

seriously from over-study, sleepless nights and severe competitive examinations, nor from the other intellectual causes of insanity.

Alluding to competitive examinations in the higher branches of learning, it must be seen clearly by all interested in the subject that some change in the system should be made. In London alone, in one year, ten cases of madness ending in suicide occurred. The distraction and serious damage, in these cases, result from multiplicity and complexity of studies. In contemplating this subject, we must bear in mind that the final factor in accomplishing the end may not have played the most important part. The fruitage may have been, in part, from the planting of a grandparent. Ancestral errors have more to do with our condition and diseases than is apparent at first sight. Then the moral or emotional etiological element has much to do with the result. There is, perhaps, a consciousness on the part of the student that at home is waiting, in breathless anxiety, a sister, a mother or a father who is to be established or wrecked by the issue in question.

In reviewing our hasty glance upon the condition, mental and otherwise, of ancient nations, and upon the prevalence of the causes of insanity among them, we may conclude that, among savage tribes and primitive nations, the elements for the development of mental disease were mostly absent. As the nations advanced in civilization, wealth and luxury, with their sure accompaniments, profligacy, intemperance and poverty, we have the grand and salient causes of psychological disease in operation; logically we can arrive at no other conclusion than that they resulted as do the same causes to-day. Among the nations of antiquity, however, it was quite impossible that insanity could occur so frequently as in the present age, or that the insane could, to any considerable extent, accumulate in a nation. It must be observed that accumulating and occurring cases of insanity are separate questions. Returning to the latter subject, let us notice that modern civilized nations, through their humane and benevolent institutions, foster both the occurring and accumulation of insanity. Instead of allowing them to perish, the disease is propagated by the beneficent care that is taken of the poor, and those of feeble mind who are ready to become insane, both before they are placed under restraint and after they have apparently recovered. Among the ancients those that were mentally feeble perished by the way.

The morally insane, after a short exhibition of their characteristic symptoms, were stoned to death or otherwise summarily disposed of. The homicidal killed and were killed in turn. In Rome defective children were cast down the Tarpeian Rock. And thus there was much less transmission of disease and degeneracy to succeeding generations. In coming specially to the subject of the increase of the insane population of our time, it must be admitted that the accumulation of late years has been very considerable, but we are not prepared to endorse the statement, boldly made, that there is a large increase in the occurring causes. Taking the statistics of our own asylum, we find that the admissions in 1854 were in numbers as great as in 1881, and that in the three decades intervening there has been no considerable change. The number of admissions is a fair proximate estimate of the occurring cases. We find a different showing when we take the figures representing the number remaining at the end of the year. In 1854 the number was 131, and in 1881 it was 325. So in the daily average in 1854 it was 131, but these numbers have accumulated from year to year, until in 1881 the average was 316. Looking at the statistics of English and American asylums, one is appalled by the increase of the figures from time to time. In England in 1807 it was reported to Parliament that the poor insane, amounted to 1,765; again, in 1827, that there were 9,000; in 1842, 13,868; in 1860, 33,000; in 1870, 48,433—later still, 60,000. This large increase of figures was due to Acts of Parliament, compelling the searching up of these people and registering them, but had no near relation to the increase of occurring insanity in England. Under the excellent system of providing for, and owing to the good care taken of the insane to-day, the mortality is very low compared with the distant past; not a great percentage is permanently restored; so it is found that the deaths and recoveries are less numerous than the admissions—hence the accumulation. English statistics show but a very small increase of occurring insanity, and the same is true of other countries. The relations of civilization to insanity have been incidentally referred to from the beginning of this paper. A few words will therefore suffice to complete what I have to say. It might be well, in the first place, to attempt to define what civilization is. Ideal civilization is a well-ordered state of society, consisting in the progressive improvement of the