

as this is exceeded the toleration point is passed, even though the stomach may be able to retain more with comfort, and sugar appears in the urine.

It is impossible within the necessary limits of this paper to do more than outline the main features of this subject. The details, if more minutely followed, would occupy altogether more time and space than are at my present disposal. It may, however, be stated in conclusion, that the careful adjustment of the foregoing ration to the daily life of the diabetic patient with comfort and complete toleration, in accordance with the principles laid down, so as to maintain a perfect balance of metabolism, constitutes the highest skill attainable in the dietetic treatment of diabetes. It also probably marks the present zenith line of our dietetic resources in this disease.

### SUGGESTIONS ON THE LIMITATIONS AND TREATMENT OF JUVENILE CRIMINALS.

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The growth of the criminal class is nearly three times greater than the growth of the population. Such is a reasonable deduction from the publication of the Eleventh Census of the United States, and this blot on our civilization demands treatment.

It is a great question—one that can not be settled by the courts and the church. It contains within it many problems that can only be solved by the wise physician. Crime has a physical basis; biologic conditions are directly and indirectly important factors in determining human action. Conditions more or less pathologic exercise a most important rôle in the production of crime. It requires but a glance at the inmates of a reformatory or penitentiary to satisfy oneself that criminals are physically inferior, exhibiting on every side stigmata of degeneracy. They have features that differentiate them from their more fortunate brethren. They come into the world—at least 30 per cent. of them—with an inheritance that they could no more overcome than they could the course of the sun, and, combined with this vicious inheritance, there has been a no less bad development in the midst of ignorance, poverty, and crime. Our jails are the nurseries of crime. The juvenile offenders here receive valuable lessons in crime; how to do it most skillfully and with the least danger of detection; and when their time of release comes they go out much better equipped to follow their occupation successfully.

Morrison, in his admirable work on "Juvenile Offenders," establishes, beyond contradiction, the following four important propositions: 1, that the death-rate among juvenile offenders is higher than among the general population; 2, that they have sprung from short-lived parents; 3, that their average stature is three to four inches lower, and their weight 30 per cent. less than children of the same age in the general population; 4, that their mental capacity is much below normal. These propositions establish the fact that the juvenile offenders are degenerates, and, if so, the repressive agencies in the shape of

prisons and police are altogether inadequate to cure them.

In order to limit those criminals, society must stop their propagation. Dougdale found in the "Juke" family 1,200 criminals and paupers as the output of one vicious ancestor in seven generations. McCulloch found 1,750 criminals and paupers in six generations as the progeny of "Ben Ishmael," and these cases are by no means exceptional. We must have, therefore, laws regulating marriages, and, in formulating such laws, we must remember the close relation between alcoholism, other forms of inebriety, venereal diseases, and degeneracy. We must, however, bear in mind the fact that the subjects of insanity, epilepsy, and tuberculosis are all alike accompanied by such marked involvement of the nervous system that their progeny are usually inferior physically, and hence liable to drift into this large and rapidly growing class.

The marriage license, in addition to present requirements, should demand evidence that both parties are in good health, that they are not inebriates, not epileptic, not tuberculous, not insane, not criminals, not paupers, and that they have no active venereal disease. The limitation, moreover, demands that the children of vicious parentage be speedily identified and taken from their bad environments before they become criminals; placed in charge of suitable custodians, to be appointed by the courts; and when properly educated and trained in some useful employment, they be given a reasonable capital with which to begin life, unless it shall be found by competent medical authority that they are incorrigible—and then they should be permanently secluded.

The juvenile criminal should not be placed in a common jail when arrested, for in this nursery of crime his malevolent tendency will simply be more fully developed, and, if he is an accidental transgressor, it is most reprehensible to brand him as a "jail bird," for, with this added stigma, his reformation will be made more difficult. Special provision should be made for him while waiting trial, so that the good, rather than evil, that is in him may be developed. If convicted, he should be sent to a reform school, where his physical, normal, and intellectual powers will receive proper development, where he will be taught some useful occupation that will, in after life, give him a reasonable means of livelihood; where he will receive such attention from a physician versed in criminal anthropology as his condition requires, and who will assist ultimately in determining the question of his curability, or incorrigibility. When he has been cured, he should be discharged and given a reasonable sum of money, as a capital with which to maintain himself until he can make a start in his legitimate life work. This scheme for the treatment of juvenile offenders is no dream, but is a realization in "Darkest Russia."

This plan is now, and has been, in successful use for many years in Moscow, and our reformatories at Pontiac, Ill., and Elmira, N.Y., are steps in the same direction. The treatment of criminals is just as illogical today as was the treatment of the insane one hundred years ago, and the reform must come through the beneficent influence of the self-sacrificing and philanthropic members of this great medical association.

Let us have a Department of Public Health!