

brain by making a good sound body. In the fact that the brain always seems to direct the body, we are apt to forget that the body carries the brain and feeds it with its own life. If the body, therefore, has good blood the brain will have good blood also. If the body does not furnish good material, the brain will do, according to its capacity, poor work or no work at all. We do not wish to deny that many men of weak bodies have done good brain work, but we do say that many such men have been hindered from doing better work by this same physical weakness. Moreover, no one can say that the work done would not have been greater and better if the men doing it had only had better bodies. Most men recognize the connection and sympathy between mind and body, after the body has attained maturity, but during the time of growth this interdependence is usually disregarded.

Dr. Clark, in a work entitled "Building of the Brain," divides brain-work into two classes; viz., one which we may call (and quite properly, too) *Body Brain-work*, and the other, *Mind Brain-work*. Body brain-work is essential to the healthy existence of the brain and really comes first in the order of brain growth. No one can take one hand and develop it without developing other parts of the body. In the same way "the child, too young to know anything except its bodily wants, and then conscious of them only when the denial of them causes pain, develops brain every time it makes an effort to grasp the thing it wants." The movement of its hand is as necessary to the development of its brain as the guidance and government of the brain are to the growth of its hand. What is true of the hand is true of the other bodily organs whose motion is under the control of the will. They and the brain are developed by reciprocal action. Interfere with this body brain-work in childhood, or at any period of growth, either by repressing it or by diverting from it too much vital energy to *mind brain-work*, such as is involved in the acquisition of knowledge, and you not only stunt the body, but also enfeeble the brain, by depriving both of their proper growth. The worst feature of