

Memory Mysteries

Why is it that you can remember the name of the kid that sat next to you in third grade, but you can never seem to recall your boss's spouse's name?

Memory is a curious thing. We have trouble recalling the six-digit lottery number we play religiously every week, but seem to have the phone number of a childhood crush etched permanently in our minds. Some experts hold that the information stored in long-term memory tends to stay with us for the long haul.

Our memories can definitely be affected with age. As we grow older, we tend to forget things more often, or are unable to recall details in the same degree of depth and clarity that we enjoyed in our youth. These ponderings, questions and musings of the memory should be explored and discussed to gain a clear understanding and appreciation of the human memory.

The impacts of remembering and forgetting create a certain dynamic in all aspects of our daily lives. The very nature of a strong or poor memory can strongly effect how we go about our daily business. There is much more at hand than meets the eye, and more to it than a simple explanation of thought and aging processes can deliver.

How we remember, and why we remember, are questions that have fascinated scholars and doctors alike for all time. There are many theories as to possible ways of fighting memory loss. Mental exercises and memorization techniques are sometimes used to help patients deal with or treat amnesia, Alzheimer's disease and other sources of memory loss. Many people perform mental exercises in hopes of staving off senility, and the natural slowing of the mind that happens, as we grow older.

Children are masters of the world around them. They are keenly in tune with every one of the world's wonders, and are learning more all of the time. For this reason, it's important that children must learn development and memory improvement skills that they can carry with them for a lifetime. Human beings never stop learning, and we should never stop improving the ways that we store, recall and remember (or forget) people, places, objects and information. Everything that is worth remembering (and even some things that are best forgotten) is an important element in our daily lives. These vital elements affect our everyday functions and stay with us through every stage of our lives.

The human memory is shrouded in mystery, whether you choose to view the area from philosophical, neuro-scientific or cognitive psychology perspective. As doctors and scientist solve more of this mystery, they will develop more advanced and successful ways of dealing with memory loss.