

ment with which it is united makes an uncertain and unsafe compound. Herein lies a great field for useful work in the prevention of mind disorders.

The family physician will find a wide field for usefulness in the study of the variability of child character and of the types and features of mind disease by early recognition of the susceptible or too sensitive brain, and by early detection of all indications of mental hyperæsthesia.

When the physician has created an interest and shown the importance of thus early attending to and watching the mental development of childhood he will stimulate parents and teachers to recognize the great importance of making a careful and intelligent study of the characteristics, tendencies and weaknesses of each child. With such recognition carefully studied and faithfully applied there could only be one outcome—a healthier and hardier race of children with all the after-blessings in the later years of life. The examination-passing test is not now regarded as the only standard by which to estimate a pupil's merits in the Canadian school system, and the sooner teachers learn that there are other methods by which the mental growth of childhood is to be encouraged there will be a brighter prospect of healthier young Canadians. Those in charge of the education of child-character must exercise more discrimination in this work; make a careful study of the characteristics of each child; and give the parents such advice and such caution as the case would require. To secure this greatly-to-be-desired end, the physician must be prime mover in this reform.

To lessen the demands on the brain means to regulate the burden to an organization which has already given evidence of weakness or susceptibility. The wonderful progress in every department of human affairs at the present day means an increased complexity in the human brain which is consequently rendered more than ever susceptible to disturbance and disease. No doubt many an attack of insanity would be warded off and wholly prevented by proper regulation of the conduct and surroundings of the individual. By correcting imperfect hygienic surroundings, by teaching the necessity of avoiding monotony in daily life, by urging the importance of attention being paid to secure regularity in the discharge of the different functions of the human body, and by imparting a knowledge of the value of spending a certain number of hours each day in the open air, are among many of the instances by which the physician may inculcate the doctrines of the gospel of right living.

The class of literature which people read has a marked influence in moulding thought. Are there not many popular books which we, as physicians, know are not conducive to soundness as well as purity of mind? If the literary tastes of the people may be judged by the class of trashy literature that is most popular, degeneration is surely manifesting itself