

THE PREVENTION OF NERVOUS AND MENTAL DISEASES.

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The role of preventive medicine has probably made greater strides during the last twenty-five years than in any similar period of time and judging from present view-points the practice of medicine of the future will, to a great extent, be the prevention and eradication of those conditions which tend to predispose to or produce disease in or of the human organism. In the future of medicine the mere combating and removal of disease must play increasingly a more and more subordinate part. It is now generally recognized that most if not all diseases can be prevented and it is possible to remove the causes where recognized long before disease begins. In the removal and eradication of these causes the problems of hygiene and sanitation occupy the foreground. One has only to note what is being done at the present time not only by members of the medical profession as such but more particularly by health boards and other organizations representing not only localized communities but also those of state, national and international scope.

Take for example the single question of tuberculosis. At the recent opening of the tenth annual meeting of the National Association for the Prevention of Tuberculosis, Dr. Charles Hatfield, one of the directors, reported that there were more than 2,500 anti-tuberculosis agencies

now well established, which included 550 tuberculosis sanitaria and hospitals, 410 dispensaries, nearly 1,200 anti-tuberculosis associations, and 250 open air school and fresh air classes. He also states that while the entire budget of the national office for the period of ten years had been only \$200,000, federal, state and local anti-tuberculosis agencies, both public and private, had expended during the same period probably \$100,000,000.

The last legislature of the state of Indiana appropriated for the work of the State Board of Health \$72,000 annually. This, however, is relatively a small amount in comparison to that spent by local city, town and county boards for public health work. Assuming that it is no more than an amount equal to that spent by the State Board of Health, it gives us \$150,000 spent by the State of Indiana for public health purposes annually. Assuming further that this is about the average amount spent by each state, we have approximately at least \$7,000,000 spent in the United States alone in the effort to prevent sickness and to improve the health of the people in general.

That much benefit is accruing from the work thus carried on by the various health organizations can scarcely be questioned. We have seen the practical eradication of malaria, of yellow fever, of cholera, of typhoid fever and other diseases, infectious and contagious in nature, as well as a definite diminution in frequency and mortality of a great many other diseases.

There is however a branch of preventive medicine which has not and is not keeping pace with

the general progress that is being made and that is in the realm of nervous and mental diseases. It is true, of course, that any measure which tends to improve and benefit the general physical health must more or less directly improve and benefit the state of health of the nervous system, particularly in regard to those diseases of the nervous system arising more or less directly as the result of bacterial and toxic conditions affecting the human physical organism. But this cannot be said of those nervous and mental conditions which are more or less directly due to or dependent upon a defective inheritance or a pernicious, improper rearing, education and training during that period of growth and development when the make-up of the organism is being moulded and fashioned in preparation for the struggle for existence, during that period of its life when it is the most impressionable and responsive to the conditions under which it lives and the influences that are brought to bear upon it. It is to these particular phases of preventive medicine that the scope of this paper will apply.

The importance of this phase of the question is indicated by the fact that according to the Report of the U. S. Bureau of Census in 1910, there were at that time in institutions for the insane 187,791 inmates, and in institutions for the feeble-minded 20,731 inmates, making a total of 208,522 under institutional care, a number which is said to exceed the combined enlisted strength of the U. S. Army, Navy and Marine Corps; and also to exceed the number of students enrolled in all the colleges and universities of the United States.

The cost of maintenance of the insane in institutions, as given in the Report of the Bureau of Census of 1904, numbering at that time 150,151, is \$21,329,228, which does not include the cost of maintenance of the feeble-minded under institutional care. Assuming that the cost of maintenance in 1910 was in the same proportion as in 1904, the amount expended must have amounted to more than \$30,000,000, but since the cost of living has been rising higher and higher during these years the cost of maintenance would be proportionately higher. In the State of Indiana, according to the report of the State Board of Charities ending Sept. 30, 1913, there were enrolled under institutional care 5,503 insane and 1,490 feeble-minded and epileptic. The amount drawn from the state treasury in 1913 for the regular maintenance is given as \$1,257,359. This in a state, the population of which is approximately 2,750,000. Assuming that the same relative proportions exist throughout the United States and there is no reason why Indiana should be more unfavorably situated than other states as regards these conditions, it may be estimated that there are at least 300,000 under institutional enrollment, with a relative cost of maintenance of nearly \$100,000,000. The great majority of these are fundamentally and constitutionally defective and one is comparatively safe in saying also that the majority of these, had they been properly reared, trained and educated during the earlier years of their development, could have been made self-supporting and useful citizens or if proper control and management were exercised during the years of maturity could at least

be made self-supporting, instead of being not only an economic drain, but also a moral and social menace to society.

