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School Psychology

Formation of Habits

Psychologists and pedagogues have long been concerned with guides for the formation and modification of habits, and many sets of rules have been carefully prepared. In general these various sets of rules have agreed on the same broad principles, but those adduced by the late Professor James have become almost a classic in modern practical psychology. Owing to the simplicity and practical character of these we shall reproduce them here, the quotations being from "The Principles of Psychology." They are four in number, as follows: (1) "That in the acquisition of a new habit or the leaving off of an old one, we must take care to launch ourselves with as strong an initiative as possible. Accumulate all the possible circumstances which shall reinforce the right motives and envelop your resolution with every aid you know. (2) The second maxim: Never suffer an exception to occur till the new habit is securely rooted in your life. Continuity of training is the great means of making the nervous system act infallibly right. (3) Seize the very first possible opportunity to act on every resolution you make, and on every emotional prompting you may experience in the direction of the habits you aspire to gain. (4) Keep the faculty of effort alive in you by a little gratuitous exercise every day."

When we consider the great value of a properly trained citizen to his country, we must realize the immense responsibility resting on the teacher of the primary grades. It is imperative that the child shall attain, among other things, correct habits of speech, attention, and bodily posture at the very earliest opportunity, and the teacher is in a great measure directly responsible. It is here that special attention must be given to the first rule enunciated above; the careful teacher should use every resource at his disposal in order that the young pupil may develop these all important habits as perfectly as possible. Great care is also demanded in order that the second rule shall not be broken. This maxim is most frequently disregarded in the matter of speech, the pupil often uses very good language in his English exercises but forgets all about it when he engages in ordinary conversation. The prudent teacher will check this tendency at once.

The third rule given by James has more concern for character building than for the mere acquisition of formal knowledge. He laid great stress on this maxim and regarding it wrote as follows: "No matter how full a reser-

voir of maxims one may possess, and no matter how good one's sentiments may be, if one have not taken advantage of every concrete opportunity to act one's character may remain entirely unaffected for the better." If a man makes a resolution and does not keep it, he not only does not form the desired habit, but he actually weakens his moral fibre and character to an appreciable extent. There is nothing more pitiable than a person who is always making resolutions but rarely keeping them; in fact such a person soon develops a habit of not keeping resolutions. In this connection the old saying should be remembered—"with good intentions hell proverbially is paved."

Perhaps the greatest care should be given to the development of the habit of close attention. There is a good deal of truth in the statement that "genius is only prolonged attention," and many a man of very ordinary ability has risen to heights of fame as a result of the habit gained in early life of paying strict attention to the subject in hand. The important question of attention, however, does not properly belong here, but will be treated at some length in a later issue. In concluding this article we might only say that rule four should be rigidly adhered to as a means of attaining the HABIT OF FORMING GOOD HABITS.

Geysers

Geysers and Hot Springs are the result of past or present volcanic action. The enormous heat of the lava beds is retained for a long time after the volcano, from which it came, became extinct, and the under ground water of such regions is heated and as it issues from fissures is sometimes boiling hot. When forced out violently by accumulation of steam the hot spring is called a geyser, from an Icelandic word which means to gush. The water of geysers and hot springs is frequently saturated with the acid carbonate of lime which breaks up in the air and leaves a deposit of beautiful white limestone that forms the basins and terraces about so many hot springs. The most noted regions for geysers are: New Zealand, Iceland and some of the Western United States.

NEW ZEALAND. "Geologists tell us that the geysers of New Zealand are the oldest in the world, with the exception of those in Wyoming and Idaho in the United States of America. The area of volcanic activity is about 150 miles long and twenty miles wide stretching in a diagonal direction from White Island in the Bay of Plenty to Ruapehu, south of Taupo. That part of the thermal region of most interest to the traveller may be said to centre round about Rotorua. There are however, many wonders to be seen at Tikitike, near Rotorua; at Waitotapu, on the way to Taupo from Rotorua, and at Orakei-Koeko, where a white terrace is being formed similar to that destroyed during the eruption of Tarawera in 1886. Beautiful lake, some fringed here and there by brush boiling springs and volcanoes, and geysers are to be found almost everywhere. Although some of the lakes add a touch of beaut-

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to the scene, the general feeling aroused on visiting the district is that of wonder and awe. Tikitike with its boiling pools and ponds of seething mud; Lake Rotomahau is the wonderful Waimangu Geyser, which throws up a column of mud and water to an amazing height. The greatest attitude reached is estimated at 1,500 feet. There are however, both at Whakarewarewa and Wairakei many geysers which eject huge columns of water at fixed intervals with the regularity of clock work. The wonders of this marvellous district do not, however end here. Valleys enveloped in steam from the innumerable fumaroles and hot springs, and mountains whose craters at one time heaved forth the debris now scattered in all directions are evidences of the forces that have made this country so very remarkable. One cannot leave this geysersland without alluding to the appropriate touches of life that the Maori lends to the picture. Scattered about here and there are the villages in which live the descendants of that native race that centuries ago came from Hauaki to occupy the land. Here they spend their time probably much in the same way that their ancestors did, and like them, cook their food at the boiling springs.

German Frightfulness

(St. John Globe)

Germany's wanton destruction of the

Country abandoned in the retreat before the advancing British and French armies, whether undertaken to prepare a battle ground, as the Germans would have the world believe, or to terrorize the French, as General Maurice suggests, is having the effect of reviving the old fury of hatred of the French against the enemy. An American correspondent in Paris writes. "It seems as if the accumulation of the world's animosity was not sufficient for the German high command, who are, as the New York Times says: early bent on leaving an indelible mark on the sites which witnessed the beginning of the retreat. The story of the Peronne, Bapaume and Reims is mostly in ruins. Houses were pillaged from roof to cellar. But worse than the destruction in the towns is the havoc wrought in villages and the surrounding country, where everything has been laid waste, fruit trees felled, fields and roads mined, so that it appears as though a quake has passed." Germany's war policy was built on the idea that while peoples could be so terrorized and frightened that they would submit to German rule and domination rather than suffer a continuance of that policy. Three years experience with the Belgians, the French, the Serbians, and the Russians has failed to shake the German faith in a policy which has only succeeded in making Germany despised the world over. Still the German mind thinks of victory through terrorism.

The submarine war is based on that idea, and if laying waste the richest provinces of France is not part and parcel of that plan, the carrying into captivity of young women certainly is. While the latest reports of Germany's inhumanity toward the Belgians can be interpreted in no other way than expressive of a determination to exterminate the brave Belgian race. George M. Harper, of Princeton, N. Y., in a recently published letter in the New York Times says: "There has come to my attention from trustworthy Belgian sources a piece of German deviltry that ought not to be concealed. From the small town of Ottignies, between Brussels and Namur, the Germans deported several hundred men, whom they shipped to a distant part of Germany, where they were forced to work in mines and munition factories. They were subjected to horrible mental torture and vile physical abuse. Recently in severe winter weather, a train of cattle trucks came slowly back to Ottignies, carrying 117 of these poor men, broken down by cold, starvation and excessive toil, and no longer able to slave for their cruel task masters. They had been several days on the journey, without food and drink, and when the cars were opened and the human wrecks lifted out, in the midst of their weeping wives and children, seven of the number were found to be dead."

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