

Journal: Feeding the Mind by Lewis Carroll

Part 1 Inspectional Reading

- A) The article pre-read has taught me that reading is how we feed the mind, and it is as essential as feeding the body.
- B) I understood that there is a proper way of reading, and doing that is how you keep your mind healthy. It is something to consciously do and, at least according to Carroll, there are rules which ensure it is done properly. I had at least a surface level understanding of the whole article when I first read it. All the way from “Breakfast” to “fulfilled.”

Part 2 Demanding Reading

Thesis: We must read properly in order to cultivate healthy minds.

Important sentences: We readily see to it that we eat physically while often neglecting to feed ourselves mentally: “What care we take about feeding the lucky body! Which of us does as much for his mind? And what causes the difference? Is the body so much more important of the two” (p. 9). First, then, we should set ourselves to provide for our mind its proper kind of food. Then we should be careful to provide this wholesome food in the proper amount. Neglecting the quality and/or not carefully monitoring the quantity of mental food has dire consequences: “Mental gluttony, or over-reading, is a dangerous propensity, tending to weakness of digestive power, and in some cases to loss of appetite: we know that bread is good and wholesome food, but who would like to try the experiment of eating two or three loaves at a sitting” (p. 11)? And then, as to the mastication/digestion of the mental food, the mental process answering to this is carefully reflecting upon what we read: “Having settled the proper kind, amount, and variety of our mental food, it remains that we should be careful to allow proper intervals between meal and meal, and not swallow the food hastily without mastication, so that it may be thoroughly digested; both which rules, for the body, and also applicable at once to the mind” (p. 12).

This essay has given useful hints on the important subject of reading, teaching that it is one's duty no less than one's interest to 'read, mark, learn, and inwardly digest' good books. We must read regularly, discriminately, and carefully in order to cultivate healthy minds.