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Part I.—Original Articles.

Presidential Address.⁽¹⁾ By JAMES V. ANGLIN, M.D., Medical Superintendent, the Provincial Hospital, St. John, New Brunswick.

[THE following address has reached us through the kindness of Dr. Brush, Managing Editor of the American *Journal of Insanity*.

The American Medico-Psychological Association includes members from both the United States and from Canada, and Dr. Anglin's address is an indication of the cordial feeling which exists between the members of the specialty in the old Dominion and in the great Republic of the West.

That Dr. Anglin is worthy of the honour no one who reads the address can possibly doubt, which in literary vigour and freshness, patriotic spirit and cheery optimism it would be difficult to match. Of Dr. Anglin Dr. Brush writes :

“Dr. Anglin is a most loyal subject of Great Britain. He lost a son last spring, who died leading his men in a charge at Vimy Ridge; another son has been invalided home a permanent cripple from gunshot wounds received in the trenches; a third son is now in the ranks in France with the Canadian forces, and a fourth is just getting prepared to leave for overseas' military service.

“The address reflects the spirit which has animated the whole of Canada, with the exception of some of the French-Canadians in the province of Quebec, who, curiously, are not interested in the fate of the land of their French ancestors.

“I make the following quotation from a letter received from Dr. Anglin when sending me proof-slips for the *Journal of Insanity*: ‘It (referring to the address) was put together under very trying circumstances. There were uppermost the anxieties about my boys. Then, I had to work on a military tribunal for months past. Help was so scarce I was worried

to death, and scarcity of coal through an unusually severe winter deprived me of sleep. Everything seemed to militate against the preparation of an address.'

"The address awoke an enthusiastic response from the Association, and will, it seems to me, be appreciated on your side of the ocean."

With this anticipation on the part of Dr. Brush we cordially agree.
—EDS., *J.M.S.*]

To this, the seventy-fourth annual meeting of our Association, opened so auspiciously, it is my privilege to welcome you officially.

It was with trepidation that preparations for it were proceeded with in this year of stress, but its carrying on will be justified if our coming together enlarges the common store of useful knowledge; increases our mutual understanding; helps to sweep away obstacles to the advance of the healing art, and quickens us to do our bit in freedom's cause, whose battle-line reaches to our homes, our gardens, and our pockets.

Last year at the closing of the meeting, I took opportunity to thank the members there for selecting me for the presidency of this venerable body, and I now repeat how sincere is my appreciation of this distinction. It is most gratifying to have bestowed on one your best gift, as it expresses what all men covet earnestly—the goodwill of one's associates. And yet there wells up in mind the thought that when in the sunny south I was placed in line for the chair I may now occupy, it was—in part at least—because I was a citizen of no mean country, and the majority of you, holding allegiance to another, sought in some measure to show your younger brother of the north that your heart was with him when he rushed into the fray to fight for the liberty championed by Great Britain, and thrilled that fond mother who had thrown her protecting arms about him from his tenderest years, without other return than his loyalty and love.

Fifty years ago Canada had her first Dominion Day, when from the position of a group of provinces lying on the banks of a magnificent waterway she stepped into self-conscious nationhood, embracing a territory which now stretches from sea to sea, and from the river, St. Lawrence, to the end of the earth. Britain's tenure of Canada depends neither on the strength of her battalions nor on the might of her fleets. Within her borders there has not been stationed since my earliest recollection a single soldier nor a single cannon over which Britain claimed control. Yet her influence in her great colony has grown more and more powerful. The Canadian people are animated by the same sentiments of loyalty as are found in the isles of their fathers, and British interests are as secure in their keeping as in the very core of the Empire.

I need not recount Canada's contribution to the present conflict.

Everywhere in this country you have been generous in the extreme in expressing admiration of the spirit of the Dominion.

Germany did not believe that the lion would be able to obtain effective assistance from its whelps in the event of a European war. This opinion must have been derived from the Victorian era, when knowledge of the colonies was vague.

It is only within recent years that British statesmen have shown any real understanding of their dominions beyond the seas. There was a day when one can imagine their welcoming the news that every colony of the Empire had issued a declaration of independence, fashioned on the model of that with which Washington confounded the politicians who surrounded the King.