The President of the American Statistical Association in 1910 reported that there were present in penal institutions at that time 113,579 prisoners, equivalent to 125 per 100,000 of population, and that during the calendar year there were committed to prison 479,763 persons. He also stated that "one cannot even hazard a respectable guess in regard to the number of criminal acts that resulted in the apprehension of alleged perpetrators and what proportion they bear to the number finally brought before the criminal courts. There may be and probably are more than 1,000,000 arrests in the United States annually."

While it may be true that many of these, based upon past standards, cannot be regarded as psychically defective, yet a closer psychological and physical study of these individuals by modern methods and according to modern standards, discloses a defective or abnormal trait in the make-up, due either to a bad heredity or to a defective rearing and training. According to Dr. Goddard, of Vineland, N. J., there is every reason to believe that from 25 to 50 per cent of our criminals are feeble-minded. If it were possible to estimate the amount of money that is spent annually in disposing of these individuals, the cost of capture and arrest; the time, money and energy spent in the endeavor to convict and defend, and the amount that is lost or spent in taking charge of them after conviction, the figures would undoubtedly be appalling.

Or take another class of individuals, the prosti-

tutes, that group who are to a great extent responsible for scattering broadcast two great, if not the greatest plagues of the present day, gonorrhoea and syphilis. It is generally conceded that the majority of these individuals are mentally defective. Dr. Maud Miner, secretary New York Probation association, found that many of the young girls entering prostitution were not normal mentally; were either feeble-minded, constitutionally inferior, or so-called border-line cases. In reference to this condition, Dr. Goddard says, "that a large proportion of prostitutes are mentally defective, easily led into the life because of natural impulses and our lack of control of them." Dr. Wilson, of Philadelphia, in a paper dealing with the question of eradication of the social diseases in large cities states "that there are approximately 544,250 public prostitutes constantly in the United States, all of whom are infected sooner or later and constantly re-infected with venereal diseases." He also estimates that there are at least three clandestine for every public prostitute, which would create an army of nearly 2,000,000, who must be considered as foci of distribution of infections, and the number inoculated annually would be appalling were it possible to determine it. The effects of these infections upon the physical and mental health of the individuals concerned are sufficiently disastrous, but unfortunately it too often involves the health and happiness of those more or less directly related to or associated with them. The cost of treatment, the loss of earning capacity, the desertions, divorces and broken homes, the physical and mental wrecks brought into the world, the

hospitals and asylums made necessary to care for them, are only a few of the results which the innocent members of society must bear with the guilty ones.

Again, let us consider another group of individuals, those addicted to alcohol or other drug intoxications. Whether this addiction be but the manifestation of a pathologic state of the mental and nervous system, or whether it be the cause of that pathologic state is a question which is the subject of a great deal of controversy. That the excessive use of alcohol is an important etiological factor in the production of nervous and mental diseases can scarcely be questioned. Von Ziehen, of Germany, regards it second only to that of heredity taint. Probably the most reasonable conception of this condition is given by Dr. Neff, of the Foxborough Hospital for Inebriates, Massachusetts, who regards drunkenness as denoting either a disease or a habit. According to Branthwaite, the pathologic inebriate is represented approximately as somewhere between 2 and 2.5 per cent of all alcohol users. Further study of the mental capacity of these individuals and increased knowledge of this condition will doubtless justify the opinion now held by some authorities that a very large proportion of our drunkards are feeble-minded, and the drunkenness is merely a habit easily acquired or a manifestation of disease, a result of that feeble-mindedness. It is not the habit or disease condition that is inherited, but a predisposition or tendency which remains latent or becomes active according to the influences of environment and education during the years of growth and development. As to whether

alcoholism can produce mental deficiency in the offspring, Dr. Groszmann in discussing this question states "that we should be very cautious in assuming that alcoholism can be considered as a hereditary cause of mental deficiency in the offspring. Alcoholism should be considered rather as a symptom of a deeper constitutional defect, one of the evidences of degeneracy."

