

out insanity is by so educating public opinion, that those who have been insane or are threatened with insanity shall, in the face of such public opinion, abstain from bringing into the world children who must certainly contain in them the potentiality of insanity, and so will hand on the heritage from generation to generation till the race dies out."

Instead, let me call your attention to another topic, briefly referred to by Dr. Blumer, in the line of prevention of the increase of insanity—the exclusion of defective immigrants. I do so for two reasons. Firstly, because during the past two years the influx of strangers into Canada has been so enormously increased; and secondly, because Canadian immigration laws being much less stringent than those of the United States, our land is being flooded by a class of degenerates, many of whom, if not already insane, soon become so.

That a country so vast as ours should be much more densely peopled is a "consummation devoutly to be wished," but the question of number, desirable as it may be, is secondary to the character of the people who are being added to our population. The sturdy agriculturists and artisans of the British Isles, healthy alike in body and mind, always furnish a welcome addition to our ranks, but unhappily quite a large number of the immigrants brought to us are of a low standard of mentality, some of them even having been inmates of asylums before coming to this country. Such a condition, amid new environments and under new conditions of existence, is almost sure to lead to mental strain and insanity. The result is that these incompetents, many of them consisting of the scum and dregs of an overcrowded European population, are crowding our provincial hospitals, especially those of Ontario, Manitoba and British Columbia, to which provinces immigration has been largest, and those contiguous to large seaports, such as Montreal. Most of our institutions have a larger *percentage* of foreigners than is found among the native population, and while the greater number of the foreign-born inmates are legitimately there, having broken down mentally after they had earned a residence, there is in every asylum a proportion which should never have been brought to our shores. Some of these have come of their own accord, but it is evident from the statements of the patients themselves that in certain cases parochial boards, benevolent societies, municipalities and even relatives have sent out persons simply as the cheapest way of getting rid of them. The cost of a ticket is small compared to a lifetime's maintenance in an asylum, a poorhouse, or at home. The late Dr. R. M. Bucke, in giving his evidence before a Commission appointed to inquire into this subject, thus forcibly and truthfully ex-