Canada got on the British map during the Boer War, appealingly and permanently. Over in England they sat up and took notice then, though many who are fighting with us now were not quite sure we were doing the right or chivalrous thing. But most people outside of Germany and Britain did not realise that the Kaiser's cable to Kruger was the formal shying of his helmet into the ring, and the existence of the British Empire was at stake in South Africa. In the darkest period of the Boer War Canada had sprung to arms, which should have been an augury to Germany of what the colonies would do when their mother was in trouble.

It is a part of our national creed that what the nineteenth century was to this great neighbouring republic the twentieth will be to my country. Canada's soil is destined to support teeming millions. With boundless acres, enriched by wastefulness while the lone Indian scoured the plains, capable of providing the world with the finest of the wheat, with mineral stores of wonders untold, with unrivalled natural forces and virgin forests, with a stern yet invigorating climate, one would indeed be bold who would picture the meridian splendour of the nation which possesses such an heritage.

The most important purpose of such an Association as ours is the mutual improvement of its members by advancement in knowledge. No class stands in greater need of getting together frequently than do men of our profession. We are called on to decide complicated problems involving the well-being—yea, the very lives of our fellows. The experience of the greatest is limited. It is easy to stray from the narrow path. There is no corrective equal to discussions with others. In this matter our Association has accomplished much. We have a journal to link us together through the year. It gives an account of our meetings, which is a boon for those who cannot attend. Experimenters through this medium can convey information as to their hopes, aims, and accomplishments directly, without filtering through foreign publications. That man deceives himself, however, who fancies he can

derive the same benefit from a perusal of the journal as he would from coming to our meetings. He misses the second object to be attained in a society like this—the binding together of its members by means of social intercourse.

Ample time should be allowed for interchange of opinion over the tea-cups, or any place as congenial. While there is room for reminiscences not purely scientific, mental stimulus is to be derived from contact one with another, quietly discussing problems about our life-work.

“Our discords, quenched by meeting harmonies,
Die in the large and charitable air.”

The present time is for all of us one of deepest anxiety, with a great sense of unrest. The angry clouds of war have hung heavily over us for nearly four years, and show no signs of lifting. Many friends are overseas, to mitigate suffering, liable and ready to give their lives, if need be, in behalf of country, liberty, and our ideals of honour, truth, and justice. Some dearer to us than tongue can tell are in the fighting ranks, in jeopardy every hour.

With such distraction it was impossible to focus the mind on such an address as you have usually had from the long line of my forerunners, even were such timely, and I capable of keeping to the beaten path. The constitution says your President shall prepare an inaugural. He is not to come here, open his mouth, and expect the Lord to fill it. In an effort to obey I shall occupy further time while you become acclimated to this lake region with an endeavour to discover some silver lining to the leaden clouds on which Mars is riding so recklessly. For myself, I was born beside these waters after they had laved Chicago, and so am quite at home. The horrors of war are so constantly present that there may be some consolation in looking for another side.

I remember how in the first days of the war we stood aghast and said it could not endure more than a few weeks; how David Starr Jordan proved conclusively, we thought, that the bankers would never permit a world war to begin; how Samuel Gompers said that Labour would prevent the rupture of international peace; and how that brilliant wielder of the pen, Goldwin Smith, had declared that Canadians would never face a bayonet for England's sake. We have lived to see how far astray were such surmises. The greatest conflict in history not only began but has extended over weary years. Labouring men, who had pledged their word to protect their alien brothers, flew to the colours of the greatest autocrat of all time, and the best of Canadian youth are over there, where they have proved themselves of such stuff that no troops have put greater fear into the hearts of the foe. They have shown invaluable initiative, innate to the new world, and your boys will do the same.

So, though the future may not bear one out in taking the optimist's

view-point, no harm can follow "reaching a hand through time to catch the far-off interest of tears."

Every evil thing is followed by some good, and every achievement of good only uncovers some further ill for men to combat. Early in the war, in nearly all the belligerent countries, there was a sudden decrease of crime due to the absorption of many lawbreakers into the armies and fewer idle hands for Satan to get busy with. A few months later, however, juvenile crime increased from lack of parental control, the fathers having gone to war, the mothers to work.

