

If the heredity of a man or woman shows hereditary insanity, is he or she to be allowed to bring into the world children who are to bear the terrible brand and burden of mental disease?

Every effort should and must be made to educate public opinion, amend the marriage laws, and impress on all citizens the fact that it is wrong to permit children to be brought into the world when it is known that they cannot have a fair chance on account of the dreadful handicap of hereditary mental defect or mental disease. Every individual case must be judged on its merits and by the best medical expert advice. Not all insanity is hereditary.

Secondly, Stress: "The slings and arrows of outrageous fortune," as Shakespeare calls them—shocks and insults that the nervous system of man was never meant to bear, especially when repeated and long-continued, are undoubtedly offences against mental hygiene. The stress may be of the cell or of the psyche.

Recent experiments by Professor Waller, which show that certain speech where emotion is involved actually produces metabolic changes in the cells, while other speech does not produce such changes, are interesting as showing that perhaps stress of mental emotion may produce insanity as surely as certain toxic conditions do.

Psychologists seem to fall broadly into two classes—the idealists who look upon the nervous system as the instrument of spirit, and the biologists who "subject the intellect to mechanistic forces."

Whichever we believe, there can be no divergence of opinion that once we have discovered which way madness lies we had better make a right-about-turn away from it. It is well known that solitary confinement, or long continued life at lonely outposts with no companionship, or enforced idleness, or deprivation of human rights, whether of the head or the heart, or starvation of natural desires all have an unhygienic effect upon the mind.

There are certain things that are known as the necessities of life, meaning air, water, food, clothing and shelter. There are certain necessities of the life of the mind and no human being should be deprived of these.

The publication in January, 1920, of the report of Mr. Justice Hodgins on Mental Defect and Mental Defectiveness in Ontario, affords the profession and the public an opportunity to study profitably an excellent account of the conditions of this very grave problem of Mental Hygiene in this Province and how it should be remedied and that NOW. The report contains the latest expert information and your Committee earnestly recommends any member of the Ontario Medical Association who