

action. The higher the object of a function, the wider is its scope, the longer are the intervals of rest required, and the more direct is its subjection to reason; it is taken from under the control of the automatic vegetative life of the body and placed under the direction of the central authority—Reason—Conscience. Thus, we see the lungs, whose sole object is the physical life of the individual, breathing day and night unceasingly, with alternate rest and action every moment. The digestive apparatus, with longer intervals of rest and a wider range of objects, connected with the preparation and enjoyment of food. The senses, with their great use both to the individual and to society, locked in slumber every night. Thus, step by step, the plan rises to the highest functions of human nature—those which concern the race—which, above all others, are under the dominion of reason, and not subject to that law of constant action which controls the lower functions.

Equally interesting is that law of our nature which determines growth by exercise. It is a fact clearly demonstrated by modern science that the governing organ of the human body, the brain, has distinct portions of its structure devoted to the service of distinct faculties of the mind. Thus the intellectual, the emotional, and the locomotive powers work through corresponding portions of the highly organized brain. Each faculty grows by exercise. Not only does the mental faculty become stronger by use, but its physical organ of expression