

Dr. Birch-Hirschfelder, of the University of Leipsic, considers Manual Training of the highest importance on account of its "hygienic value." He says: "Instruction in manual dexterity, however, acts in a much higher sense upon the *nerves* than upon the *muscles*, and this is very especially to be considered. It works upon the organs of sense, such as sight, muscular sense, etc., which it brings into continual combined activity, and it works upon the peripheral regions of our nervous system. Instruction in manual dexterity is in a higher sense gymnastics of the nerves, and just because it is a gymnastic of the nerves, it has an especially unburdening effect upon the brain, which has been strained by one sided activity."

Manual Training is the best possible change from study and mere book work for the direct purpose of giving culture. Book work continued too long deadens the power of the mind to either receive or assimilate or use knowledge. Variety is essential and Manual Training not only gives variety to school life but variety in most productive form. Every true hygienic condition demands alternation of work and rest. For the brain and nerve system change is the highest form of rest.

It makes children happy. They are happiest when using their highest power. Their highest power is selfhood, and the highest function of selfhood is original, independent, creative work in constructing something useful. Happiness is a very important element in character development, and in reforming the character of those children who have been dwarfed or warped by heredity, bad training, or neglect. Manual Training is a reformatory agent of beneficent influence. Many children are discontented and irritable and rebellious because they have not proper opportunities to use their creative powers in designing and producing articles with material suitable for their stage of development. Everywhere the report is made, that Manual Training makes discipline easy and natural, and therefore effective in true character building.

It is the only logical basis for a system of technical education in higher schools.

Manual Training has many advantages in helping to lay a true moral basis for full character development. It systematizes