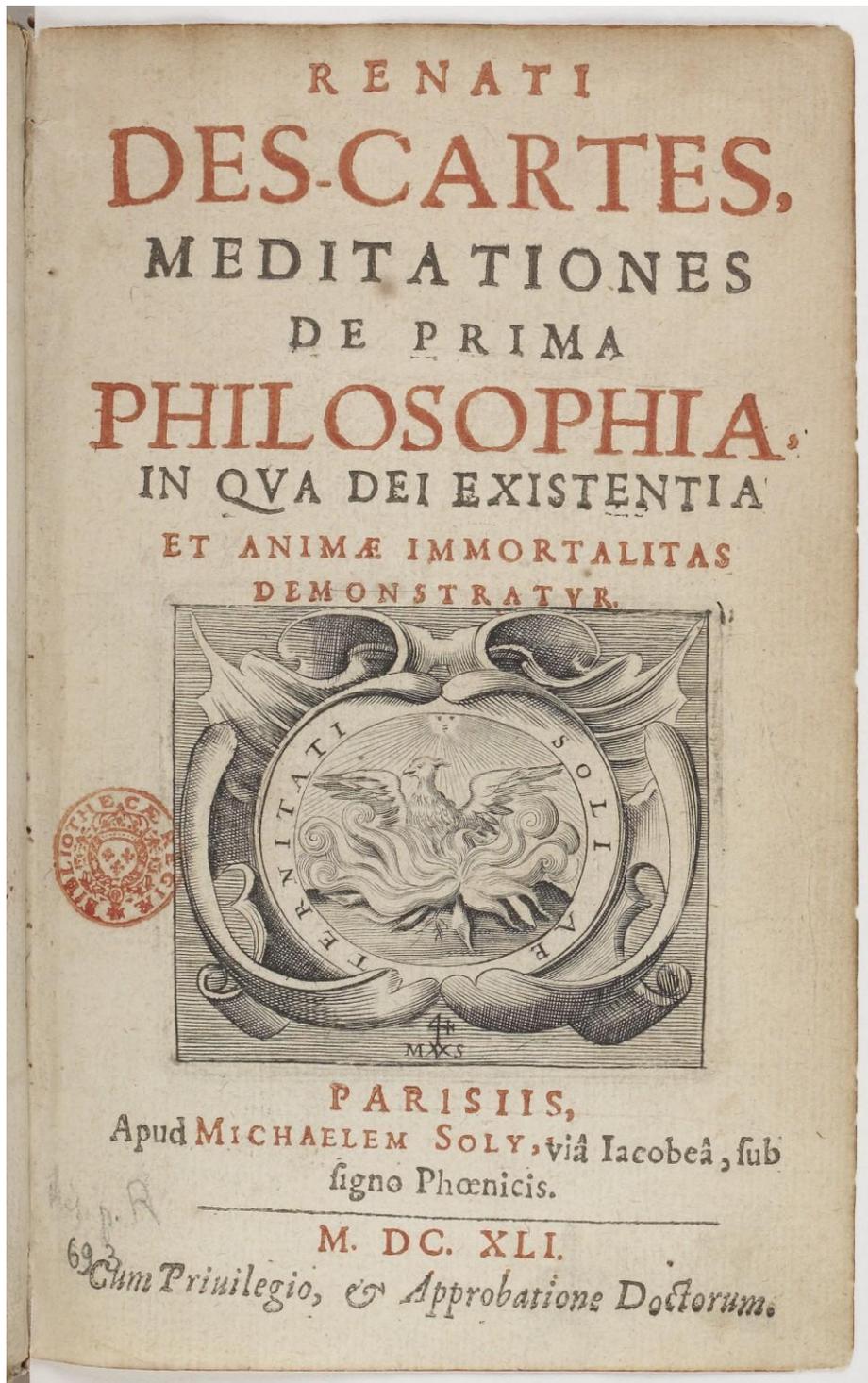


# Descartes on the Distinction Between Mind and Body

Excerpts from *Meditations on First Philosophy* by René Descartes, 1641.

Translation by John Cottingham, 1986, Cambridge University Press.



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From *Second Meditation: The nature of the human mind, and how it is better known than the body*

I will suppose, then, that everything I see is spurious. I will believe that my memory tells me lies, and that none of the things that it reports ever happened. I have no senses. Body, shape, extension, movement and place are chimeras. So what remains true? Perhaps just the one fact that nothing is certain.

