

the rearing and training of individuals who have learned to control themselves and their environment.

#### IMMIGRATION

From a national and social standpoint the prevention of mental disease involves the exclusion of immigrants whose capacity for mental adjustment is low. During the last nine years 65.05% of patients admitted to the Brandon Hospital for Mental Diseases were born outside of Canada, though at the time of the last census (1911) only 41.87% of the population of Manitoba were born outside of Canada. From 1912 to 1915, the proportion of non-Canadian born was almost constant, at about 70%. Since 1916, the cessation of immigration due to the War has had an effect, and the percentage of foreign born admitted has steadily decreased, though it is even yet too high. The conclusions are obvious. Stringent regulations are required to prevent those physically and mentally unfit from entering or becoming citizens of Canada.

#### CONCLUSION

The prevention of mental breakdown, so far as our present knowledge and control permits, is to be attained by active steps in four main directions.

1. *Medical and Social.* By the adequate prevention and treatment of alcoholism and syphilis.

2. *Heredity.* By steps to prevent the bringing into the world of individuals likely to have a mental breakdown. This may be attained to some extent by contraceptive measures, and possibly, in certain cases, by sterilization, but chiefly by building up high social ideals and a strong enlightened public opinion, and by emphasizing the true object of matrimony.

3. *Development.* Ensure for each child a healthy body. Develop in each individual healthy habits of thought and objective interests, taking care that more youthful or inefficient modes of adjustment do not become fixed. Balance properly the child's physical and mental activities. Face frankly and take steps to counteract abnormal tendencies in the child. Open out the child with a sensitive and "shut-in" personality. Teach the psychopathic or neurotic child to control himself. Guide the boy and the girl through the troublesome period of puberty. Sex knowledge should be imparted to the child in the home by the parents as it is spontaneously demanded.