

is its manhood and womanhood, nothing is done to urge the study of the begetting of a sound offspring and the establishment of a nation physically and mentally strong. The inter-dependence of mental vigor upon bodily health is acknowledged, but for some reason little attention is paid to create such a public sentiment as will produce a wide and comprehensive appreciation of the necessity of a general physical and mental culture that will be at once helpful to the present race and in the end lead to a lessening of the blighting taints of degeneracy in succeeding generations.

In this age of scientific research the study of degeneracy has led to the closest investigations to show the relations that exist between tissue degeneration and the mental phenomena noted in the varied phases in which these abnormal conditions attract attention. Probably too much attention has been paid to a study of the changes which accompany and emphasize the developed condition. Back of that development lie social and racial conditions and in the careful and comprehensive analysis of these we must look for a partial solution of the great problem, the safeguarding of the human understanding from destructive disease or premature decay. Without doubt in more than fifty per cent. of all cases of developed insanity we find such evidence of ancestral defect or disease as would lead us to expect at some point in the line of descent a reappearance of this defect in the form of active disease of the mind. There is probably no other condition in which the probability of development may be so often and so certainly foretold by a study of the ancestry. That insanity appears in succeeding generations in the same line is well known to every one. The more fully we can persuade the public to the fullest comprehension of the dangers which attend the introduction of such defective strains, the better will we be able to protect future generations. Parents and children are not half alive to the importance of guarding against such entanglements. They should be taught to look upon alliances with such ancestral lines not simply as discreditable or unworthy, but as fraught with danger. The awful responsibility of imposing such tainted heredity upon offspring should be clearly understood and carefully avoided. In a portion of one county of Ontario, through indiscriminate marriage and inter-marriage, mental degeneracy has become most frequent, and I have known several members of one family, with numerous other relations from the same section of the country, to be inmates at the same time of the same institution.

Dr. Blanchard, in an address a few years ago before the British Medical Association, said :

"I have long been of the opinion that insanity is to be prevented chiefly by limiting the propagation of this most fearful disease through the union of affected persons. I am convinced that the only way to