There is still another group, larger than any of the preceding which must be looked upon as border-line cases between the normal individual, capable of exercising what is regarded as a normal control and responsibility of actions and conduct in relation to the social fabric of his environment, and those individuals whose actions and conduct bring them into conflict either actively or passively with that social fabric. These individuals are permitted every right and privilege enjoyed by the normal person and are supposedly able to maintain the average standards and fulfill the average requirements of the life that surrounds them, but the problems of life to them prove insurmountable. In the struggle for existence they drop by the wayside and go to make up what we are pleased to call our derelicts and ne'er-dowells, many going to make up our tramps and vagabonds. In this group also may be included those who under ordinary conditions may be able to exercise a normal control over their actions and emotions, but let any special strain or stress be thrown upon them and they cross the boundary line into the realm of the abnormal. They go to make up our so-called hysterics, neurasthenias, hypochondriacs, the sexual perverts, the moral degenerates, and the hoodlums, the incorrigible and

the inhuman. In reference to this class, Dr. Goddard states:

We have recently discovered that there are many feeble-minded persons who are not recognized as such by the ordinary observer. They do not show any of the stigmata of degeneration and are not found out until they have done something wrong. Even then their wrong-doing is more often attributed to wilfulness than to inability to do right, yet who are thoroughly irresponsible for the acts they commit, who cannot compete on equal terms with their fellows, or manage their affairs with prudence, in short are incapable of living an independent existence, but must always be dependent upon others.

In a critical examination of the fundamental etiological factors at the basis of these various groups, it becomes evident that a relatively small number of them have resulted from or are secondary to some gross physical disease or injury and that underlying the greater number by far are the two conditions already mentioned:

1. A bad inheritance constitutionally.
2. An improper rearing, or bringing-up.

Von Ziehen has found what he regards as an hereditary taint or endowment existing in from 50 to 90 per cent of mental diseases; that in 60 per cent of all institutional admissions an undoubted hereditary taint exists, it being more frequently present in some forms of mental disease than others. If this be true of mental diseases proper and as a matter of fact all authorities recognize a bad heredity as playing an important part, it must be relatively true in regard to other neuropathic and psychopathic states.

Cannon and Rosanoff in a report of the study of Heredity in Insanity in the Light of the

Mendelian Laws submit the following propositions:

1. If both parents be neuropathic, all their children will be neuropathics.

2. If one parent be normal, but with a neuropathic taint from one parent, and the other parent be neuropathic, half the children will be neuropathic and half will be normal, but capable of transmitting the neuropathic make-up to their progeny.

3. If one parent be normal and of pure normal ancestry and the other be neuropathic, all children will be normal and capable of transmitting the neuropathic make-up to their progeny.

4. If both parents be normal, but each with a neuropathic taint from one parent, 25 per cent of the children will be normal and not capable of transmitting the taint, 50 per cent will be normal and capable of transmitting the neuropathic taint, and 25 per cent will be neuropathic.

5. If both parents be normal, one of pure normal ancestry, the other having a neuropathic taint from one parent, all the children will be normal, half of them capable of transmitting the neuropathic taint, the other half being incapable of transmitting it.

6. If both parents be normal and of pure normal ancestry, all the children will be normal and incapable of an hereditary tainted transmission.

While some authorities are inclined to attach the greater significance as an etiological factor in the production of neuropathic constitutions to a defective inheritance, there are others who look upon an improper bringing-up as the predominating factor. Even Von Ziehen asserts that what is inherited is only a tendency or predisposition to which must always be added other factors acting injuriously.

Dr. Smart, medical examiner of the mentally defective children in the department of Education of New York City, in discussing the question of

“The Relation of Physical Inability and Mental Deficiency to the Body Social,” reports:

In 10,000 cases presented for examination chosen at random to determine their physical and mental fitness for the work required of them in the school grades, in every instance where the child had fallen behind others of the same grade and age and had continued to retrogress, she found positive physical defects, and with many the combination of physical unfitness with a serious mental defect. Many of the physical defects could be cured, the greater number very much bettered, but the mental unfitness was regarded irreparable. The main physical defects reported and the frequency of occurrences are given as follows (in percentages): Enlarged tonsils and adenoids 77, ocular trouble 75, dental defects 71, defects of hearing 50, anomalies of speech 42, sexual disturbances 41, neurotic conditions 37, nasal defects 34, cardiac defects 29. The frequency of these conditions indicate the advisability and necessity of a closer and more accurate examination of the physical status of the child earlier in life, before ever being sent to school and there discovered, for by that time much harm has already been done often irretrievably so, both physically and mentally.

