On Insanity
more especially in regard to
the Arrangements of Asylums
and Treatment of Patients.

The reason of my selecting Insanity
as the subject to be spoken of in the
following pages, is not because I
think myself capable of writing
upon it—a subject so extensive, so
important, and on which so much
has been written, but simply because
circumstances have put it in my
power to state from personal ob-
seration a few facts respecting
the arrangements of Asylums, and
the treatment of the Insane.

We will not attempt to describe
minutely all the forms of Insanity,
but merely enumerating them will
suffice to speak of the subjects al-

dicted to above.

Of the various ills man is sub-
ject to, none are more dreaded, and
few so little understood as that
which
which involves the top of his intellect. No, can we wonder at our ignorance of the nature of this malady, when we remember that mystery hangs over the workings of the mind in its healthy state. But, even when our knowledge of the mind, and of its operations, and therefore of the conditions on which insanity depends remains so limited, much has been done towards alleviating the miseries which mental disease induces, by investigating the causes which influence its development and prevalence, by inquiring into the best mode of restoring the mind to its healthy condition, and by having learned to distinguish between those slight forms of mental disorder which amount to scarcely more than eccentricity, or hypocrisy, chondriacal fancies, and the more important disturbances of the intellect which render the subjects of
of them dangerous to themselves or others, and justify their seclusion from society, and confinement in a lunatic asylum.

Insanity has been defined: “A disorder of the system by which the sound and healthy exercise of the mental faculties is impeded or disturbed.” A definition which is subject to many conditional circumstances. Another definition is: “A false or mistaken judgment in a person awake, of those relations of things, which, as occurring most frequently in life, are those about which the generality of men form the same judgment; and particularly when the judgment is very different from what the person himself had before usually formed.”

The following are the chief chief:

1. Varieties or forms of Insanity:
   - Moral Insanity
   - Mania, Monon: mania, Dementia, and Amnesia.

Moral
Moral Insanity consists in a morbid perversion of the natural feelings, affections, inclinations, temper, habits, moral dispositions, and natural impulses, without any remarkable disorder or defect of the intellect or knowing or reasoning faculties, and particularly without any insane illusion or hallucination. The character of this affection varies with the degree in which the different feelings and habits are affected. Sometimes jealousy and suspicion are the prevailing passions, causing the subjects of them to think their dear relatives, and to live in constant misery, though at the same time they are able to reason correctly on any topic, and at times confess that their suspicions are groundless.

Manics consists of a general Insanity, the delusion extending to
to all manner of subjects and mostly or biparted by mental excitement. It is often attended with the most ex-
travagant conceptions, sometimes with a complete upsetting of the judgment at other times by a dream of delirium which presents every
ting in false light to the mind of the sufferer. It presents many char-
acters and degrees the distinguishing
character being as stated above, that the faculties of the mind gen-
usally are disordered, the patient will not speak long without betray-
ing the defect of his reasoning fac-
cis. This will in one person more-
less lead to strange irrational con-
duct and conversation; in another it will be attended with loud and vol-
ent ravings; in another there will be singing and a gay cheerful air. The duration of the delirium has no certain limits it may last but a few weeks, or continue its unhap.
by victim within the walls of a madhouse for a long term of years. Monomania, is characterized by the dominance of one sole morbid idea or clap of ideas, or of some erroneous conviction, the individual still retaining the powers of reasoning correctly on matters unconnected with the subject of his delusion. Melancholia has been used in the same sense, but is apt to convey a wrong impression as to the nature of the disease, the delusion not being always of a gloomy character. It seems to differ from mania, merely in the subject of hallucination, and the two forms frequently pass into each other—the same patient being at one time in a state of depression, and at another in a state of maniacal excitement. It is however most common for the melancholic to continue in a state of depression, and generally in reference to one subject, and the difference...
difference between him and the excited
maniac does not appear to depend on the
occaisional cause, but rather on some
peculiarity of character. For we some-
times see persons becoming deranged
in connection with overwhelming cal-
amities and yet showing no depress-
ion, or even a recollection of their dis-
tropes, but the highest state of prattle
mania.

Another kind of delusion is that
where the subject of it believes in the
presence of invisible beings, whom he
sees, hears, and converses with.

