

two thousand cases in which intensive psychological, neurological and psychiatric tests were made. It is to be noted that patients were sent for various complaints and usually the condition from which they actually suffered and which they were finally diagnosed was not suspected in the beginning.

As the sources of supply of neuro psychiatric material would necessarily have to be limited if confined only to cases sent by regimental surgeons—since many of the early symptoms of mental disease do not come to the notice of the medical officers in a routine way—it was considered advisable at the Naval Operating Base at Hampton Roads and at the St. Helena Training Station to distribute a printed sheet to all company commanders on which were listed a number of behavior characteristics which might form a basis by which to refer cases for intensive examination. These characteristics were as follows:

1. Resentfulness to discipline or inability to be disciplined.
2. Unusual stupidity or awkwardness in drills or exercises.
3. Inability to transmit orders correctly.
4. Personal uncleanness.
5. Criminal tendencies.
6. Abnormal sex practices and tendencies, including masturbation.
7. Filthy language and defacement of property.
8. Distinct feminine types.
9. "Bed wetters."
10. Subjects of continual teasing or ridicule.
11. Queer, peculiar behavior.
12. All recruits who persistently showed the following characteristics: tearfulness, irritability, exclusiveness, sulkiness, depression, shyness, timidity, antisocial attitude, overboisterousness, suspicion, dullness, sleeplessness, sleepwalking.
13. Chronic homesickness.

It was strongly recommended that whenever a medical officer noted any suspicious or doubtful signs or symptoms of nervous or mental disease that the case be gone over from a purely psychiatric point of view. Also it was advised that all cases where no apparent pathology existed be likewise subjected to a similar procedure.

Mere dullness in answering questions may mean a fundamental feeble-mindedness while sluggish pupils may be the first and only signs of early derangement of the central nervous system. Careful and detailed examination should always be made from all possible points of view, for

there is no doubt that more errors of diagnosis occur through carelessness than through lack of knowledge.
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PREVENTIVE MEDICINE AS APPLIED TO MENTAL DEFICIENCY IN MISSISSIPPI*

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Mississippi needs a colony for the feeble-minded. There are now only eleven states, since Tennessee has made provision for the feeble-minded, which have not state schools, colonies, or other arrangements for the scientific management of the feeble-minded. Of these states Mississippi is one of the five with over a million population which have no state institution for that purpose. The feeble-minded are a class which, without care, furnish us with a great many of the problems which occupy our courts and our charity workers.

Mississippi expects such an institution to be provided by the Legislature of 1920, and she expects the physicians of the State, with their vision of the problems, to lead in this movement. The physician is in a position to see the effects of the propagation of defective stocks upon communities and the great expense of it. He knows, from his training and from his practice, that the laws of heredity work infallibly and that defective nervous systems in fathers and mothers produce the same kind of defect in children. You gentlemen of the medical profession in your communities all over the State of Mississippi know of Kallikaks and Jukes and Hickories who are costing your communities much money, wasting the property and lives of citizens, because they have not common sense to guide themselves as citizens, and are having large families of children who will do the same things as long as they live.

The medical man is in a position to appreciate the difference between insanity and congenital deficiency. Few of us, hap-

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pily, are so ill-informed as the county health officer who, in visiting the almshouse with the State Prison Inspector recently, said, when the State Prison Inspector pointed out a feeble-minded man: "Oh, no, he is not feeble-minded. I know, to my certain knowledge, that he has been that way for the past thirty years." But the laity are not informed upon this matter. They believe that our Hospitals for the Insane are places for the feeble-minded. They have not the vision which points to the Hospital for the Insane as being a place where the insane should be treated for recovery. They can not see that the greatest function of the State Hospital is to reach out into the community and, through the medical profession, extend its aid in preventing mental disease just as our Public Health Department is endeavoring to prevent malaria, typhoid fever, gonorrhea and syphilis. They have not caught the vision that the State's money spent upon the insane is really intended to be money spent in preventive medicine. It is important that every medical man should be a propagandist in this field.