Likewise, war found work for everybody. Thousands of families who were never far from the starvation line now earn wages they never dreamed they could command. That is a good thing, but it, too, has its demoralising side. Money thus unexpectedly possessed threw men and women off their moral balance, and the saloon has flourished.

It is in these contradictory elements in our progress that ammunition is found for optimists and pessimists. The pessimists claim that the evil counterbalances the good. The optimists take the opposite view, and history seems to favour the latter.

Medicine itself is likely to gain little from the experience of war. It has taught the surgeons much about the proper application of Listerian principles; physicians, the efficacy of inoculations against diseases which formerly decimated armies; alienists, the effects of shell-shock. But such advances in knowledge, valuable as they are in themselves, have comparatively little application to ordinary life. The practical humanity of the medical officers, shown in so many ways, is indeed a relief to a contest in which angry nations use every means of destruction to exterminate each other. But the blast of war that blows on our ears makes the still small voice of science inaudible.

Some comfort comes from learning that there is no evidence, in Great Britain at least, that since the outbreak of the war the amount of insanity has increased. There has actually been a decrease in hospital admissions, due mainly to the absence of so many men in the Army, who are dealt with by the military if they become insane. Among women, the higher wages earned, and the separation allowances regularly received, have relieved domestic uncertainties. Many who had nothing to do previous to the war have forgotten self by throwing their energies into active work for others. Rich and poor alike are now busy all the time. The result is a vast improvement in the nation's mental stability. People whose lives were empty are interested from morning till night. Work is the surest consolation for the grievous sorrow of war.

Even among the soldiers mental disorders have not been as prevalent as expected. The French conclude that with a few exceptions, in which a pre-existent organic taint was always to be found, the war has

not been productive of insanity. It were well, quoth the observer, if the opposite could be said, namely, that insanity has not produced the war. What was chiefly feared was mental disorder among men worn out by the fatigue of the campaign, but such cases have been rare. The circumstances of service in the field react on the mind in so many ways and so differently from the influences of peace that new forms of mental trouble may result.

The experience of the war is certain to lead to better lunacy laws. There has long been complaint that mental disorders have been regarded on a different basis from physical. Though in no department of medicine is the need greater for the earliest treatment, yet the tendency of existing laws is to cause remedial treatment to be postponed. The trouble arises from the fact that the laws governing these matters were framed by lawyers who are concerned in arranging how people are to be protected. But public health asks how mental sufferers are to be best treated so that they may be cured. The lawyers' viewpoint, though important, has been allowed to outweigh all others. The war has made it necessary to deal with the problem in a fresh, untrammelled way. Hitherto the law has hindered early treatment in many cases by making certification necessary for admission to an institution, by inflicting the stigma of pauperism, and by branding the recent case with insanity with all the disastrous consequences that flow therefrom, unjust though they be. The Army has brushed these difficulties aside. Numerous cases of recent mental disturbance among the soldiers have been dealt with in special hospitals without being certified insane in the usual way. Out of nearly 4,000 such cases among the British troops less than 200 had to be transferred to an insane institution. The soldiers suffer from the stigma neither of insanity nor of pauperism, and there is no obstacle to the earliest and best treatment. A civilian should have the same advantages when a mental breakdown threatens. There is no essential difference between the case of the soldier who becomes insane in the defence of his country, and that of a woman who suffers from mental symptoms brought on by producing her country's defenders.

The maxim that medical science knows no national boundaries has been rudely shaken by the war. The Fatherland has been preparing for isolation from the medical world without its confines. Just as, years ago, the Kaiser laid his ban on French words in table menus, so, as early as 1914, German scientists embarked on a campaign against all words which had been borrowed from an enemy country. A purely German medical nomenclature was the end in view. The rest of the world need not grieve much if they show their puerile hate in this way. It will only help to stop the tendency to Pan-Germanism in medicine which has for some years past been gaining headway.

The Germans excel all other nations in their genius for advertising themselves. They have proved true the French proverb that one is given the standing he claims. On a slender basis of achievement they have contrived to impress themselves as the most scientific nation. Never was there greater imposture. They display the same cleverness in foisting on a gullible world their scientific achievements as their shoddy commercial wares. The two are of much the same value, made for show rather than endurance—in short, made in Germany.

