

understand and study the hidden mechanism of mental disease, mechanism that to-day baffles us. The interest that this knowledge will excite, will stimulate us to greater efforts to bring about its cure or at least to stay its course, but, above all, I hope to aid in its prevention. It will necessarily be a matter of time but what time can be better spent in the field of human endeavour? Before outlining a technical observation or two in regard to the subject, for it is as yet in its infancy, I would like to free your minds of a possible misconception that my remarks may have inadvertently given rise to, in regard to work actually being done and that daily in our institutions for the insane. In many ways our hospitals for the mentally afflicted have become busy hives of industry compared with thirty years ago. Take, for instance, in the matter of personal cleanliness, order and well-being, the Medical Director of the Canadian National Committee for Mental Hygiene, Dr. C. K. Clarke of Toronto, himself a former medical superintendent of many years' standing, has expressed in a most eulogistic though just manner his appreciation of St. Jean de Dieu Hospital in this regard and let me assure you that the obtaining of this result has entailed a great amount of labour and devotion on the part of the Reverend Sisters of Providence, the proprietors of that institution. Besides, a visit to our outdoor and indoor departments of industries will show you a number of patients at work. If you were on the other hand interested in therapeutic measures employed in combatting mental disease, you have only to visit our wards destined for that purpose. As regards criticism of our institutions we welcome that which is just and true. The visit of a competent, experienced alienist is always a pleasure. The exchange of ideas with him we always find profitable, but what we pray heaven to protect us from is what Dr. Salmon, Director of the National Committee for Mental Hygiene for the United States styles "The itinerant alienist" who often at best has had a few months' experience in a hospital for the insane, who condemns that which he does not understand, who would destroy that which he cannot construct. In fact Medical Superintendents to-day are not waiting for criticism, we are criticising ourselves; for example, let me quote you from a paper entitled, "Demonstrations of Work Done by Patients in Kindergarten," by Dr. Richard H. Hutchings, Ogdensburg, N.Y., one of the finest and best conducted institutions on this continent. Speaking on the subject of work and play, in this paper he says: "For those of us who are interested in the care of the insane, the subjects of providing for the wants of our patients in this direction is one in which we have all felt the need of help and nowhere to my knowledge is the subject being worked out in the careful manner which its importance deserves. The necessity of providing both work and play for our patients is not thoroughly appreciated. It is only generally