Religious delusions are frequently of
this nature. Visions are seen and the
patient sees and communics with the
Almighty or with angels. Such ideas
being often combined with despond-
ency lead to suicide. When the mel-
ancholic hallucination has fully
taken possession of the mind it becomes
the sole object of attention, without
the power of raping the impression.
or of directing the thoughts to any fact or consideration calculated to remove or palliate it. The fancied evil seems overwhelming and insurmountable, admitting of neither palliation, consolation, or hope. For the process of mind calculated to diminish such an impression is precisely that exercise of mind which, in this singular condition is lost to us; tendered as nearly a power of changing the subject of thought, of transferring the attention to other facts and considerations, and of comparing the mental impression with these, and with the actual state of external things. There is generally some connection to be traced between the nature of the illusion and the former occupation of the mind of the maniac, so the ideas which have chiefly engaged his mind. Dementia. This commences with loss of memory, particularly of most recent
recent events. The mind receives impressions and perceives them, but the faculty of retaining them is lost. It is this state which so frequently attends the advance of years, and gives warning of the approach of decay when the mind is otherwise sound. In a further stage of imbecility the power of directing the thoughts is lost; ideas come and go without order and independently of the will, in rapid succession, and without any apparent connection. Questions are still heard and attempts made to answer them, but ere the answer be half completed the train of thought is lost, and the mind and tongue wander to other subjects.

Amentia, or Idiocy. Is the original want or deficiency of mental power. It is generally congenital, sometimes dependent on organic disease of the brain in early infancy.
fancy. The subjects of this disease are seldom equi\_sious, they answer yes or no. The principal feature in their character is that of 
immediate.

The causes of insanity are divided into predisposition and excitement of hereditary predisposition. Some individuals seem to be prone to insanity that every slight cause is sufficient to incline it in them, and it is probable indeed that there is always some peculiarity of constitution predisposing to it, since the apparent causes do not differ from those which act in other persons produce other diseases and not insanity. Be this as it may, a tendency to cerebral diseases is often observed to prevail in families and to be transmitted from parents to offspring. An attack of insanity not only produces such a change in the system
system as to render it more prone to the disease than before, but the condition of the body, or rather of the brain this induced may be transmitted to the children, and the hereditary predisposition is strong. When both parents have been insane, as we see in other diseases, a circumstance relating to the hereditary transmission is, that when it attacks different individuals of a family, the form of the disease is often the same, and that it occurs at the same age. It is an opinion that intermarriages give rise to the predisposition to insanity as well as to weakness of body. It is not the case that intermarriages originate peculiarities of constitution, for we have many examples of this breeding among the lower animals without any disease being manifested in the offspring. The supposed origin
then of the predisposition to insanity resulting from intermarriages may be accounted for by the fact that if there be any predisposition in the parent it is transmitted to the offspring, and if both parents be affected the offspring may show that predisposition in a greater degree than either. For having inherited the peculiarity from both parents, that combined predisposition may cause the manifestation of the disease as a cause of predisposition.

The proportion in which the sexes are affected with insanity varies very much in different parts of the world, in Great Britain and Ireland it is stated that the proportion of males to females in some is as thirteen to twelve, but in France there are more females than males in the proportion of fourteen to eleven. In the United States the proportion of males to females is nearly
nearly as two to one. It is found that the proportion of men to women confined in hospitals or Asylums in various parts of the civilized world, was nearly as thirty-seven to thirty-eight. The number of male lunatics is greater in the upper than in the lower classes of society.

Age. As a cause of predisposition, insanity is rare though it sometimes occurs before the period of puberty. The liability to the disease increases up to the fiftieth year, and is most frequent from thirty-five to fifty. The exciting causes are divided into Moral and Physical. The Moral causes are those which exercise a direct influence on the mind, or states of the mind itself which give rise to disorder in the exercise of its faculties. Physical causes are those which directly affect the body, and exercise their influence on the mind through the
the medium of organic structure. These causes Moral and Physical are exceedingly numerous, and an enumeration of them would be tedious, among them may be placed. Dom: petecases by cephalic trouble and matching. Reverse of fortune, Fort:

In fine, on this part of our subject we will notice a few circumstances which may be supposed to influence the particular hallucinations of the insane. First: Propensities of character which had been kept under restraint by reason, or by external circumstances, and old habits which had been turbined or restrained developing them: thieves without controls, and leading the mind into trains of fancies.
fancies arising out of them.
Second. Old associations recalled into the mind, and mixed up with more recent occurrences, as we see in dreaming. Third. Visions of the imagination which had formerly been indulged in, recurring to the mind, and now believed to have a real existence. Fourth. Bodily feelings giving rise to trains of associations, in the same manner as in dreaming. Fifth. A sense of the new and singular state in which the mental powers really are, and a certain feeling though confused and ill-defined, of the loss of that power over the mental processes which was possessed in health.

