

extension in a certain sense is given through each sense, but it must be noticed that the consciousness of extension given by the factor colour through the sight is always sharply distinguished from the consciousness of the same extension given through the sense of touch.

(d) Our consciousness of objects in the external world is produced by the actual contact of these objects with the sensory nerves; hence all of the senses operate precisely in the same manner as touch. That which produces consciousness through the eye, the nose and the tongue is as really in actual contact with the nerve in each case as that which produces it through the touch. For example, the consciousness of colour and of extension, at least in two dimensions, is caused by the actual contact of light with the optic nerve.

5. *The motor or mechanical organs are composed of the various devices in the body by which it is fitted to perform all kinds of mechanical work.*

(a) The body as a whole may be regarded as a complex machine, in which are located, at certain points, special devices or machines, composed of a combination of sensory nerves, motor nerves, bones and muscles, joined together and fitted to perform a special work. The feet, the hands and the neck are illustrations of these devices. The hand, for example, is so constructed that it is capable of forming, almost, an endless variety of mechanical connections with external objects, and hence capable of performing a great variety of work.

(b) The motor organs are all subject to the direction and control of the mind, and have the power of forming habits. Hence they can be educated or trained so as to perform the work for which they are intended in an easy and efficient manner. This

training should commence with the infant and continue through childhood and youth. It should receive the constant attention of both parents and teachers, as the strength and efficiency of the future man largely depend upon his ability to use efficiently the mechanical organs.

6. *The power and efficiency of the sensory and mechanical organs depend upon the formation of proper habits of work, and these habits can be formed only by actually training each organ in doing its own work.*

Habits of work are the products of time and persistent practice. Yet much can be done to help the child in forming habits by a proper regard to the simple demands of nature. Those demands suggest that, in order to form good habits of work, his course of training should be arranged so that none of the following conditions are violated:

(a) The special exercises for each organ should comprehend the entire range of work for which the organ is intended.

(b) The organs should be exercised in such combinations with each other as will occur in using them in actual life.

(c) The activity of the organs called into exercise should not produce present or future pain or suffering.

(d) The activity of the organs at every stage of the work should be sustained by a present and prospective purpose.

(e) Present results should always be arranged so that they require continued attention and repetition, in order that their full value may be realized.

MIND AND ITS POWERS.

7. *The mind is constituted so that it has the power as a unit or indivisible whole of sustaining conscious and uncon-*