While they were preparing men and munitions for their intended onslaught for world dominion, they were spending millions of dollars to win the admiration of both the working classes and the intellectuals of other nations, extolling the superior conditions of the Fatherland, picturing it a paradise, with model homes, short hours and high wages. This was but a cloak for the sinister plans of Prussian autocracy. But how great has been the disillusionment! The facts are its working classes laboured longer hours than in any other country and for starvation wages, the women and children toiled like beasts of burden in most strenuous trades, sweat-shops abounded, many suffered from lack of fuel and food, farmers were oppressed with a rigid caste system so arranged that a peasant child could never become other than a peasant. Instead of the villas embowered with flowers, the general mass of workers lived in barrack tenements, gloomy and foul, lacking baths and heat, but with gaudy exteriors as camouflage.

In the earliest months of the war it was pointed out that there are tendencies in the evolution of medicine as a pure science as it is developed in Germany which are contributing to the increase of charlatanism of which we should be warned. A medical school has two duties—one to medical science, the other to the public. The latter function is the greater, for out of every graduating class 90 *per cent.* are practitioners and less than 10 *per cent.* are scientists. The conditions in Germany are reversed. There, there were ninety physicians dawdling with science to every ten in practice. Of these 90, fully 75 *per cent.* were wasting their time. In Germany the scientific side is over-done, and they have little to show for it all, while the human side is neglected. Even in their new institutions, splendid as they are in a material sense, it is easy to be seen that the improved conditions were not for the comfort of the patients.

Out of this war some modicum of good may come if it leads to a revision of the exaggerated estimate that has prevailed in English-speaking countries of the achievements of the Germans in science. We had apparently forgotten the race that had given the world Newton, Faraday, Stephenson, Lister, Hunter, Jenner, Fulton, Morse, Bell, Edison, and others of equal worth. German scientists wait till a Pasteur has made the great discovery, on which it is easy for her

trained men to work. She shirks getting for herself a child through the gates of sacrifice and pain; but steals a babe, and as it grows bigger under her care, boasts herself as more than equal to the mother who bore it. Realising her mental sterility, drunk with self-adoration, she makes insane war on the nations who still have the power of creative thought.

Alienists have been infatuated with German pseudo-discoveries. Novelty of terminology has been taken for originality of thought, and their works on insanity have been accorded undue authority. We ignored the substance in our own and the Motherland, and chased the mirage on the Continent.

Since the German army was successful in 1870, it has since been idolised, and the admiration bestowed on it has extended, so that in spite of the fact that the Germans themselves have gone to other countries for their ideas, we have cultivated a superstition of German pre-eminence in everything, but especially in science. There might be some excuse for this if they had made any discoveries comparable with those of the circulation of the blood, of vaccination, of asepsis—all made by men who speak our language; or if German names were identified with important lesions or diseases as are those of Colles, Pott, Bright, Addison, •Hughlings Jackson, Hutchinson, Argyll-Robertson, and others.

But it is especially in mental science that the reputation of the Germans is most exalted and is least deserved. For every philosopher of the first rank that Germany has produced, the English can show at least three. And in psychiatry, while we have classical writings in the English tongue, and men of our own gifted with clinical insight, we need seek no foreign guides, and can afford to let the abounding nonsense of Teutonic origin perish from neglect of cultivation.

The Germans are shelling Paris from their Gothas and their new gun. Murdering innocents, to create a panic in the heart of France! With what effect? The French army cries the louder, "They shall not pass"; Paris glows with pride to be sharing the soldiers' dangers, and increases its output of war material; and the American army sees why it is in France, and is filled with righteous hatred. Panic nowhere. Vengeance everywhere. What does the Hun know of psychology? His most stupid, thick-witted performance was his brutal defiance of the United States with its wealth, resources, and energy. That revealed a mental condition both grotesque and pitiable.

After the war a centre of medical activity will be found on this side the Atlantic, and those who have watched the progress medical science has made in the United States will have no misgivings as to your qualifications for leadership. If we learn to know ourselves, great good will come out of this war.