We will now speak of the arrangements of Asylums.
The building as a whole should be characterized by plainness and neatness, with as much cheerfulness.
fulness as possible, neither present:
ing to the eye the sternness of a castle,
the gloominess of a monastery, no,
the cramped and hemmed in ap:
pearance of a prison. Pleasing
grounds should surround it, part
being laid off in struubbery, part as
a garden, and part for outdoor
amusements of the patients.
It should command a view of the
surrounding county, and for this
object attention must be paid to
the securing a suitable site for
the building. It should be situat
ed under a smiley sky, in an agree:
able, fertile, and sufficiently dry
part of the country, where the sur
rounding scenery, diversified with
mountains, valleys, and plains is
calculated to enliven the spirits of
the beholder, and recall him to con
template the beauties around
him. The grounds surrounding
the building, and belonging to it
are made subservient to the general purposes of all such institutions and are calculated upon as sources of revenue, and as part of the means of treatment. Walks are laid down, running in various directions, and leading to various scenic points, by which the rambles of the patients may be made more inviting. Plants and flowers are placed along the sides. Here and there in agreeable spots, groups of trees and shrubs are placed overshadowing seats and offering delightful places of repose, and thick shrubberies set at greater or lesser distances from each other, and directed according to the various aspects of the sun, covering seats and shade for shelter to those engaged in gardening, when wearied with their employment or overtaken by rains. The garden is chiefly applied to
to the growth of vegetables for the use of the institution, and as a means of furnishing employment for certain classes of patients in cultivating it.

The play ground as means of diversion is usually furnished with a bowling green, tennis, yard, nine pin stane, poles, swings, etc.

The whole grounds should be surrounded with a high wall, having a principal entrance guarded by a porter's lodge, so that no one can leave or enter without being seen.

As to the building itself, the principal objects to be kept in view in its form and arrangements, may be stated in the words of Jacobi to be the following. First. An effective separation of the male and female patients. Second. To remove the raving, screaming, dirty, and dirty followers of patients to as great a distance as possible from the rest, without at the same time thereby withdrawing...
For the accomplishment of the objects of the same nature or to facilitate their accomplishment, the attention of the reader is called to the fact that the requirements of the law are not the same for all cases. The elements of the constitution are equally as important as the other elements of the law. The greater the security, the greater the safety. As far as I can determine, the architectural arrangements of the buildings offer the greatest protection. The more regular and constant, the better for the protection of the buildings.
it is necessary to have the building divided into parts. The divisions required, in the words of the same author, are the following. First: A division for maniacs and those other patients who have a propensity to habits of destruction, and liable to make sudden and dangerous attacks upon others. As many such patients however are not noisy, and as these may be very much induced or excited, according to circumstances by those who are continually shouting, bellowing, or screaming, as some do for days and nights together, so for the latter modification of patients a second division is wanted which shall receive the noisy patients. This division is one of the most indispensable requisites of the establishment, and should be built and situated as to confine the sound as much as possible, and prevent it from spreading to other parts of the establishment. Third: A division
for patients suffering under a great degree of temporary imbecility. This division may, without prejudice to those for whom it is intended, be otherwise completely distinct, stand next to the first division, and include also those clarly patients who do not belong to the first and second divisions. Fourth. A separate division is also required for those who do not belong to any of the foregoing divisions, but who are still most deeply diseased. This class comprises in the first place, those most highly excited patients whose disease is manifested in a manner especially calculated to injure the others, by incessant chattering, declaiming, singing, moving about, also those who are habitually profane, malicious, mischievous and immoral. And in the second place, are included those low spirited or melancholy patients, whose conduct may be capable of making an injury.
injurious impression upon others disposed to the same feelings, or those propensity to suicide renders it neces-
sary for them to be more carefully watch-
ed. It will also be proper that those melancholy patients have a suite of rooms appropriated to themselves on account of the unremitting vigil-
ance with which they require to be watched, although for every other reason they are the more fit to be confined in the same grand division with the worst patients just alluded to, because they are too much absorbed in themselves to suffer any considerable degree of harm or annoyance from them. Of course it is understood that patients affected with the slightest degrees of melancholy do not come under this head as they belong to the next great di-
vision. All the modifications of insanity that have hitherto been mentioned, being provided for in the above
above four divisions, the Fifth Division receives all the remaining individuals committed to the treatment of the establishment. Whatever species of insanity they may labour under, whether it be of recent occurrence or of long standing, whether they be convalescents or already regarded as cured, or even if they be far from this point, and perhaps even already recognized as incurable yet they right belong to this division, so long as they are capable of conducting themselves in a peaceable and becoming manner, of obeying the rules of the house, and of employing themselves according to received directions, and are at the same time free from all such morbid peculiarities as would render them essentially injurious to the other inmates of the same part of the establishment.

