

On this point the child requires the closest supervision. It is natural for him to violate the conditions named, whatever may be the consequences to his physical constitution. He is controlled in what he receives into his system by present enjoyment; he consults not consequences, but taste. Hence he eats and drinks what proves most destructive to the health of his body. This whole matter, however, is almost entirely under the control of the parents. At first, when the child's tastes for food and drink are formed, they direct absolutely what should be used. Hence they are responsible for the unhealthy condition of the child consequent upon indulging tastes formed under their guidance.

(b) The healthy development of the body demands exercise and rest, supplied in right proportions to each other, at right intervals of time and under right local conditions, to produce the desired effect upon the organism. Each of these conditions are constantly violated. For example, over-exercise, in fits and starts, is quiet as common an evil in home and school-life as lack of exercise. Both in work and play certain organs of the body are injuriously taxed. In this connection it should also be noted that rest does not always mean entire cessation of activity. This, particularly with young children, simply irritates and sets in motion other destructive agencies. What they should have for rest is a change of activity calling into action a new set of organs.

4. *The sensory organs are the instruments by which the mind is placed in conscious relations to the various parts of the body itself and to the external world. They are usually known as the five senses.*

(a) The structure of the sensory organs should be carefully noted. Each is not a simple device composed exclusively of a group of special sen-

sory nerves. For example, the eyeball and the motor nerves and muscles by which it is moved, form each a part of the organ of sight. The position in the body, and the reason why each organ is so placed, should also be noted. The fact that the eye, the ear, the nose and the tongue are located in the head, and the touch spread over the entire body, is not a matter of chance.

(b) Each of the sensory organs, from its peculiar structure and position, is fitted to place the mind in conscious relation to only one class of phenomena in the external world. The eye connects the mind consciously with the phenomena of *colour*, the touch with the phenomena of *resistance*, the ear with the phenomena of *sound*, the nose with the phenomena of *smell*, and the tongue with the phenomena of *taste*. These simple classes of phenomena, and their necessary consequences and combinations, constitute all that can be known through the senses of the objective or material world.

(c) No one of the five senses can place the mind in conscious relation to the phenomena which belong to another sense. The cases commonly known as a substitution of one sense for another are only apparent not real. For example, it is supposed that a blind person can determine colour by touch. In this case, where the person has been born blind, he never can have any consciousness of colour. His apparent discrimination of colored objects is simply the result of his knowledge of the degree and nature of resistance substances give to the touch which are called blue, red and so on. Hence he can pick out the objects that are blue or red, and speak of them as such as freely as a person who is actually conscious of the colour. Another case, perhaps more to the point, is commonly cited, namely, determining extension by sight and touch. Here, it is true that