Since 1914 there has been an awakening of the public conscience regarding health. An impetus has been given by the wonderful results of sanitation in the armies. In this we are interested because bodily disorder often foreruns mental, and many cases we treat are due to an infectious disease usually avoidable. Long ago Disraeli declared that public health is the foundation on which rests the happiness of the people and the strength of the nation. Statesmen generally are only now recognising that not only is the well-being of many millions of workers involved, but that the development of a country is checked if due attention is not given to the many problems associated with the maintenance of health.

In my home province this spring the Government has created a health department to give at least as much attention to human beings as it has done to domestic animals or the moose that attracts sportsmen to the wilderness. The more grave the situation in France becomes, the more vigorously should we strive to shield those who can assist in greater protection from preventable disease and lessened efficiency. The war has impressed us with the fact that the childhood of the nation is the second great line of defence, and every child must be saved not alone for its own sake or its parents, but for the continuance of the nation.

This war has shown us the value of developing the bodies of our young people. Wherever soldiers have been in the making there has been demonstrated what a change military training brings about in the recruits, converting youths of poor physique into erect, strapping, ruddy athletes. It is hard to realise they are the same human material, but for the first time in the lives of most of them they learned how to live. When compelled to endure hardships such as they never knew before, or lie in hospital recovering from wounds, the fitness secured by training is a decided factor in their favour. When the cruel war is over and welcome peace has stilled the stirring drum, shall the call for this physical fitness be no longer made? The need of it will not pass away. The demands of peace make it necessary that every youth be made as perfect as possible. And this applies equally to girls. The country which would produce a hardy race must have strong women as well as strong men.

Nationally, we had almost completely ignored the cultivation of the body. We make it compulsory for every child to submit to years at school for the sake of intellectual training. But its physical development has been left largely to chance and nature, and then when we call for soldiers we find a third of our youth unfit. It must be the State's business to attempt in every possible way to develop the physical life of our young people. Even if it meant the taking of a whole year for necessary training it would be a national boon, adding as it would

five or ten years to the life of the individual. The time for trusting to luck and letting things slide has surely passed. Benjamin Franklin said wars are not paid for in war time. The bill comes later. This is the sad truth, but the bill will be settled the sooner if we make the most of the rising race.

The war will hasten some scheme to provide all who need it with medical care. Often among the working classes disease leads to distress, and distress to disease, and charity in some form has been obliged to assist in destroying this vicious circle. Free hospitals have arisen, but this condition is not ideal, yet the man with meagre income must accept this charity. A better plan appears to be that of an insurance under which all wage-earners are compelled while well to accumulate a reserve which will defray part, at least, of the expense during periods of disability. Some such plan has just been pressed on the British to provide in case of illness or injury adequate care for all persons whose income is less than \$800 a year. Nine-tenths of the general practitioners in the British Isles have entered into the scheme.

On this Continent little attention has been given to a measure of this kind, but it seems probable that, whether medical men like it or not, a similar one will become law on this side of the Atlantic.

The war has brought about a curtailment in the abuse of alcoholic drinks. For some years past there has been a revolution going on in regard to intoxicants. The world-wide attack on liquor at the outbreak of the war was simply the crystallisation of an antagonistic sentiment which had been slowly forming, based on scientific evidence of the physiological and social effects of alcohol drinking.

There is no reason to suppose that the great temperance wave is a passing thing which will ebb when the excitement of the war is over. Unless all signs fail, it represents a permanent gain, whose far-reaching benefits members of this Association will be the first to appreciate. It is not the moral reformers who have brought prohibition to pass. There is now a solid body of educated sentiment behind the law. Business corporations are roused against the liquor traffic as they certainly were not twenty-five years ago, because they now recognise that whiskey and efficiency make a poor team. The world has travelled a long way since that first teetotaler applied for life insurance, and was charged an extra premium because total abstinence was so dangerous to health.

Social standards even in England, which still retains a bad pre-eminence in drunkenness, have marvellously changed since the days of Charles Dickens, who was quite unconscious that intemperance was anything more than an amiable weakness of generous and convivial hearts.