Yet apart from everything I have just listed, how do I know that there is not something else which does not allow even the slightest occasion for doubt? Is there not a God, or whatever I may call him, who puts into me the thoughts I am now having? But why do I think this, since I myself may perhaps be the author of these thoughts? In that case am not I, at least, something? But I have just said that I have no senses and no body. This is the sticking point: what follows from this? Am I not so bound up with a body and with senses that I cannot exist without them? But I have convinced myself that there is absolutely nothing in the world, no sky, no earth, no minds, no bodies. Does it now follow that I too do not exist? No: if I convinced myself of something then I certainly existed. But there is a deceiver of supreme power and cunning who is deliberately and constantly deceiving me. In that case I too undoubtedly exist, if he is deceiving me; and let him deceive me as much as he can, he will never bring it about that I am nothing so long as I think that I am something. So after considering everything very thoroughly, I must finally conclude that this proposition, *I am, I exist*, is necessarily true whenever it is put forward by me or conceived in my mind.

But I do not yet have a sufficient understanding of what this 'I' is, that now necessarily exists. So I must be on my guard against carelessly taking something else to be this 'I', and so making a mistake in the very item of knowledge that I maintain is the most certain and evident of all. I will therefore go back and meditate on what I originally believed myself to be, before I embarked on this present train of thought. I will then subtract anything capable of being weakened, even minimally, by the arguments now introduced, so that what is left at the end may be exactly and only what is certain and unshakeable.

What then did I formerly think I was? A man. But what is a man? Shall I say 'a rational animal'? No; for then I should have to inquire what an animal is, what rationality is, and in this way one question would lead me down the slope to other harder ones, and I do not now have the time to waste on subtleties of this kind. Instead I propose to concentrate on what came into my thoughts spontaneously and quite naturally when ever I used to consider what I was. Well, the first thought to come to mind was that I had a face, hands, arms and the whole mechanical structure of limbs which can be seen in a corpse, and which I called the body. The next thought was that I was nourished, that I moved about, and that I engaged in sense- perception and thinking; and these actions I attributed to the soul. But as to the nature of this soul, either I did not think about this or else I imagined it to be something tenuous, like a wind or fire or ether, which

permeated my more solid parts. As to the body, however, I had no doubts about it, but thought I knew its nature distinctly. If I had tried to describe the mental conception I had of it, I would have expressed it as follows: by a body I understand whatever has a determinable shape and a definable location and can occupy a space in such a way as to exclude any other body; it can be perceived by touch, sight, hearing, taste or smell, and can be moved in various ways, not by itself but by whatever else comes into contact with it. For, according to my judgement, the power of self-movement, like the power of sensation or of thought, was quite foreign to the nature of a body; indeed, it was a source of wonder to me that certain bodies were found to contain faculties of this kind.

But what shall I now say that I am, when I am supposing that there is some supremely powerful and, if it is permissible to say so, malicious deceiver, who is deliberately trying to trick me in every way he can? Can I now assert that I possess even the most insignificant of all the attributes which I have just said belong to the nature of a body? I scrutinize them, think about them, go over them again, but nothing suggests itself; it is tiresome and pointless to go through the list once more. But what about the attributes I assigned to the soul? Nutrition or movement? Since now I do not have a body, these are mere fabrications. Sense-perception? This surely does not occur without a body, and besides, when asleep I have appeared to perceive through the senses many things which I afterwards realized I did not perceive through the senses at all. Thinking? At last I have discovered it — thought; this alone is inseparable from me. I am, I exist — that is certain. But for how long? For as long as I am thinking. For it could be that were I totally to cease from thinking, I should totally cease to exist. At present I am not admitting anything except what is necessarily true. I am, then, in the strict sense only a thing that thinks; that is, I am a mind, or intelligence, or intellect, or reason — words whose meaning I have been ignorant of until now. But for all that I am a thing which is real and which truly exists. But what kind of a thing? As I have just said — a thinking thing.

