

of that remote day did not discuss this *fundamental* question. Had they done so it might have settled forever the question of hereditary transmission and marital relationship. The *animalism* of the race would have been shorn of one of its terrors to the generations following. The question began to crop up in political economy as to the propriety, nay necessity, from a national standpoint, to put beyond peradventure the procreation of such defective classes by the statutory enactment of such radical measures as are here hinted at.

Time would fail and your patience would become exhausted were I to describe to you the logomachy which took place over such matters as personal restraint of patients. The conundrum was propounded to the extreme *freedomists*, What is restraint? Is a mit, or a sewed sleeve, or an attendant's grip, or seclusion in a room, or a sedative, restraint? If so, then is not a locked bedroom, a secured ward, or a high wall also restraint? Is not a lunatic restrained in a sense when he is curbed from having his own sweet will to the same extent as have the sane? As usual this shorter catechism, with all the reasons annexed, forbidden and required, showed inquisitiveness more about a definition than about a fact. The war went on over this matter of misunderstanding, not to say misconstruction, until the mighty nation was quenched in eternal night, and the burning question is not yet solved. The hair-splitting tendency over petty and unimportant details seems to be inherent in the human race, and the old silliness of calling a weakly sentiment a principle has had much vitality. It is ever thus. At the same time and between the same combatants the question of healthfulness in relation to work by the insane cropped up to the surface. Was it good for all classes of the insane to labor? Should the anæmic work or rest? Should all work who may desire to do so, whether physically sick or well? Does work increase the morbid activity of the maniac and intensify it through increased physical exhaustion, or does it work along physiological lines and in the end tend to sooth his frenzy and tone up his system? What is work? Is it employment which is intelligent and useful or is it only an aimless and automatic exertion? Is carrying stones from one pile to another and *vice versa* work, or can this term be applied to walking tournaments up and down the ward? Some asylum statisticians were accused of including these excesses under the head of work. They were also wickedly charged with calling an hour's work or even the vulgar fraction of an hour as equivalent to a day's work. These insinuations were so monstrous