

"When a spirited but well-trained horse breaks loose from the stable or harness, he is in great danger of injuring or even destroying himself, because he has not the control of his master. There is no control of his powers by himself or his master, and his activity soon injures or ruins him. As men and women arrive at full possession of their powers and possibilities, with unlimited freedom to use them, it is too frequently the case that they are not able to exercise over them proper control, and so rush on to their destruction like a runaway horse. In a despotic government, among a people stupid and ignorant, with those who have no aspiration further than to say, "Let us eat and drink, for to-morrow we die," we not only find but little insanity, but we can assign the cause.—But as soon as ideas come into the mind that better physical conditions may be obtained—relief from excessive heat and cold, more palatable and nutritious food, more agreeable sensations secured, when the soul sees its possibilities and has longings for what is pure, elevating and infinite, then man becomes insatiate, and puts forth his utmost energies to secure what he so longs for, and feels that he will have. Then is the time when he lives and labors beyond his powers; then is the time when he puts his reason and judgment under his feet, and allows his impulses, his taste, his feelings, and too often his caprices, his appetites and his sensual nature to have the mastery of him; then he sets aside self-control; then he permits his sensitive nature, and not his reason, to guide him, when, in consequence, reason is overpowered, and he finds himself in a condition known as insanity. He has then lost, or has allowed to be lost, his self-control. It is not the higher nature of the man that now governs, but the control of self is gone; not as yet the man destroyed, but the power that governs him is set aside, and instead of the will, the disturbed mind and the associa-

ted disordered body have gained possession, and are reigning in riot and disorder.

"Self-control is weakened, specially in our American public, by a disregard or disesteem of law and authority. The democratic idea, the intense individualism that permeates the body politic as does our blood the body, is a demoralizer to a sound mental condition. The disrespect for civil law, as manifested by many who only seem to see in it red tape and needless formality, is a good seed of insanity. The feeling that the letter of the law is not what it should be, soon leads to a disregard of the spirit of the law, and then with private interpretation of it, license and unbroken law readily supervene. The mind, to be sound, must be governed by laws, and anything which tends to weaken the outside workings of law by a most powerful reflex influence reacts in a deadly manner upon the mind itself; leads to the control of the mind by something outside of self, and often what is insanity but a loss of self-control!

"The disregard of law is seen not only in the broad sense of civil law, but in the child, and in the young child. A child in the arms of the nurse is almost insane often when not under the control of the mother or nurse. The crying, the struggling and the working of a stubborn will are but the seeds of insanity commencing to germinate. And the boy not restrained properly in his food, his play, or many of his whims, manifests a further development of the plant of insanity. And the youth who will not be controlled in the use of tobacco or alcohol has but a form of insanity, beginning, it is true, but too soon passed beyond the stage of arrest where he will be unable to check his appetite for narcotics and stimulants—and who is more insane than he or she who cannot control their appetites? And when the man of business loses such control of himself that to make money he will sacrifice sleep, proper rest, recreation, or other duties essential to health