What else am I? I will use my imagination. I am not that structure of limbs which is called a human body. I am not even some thin vapour which permeates the limbs — a wind, fire, air, breath, or whatever I depict in my imagination; for these are things which I have supposed to be nothing. Let this supposition stand; for all that I am still something. And yet may it not perhaps be the case that these very things which I am supposing to be nothing, because they are unknown to me, are in reality identical with the 'I' of which I am aware? I do not know, and for the moment I shall not argue the point, since I can make judgements only about things which are known to me. I know that I exist; the question is, what is this 'I' that I know? If the 'I' is understood strictly as we have been taking it, then it is quite certain that knowledge of it does not depend on things of whose existence I am as yet unaware; so it cannot depend on any of the things which I invent in my imagination. And this very word 'invent' shows me my mistake. It would indeed be a case of fictitious invention if I used my imagination to establish that I was something or other; for imagining is simply contemplating the shape or image

of a corporeal thing. Yet now I know for certain both that I exist and at the same time that all such images, and, in general, everything relating to the nature of body, could be mere dreams <and chimeras>. Once this point has been grasped, to say 'I will use my imagination to get to know more distinctly what I am' would seem to be as silly as saying 'I am now awake, and see some truth; but since my vision is not yet clear enough, I will deliberately fall asleep so that my dreams may provide a truer and clearer representation.' I thus realize that none of the things that the imagination enables me to grasp is at all relevant to this knowledge of myself which I possess, and that the mind must therefore be most carefully diverted from such things if it is to perceive its own nature as distinctly as possible.

But what then am I? A thing that thinks. What is that? A thing that doubts, understands, affirms, denies, is willing, is unwilling, and also imagines and has sensory perceptions.

From *Sixth Meditation: The existence of material things, and the real distinction between mind and body*

First, I know that everything which I clearly and distinctly understand is capable of being created by God so as to correspond exactly with my understanding of it. Hence the fact that I can clearly and distinctly understand one thing apart from another is enough to make me certain that the two things are distinct, since they are capable of being separated, at least by God. The question of what kind of power is required to bring about such a separation does not affect the judgement that the two things are distinct. Thus, simply by knowing that I exist and seeing at the same time that absolutely nothing else belongs to my nature or essence except that I am a thinking thing, I can infer correctly that my essence consists solely in the fact that I am a thinking thing. It is true that I may have (or, to anticipate, that I certainly have) a body that is very closely joined to me. But nevertheless, on the one hand I have a clear and distinct idea of myself, in so far as I am simply a thinking, non-extended thing; and on the other hand I have a distinct idea of body, in so far as this is simply an extended, non-thinking thing. And accordingly, it is certain that I am really distinct from my body, and can exist without it.

From *Sixth Meditation*:

The first observation I make at this point is that there is a great difference between the mind and the body, inasmuch as the body is by its very nature always divisible, while the mind is utterly indivisible. For when I consider the mind, or myself in so far as I am merely a thinking thing, I am unable to distinguish any parts within myself; I understand myself to be something quite single and complete. Although the whole mind seems to be united to the whole body, I recognize that if a foot or arm or any other part of the body is cut off, nothing has thereby been taken away from the mind. As for the faculties of willing, of sensory perception, of understanding and so on, these cannot be termed parts of the mind, since it is one and the same mind that wills, and has sensory perceptions and understands. By contrast, there is no corporeal or extended thing that

I can think of which in my thought I cannot easily divide into parts; and this very fact makes me understand that it is divisible. This one argument would be enough to show me that the mind is completely different from the body, even if I did not already know as much from other considerations.

My next observation is that the mind is not immediately affected by all parts of the body, but only by the brain, or perhaps just by one small part of the brain, namely the part which is said to contain the 'common' sense. Every time this part of the brain is in a given state, it presents the same signals to the mind, even though the other parts of the body may be in a different condition at the time. This is established by countless observations, which there is no need to review here.

I observe, in addition, that the nature of the body is such that whenever any part of it is moved by another part which is some distance away, it can always be moved in the same fashion by any of the parts which lie in between, even if the more distant part does nothing. For example, in a cord ABCD, if one end D is pulled so that the other end A moves, the exact same movement could have been brought about if one of the intermediate points B or C had been pulled, and D had not moved at all. In similar fashion, when I feel a pain in my foot, physiology tells me that this happens by means of nerves distributed throughout the foot, and that these nerves are like cords which go from the foot right up to the brain. When the nerves are pulled in the foot, they in turn pull on inner parts of the brain to which they are attached, and produce a certain motion in them; and nature has laid it down that this motion should produce in the mind a sensation of pain, as occurring in the foot. But since these nerves, in passing from the foot to the brain, must pass through the calf, the thigh, the lumbar region, the back and the neck, it can happen that, even if it is not the part in the foot but one of the intermediate parts which is being pulled, the same motion will occur in the brain as occurs when the foot is hurt, and so it will necessarily come about that the mind feels the same sensation of pain. And we must suppose the same thing happens with regard to any other sensation.