If to the hereditary taint and the physical defects there be added an improper education and training, we have a triad of etiological factors responsible for practically all of the abnormal conditions under consideration. This improper education and training will be found to be active from birth, for the very individuals who procreate and produce offspring hereditarily tainted, very rarely recognize or admit the possibility of possessing qualities in their own constitutional make-up which could possibly be transmitted to their offspring and as a consequence these very individuals are the least suited or the least capable of rearing the unstable organism which they

have produced. It is in early life that the foundation is laid for many of those habits of life which prove to be so injurious and pernicious in determining and modifying the thinking, feeling and acting of the individual in the years to come. While in many of these individuals the regime and control carried out in school life exercises a beneficial influence in that they are made to recognize the principles of self-control, discipline and authority, yet too often their unstable make-up is not recognized even by present methods of school inspection. Furthermore, the few hours spent under schoolroom supervision cannot possibly counteract the influence of the lack of control and management during the extra-school time.

Dr. Crampton, director of the physical training in the department of education of New York City, stated "that the great failure of education of today is the inability to recognize the fact where it is absolutely essential that it should, that children differ in rapidity of development, both physically and mentally." This, if true and there is a great deal of evidence in support of the statement, is of particular importance in regard to the treatment and management of them during the educational period.

We are coming to see more and more that the mental environment of an individual is quite as important for the acquisition and maintenance of good health as that of other external conditions. We are recognizing more and more that the mental environment affects not only the mental and nervous activities, but also more or less definitely the various physical functions of the

body, thus influencing both directly and indirectly the mental health. While it has generally been recognized that intense emotional conditions, such as fear, pain, sorrow and pleasure, exercise an influence upon some at least of the physical functions of the body, fear, pain or sorrow lessening the appetite, producing lessened energy and activity, etc., motor or mental, pleasure producing the opposite results it has only recently been placed upon a definite scientific basis by experiments carried out by Cannon and others who have shown that the emotions, for example, fear and pain particularly, increase the flow of suprarenal secretion, which continues some time after the subsidence of those emotional states.

We must bear in mind the necessity for a stable, well controlled, well regulated nervous system in the maintenance of a sound body and mind, and recognizing this necessity the question arises, "What are the conditions or requirements necessary for the creation of a stable-acting nervous system?" Dr. Barker of Johns Hopkins Hospital in outlining the scope of the work of the National Committee for mental hygiene said:

Modern medicine has taught us that the conditions necessary for a good mind include:

1. The inheritance of such germ-plasma from our progenitors as will yield a brain capable of a high-grade of development to individual and social usefulness.

2. The protection of that brain from injury, and the submission of it to influences favorable to the development of its powers along normal lines.

Considering the enormous amount of money, time and energy that is being used up in caring for those confined in the various institutions and

the meager results that are being attained, whether considered from a social, moral, intellectual or economic viewpoint, and considering further that still larger group who fail to measure up to the average standard of mental capacity and yet are allowed the liberty of action that is accorded the normal individual, who in spite of their failures and deficiencies are permitted to bring into the world beings who must inevitably bear the stamp of the defective stock from which they spring and who in addition, in spite of their unstable and defective judgment, are called upon to assume full charge of the management and training of those tainted beings until they reach an age when the latent force of a bad inheritance has already been awakened and the injurious habits of a pernicious rearing has already been inculcated, the only reasonable conclusions to be made are:

1. That wherever it is possible, every individual whose constitutional make-up is such that any offspring propagated therefrom will inevitably be defective, that individual should be denied that right or privilege. Many sentimentalists and so-called humanitarians will no doubt regard such a restriction of personal rights and liberties as unjust, inhuman and cruel, and yet we may ask which will be the more just and human, to restrict the rights and liberty of a single individual, or to give that defective individual with his inherent abnormal proclivities full sway and allow the procreation not of one but usually of many beings who can never obtain an equal footing or an equal chance in the struggle for existence? It certainly does not require the exercise

of any superior intelligence to decide which procedure will in the end be the more just, more human and the wiser.

