

ed rooms, intemperance and other causes which engender bodily illness are directly responsible for an incredibly large percentage of insanity. Ill health, especially tuberculosis, causes ten per cent. and contagious diseases cause three per cent. Much nonsense has been talked and printed by professional reformers about the effects of intemperance, some asserting that nearly nine-tenths of the cases of insanity are caused by intemperance. Statistics show that from eight to ten per cent. doubtless owe their development to the habitual and intemperate use of alcohol, opium and other narcotics. On the other hand the so-called emotional causes of insanity, as business perplexities, disappointed affections, domestic trouble, grief and anxiety, homesickness, popular errors and delusions and religious excitement, together comprise a total of but twelve per cent. of admissions; while of

these about one-third of all patients have their mental troubles ascribed to causes which lead to mental disorder through deprivation of sleep, disorders of appetite and digestion, and other conditions purely physical, and preventable.

There can be no doubt whatever that the judicious administration of public health regulations would prevent a large amount of the insanity which everywhere prevails. In estimating the costs of an abnormal death-rate with its excess of sickness and loss of time, the enormous expense of maintaining large and numerous asylums for the insane has never yet been, we believe, taken into consideration. This—the expense—is of course but of secondary importance, and the prevention of the mental aberration is the first, and is deserving of more attention from saitarians and statesmen.

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#### ON THE MANAGEMENT OF CHILDREN.

IN a paper read before the New York Clinical Society a short time ago, by Dr. Walter Mendelson, the author gave some most valuable practical suggestions relative to the management of children. Assuming that a gouty constitution may be and frequently is produced by the improper management of children, Dr. Mendelson said: Given a family of young persons, what are the circumstances which may lead us to think that they may be victims to gout in later years? Here is a type of family that we often see. The grandparents are healthy people. Originally poor they have risen by steady industry to the accumulation of a comfortable income. The son, not contented with the slower means of making a living, engages in some business where speculation for wealth has in a great measure supplanted the slower principle of producing it. He necessarily leads a life of great nervous strain, makes a good deal of money quickly, perhaps often only after several trying reverses of fortune, and spends a good deal, too; lives high, drinks

champagne daily for dinner, and is perhaps a not infrequent imbibor of cocktails during business hours.

His wife leads a similar life of excitement in her way—in the sociable, charitable, or church line of activity. By the time the husband is forty he has well-marked gout in some of its many forms; perhaps deposits in the joints, perhaps cirrhotic kidneys. The wife, by this time is quite likely a confirmed dyspeptic, and has gone through several attacks of "nervous depression," or maybe she is a chronic neurasthenic.

When we come to the children, we find the elder ones the healthier, having been begotten when the parents were in better physical condition. They will all be more or less unhygienically brought up, according to the various grades of intelligence of the parents; allowed food of unsuitable kinds and quantities, and partaking at least in a partial degree of the life of excitement led by the parents. Fed on highly stimulating food, allowed to drink tea and coffee, and not infrequently wines,