Much less do they see that prevention of mental defect is a distinctly different problem and that it can not be handled successfully by the State Hospital for the Insane. They do not see, as you gentlemen can, that our criminals, our prostitutes, and our dependent children, and our poor farm inmates are very largely the result of the in-breeding and carrying on of defective nervous systems, and that the way to prevent much of the crime, immorality and dependency of the community today is to prevent this class of persons from propagating. The medical men of Mississippi are in a position to inform the people that two-thirds of the feeble-minded children who are born are such because their parents were either feeble-minded, epileptic, insane, syphilitic, or alcoholic. You are in a position to inform them that these feeble-minded persons are very productive; that they have large families, having two and one-half times as many children as the average citizen. You are in a position to show them the unquestioned economy of preventing the propagation of this class of persons. This

is the business of preventive medicine in regard to the feeble-minded — to prevent their propagation. The one great effective means of bringing about this saving to the tax payers, and this improvement of our population, is to segregate the feeble-minded and keep them segregated during the reproductive periods of their lives. Something can be done in educating the public in regard to sterilization, but public opinion is not ready for this as a general policy, and, furthermore, we need a state institution in order to manage sterilization successfully. A state colony for the feeble-minded is an imperative necessity in Mississippi.

One John T. Brady lies in the Lauderdale County jail, where he has been for the past twenty-five months. Brady was convicted in the Circuit Court of the murder of his father-in-law, Pink Hardin. The Supreme Court has affirmed the conviction. Governor Bilbo has stayed the sentence for three months more. Brady is feeble-minded. Several alienists have seen him and all agree upon this point. He has the mind of a child of about seven and a half years of age. He showed less emotion when the Deputy Sheriff informed him late one Saturday night recently of the stay of his sentence for three months than he would have shown had he been taken a nice red apple. This man has cost the community upward of \$1,500 during his confinement. He has already been married three times and has two children, and has been making overtures for another marriage during his confinement.

During my visits to thirty-six jails and seven convict farms of Mississippi I have seen other feeble-minded murderers. I have seen feeble-minded rapists. I have seen in all forty-nine feeble-minded prisoners among the 248 in these jails. Taking into account the other forty-six county jails and other convict farms, with their probable population of another 350 persons, and considering that these populations are continually shifting (they come and go out at frequent intervals) it is readily seen that there are two or three hundred feeble-minded delinquents passing through the courts of Mississippi every year. Some of these, of course, are repeating their offenses. Many others are

in the penitentiary. They can not be reformed by any species of betterment work, because the betterment work can not supply them the brains they lack by the conditions of their birth. There are also feeble-minded juvenile offenders at the school at Columbia, unless this school is exceedingly different from all other schools of the kind in the country. The juvenile courts are continually dealing with delinquents who are delinquent because they have not sense enough to be otherwise. It is in the province of the medical man in his community to show not only to judges and lawyers, but to intelligent persons in every walk of life, that the economical management of the defective delinquent is to recognize his defect and manage it scientifically, namely, by custody and special training, and then the delinquency will have been abolished. And more than this, when the delinquent is confined so he can not commit more crime or immorality he is at the same time prevented from propagating his kind.

In a county poor farm in Mississippi there is one white woman of about forty years who has numerous children, both white and black. This woman has been in and out of the county poor farm all her life. The county poor farm has simply served as an aid to her in propagating defectives. She has not the common sense of an ordinary seven-year-old girl, yet she is highly sexed. The community has intrusted her with the management of her life and really aided her, at the expense of the tax payers, in producing these children who can be nothing but parasites all their lives long, and medical science could have foretold with certainty, when this woman was a child of ten, that any child she would bear would very likely be a social parasite. To have allowed her to bring about the social damage she has created is sheer waste and mismanagement. If a farmer in the community allowed such stock to propagate upon his place he would be looked upon as a fit subject for the insane asylum.

