	like	porous
-ry	state of	ribaldry
-some	full of	toothsome

Turning numbers into sounds

One of the oldest number systems originated some 400 years ago and, though it's also simple, it is far more useful than the rhyme or shape systems. It has the added advantage of allowing words to represent two, three, or even more digits at a time. The following list shows you how each number is represented by a particular *sound*.

1	T or D
2	N
3	M
4	R
5	L
6	J, SH, CH, soft G
7	K, hard C, hard G
8	F, V, PH
9	P, B
0	Z, S, soft C

Here are some possible peg words for numbers 00 to 20:

00	seas, Zeus, sauce, hoses
01	seat, soda, suit
02	sun, snow, swan
03	swim, seam, sum
04	sewer, czar, sore
05	sail, soul, soil
06	sage, sash, switch
07	sock, ski, sack
08	safe, sofa, sieve
09	soap, soup, spy
1	tie, toe, tee
2	Noah, hen, wine
3	Ma, emu, ham
4	rye, oar, wire
5	law, owl, wheel
6	shoe, jaw, witch
7	cow, key, hawk
8	ivy, wife, wave
9	bee, pie, oboe
10	toes, dice, toys

- 11 toad, tattoo, teeth
- 12 tin, dune, twine
- 13 tummy, dam, atom
- 14 door, tire, deer
- 15 doll, tail, outlaw
- 16 tissue, dish, dash
- 17 dock, deck, duck
- 18 dove, TV, taffy
- 19 tub, tape, tube
- 20 nose, noose, knees
- 21 Nut, wand, knight
- 22 Nun, noon, onion
- 23 Name, enemy, gnome
- 24 Nero, wiener, whiner
- 25 Nail, kneel, gnarl
- 26 Notch, wench, hinge
- 27 Nag, neck, wink
- 28 Knife, knave, nova
- 29 Nap, knob, nip

Remember Numbers

- 30 Mouse, moose, mass
- 31 Meat, mud, mouth
- 32 Moon, man, money
- 33 Mom, mummy, mime
- 34 Mayor, mower, hammer
- 35 Mail, mole, mall
- 36 Match, mush, image
- 37 Mug, mike, hammock
- 38 Muff, movie
- 39 Map, mop, imp
- 40 Race, horse, ears
- 41 Radio, rose, art
- 42 Rain, horn, urn
- 43 Room, worm, arm
- 44 Rower, rear, warrior
- 45 Roll, rail, rule
- 46 Roach, rash, arch
- 47 Rock, rug, ark
- 48 Roof, reef, wharf
- 49 Rope, harp, ruby
- 50 Lace, walls, lice
- 51 Light, lid, lead
- 52 Lion, loon, lawn
- 53 Loom, lamb, elm
- 54 Lyre, lure, lawyer

Remember Numbers

- 55 Lily
- 56 Leech, ledge, latch
- 57 Log, lake, elk
- 58 Leaf, loaf, wolf
- 59 Lip, elbow, lip
- 60 Chess, juice, shoes
- 61 Chute, jet, shed
- 62 Chain, gin, ocean
- 63 Chime, jam, gem
- 64 Chair, jar, shower
- 65 Chili, jail, shawl
- 66 Judge, choo-choo
- 67 Chalk, jug, sheik
- 68 Chef, java, chief
- 69 Chip, jeep, ship
- 70 Case, goose, kiss
- 71 Cat, goat, kite
- 72 Cane, gun, queen
- 73 Comb, gum, gym
- 74 Car, gear, crow
- 75 Coal, glue, quail
- 76 Cage, couch, cash
- 77 Cake, gag, keg
- 78 Calf, cave, coffee
- 79 Cap, cube, cup

Remember Numbers

- 80 Face, fuzz, vase
- 81 Feet, photo, food
- 82 Fan, phone, vine
- 83 Foam, fame
- 84 Fire, fur, ivory
- 85 Fly, veil, flea
- 86 Fish, fudge, effigy
- 87 Fig, fog
- 88 Fife
- 89 Fob, fib, fop
- 90 Bus, pies, pizza
- 91 Boat, pot, bed
- 92 Bone, pen, piano
- 93 Bomb, poem, bum
- 94 Beer, pear, boar
- 95 Bowl, pill, bell
- 96 Peach, beach, bush
- 97 Book, pig, puck
- 98 Beef, pave, puff
- 99 Baby, pipe, papa
- 100 Daisies, disease, diocese

Try it with some hypothetical credit card numbers, ex-piration dates, and security codes. You don't really want to keep that information on your phone or computer, do you?

4588 6312 9940 5588	Expires January 2019	Security code: 529
5286 9755 2820 4207	Expires December 2021	Security code: 667
5398 7730 1234 5678	Expires October 2022	Security code: 914

This system can be combined with other techniques to help you remember a wide range of facts and figures. How would you remember that the population of Nairobi, Kenya, is 3,138,369? Well, you could announce, “Nice robe, Kanye! It’s a **MaDaM** (313) **FoaM** (83) **JoB** (69).”

If you had to remember that the earliest known compass was used in China around AD 1100, I'm sure you can find a way to link the compass in China to **ToaD SauCe** (1100); note that the latter is a far more effective picture (and taste!) than alternatives like **DaD's HouSe** or **DeaD ACeS**.

