

supply of provisions the culinary art is wholly neglected, and scarcely understood at all. Clothing is only designed to protect the body from injury, and heat, and cold and wet. A digression upon the present barbarity of clothes, which shows all the instinct of primitive savagery, though very tempting, would lead too far a field from the subject.

I have touched upon the methods commonly in use for botching the individual's mental development; I have hinted at a few physical mistakes; it only remains to take up the third side of one's life. I mean the Emotional.

Psychology has revealed the fact that the religious temperament and the erotic temperament are very closely related. To bring religious emotion into full play at the critical period at, or just following, puberty, already referred to, has often been sufficient to unbalance the mind. The mind is weak and unstable, and the terrible force of these emotions passes over the delicate regions of thought like a deep and heavy storm. In young men and women hysteria is often mistaken by evangelists and religious advisers for what is called religious conviction, and under that mistake is encouraged by them to the great peril of the person.

Religion never made any man mad; but religious hysteria, which, by any but a mental specialist, might be mistaken for religious emotion, and encouraged and augmented as such, has often merged into a graver form of insanity. True emotion is never stupidly blatant. True emotion, whether religious or otherwise, does not dramatise and make postures. I wish evangelists and clergymen could only understand that at the critical period I refer to religious teaching should never be anything but didactic. The object at this time is to limit the play of emotions as far as possible. No measures should ever be taken with this class to urge one or both into a state of excitement or emotion of any kind. Such exhibitions are too often morbid and unhealthy. Self-consciousness is the misfortune of the young man or woman of twenty. Instead of increasing this everything should be done to cause these members of the community to forget self altogether. Too often, too, religious emotion, if carefully analysed, will be found to be merely erotomania masqued in the favorite verbiage of modern religiosity. Not pressing this point here, the fact remains that there are numerous cases of erotomania without even any such mask. The incidents of the conjugal life, and the facts of procreation are very simple physiological accidents.

The reticence of society upon these matters has, however, involved them in a cloud of mystery, upon which the adolescent mind broods unhealthily. The Greeks used perfect openness upon these subjects, as their literature and art have shown, and the simple ingenuousness of the Greeks was, I think, far more wholesome than our own contemptible and cowardly silence. But this would not be so hard were it not for the literature upon which the unformed mind of the youth of both sexes battens with hindrance or admonition; especially the novel and the newspaper of the day, which team with filth and beastliness untold. The reek and rottenness of the modern novel and newspaper are accountable for certain phases of insanity which have come under our own notice.

Above all things the emotions should not be stirred. They should be left absolutely still like a crystal and shining pool. It is dangerous to disturb them. Religion itself will rise in all its quiet beauty when the time comes. The passions need no encouragement.

To this point I have indicated only personal measures towards the prevention of insanity. The class I have referred to has been that which has no need to become insane. The insanity, if it do occur, is the result of ignorance. The ignorance of the parent in caring for the physical and mental