

The opportunities for the physician to aid in the prevention of mental incapacities is not limited to his professional sphere. By his advocacy of any public measure which promises usefulness in this particular, he can help along the good work. Thus his support of movements aimed at the restriction of venereal disease and intemperance, at the sequestration of the feeble-minded for at least the reproductive years, at the proper supervision of immigration, as well as of all sanely devised schemes for social betterment will be of definite assistance. Further he may be able to help by removing prejudices against the admission of mental cases to general hospitals, and by advocating psychiatric clinics in connection with such hospitals and more thorough teaching of psychiatry in the medical schools.

Canada is today faced with a situation not less perilous than that involved in accepting the challenge of the Hun. We have entered upon a period of competition such as was never before dreamed of. Our place among the nations depends upon our ability to meet this competition, and this in turn depends upon the physical, mental and moral qualities of our people. Material progress is essentially dependent upon adaptation to the opportunities with which nature surrounds us. Paleolithic man, in countless milleniums, made little progress in adapting himself to these opportunities. In the neolithic age, progress was more rapid but still distressingly slow. The age of metals has, in this respect, been characterized by an almost steadily increasing momentum, which has of very recent years been accelerated at a rate which cannot be contemplated without concern. Every day the process of adaptation becomes more difficult—the adjustments become more complex—the tax upon the human machine becomes greater. Correspondingly the need for giving serious heed to man's necessities in the way of physical and mental endowment becomes more accentuated. In the confusion and excitement of the struggle for place, the theorist is apt to receive scant attention. But when a real emergency arises, we find that the theorist is of use. Have not the musty old professors of chemistry and physics and psychology and a lot of other 'ologies been eagerly brought out from the seclusion of their libraries and laboratories to solve emergent problems of the war, and have they not rendered a wonderful service? And now, with a new emergency confronting us, should we not call upon those who have been studying man in the abstract to tell us how man may best adapt himself to the extraordinary stresses to which he is to be subjected? We are greatly in need of guidance in such particulars. Would it not be a logical and reasonable thing to set men whose training qualifies them for such tasks to formulate for us such rules as will enable us to adjust ourselves to the conditions which confront us, and to prepare us for a career which will not merely be creditable but will assure to Canada a foremost place among the nations.