Here's a list of elements and their atomic weights. Can you create a sound-alike for the element, a peg word for the atomic weight, and a chain-link or story to remember them all? Feel free to change the order if that makes for a better story!

54	Xenon
49	Indium
74	Tungsten
33	Arsenic
107	Bohrium
25	Manganese
58	Cerium
31	Gallium
86	Radon
14	Silicon
50	Tin

Chapter 12

Look How Much You've Learned!

Test 1: Random numbers

Here is a much longer number than the one in the initial quiz you took before reading this book. How many digits (of 50) can you memorize in five minutes?

23940729626121410710521410729142084312133495971400

Test 2: Random words

Now there are 50 words. Does your memory palace have enough space for all of them?

Drawing	Raw	Football
Water	Acrobat	Saxophone
Cart	Sandbox	Pansy
Elbow	Magazine	Licorice
Brave	Adding machine	Pancetta
Symbol	Supermodel	Essay
Territory	Duct tape	Escargot
Ascot	Smartphone	Derrick
Bear	Green	Pipe
Prancing	Midget	Refrigerator
Deluge	Javelin	Cheetah
Kitty	Uniform	Ocean
Bank	Blacksmith	File folder
Forage	Ace of clubs	Broom
Stamp	Ferrari	Lawn chair
Discuss	Missle	Dalmatian
Etching	Diamond	

Test 3: Less-familiar English words

Here are 25 English words that are obscure or, at least, less familiar. How many can you remember (with definitions, of course) in five minutes?

Denudate	To make bare, strip
Celature	The art of embossing metal
Harmotome	A zeolite mineral that occurs in twinned crystals
Mesocarp	The fleshy part of certain fruits
Anthema	An eruption of the skin
Quaternary	Consisting of four
Baccate	Berrylike
Parotic	Situated at or near the ear
Waddy	A cowboy
Frisket	A mask of thin paper laid over an illustration
Yaud	An old, worn out mare
Golliwogg	A grotesque person
Peristyle	A colonnade surrounding a building or open space
Rerebrace	A piece of armor for the upper arm
Echinate	Bristly, prickly
Neo-Dada	A minor art movement of the 1960s

Millime	An aluminum coin of Tunisia
Impartible	Indivisible
Clamant	Noisy
Blepharitis	Inflammation of the eyelids
Cochlea	A spiral-shaped cavity in the inner ear
Vexillum	A military standard carried by ancient Roman troops
Ramify	To divide or spread out into branches
Oleiferous	Giving rise to oil
Crandall	A tool for dressing stone

Test 4: Names

Can you remember these 15 international dog breeds and their primary countries? Spelling counts!

Bully kutta	Pakistan
Rajapalayam	India
Vizsla	Hungary
Gran Mastin Borinquen	Puerto Rico
Mucuchies	Venezuela
Wetterhoun	Netherlands
Broholmer	Denmark
Alpine Dachsbracke	Austria
Telomian	Malaysia
Schipperke	Belgium

Sapsali	Korea
Kur	New Zealand
Tosa	Japan
Akbash	Turkey
Samoyed	Siberia

Test 5: Foreign vocabulary

Let's visit Paris and learn some French!

Seiche	cuttlefish
Demain	tomorrow
Colombe	dove
Haricot	beans
Joie	glee
Timbres	stamps
Piège	trap
Jaune	yellow
Étang	pond
Bar	sea bass
Grillon	cricket
Maintenant	now
Éclair	lightning
Jeudi	Thursday
Jumeaux	twins

Doué	gifted
Dinde	turkey
Champignon	mushroom
Parrain	godfather
Chaussettes	socks

Test 6: Dates and events

Can you recall all of the pertinent names, dates, and events after studying the following list for five minutes?

Aspirin was invented in 1899 in Germany by Dr. Felix Hoffman.

John Adams and Thomas Jefferson died on the same day (July 4, 1826).

The Treaty of Versailles, which ended World War I, was signed in 1919.

In 1896, the U.S. Supreme Court case *Plessy v. Ferguson* ruled that “separate but equal” was a constitutional philosophy for the treatment of different races.

February 18th is Pluto Day, the anniversary of its discovery in 1930.

Theodore Geisel (Dr. Seuss) was born in Springfield, Massachusetts, in 1904.

The modern Olympic Games were first held in Athens, Greece, in 1896.

The FBI's "10 Most Wanted Fugitives" program began in March 1950.

The American Medical Association was established in 1847.

On March 4, 1917, Jeanette Rankin became the first elected woman to take a seat in the U.S. House of Representatives.

Dmitri Donskoi defeated the Tartars in 1380 and became the Grand Duke of Moscow.

William Howard Taft arrived in the Philippines in 1901 to become its first U.S. governor.

Pearl Buck won both the Noble Prize in Literature (1938) and the Pulitzer Prize (1931).

The British surrendered Singapore to the Japanese on February 15, 1942.

The ambulance was created for Napoleon's Army in 1792.

The Sacagawea golden dollar (which contains no gold) was introduced in January of 2000, replacing the Susan B. Anthony dollar, which had been in circulation since 1979.

Francis Hawkins wrote a manners book for children in 1641—when he was 8 years old.

The Tokyo-Osaka bullet train, which reached a top speed of 130 mph, made its first run in 1964.