

PREFACE.

This Manual and the accompanying Charts are the outcome of no impulse, but of experiments continuing for many years, and they have now been issued at the instance of teachers and others who have become interested in the experiments.

The first principles of the Science of Education have always found warrant for their classification in the tripartite character of the child's being ; and if, by way of explanation, the body, mind and soul may be looked upon as organic, it is easy enough to identify their respective functions analogically, as well as their foods and curatives or correctives. The function of the body is to do physical work for us ; of the mind, to think for us ; and of the soul, to guide and control our conduct. The analogy of the respective food-quickeners for these is no less striking,—that of the body being the most tangible ; knowledge being that of the mind ; while the hungering and thirsting after righteousness, referred to by the most authoritative of all ethical teachers, indicates in an unmistakable way, the character of the soul's food-strengthenener. Again, when the body becomes unequal to do its work, that is, when the health becomes abnormal, the counsel of the physician is usually sought after : when the immatured