## PHYSIOLOGY AND HYGIENE

The mind is the "man of the house." In what part of the house it dwells we do not know; but we know that it controls the body through the brain. The brain is situated in the skull and is connected with all parts of the body by the myriads of little nerves which form a telegraphic system, conveying information to the brain and carrying orders from the brain to all



parts of the body. No act is performed, no word is spoken, nor is even the slightest movement made by any part of the body without an order brain. from the Thus the expression of the face and the little acts and words which ornament or mar the moments as they speed along, indicate the nature of the "man of the and we house " learn to love him or we wish to shun his company.

The bones so wonderfully joined together, supply the framework of the house and give it