

increasing effect is all too evident. Among women with a more delicate nervous organization this effect is even more apparent. The struggle to keep up appearance and win social recognition, along with artificial and extravagant modes of living, are responsible for many neurotic conditions bordering on insanity.

It is said on the highest authority of Americans themselves, that the original type of American is now extinct through a process of race suicide, the outcome of modern methods of living. It is said that a new race is being evolved, a more highly organized nervous type, bristling with energy and worshipping at the shrine of "Mammon." What the outcome of this enormous expenditure of nervous energy will be on the generations yet unborn is for the scientist and philosopher to determine. As alienists, charged with the mental health of the nation, have we no counsel to administer, no arm outstretched to save, no balm in Gilead to heal? Unfortunately, advice and warning are largely thrown away under these conditions. It is only sad and bitter experience, which often comes too late, that is of any avail.

#### POPULAR PREJUDICE.

Disguise it as we may, there is still a foolish prejudice in the public mind against institutions for the insane. Insanity in the family is looked upon as a badge of mental and social inferiority, and all sorts of devices are resorted to in order to prevent its detection.

The disease is supposed to be largely incurable, and its hereditary transmission in families tends to exclude them from desired matrimonial alliances as well as many positions of trust.

It is certainly not the business of the profession to minimize the danger of hereditary transmission, but rather to educate the public to a knowledge of those physiological laws of cross-breeding with sound stock which make for the dilution and final extinction of the insane diathesis. It is our duty to teach the public that insanity is curable like other diseases, and is successful in proportion as it is treated in the incipient stage. Like every other disease it has its origin in the violation of natural law, and may be either transmitted or acquired, or both together. It is only by popular education, side by side with tangible evidence of the good work achieved, that we can convince the public that our institutions are something more than a great Valhalla for the reception of the mentally dead.

In this country an effort has been made to break down this prejudice by abolishing the name "asylum" and substituting for it the name "hospital." The motive is a worthy one; but experience proves that to merely juggle with a name will not conquer a rooted prejudice, the growth of centuries. It is by