The best form of building is that of a crescent, or of several quadrants;
The Brighton Royal Institution Dumbfries is of the corps form, being only half the original building intended. This form, although it has the advantage of being calculated to make the oversight and attendance easy, to accommodate a large number of patients, the galleries must have a row of rooms on each side, and the building be carried to several stories in height. And this is the case with the Institution mentioned above. That there are disadvantages, is undoubted, the galleries are made less cheerful and airy than they otherwise might be and by increasing in height the difficulty of removing patients is very much enhanced, besides there is obstruction to light and air in the central building, the passages of communication between the several divisions being lighted with gas, taken during the day. The advantages of the building...
ing being formed of a number of quadrangular temples are, that they need not be carried to a height above two stories; that they admit of the most effectual separation of the different classes of patients and of the sexes; and that each may be surrounded by a court, made or piazza, and have an airy court in the centre, without these as their occupants being seen from any other part of the building, or by any besides those of the same class with themselves.

The internal arrangements, for the three first classes of patients are of the simplest kind, consistent with the effectual accomplishment of the objects in view, viz., to secure the patients from self-injury, or attacks from others, and to counteract their propensity to destroy the furniture of their apartments. Each patient has a separate apartment, and the furniture made of the strongest material is immediately
immovably fixed to the floor. The walls are perfectly smooth and all projections from them carefully avoided. The window is placed to:
y beyond the reach of the patient, and its inner side strongly guarded with wire work, but not to exclu:
clude any considerable amount of light. The arrangements for the:

fourth class differ from the three:

first in the furniture, not being fixed to the floor, and in being made of a lighter and finer material; the:

windows are larger, but still guarded; the patients are not confined to:

t heir rooms but have liberty of ac:

t ess to the adjoining gallery, and:

here it is not necessary that each:

patient should have a separate:

apartment, they are therefore grouped:

together into common rooms,:

according to their habits and pro:
pensity, but with a regard to their:

rank and station in life.

The
The arrangements for the fifth claps are almost those of an ordinary dwelling except that for the poorer patients there are common sleeping rooms as well as day rooms. Distinctions are made in the accommodations for the different classes of society in this and in the fourth division only. For in the three first divisions, the state of the patients is such as to render a distinction of rank neither possible nor desirable. In the fourth division the rich have more special attendance, slightly better furnished rooms, and better provisions. But in the fifth division the rich and better educated classes have more elegantly furnished rooms, and enjoy a moderate share of the usual elegancies of life as regards clothing, amusements.

We come now to the general treatment of the insane. The treatment of insanity may be divided...
devoted into two heads. The moral
and medical treatment. Moral
 treatment comprehends all the
means known to exercise immedi-
ately on the mind, an influence tend-
ing to restore the healthy, and natural
state of its operations, including con-
finement itself, occupation. The
Medical or therapeutic treatment
includes the use of remedies which
act on the body, and are designed to re-
move the disorder, of cerebral or other
functions, known or believed to be the
cause of derangement in the mind, or
at least to be intimately connected with
its manifestation.

