

the extreme susceptibility of the insane to phthisis, greatly lessened by judicious feeding and attention to digestive and other organs. The asylums now afford far better comforts than are enjoyed by the average person, and this tendency to the tubercle is kept down, but even then is often seen. Moreover, even in these comfortable homes, where food, leisure, wholesome occupation, air, and sunshine is lavishly provided, tubercle shows itself readily and is hard to check. Great improvement is frequently made by the systematic measures known as the rest treatment, in asylums, as well as in private practice, influencing powerfully for good those who with many opportunities yet have failed to secure the forcing of their nutritive processes which is known to be essential and which wise measures sometimes accomplish.

Heredity must be clearly distinguished from inheritance, and should be considered in the light, certainly, of several ages and many years, probably a century or more. It has to do with the transmission of certain tendencies and peculiarities, which are not only the "hall marks" and special complexion of families, localities, communities, but of *races and nations*.

We can at once recognize the potentialities, the result of inbreedings of people of like kind or analogous traits; but to estimate those fairly it is imperative to consider the environment, the religious, national and political lights or influences under which these matured. More than these even (which have largely to do with intellectual processes and the formation of character and characteristics) is the question of physical habits and customs, opportunities, and tastes which very much more influence the physique, and through this the brain structure, where are the more impressionable cells in the body. The quality and condition of the mind is profoundly dependent upon the integrity of the material of which the brain and nerve centres are made and maintained, more so than upon any of the modifying influences of a psychical, moral or transcendental nature. Whatever else may be the distinguishing feature of the mind *nothing can be predicted for good of a faulty structure of the organ of the mind*. Moreover, admitting the possibility of a competent brain in a body equipped with an unstable or defective nervous organization, at least, this condition cannot be maintained and must react disastrously upon the mind organ soon or late. Inheritance may then represent the conditions which directly or recognizably influence the child in its mental or physical features. It may include certain tendencies, too, which are possibly independent of heredity, as for instance, tastes, tricks of speech, and manner or appearance, feature and size. These inherited qualities may be few or many in one or another of the same family, as several tall, fair, cheery ones evidencing the normal trend, and also one or two short, dark, gloomy children showing the magnificent uncertainties of prophesy.

Then again, there are the families of robust procreative powers, powerful to reproduce peculiarities in one or another direction, (as in a few Royal families where their accidental conspicuousness enables them to be studied) in whom qualities of mind are recognizably preserved, but much less frequently than qualities of bodily conformation, in shape, size, tastes, and susceptibility to disease.