I have visited thirty poor farms in Mississippi. In these poor farms were 310 inmates at the time of my visits. Of these, 102 were feeble-minded, 11 were epilep-

tic, 37 insane, and 23 blind. There are in Mississippi 62 county poor farms, and in June, 1918, there were in all 582 inmates reported. It is probable, therefore, that there are about 170 feeble-minded persons on county poor farms in the State. These feeble-minded are very improperly managed in many instances. We found two cases of feeble-minded white women reported to be offspring of incestuous relations between brother and sister. In one poor farm there are two sisters so defective that they are incapable of any work, and a twin brother of one of them is reported as poorly endowed as his sisters. We found five pairs of feeble-minded persons living in poor farms who had been married during their residence, apparently with the full consent of boards of supervisors and keepers. Some of these marriages have resulted in the bearing of feeble-minded children. All of the women in question had illegitimate children prior to these marriages, and many of these were feeble-minded. Some of these men and women themselves have been born out of wedlock and at the poor farm.

Another kind of dependent person we find in our orphanages. In the six or seven hundred children in orphanages in Mississippi there are many who have so little common sense, by the conditions of their birth, that they will never be able to manage themselves with prudence, and they can never compete on equal terms with their fellows. It is not a square deal to the orphanage authorities, nor to the normal children in their charge, nor to prospective foster parents, nor to the community to fail to recognize the business of mental medicine in regard to these handicapped children. They are born with a handicap they can never overcome and the only rational management of them, the only square way of dealing with them and with ourselves, is for the State to recognize them as perennial children—children in mind as long as they live—and for the State to make provision for their guardianship so they can be prevented from committing offenses against the laws and the moral law, and can live lives of

greater happiness to themselves and greater usefulness to the rest of us than they can when they are expected to do things which their endowment has made forever impossible.

Preventive medicine, a vision of public health which takes in the mind as well as the body, will inevitably set about securing scientific care for those who are born with minds which can not grow up to adult standards. It is as important to prevent the birth of a defective, who is destined to be a criminal or a prostitute, as it is to prevent the infection with syphilis and the untimely loss from productive life of a healthy man or woman. Instead of being a liability to the community by his crimes, immoralities and fertile production of other defectives, by proper custodial care in a well organized colony the feeble-minded person may be converted into an asset. He will not produce when left to his own devices. He steals, burns, murders and leads the life of a wanton. But when put into training adapted to his needs, while yet a child, he learns the joy of labor, such as he can perform, and he is able to produce much of the food, shelter and clothing which he needs. The colony for the feeble-minded need be no such great expense to the community as is the State Hospital.

In fact, the cost of maintenance of the feeble-minded, and the properly organized colony for the same, would be considerably less than the present cost of maintenance of these persons in our jails, penitentiaries, poor farms, and orphanages. It is merely a matter of the prudent use of our ability to plan for the future to demonstrate the wisdom in every respect of the colony management of feeble-minded persons. A high responsibility is placed upon the medical men of Mississippi because of their vision in this matter, in bringing about the financial and social savings to be effected in this field, and, since it is so eminently a matter of public health and preventive medicine, the medical men are looked to for leadership and service in connection with legislation contemplated in this State in 1920.

MENTAL HYGIENE*

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In considering mental illness the same general principles of hygiene and sanitation obtain as are used in combating any disease or epidemic that threatens the welfare of a community, and the first necessity is prophylaxis, or preventive measures.

It is estimated that 60 to 70 % of mental conditions are hereditary in nature due to bad ancestry, and where not traced to heredity, the cause may be found in faulty living, faulty environment and preventable diseases. If this is true, then if we marry right and live right, there should be no mental defectives except from accidental causes.

Much of the incident of mental defect can be reduced by education and training, and improving the environment and home hygiene; much more can be prevented by segregation and preventing marriage of the unfit and those suffering from syphilis, alcoholism and like inferiority.

In considering the problem of feeble-mindedness the questions to be dealt with are preventive measures, and the most effective way of dealing with defective children. If we approach the subject of prophylaxis in cold blood, we say sterilization, segregation and eugenic marriages are the logical means of preventing the unfit from propagating their like. Sterilization has been tried in some states, but failed because no plan which ignores human relationship and public sentiment can be successful however strong it may be backed by law and legislation. This measure was too advanced for the times, and before sterilization of the unfit can be incorporated in the program of mental hygiene, enlightenment on sociological problems must be advanced by slow degrees.

Segregation offers a practical solution, but so far it, too, has failed from a human standpoint, because that would mean shutting off from society for life all classes of mental defectives, and we can not ignore the aversion to confining a person for life

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