1. Of the moral treatment.
The conditions of the insane are
so numerous that the treatment must
necessarily vary, and be suited to the
individual peculiarities of each case.
Maniacs for example, in fits of raving
madness must be confined in body
and limb, both to prevent them from
doing...
doing harm to themselves and to others. But the same treatment applied to others or even the same at different times, would be productive of harm instead of good. Taking seclusion as the first step in the moral treatment of insanity, the necessity of it will be apparent when we look to the state of the feelings and affections of lunatics and will be found applicable to all maniacs and most monomaniacs. In mania the state of the patient is such as to render his confinement necessary, both on his own account and that of his family, without adverting to the advantages of such a measure in the promotion of recovery, and facility of applying remedies. In monomaniac the same necessity is almost equally evident. In this form of disease the understanding is so disturbed, and the moral affections so perturbed, that no alternative seems to be left. When speaking of the propriety of seclusion, M‘Quinol says
sensorial, the sensibility of the insane is perverted; they have no longer any relation with the external world but those of disorder, and consequently painful nature. Everything irritates them, distresses them, and excites their aversion. In constant opposition to all that surrounds them, they soon pervert all their selves that persons are combined to injure them; and neither understanding what is said, nor being able to comprehend the reasoning, address pistols to them, they misinterpret the most offensive expressions, and the wildest councils; they mistake the most candid, serious, and tender language for insults, irony, and provocations, and the most attentive kindness for contradictions. The regimen and the prohibitions which are called for by their situation, and to which their attendants wish to subject them appears to them cruel persecutions. The heart of the insane cherishes no feeling.
feeling but mistrust, he is irritated to anger by everything he sees, and is so timid and fearful that he is troubled as soon as any one approaches him. Hence arises the conviction that every one tries to vex, defame, ruin, and destroy him. This conviction puts the finishing stroke to the moral perversion of his mind, and from it arises that symptomatic mistrust which is observed in all the instances seen in maniacs who appear to bode and audacious. From mistrust these patients soon pass to fear or hatred, and in these new moral situations they repel their relations and friends, and welcome strangers, throwing themselves into their arms, and calling them their protectors or liberators with whom they are ready to fly and abandon their house and family. With these moral dispositions, if left in the bosom of his family, the tender son, whose happiness used to consist in livi-
in near his mother, and in following
his father's counsel, persuaded that
they wish to disfigure him with his home
in order to drive him from it falls into
the deepest despair and escapes to de
stroy himself. Another unhappy
person becomes all at once, lord of the
world, dictates his sovereign commands
to all that surround him: he expects
to be blindly obeyed by all those who
have been accustomed to yield to his
will through respect or affection.
His wife, his children, his friends, his
servants, are his subjects, they have
hitherto always submitted to his will:
how dare they resist him now?
He is in his own territory; his commands
are despotic; he is ready to punish with
the greatest severity whoever shall make
the least remonstrance. What he requires
may be impossible—that is of no con
sequence, shrugs the commands of the
all-powerful meet with obstacles?
The affliction of his family, the chaplain
of
of his friends, the anxiety of all, their
derence to his will and caprices, and the
repugnance that each conceived to oppose
him from the fear of exasperating his fury,
which contribute to confirm him in the imagi
inary proposition of power and dominion.
Withdraw him from his pretentions,
transport him far from his house, from
his empire, removed from his subjects,
surrounded by new scenes, he will esti
mate his ideas, direct his attention to
himself, and place himself on an equal
ity with his companions. Very often
the cause of mental derangement is
to be found in domestic causes. The
malady takes its rise from chagrin,
from family dispensions, from reveries:
ages of fortune, from privation, and the
presence of relations and friends in:
crease the evil, often without their
suspecting that they are the first
cause of it. Sometimes an excess of
tenderness seizes the patient; a
husband persuades himself that he
he cannot make his wife happy; he
forms the resolution of flying from
her, and threatens to put an end to his
existence, since it would be the only
means of securing her happiness.
Her tears, her melancholy countenance,
are so many new reasons for perceiving
this unfortunate person to commit
suicide. Sometimes the first
disturbance given to the moral and
intellectual faculties, has arisen
in the home of the insane person, in
the midst of his relations and friends.
All these external circumstances being associated
with the first attack
and the disorders which followed will often contribute to keep alive, and
foster the hallucination—a phenomenon which easily explains itself,
since ideas recur simultaneously
with certain impressions; then these
impressions and ideas have often
been associated at once. But
with remarkable force and energy. It is generally remarked that intimate persons feel an aversion towards certain individuals, without the possibility of divesting them from this feeling. The object of their hatred is almost invariably the person who before the attack professed their tenderest affection; hence it is they are so indifferent to their relations, and oftentimes to themselves, while, on the other hand, strangers are agreeable to them. The presence of strangers suspends the delirium of the insane, either by the influence of new impressions, which is always useful, or from a secret feeling of self-respect which induces lunatics to conceal their state of mind. Have seen patients appear quite calm before their physician and strangers while they were at the same time amusing their relations or their friends in an undersize voice.” These remarks tend
tend to show in a pretty strong light the necessity for removing lunatics from as many as possible of the exerting causes of their disease; and when we compare the comforts and conveniences of our asylums with the wretchedness and misery of the abodes of many poor maniacs, an additional argument is advanced for their confinement.

