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Observations on some of the Causes of Insanity. By GEO.
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In your December number of the CANADA MEDICAL AND SURGICAL JOURNAL, the article by Dr. Henry Howard on the increase of Insanity, truly calls, as you remark, for the most serious consideration from the great importance of the subject. Dr. Howard asks, "Can anything be done to stop the increase of Insanity and Imbecility," and as I candidly believe, that something may be done in more than one direction, that is not now even attempted, permit me to give your readers some thoughts that seem to be applicable to the subject.

The greatest benefit must arise from the education of the public to the now-avowed importance of the science of hygiene. We must have this taught in our schools and colleges, as holding a place in general education equal in importance to any subject at present taught. They must know that the great pre-requisite for a happy and useful life is "A sound mind in a sound body;" and as Montaigne says: "That those who separate the education of the mind from that of the body, do a great wrong."

The law of heredity is still a subject of controversy; but there are points upon which all biologists are agreed, viz: any particular characteristic, especially if it be of the nature of a deterioration or taint, when common to both