

It will eat up some more of that advantage of thought speed over speech speed to our own benefit.

The third ingredient of concentration is the most important of the three. It is to recapitulate periodically as we listen. The good listener will tune the speaker in, listen hard for 4 or 5 minutes, and then take a quick mental time out. In that time out he will hastily summarize in his mind the best points made in the preceding segment of discourse. In 10 seconds' time, with that enormous thought speed of ours, we can rephrase in our minds the best points made in 5 minutes of talk. Half a dozen of these mental summaries interspersed throughout a 45- or 50-minute lecture just doubles our ability to understand and recall its content.

These are big dividend-payers. We ought to cash them in and make them work for us.

It is a matter of great satisfaction to me that the greatest teacher who ever lived, Christ himself, had something to say on this topic. At the end of one of His best sermons, reported in the fourth chapter of Mark, 23d and 24th verses, Christ said to the people before Him: "If any man have ears to hear, let him hear. With what measure you mete, it shall be measured to you. . . . And unto you who hear, shall more be given."

This summarizes very well the thought that I would like to leave in your minds.

COLONEL AUSTIN: Gentlemen, Dr. Nichols has promised to listen to your questions.

QUESTION: What retention rates have you found for reading comprehension?

DR. NICHOLS: Goldstein made a very close study of this. Surprisingly enough, he was the first man who ever really controlled reading rate. When you try to compare reading with listening, you immediately have a problem, a vitiating factor, because the fast reader will read 700 or 800 words a minute, perhaps, and he will go back and study the difficult passages. Goldstein made that impossible, because he threw the material on a screen one line at a time, and kept erasing each previous line. He found that retention in reading, if there is just one reading alone, is no better