As to restraint as a part of the moral treatment of insanity, the abuses which were prevalent in madhouses in this country not many years ago, and which were to fully exposed in many publications were, when generally known calculated to arouse the minds of all to the enquiring how far restraint of every kind might be done away with? These are probably still some places where great improvements in the matter of restraint might be made; but in the most of those which are well regulated, the
Restraint is reduced to a mere trifle. Some have gone the length of laying it aside altogether, but surely there is necessity for using some means of restraint to prevent the violence of a patient from being dangerous to himself or his attendants, and also to use it as a means of curtail to prevent the patient from exhausting his strength by violent muscular exertion during a paroxysm, which unless restrained might end in fatal depressions. Restraint may be of two kinds, manual, and mechanical. In the former we have the patients and attendants perpetually struggling, and these are paroxysms at times so violent that no moral influence can have any effect in alleviating them; on the contrary they are heightened by the mere presence of an attendant. In the latter we have the means of prevention, and comparative tranquility.
quility without loss of strength. The mechanical restraint then has the advantage of the other. No matter how many attendants could be got by night as well as by day to hold with their hands, to stone and attempt to overcome lunatics labouring un-der fursions, or any other kind of monico-requiring restraint, such a system would be neither safer nor proper, and not to be compared to one of a mild and persuasive nature. Seclusion, regulated according to circumstances, and attended with sufficient restraint to prevent mis-chief, is the most effectual, and most humane means of allaying a violent paroxysm; besides it is essentially necessary for the sake of the other patients. A lunatic breaking out into a violent paroxysm among a number of other patients, not to mention the danger to which his violence would expose them.
them would, unless speedily removed, be the cause of others falling into the same state.

Seclusion and restraint are the sterner measures in the moral treatment of the insane; the other parts of it consist of milder means of winning back the reason of these unfortunate, and of restoring the mind to its healthful functions and relations.

