

that it occurred to me we had at last found a clue by which we might popularize our institutions with the public, and gradually root out that prejudice which has so long dominated the public mind.

It cannot be denied that a tremendous advance has been made in the care and treatment of the insane, but it is just possible we may be too easily satisfied with past achievement and decide that the field of progress has been sufficiently exploited and that there is nothing more to be done. I need not say that such a decision is not in keeping with the spirit of the age. In whatever direction we turn, the great moral and scientific forces are bristling with effort for the uplifting of humanity and the amelioration of the condition of those on whom the heavy hand of affliction has fallen. Speaking from the ethical side of life, the one outstanding thing that distinguishes the present from the past is the sacredness of human life and the many agencies at work for its perpetuation and the advancement of human happiness.

As psychologists, and therefore co-workers in the field of mental and moral science, we may fairly claim to occupy a prominent part in ameliorating the sorrows and easing the burdens of suffering humanity. Whether or not we are keeping pace with the sister sciences, which are propelling forward at such a rapid pace the great civilizing forces that are yet to emancipate humanity from the ignorance and superstition of the past, is an open question. It occurs to me we have not done all we should have done to win popular confidence in our methods for the prevention of insanity, and especially in the treatment of incipient cases.

INCIPIENT INSANITY.

The plea which I set up as the subject of this paper is on behalf of incipient insanity, which includes a large class of neurotics under the head of neurasthenia. Many of these cases are on the dangerous borderland of insanity, and if not properly cared for they drift across the Rubicon of hope and go to swell the maddening throng of acute and chronic cases in one of the State institutions.

It may be interesting to glance for a moment at the disintegrating social forces at work producing this peculiar type of mental alienation, and how it may be averted. The restless spirit of the age, with its intense competition in every department of business and professional life, the mad struggle for wealth, place and power, with an ever-increasing mental tension, are responsible for a large increase of nervous disorders which are sapping the energies of the present generation. That this weakening force will project itself into future generations with