

neurons, and finally by the blood current. And any disturbance of this complicated series of conditions in a person of a sensitive organism may, no doubt, cause the danger signal of pain to be put out. In short, to be "neurotic," or "unstable" mentally, indicates a lack of power to resist the influences from within or without that are adverse to life or health. The same influences produce different effects in people. Exposure to cold braces one man and brings on bronchitis in another. Difficulties in life will in one individual stimulate a spirit of resistance, and in another break down the spirit and cause mental depression. For mental development we must have constant healthy stimuli on the sensory organs acting first on the great sensory centres in the brain, and then their transmission in proper form to the receptive mental centres. Mind arises through sensations at first—no sensation, no intelligence—and a healthy sensory system is most requisite in order to have the great mental functions satisfactorily performed. Does this not then explain why melancholia so often follows a condition where the sensory apparatus is weakened, poisoned or starved? The mental areas are only reached through the sensory. Why does sunshine produce cheerfulness, or fresh air a feeling of organic comfort, or muscular exercise exhilaration? The first step in the process is the reception of the sensory impression, the second is the mental effect. Sensory disturbances arise first—disturbing impressions are sent to the mental cortex, and the mental manifestations come as natural psychological sequences. The sensory areas are the gateway to the mind, and so must bear the first imprint, must suffer first. An oversensitive constitution is commonly the basis of the melancholic diathesis. This, of course, means that the sensory impressions in such a case are strong and overpowering. By keeping before us the necessary relation between the sensory and mental activities of the brain, many of the clinical facts of an attack of melancholia will be better understood, and some suggestions gleaned for its treatment, and perchance, light gained that may serve useful in guiding us to do something for its prevention. A physician approaches a case of illness by inquiring into the food supplies and how the body was digesting them. Our duty as physicians is to test the mental food supplies. Any departure then from normal sensory functions, especially in those who are predisposed to insanity, is worthy of attention.

There are also motor disturbances which often may be considered as preludes to mental symptoms. I have met with many cases where the friends of the patient have related that one of the earliest manifestations has been general muscular unsettledness. We are all familiar with the changes in facial and eye expressions due to the fact that the muscles upon which these changes depend are highly innervated. These muscles represent emotion