

the subject of the causes of insanity. He points out many errors which generally prevail in reference to this deeply interesting question, and repeats what, on former occasions, he has asserted in other words, that "certain of the causes supposed to be the most powerfully operative, and especially those of a mental form, have not much or probably very little to do with the production of insanity." He contends that an "intimate acquaintance with the disease (insanity) on a large scale, can hardly fail to draw us constantly towards the conclusion that it (insanity) seldom springs from any other than physical causes," and that the first step towards restoring the mind to reason is to restore the impaired bodily health. "In truth," he adds, "the best part of the secret of success in the treatment of insanity, is found in good beef and a good supply of other nutritious substances."

Under the head of the General Causes of Insanity, the Superintendent has dwelt earnestly and powerfully on one cause of a physical character, of the frightful and increasing prevalence of which none but those who are at the head of Lunatic Asylums can form any adequate conception, and of the very existence of which, or of its connection with insanity, many persons are entirely ignorant. The cause of insanity to which we refer, is what the Medical Superintendent styles that "enshrouded moral pestilence"—secret vice! We shrink from polluting our pages with the words, but when we read that half the beds in one division of the Toronto Asylum, and a certain number in the remainder, are filled with loathsome incurables, who have reduced themselves to this deplorable state by the practice of this disgusting vice, we cannot but commend the moral courage with which the Superintendent has addressed himself to the task of laying bare this moral and physical pestilence; one, be it observed, which finds its most numerous victims, not amongst the rude and ignorant, but among the more respectable and educated classes.

The remarks of the Medical Superintendent in connection with this deeply important social question, will be found well worthy of careful perusal, and we would more particularly commend them to the earnest consideration of those who are in any way connected with the education and training of youth, whether as parents, guardians or teachers. It will be for them well to consider whether