

Habits

CALLING at Mac. Hall is in itself not a habit formation; it is simply the visible effect of a powerful thought impulse, in the production of which we have voluntarily assisted. We need not repeat the act unless we choose to do so.

A true habit formation is something quite different. It is created somewhat as follows:—

In our daily lives at College we consider an action regularly repeated as a habit. When we perform an act for the first time it leaves in our memory consciousness an effective accompaniment. Authorities on the subject of "Mac. Hall Habits" inform us that if the impression made over there is favorable it usually possesses pleasant affective accompaniments. That this impression is not always favorable we will not venture to say. However, assuming that the visit has left in our mind pleasant remembrances, we need not repeat it unless we wish.

My will to do or not to do a thing may have the same motive from evening to evening or from week to week, but I cannot store it up to use over and over again. The impulse to repeat an act may occur involuntarily in my consciousness, but the carrying out of the impulse involves the suppression of the opposite impulse, and I do not repeat the act unless I will to do it again. If I deliberately do this, a repetition of the experience leads at first to an increase in the gross amount of the attendant joys, but if repeated too often the distinctness of the pleasure becomes dimmed by its very monotony. When repetition accomplishes this result it can no longer be called a pleasant experience, and if still indulged in

for a motive or motives unknown it then becomes a habit.

The above is, roughly speaking, the mental routine of habit forming, including the formation of the so-called "Mac. Hall Habit." Other habits are formed at the O.A.C. as well. Among them are the "Street Car Habit" and the "Lecture Habit." Regarding the former we can safely say that it is unwise to allow it to become firmly seated, for aside from the fact that each ride calls for a separate fare, it tends to develop the spirit of inertia and lack of appetite. These, with other evils due to laziness, are the consequences. Regarding the habit of attending lectures or the "Lecture Habit," it seems to be a necessary feature of College existence because for some unaccountable reason the Faculty is ever prone to look with disfavor upon any student, no matter what his creed or class, who deliberately schemes to avoid attending them. And besides who does not desire to experience the unalloyed pleasure of meeting such individuals as the *Protobasidiomycetes*, *Macroductylus subspinosus* and all their delightful kind? Thus we are forced to admit that the "Lecture Habit" is one which, viewed from any angle, must be embraced by every student who would complete his course with distinction to himself and honor to his associates.

Returning to the subject of general habits, it is a well known fact that rhythmic acts are more agreeable than those which are broken and irregular. This is given as the reason for the popularity of the "Dancing Habit." But whether this explanation is sufficient or not, personal observations by