2. That whenever and so soon as it is recognized that the constitutional make-up of the child is defective and that it possesses an unstable nervous organization, or that the environment and training of that organism is pernicious, that child should be placed in that environment and under that instruction which will enable it to develop and acquire those habits of life which will be the most likely to insure a healthy body and mind. To do this, we must study the physiological, physical and psychical make-up of each individual child, its capabilities, its habits, its emotions, its affective condition of well being, its general and special physical organs and their functioning.

In regard to the first proposition, it may be said that while various state legislatures have been enacting laws denying certain groups of defectives the right to marry, yet the number thus prevented will doubtless be very few. Experience shows that these laws are not an inseparable barrier to such individuals when they wish to marry, and the majority of them do. Thousands of feeble-minded, of epileptics, of alcoholics, of neuropathic and psychopathic constitutions, of derelicts and criminals are allowed to intermarry year after year, regardless of such laws, and produce thousands of defectives who must inevitably become a social menace and an economic burden. It is only too evident that the mere making of laws as they are at present must prove wholly ineffective so long as these individuals are ac-

corded their full liberty of action. The only effectual method from the present viewpoint is for the state to assume guardianship of such individuals and refuse them that privilege or destroy their procreative properties. There are, of course, many objections that can be offered against such a measure as the last. There would be opposition from many sources, but apart from the destruction of that function by sterilization it is doubtful if any other measures can be utilized that will materially lessen the propagation of defective offspring by them.

Sterilization has its advantages and its objections, its advocates and opponents. The procedure itself is a comparatively safe and harmless one to the individual. But the most serious objection, I believe, is that it places the individual in a position where his sexual nature can be exercised without any restraint, if ever such individuals are restrained by the fear of possible conception taking place, and this affords the greatest opportunity for the diffusion of gonorrhoea and syphilis, those great, if not the greatest scourges of the civilized world of today. Furthermore, sterilization laws of the present time are entirely too restricted in their application. It is not the confirmed criminal who spends the most of his time in the various correctional and penal institutions, nor the extreme mental defective who also must be cared for in one or other of the charitable institutions who are the source of danger, but it is more particularly to those milder forms of defectiveness that more attention must be given, those individuals who in spite of the average opportunities of life never get above a con-

dition of want and drudgery, or a proper control of their emotions or their morbid cravings. As an illustration, the writer has in mind two families, particularly, who have come under his personal observation during the last two years.

One is a German family consisting of father, mother, and seven children. While both parents are honest, hard working and frugal, and have been able to supply the ordinary wants of life and to meet the ordinary demands of life, yet it is quite easy to recognize a low grade of mentality in both. The oldest child with difficulty maintained a passing grade in his school work. Pubertal changes were delayed until the age of seventeen. He manifested physical evidences of hereditary syphilis, as shown by Hutchinson's teeth, and by giving a positive Wassermann of the blood. At the age of eighteen he was committed to a hospital for the insane because of the development of what was regarded as the catatonic form of dementia praecox. While some improvement in his mental condition has taken place enabling him to live at home and to carry on some form of physical work under the supervision and direction of someone else, yet the family is constantly seeking advice because of his peculiarities and eccentricities in action and conduct. The second child at seventeen also was committed to the insane hospital because of a maniacal attack which lasted about three months. As yet the other children do not manifest any marked deviation of mentality except backwardness in their school work. This in conjunction with the tendency to a Mongolian type of features indicates the probability that they too will manifest mental deviations at one or other of the critical stages of life. The other family was of foreign extraction, and consisted of father, mother and five children, with the sixth on the way. The oldest was fifteen, the youngest two. The father was alcoholic, the mother of a low grade of mentality. All the children were mentally defective, the four oldest ones being committed to an institution for the feeble-minded. What an econom-

ical saving it would have been if the function of procreation had been abolished or if these individuals had not been allowed to marry. It must, it is true, be admitted that laws simply to prevent intermarrying will not solve a problem of this kind, for if not allowed to do so legitimately they would still satisfy their natural proclivities by illegitimate procreation.

