

but unfortunately those conditions have been and are interfered with by those artificial agencies of human creation. In order to remedy this, more attention must be given to what may be called the hygiene of the mother during the period of pregnancy, such as proper regulation of the habits and conditions of the physical and mental life, attention to nutrition, assimilation and excretion, etc.

After the birth of the child more attention must be given to the hygiene of its mental and physical development during the critical periods of infancy, childhood and adolescence, for it is at this time that the foundation is laid for the acquisition of habits of life which will make or mar the future, which will leave the pernicious inherited tendencies or predispositions in a dormant state, or awaken them into uncontrollable activity. Defects of growth or impairment of function of any part or parts of the body should be corrected or removed, so far as that is possible, as soon as recognized, and not allowed to run along in the hope that nature will take care of it herself until such changes in the organism have taken place as are irreparable and irremediable. Furthermore, more attention must be given to the study of the development of the mental life of the child, in order that those abnormal tendencies and traits which in the years to come reach that stage of development and exercise that influence upon the life and conduct as to create a conflict with the environment may be the earlier recognized, and measures adopted for their subjugation and for the creation of channels of healthy thinking and acting. It is a common