

One of these causes is the growth of cities and the large numbers now living in slum districts, as compared with the open air of a country life. In the large cities of the world this congestion has become extreme in many places.

Another cause is the high pressure of modern life. The terrible strain on the nervous system is sending many to the asylums, others to prison, and making many prematurely old, with hard arteries. "Why should you be anxious over much, why should you die before your time?" This is an old question. The answer is to hand if one cares to look for it.

But the "modern" diseases are responsible for no small share of the degeneration complained of by writers. Syphilis and gonorrhoea have sowed a plentiful crop of tares among the wheat. The number of persons who are physical and mental wrecks and degenerates through the influence of venereal diseases is very great.

Then we have to give full weight to the drugging and intemperance that one finds prevalent. The evil effects of drink and drugs are terrible. Something must be done to lessen the evils of drink. In Britain every man, woman, and child consumes on an average each year stimulants to the value of \$20.

Unfortunate marriages are the cause of a good deal of degeneration. There ought to be legal provision that would restrain the marriage of such as are likely to produce degenerates.

The army of degenerates is becoming a fearful burden on those who are doing the useful toil of the country.

BIRTHS, MARRIAGES AND DEATHS IN ONTARIO.

The Government report for the year 1909 is to hand. It contains much valuable information. The estimated population is given at 2,233,264. The births for the year were 54,465, the marriages were 22,366, and the deaths were 32,628.

The birth-rate was 24.4 per 1,000 of the population. The marriage-rate was 10 per 1,000, and the death-rate was 14.6 per 1,000. As a means of encouraging the increase in births reference is made to the plan adopted in New Zealand of paying the cost attendant upon the birth of a child in the homes of the needy. It is contended that more care should be given to the care of the native-born children, and to the increasing of the birth-rate, rather than to so much expenditures on the inducing of a foreign population to come to the country.