We are abolishing the bar. We still have the bottle. The quack-me dicinevondor is busier than ever. Money is plenty and he wants some of it. He uses mental suggestion and interests us. He is a specialist in distortion who probes into the ordinary sensations of healthy people and perverts them into symptoms. Every bill-board, newspaper, fence-rail, barn and rock thrusts out a suggestion of sickness as never before. The only vulnerable point to attack the vicious traffic is the advertising. If governments forbid that as they should, the next generation will be healthier and richer. If we are going to let imagination play, let us exercise it on suggestions and symptoms of health.

The world is moving rapidly in these days, and to women is being granted their rightful place. They are being given the ballot, not as a reward for what they had done in the war, but because they possessed the patriotism and the intelligence which entitle them to share in the conduct of public affairs.

We have been struck by the readiness with which our boys have responded to the country's call, and have admired their cheerfulness, but more impressive has been the heroism of the mothers, the wives, the sweethearts, and the sisters, who have sent forth the best we breed without a murmur. Theirs is the harder task to go quietly on with the daily routine while the heart is in France with the boys they love. While many talented ones have been prominent in public service, behind them lies a great army of women who are not known outside of their own small circle, and who are yet the nation's richest possession, its most sacred trust, who make life attractive, and freedom possible and worth while. We would never have had such valiant armies in France if it had not been for the brave women at home. The advent of women into political life means purer government, and the coming of long overdue reforms in the laws of the land.

Even our religion will be a better brand because of the war. Creeds count for little over there, and will never again divide men as they have done. Less and less emphasis is put on the sweet by-and-bye, and men's thoughts are turning to the service of their fellows here and now. They are recognising the practical unity of religion, and the square deal all round.

And so it will come to pass,

"That mind and soul, according well
May make one music as before,
But vaster."

The war is teaching us the value of thrift—that exceedingly useful virtue which most men practise only when they must. But unpopular as it has been, stern national necessity is now helping to restore it to its rightful place. On this continent we have not as yet gone far in this direction.

But in the Motherland there is another story. For over two years not a single new pleasure auto has been manufactured. Big social functions are not merely bad form—they have ceased altogether.

The traffic in luxuries in certain cases has been entirely wiped out. Everybody is wearing old clothes and saving the wool for the boys in the trenches, and saving the food that the Army may be properly fed. England is practising economy such as she never did before, and the strange thing is that apparently business is better than it was in the days of more luxurious living. One reason for this condition is undoubtedly the fact that everybody is working. The scale of living for the rich has been lowered, but the scale of living for the poor has been raised. This is probably a help to both classes. The pinch really comes, however, on the middle classes, whose salaries have not increased, but whose expenses have gone up by leaps and bounds. And yet there is no grumbling. The men who grumbled at everything in pre-war times are now silent when they have really something to grumble about. England in prosperity may sometimes be hard to put up with, but England in adversity is magnificent.

The war has done much for us if it has done nothing more than to reveal men to us. Before the war we judged them by their petty virtues or petty faults, and we thought we judged correctly; but now we see that under it all lay a capacity and a willingness for self-denial and cheerful self-sacrifice that we had never suspected. The real nature of men has come to the surface, and we stand amazed at the goodness and grandeur of it. On this side the Atlantic we have not yet seriously tackled the luxury question, but we shall have to deal with it in radical fashion before our war debts are paid. Luxuries, whether they be costly, or the smaller ones in which poorer men indulge, are not a necessity to national development or to individual happiness, and their abolition does not either ruin trade or make men discontented and unhappy. If the war teaches us this it will mean much for our future national and individual well-being.

Hospital superintendents, who are responsible for maintaining hundreds of lives and the operation of many acres, may be vital factors in both saving and producing, and thus play the game. It may be the only war service some of us can render.

With France all the time within a few days of starving; with Great Britain relying on us for 65 *per cent.* of her essential foods; with the wheat of Argentina and Australia too distant to be available, Northern America must step into the breach to avert famine for a warring world, and the fate that has overwhelmed the greatest empires of the past. A time of food shortage is at the door. It is hard to take it to heart while money is plenty. But money will not take the place of bread. By eating no more than we need, and by stopping waste, a good deal

can be done to relieve the situation. At any rate, a good habit will have been formed.