In dealing with the second proposition, namely, that of the child, many conditions come up for consideration. Beginning with the pre-natal period it must be said that there is much to be done, many changes to be made in the management and hygiene of the mother during the period of pregnancy, in order that the pregnant woman may be placed under the conditions most favorable to the production of a healthy offspring. When it is observed how little attention is given to this extremely critical period in the lives of both mother and child, one must admit that the laws of nature are most generous and lenient, in that, in spite of the many injurious influences brought to bear upon the procreative function and process, they succeed so well in creating so complex an organism with so little evidence of having been subjected to those injurious agencies. The old idea that is so prevalent, that nature will take care of herself under any and all conditions of life is so deeply impressed upon the minds of the laity in general, and indeed also upon the minds of many physicians, that any attempt to change the old order of things meets with a great deal of criticism and opposition. Most of this is due to ignorance, apathy or indifference. It is true, of course, that nature would take good care of herself if provided with the requirements necessary to the fulfillment of her laws in a normal manner,

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

experience to find a child manifesting especially peculiar or abnormal tendencies regarded either with indifference or more frequently as a source of amusement and everything done to encourage and to further cultivate those unhygienic habits and propensities. Here again the general impression so prevalent that nature will take care of herself, that the mind does not require guidance and training but should be encouraged and nurtured along the natural tendencies predominantly manifested, is a pernicious one. It would be just as reasonable to assume that one can become an expert mechanic, a polished artisan or a great scholar without the assistance and guidance of previous instruction and experience.

The mind of the child is fashioned and moulded by the influences of its environment upon its constitutional make-up. It learns by imitating the actions and conduct of those about it, and by the teaching and training of those who care for it. The reaction of the child to its environment, the outward manifestations of the psychological processes taking place, are more reflex in nature than in the adult, are more directly in response to the action of the environment upon its inherent natural tendencies and proclivities. If the mental life of all children manifesting abnormal tendencies could be more closely studied, it seems reasonable to assume that with a better recognition of the processes of abnormal psychology, means will be found whereby those processes can be more readily diverted from their unhealthy channels and guided into those more hygienic and healthy. Unfortunately with the majority of those who later in life become wards of the state,

their home influence and home teaching is beyond control. The benefit that is derived from the discipline and teaching of the few hours of the ordinary school life cannot overcome or take the place of the lack of them at home. Too often, moreover, the failure of the teachers to understand the peculiarities in the mental make-up of those children leads to improper and unwise treatment and management being given them, and as a result intensify or exaggerate the already existing pernicious tendencies.

The state should have the authority and be so situated as to be able to assume the responsibility of the care, management and education of those who so early in life manifest those tendencies and propensities which indicate that sooner or later they will become a menace or burden to their environment. The uncontrollable, the irascible, the incorrigible child with an inclination to steal, lie, or manifesting other immoral or criminalistic tendencies should be a ward of the state for the remainder of its life or until it has fully demonstrated its capacity and ability to conform to the ordinary requirements socially, morally, intellectually and economically. Many of these who become State wards in the early years behave fairly well so long as under that authority and discipline, but when liberated from this institutional control soon enter upon a life of uselessness, shiftlessness and degradation. The State should be called upon to exercise the same control and supervision of them after leaving as while under institutional care and management. It is unjust to most of these individuals, unjust to the community in which they find themselves,

to free them from the restraining and disciplinary influences which were considered necessary heretofore. The main objection usually offered against this proposition is that the expense entailed for the State to make provision for and to take charge of them would be too great. But the majority of these could be made practically self-sustaining if the State would utilize them in improving public utilities or in some agricultural or manufacturing vocation. Besides it is extremely doubtful if the primary cost of such a procedure would approach anywhere near what they eventually cost, let alone the economical loss because of their inability to be self-supporting and self-sustaining.

In conclusion, let me say that as conservators of the mental health of our fellow creatures, physicians should and must be better trained in normal and pathological psychology, in order that they be better fitted to give advice and guidance in regard to the care and management of those manifesting psychopathic tendencies. The public must be educated in regard to the importance and necessity of restricting or abolishing, so far as possible, the production of unhealthy beings if there is to be any diminution in the number and cost of maintenance of defectives, as well as of the economic loss from their lack of productivity. And when once the public mind becomes convinced that such measures are necessary for the general welfare it sooner or later adopts the means to accomplish what it desires.