Dr. Browne, the superintendent of the Royal Crichton Institution, speaks of the moral treatment these as follows: "The character of the moral man: agreement is activity without excitement; progress, the combination of self-government with appeals to the intellect and sentiments. There is always something to expect, to prepare for; some anticipation or some retrospect. Patients are participants, as in every arrangement. They are identified with the recreations, as well as with the labours of the community,"
community. They are led to understand that each progressive step is not merely for them, but by them. They are their own gardeners, laborers, players, musicians, precentors, librarians, and, under certain restrictions, their own police. Each day has its appropriate relaxation, as well as its duties; but monotony which engenders torpidity rather than tranquillity, even the monotony of continued recreation, is obviated by useful pursuits and physical exertion. So carry out such views to their legitimate extent, special enjoyment have been suggested to each individual, while public assemblies have been encouraged as a sphere of trial as well as a source of pleasure. Self-command and silence, and calm moods, as well as excitement may be propagated by imitation and example and by the presence of numbers. The association of the Matron with their charges has been promoted by
by evening meetings for reading, or music, or conversation; while the gen-
ereal public reunions have been mul-
tiplied. Sub-Masons have been se-
clected from the patients, they delight-
ed in the badge of office, and proved
worthy of their trust. The library is
now entrusted to a patient, whose
mind seems specially constituted
for such an avocation. He has pre-
pared and nearly arranged the cat-
alogue, which is to be printed at
the Institution press. In these at-
tempts to specialize amusement
as an instrument of amelioration
it has repeatedly happened that
at the same time one officer was pre-
31 ring over a crocheted party, another
was engaged in instructing a music
class, and a third superintending
the rehearsal of a drama. The thea-
trical performances afford numer-
on illustrations of the same prin-
ciple. Dramatic representation
is in itself calculated to interest and eleva
cate many classes of the immense. It may
not teach, although when properly con
ducted, it be capable of teaching high
moral lessons. But it is an act of his
tory or romance, it places human life
in a pleasing or ludicrous point of view.
the spectacle, the music, the mirth, act:
drop different phases and tones of
mind, the healing of even fictitious
sorrows may inspire the melanchol:
ics; the exposure of eccentricities may
lead the monomaniac to self-examin
ation and early associations and
new impressions may be commun
icated to all. The theatre is at least
one of the few points at which the
interest can be brought for a brief
season, safely, agreeably, and easily
into contact with their fellow
men. To secure some of these advan
tages a box in the Cumpies Theatre
was taken for the season, and a po
wards of two hundred visits paid with
out
out accident, and with great gratification. But these results are of less importance when compared with those attributable to the domestic amusements of the same kind. The great body of inmates must be spectators, but they are at the same time the acquaintance, critics, rivals of the actors; they have suggested improvements; they have assisted in making the dresses, decorations; they have been useful. To trace from the stage the quiet but animated interest of one hundred and twenty spectators, the inexpressible laughter of the spectators, the attention of the weak and weary, the relaxed smile of the irascible and violent affords ample proof that all these states of mind are inconsistent with disease and misery, and that for the time at least the dominion of extermination is suspended. To the actors the benefits are different but numerous. Their previous study is a species of
of mental culture. All who have participated have left, or will leave the Institution in a state of health except two, and even these misfortunes have been mitigated by their exertions.
Preparation meets the attention; it trains but does not overtop the memory; it suggests a humble but laudable ambition; while impersonation de-
mands self-control, the subjugation of all personal attributes, a forgetful
ness of self, and necessarily of the pecu-
nlarities and passions of self, and the
assumption and representation of new qualities. To complete is the
transformation that a celebrated
tragedienne often experienced diffi-
"culty in coming out" of her parts.
But if no more recondite object be
fulfilled continuous occupation
is desired. If those individuals who
have co-operated in these efforts derive
satisfaction from the consciousness
of success, and from the merited ac-
plauds.
pleasure of those they strove to please it is most justifiable, but they may
claim a still higher position, in
having ministered directly to many
a thankful heart, in having done pell
pell, gloom and irritability, and suspicion
in having emulated the most difficult
office of the Physician, in being not only
acquainted with pleasing thoughts and
happy memories, but instrumental
in the recirculation of reason and res
re: vival of hope. Dances on the green have
alternated with drawing room reunions;
bowls have succeeded billiards; pren
re: sions have given place to dramatic
representations, and the theatre is
appropriated as a lecture room when
preachers or expositors can be obtained or there
occur opportunities for the exhibition
of natural phenomena or the wondrous
which the human voice or hand can
perform. So the small proportion of
inmates who are prevented by pride,
peculiarity, or infirmity, from attend
ing such meetings, music, cards, solitaire boards, summer ice cream are accessible, and gymnastics and other amusements have been brought within their reach, in order that no delusion or peculiarity may be punished by the deprivation of an innocent gratification, unless the deprivation be calculated to produce a salutary moral impression. This unquestionably a discouraging indication when the insane are too happy, or so contented as to have no object beyond their present internal life, the suggestions of their own condition, but it is a proof of health when they can extract satisfaction from external impressions, when they can enjoy and in the same manner what the healthy can enjoy.

Fêtes on the departure of patients, on birthday anniversaries, the inter-change of courtesies and gifts, and 

peace offerings, are to be clasped rather with
with rewards to healthy affection than amusements." In addition to those means in the moral treatment of insanity which we have incidentally noticed we may mention libraries, lectures, botanic gardens, manual occupations, and literary pursuits, the latter of which many patients are able to follow out were the means placed in their power; and lectures might with advantage be given to officers and attendants as well as to patients.

