

really diminish and finally stamp out insanity is by so educating public opinion that those who have been insane or are threatened with insanity shall, in the face of such public opinion, abstain from bringing into the world children, who must certainly contain in them the potentiality of insanity, who will, some of them, develop it even if others escape, and so will hand on the heritage from generation to generation till the race dies out."

It is a difficult question to decide whether or not there should be restrictions by legal enactment in Canada to forbid the marriage of any person whose ancestral line was tainted by insanity. Public opinion must be educated to the necessity for all restrictive legislation. In the State of Minnesota a law has been enacted that no woman under the age of forty-five years, or man of any age, except he marry a woman over the age of forty-five years, either of whom is epileptic, imbecile, feeble-minded or afflicted with insanity, shall hereafter intermarry or marry any other person within the bounds of that State. It is also made unlawful for any clergyman or magistrate to marry any feeble-minded imbecile or epileptic person or any one afflicted with insanity. Other States, Michigan, Delaware, Connecticut, Indiana, New Jersey and North Dakota, are following the example set by Minnesota and are further enacting that before marriage is allowed, in every case, certificates made by two medical practitioners must be filed certifying under oath that the family history is clear on each side of traces of mental degeneracy. These are indications that the influence of heredity, as one of the great predisposing causes of insanity, is becoming more thoroughly understood. The day may yet dawn in Canada when we will give the same attention to the breeding of children that we now do to the breeding of horses. If this great land, whose resources and vastness are now only beginning to be understood, is in ages yet unborn to be peopled by a hardy and vigorous race, there must be a wide dissemination, among all classes, of knowledge expressed so plainly that he who runs may read and understand how great and lasting are the influences of heredity. Thousands of dollars are spent yearly in this country in spreading broadcast a knowledge regarding the evils of intemperance. The pulpit and the press vie with each other in the exercise of their potent influence for the suppression of many known vices. How seldom are these forces expended in warning the people in regard to the fearful ravages brought upon mankind by indiscriminate matrimonial alliances. Many of the different religious sects might with advantage forsake their squabbles concerning dogmas and shibboleths and give the time thus wasted to the spread of the doctrines of health and thereby open avenues, too often shaded by indifference and ignorance, to the highest forms of race culture. How great the responsibility of the medical profession in moulding public