But the common-sense way of undertaking to prevent famine is to increase the food supply. This cannot be done in every land. Some nations are cultivating every foot that has not a building on it. But on this Continent the case is different. Here there are yet countless acres waiting for the breaking plough. In Great Britain they are tilling every available plot, and it is of just as vital importance to us that we increase production here as there. We are equally concerned in the outcome of the war.

Recently governments passed a law enacting that every able-bodied adult must be engaged in some useful occupation. If enforced without fear or favour it would set to work the tramp and the pampered son of the foolish rich man alike. Everyone would become a producer of wealth. It would be good for the country, and still better for the idler himself. Idleness, whether of the rich or poor, is a crime against the State, and is also the fruitful parent of vice and degeneracy. Ideals are changing; the gentleman is now a respectable citizen who toils in his country's service.

Distant though we be from the din and smoke of the battlefields, there is opportunity for us to prove ourselves heroes in the strife. These stars must not be left to do it all.⁽²⁾ Each should take to heart that—

" It isn't the task of the few—
The pick of the brave and the strong ;
It's he and it's I and it's you
Must drive the good vessel along.
Will you save ? Will you work ? Will you fight ?
Are you ready to take off your coat ?
Are you serving the State ?
Are you pulling your weight—
Are you pulling your weight in the boat ? "

There are not a few who, over three years ago, were almost wishing that they had never lived to see such a dire day as was then dawning, but who have come to see through the years that the dark day of tragedy was also a day glorious with opportunity and destiny. It is even now said that had the war been won two years ago, it would have been the worst thing for our nation, as its lessons had not been learned.

A new and better day is coming for this war-wrecked world. The sea before us is uncharted, and there may be much that differs radically from the past, but we can only do as Columbus did—sail on.

A new spirit is moving in the masses of society. Men's ways of thinking are changing more rapidly than at any other time in history. Before the war it was said that to spend twenty-five millions yearly on

social reforms in Great Britain would mean national bankruptcy. Now it is found that more than that can be spent in a day to ensure the national safety. It will be found after the war that great expenditures to improve social conditions will come as a matter of course.

The soldiers will return with enlarged views of democracy and social justice. The rich and the poor, the learned and the ignorant, have together looked death in the face. The sense of brotherhood and comradeship has been immensely strengthened. Those who were less favoured under the old social system will be inclined to demand justice and equality. Those who were more favoured will be inclined to concede the demand. Artificial distinctions of rank, and even distinctions founded on superior capacity and learning, fade away before the proof of the common virtues of manhood. The equality that is sought is the equality of brotherhood and of rights.

Just as in war time, so it must be in time of peace—the good of the country, the well-being of the many, must prevail against the privileges and over the rights of few. This is good politics. It is true patriotism. The world is going to be a better place for the great masses of men. If we can but keep up the habit that we are to-day learning of being world-citizens, interested in great enterprises outside of ourselves, then we would be helping to build the democracy of the future, which must more and more become a society in which duties are greater than rights, and to serve a finer thing than to get.

If in these introductory remarks I have not been able to detach myself from the world's most serious business at the present time, perhaps on reflection they may not have gone very far afield from the subject which binds us together in an association. If there is to be a change in the conditions under which we live this must have its effect on the minds of men; whether for good or ill, I will not stop to speculate. We are intensely concerned with environment. This war itself is entangled with it.

England's greatness, her devotion to honour, truth, and fidelity, is due to the environment in which her children are trained and grow to manhood.

The ivy-grown wall, the vine-clad hills and the rose-covered bowers constitute the birth-place of English character.

Gerard tells us the cause of the war is the uncongenial environment in which the German youth is cradled and reared. The leaden skies for which Prussia is noted, its bleak Baltic winds, the continuous cold, dreary rains, the low-lying land, and the absence of flowers have tended to harden the spirit and rob it of its virtue, produce a sullen and morose character, curdling the milk of human kindness.

It is a greater pleasure than usual for Canadians to meet with their American cousins in this year, when our two countries are joined in the

grim but glorious comradeship of war in defence of the heritage and aspirations that belong to us both. Our fathers came from common soil, their veins flow common blood. For over a century we have lived as good neighbours in the friendly rivalries of peace. Through proximity we have adopted more and more your ways without becoming a whit less true to the British flag.

After this war we will be still better friends. We will have been in a fight together and on the same side. We will carry flowers across the seas to lay on mounds in the same clime. The boys who come back will have the same stories to tell of struggles and triumphs. Let us hope that the present is the dark hour that precedes the dawn, and that ere long the sky may be fired with the red glow of the rushing morn; that soon the shot that brings victory—the last one—may be heard, and if it come from an American gun, no Canadian will begrudge you the lucky honour.

The war has achieved much in cementing the two great English-speaking nations of the world as nothing else could possibly have done.

Great Britain and the United States have never before fought shoulder to shoulder, but they are doing it now, and the fact is one ominous to their enemies. A common peril has united them, and a common aim will perpetuate the union. To no group of people will success in the war mean more than to the Anglo-Saxons, and the fact that this great family will in future dwell together in undisguised confidence and goodwill is worth in itself all that the war has cost.

The Allies are depending on this land for food and men, for ships and guns, for ammunition and aeroplanes, and this is leading Britain to recast its views of the United States, and is leading the latter to regard Britain in a more favourable light than ever before. The old suspicions and the ancient grudges are being melted away. Years of misunderstanding were trodden underfoot when American boys marched through the streets of an amazed and admiring London.

It had long been a reproach that on this Continent men cared for nothing but the almighty dollar and made gold their hope, but when the call came to sacrifice for the good of the Allies no nation ever responded more gladly or liberally. Britain asked for meat, all you could spare, and you answered with meatless days, with the result that the United States has been able to supply millions of pounds more of bacon and beef than were expected. To-day the British workman has his normal supply of meat, thanks to America's response.

Germany never played more clearly into the hands of her foes than when she scornfully defied the world's greatest republic, in the mistaken conviction that while the United States was of great potential strength, she would not dare to challenge the mightiest military machine that ever cursed the world. But Germany's blunder will prove the world's

salvation if it succeeds in binding together in friendship the two great, peace-loving, freedom-cherishing, English-speaking democracies—Great Britain and America.

In 1493, a tiny barque, frail and scarred by many a storm, the first craft from America, returned to the shores of Europe. She bore what was then termed the richest freight that ever lay upon the bosom of the deep—the tidings of a new world beyond that vast waste of water which rolled in untamed majesty to the west. That was a year of good news for the people of Europe. The thirst for gold was as keen in the 15th century as it is to-day, and the discovery of Columbus disclosed to monarchs and adventurers alike visions of wealth.

Little could they reckon that in this year infinitely more precious freight would be borne across the same pathway, when ship after ship, leviathans of the deep, would bring from that new world to somewhere in Europe offspring of the sturdy pioneers from the old land, who in braving the savage forces of Nature had found liberty, legions of brave and noble men, in martial array, with the star-spangled banner at the mast-head, to reveal to the war-bound nations visions of something with which those of the wealth of the boundless West or the gorgeous East could not compare—visions of freedom for all mankind.

Thank God! "Our fathers' God, to whom they came in every storm and stress," America did not turn a deaf ear to the laureate's apostrophe:

"Gigantic daughter of the West,
We drink to thee across the flood;
We know thee most, we love thee best,
For art not thou of British blood?
Should War's mad blast again be blown,
Permit not thou the Tyrant Powers
To fight thy mother here alone,
But let thy broadsides roar with ours."

(¹) Delivered at the Seventy-fourth Annual Meeting of the American Medico-Psychological Association, Chicago, Ill., June 4th-7th, 1918.—(²) Referring to the "service flag" behind the speaker's desk with more than ninety stars, representing members of the Association in the Army Medical Service.

The Infective Factors in Some Types of Neurasthenia. By W. FORD ROBERTSON, M.D., Pathologist to the Scottish Asylums.

THE distinctive signs and symptoms of neurasthenia are capable of fairly precise definition, and there need rarely be any doubt, or difference of opinion, as to whether a particular case is to be classed as of this nature or not. The chief symptoms are a constant feeling of fatigue, not relieved by rest, and the occurrence of various forms of hyperæsthesia, paræsthesia, and localised pain. Two important physical signs constantly occur—exaggeration of the patellar reflex and tremor