**Medical Treatment.**

Observations by many accustomed to the examination of the bodies of the insane show, that the proportion in which appreciable organic disease is found, is very small when compared with those cases in which no distinct alteration can be found in the substance of the brain, its membranes, or its vessels; and that organic disease of the brain has been seen to yield to the greatest extent without remedy.
A gain, than to its true cause—increased thickness of the left ventricle of the heart; and elimination of the elasticity.
city of the smaller arteries of the brain, by deposition of aforesaid matters in the vessels. Experience has shown, that blood letting in maniacal cases unconnected with disease in other organs than the brain, is seldom attended with good effect, and of late years the "Tooth ing system" has been very generally adopted by medical men, and found, as it is, on true principles of pathology, is more likely to lead to success than any other. To diminish the increased and morbidly acute perceptions, and to effect a decrease in the sensibility of the organ, and to reduce the exaggeration of its natural functions, seems to be the great object, and to far from such a condition being always the result of too great a flow of blood to the head, morbidly stimulating the organ, is often occasioned in those who have rather, too much blood than usual for the maintenance of life in the brain, occasioned by
by excessive evacuations, watering, anxiety, and bad living. Nevertheless, the bleeding both general and local, may be useful in those cases where there is plethora and marked symptoms of determination of blood to the head, especially when accompanied with symptoms of inflammation. If the vessels, especially the carotids and temporal arteries, pulsate strongly, and rapidly, and if there be heat of skin, and principally of the head, and redness of the face and conjunctivae, a contracted pupil, intolerance of light, and of sound, want of sleep, and much agitation, and symptoms of disorder of sensation, and spectral illusions; then bleeding may be practiced beneficially, as in cases of inflammation without the complication of insanity. But to bleed to the amount of hundreds of ounces as some physicians have done, seems to be a wanton depletion of the system, which experience, the best of all
all guides, has proved to be the opposite of useful. Mentioning some of the remedies used in the "soothing system" of treatment, we will find quite two cases by Dr. Seymour illustrating the beneficial effects of Acetate of Morphia, this giving to it the most prominent place in the list of remedies.

Case 1st. A lady, aged about 28, was attacked in the month of August 1833 (after exposure to severe distress by the death of a relative who expired in her presence) with mental derangement. Her usual habits of thinking were those of great deliberation; she had lived much in society, and from her station mixed much with the world, nor had there at any time been any, even the slightest indication of eccentricity as weakness of mind. Her mind was at the time filled with gloomy ideas, imagin any neglect of public and solemn duties, and a belief of having committed in describable, and even ill-defined crimes.
constituted the principal features of her malady. Her bodily health was unusually robust, and she had scarcely ever suffered even from trifling bodily ailments. In the first instance the patient was bled, and took repeated doses of purgative medicine, but without any beneficial effect. The pulse was not weak, the nights were sleepless, and there was constant watchfulness present; there was no pain in the head, but a sense of weight was described, and there was a sensation of the belly always present, so that the patient would often incline over to jump out of bed and run about the room. During an unavoidable absences from London the patient was seen by my friend J. Gurney, and she was kept under narcotizing doses of tincture, emetic without any satisfactory result. It was now resolved to try the morphia, and a grain of the acetate was ordered to be taken every night.
night the bowels to be kept open by small doses of castor oil; the severity of the symptoms became greatly diminished, and it occurred to me that the relative effect of ice would greatly assist the operation of the remedy. Ice was therefore kept to the head in a bladder when and night. The morphia never failed to procure a good night and thus by degrees, without any other remedy, except those mentioned, the mind cleared up. The use of ice was gradually abandoned, but the morphia continued to be administered every night during three months, although all traces of insanity had disappeared six weeks from the commencement of the employment of the remedies. During ten days of which the ice was kept constantly to the head. Note: paper whatever has occurred in the patient.

"Cruel, " etc. A married lady, aged about 34, the mother of several children, was
was attacked in Oct. 1833, on her jour-
ney to London with maniacal de-range-
ment. I saw her first at about fifty miles
from London, and the history of the at-
tack was very confused. She had over-
exerted herself previous to leaving
a distant part of the country, and
at this time the catamemics were
present. They were, as it was report-
declined. She had been
ill some days; and there prevailed
curious ideas in the minds of her medical
attendants that there had been inflam-
ation of the lungs. She had been purged,
bled and blistered, the blood did not
show the inflammatory coat, and not
withstanding the evacuation her
mind continued estranged. The pre-
velent idea was being fear of some ob-
ject near her of some severer ac-
eident having happened to those
the most loved. She was ordered
half a grain of acetate of morphia
immediately, to be repeated the same
night.
Acet distillat s.t.
Mieze et aedele
Cep. eunomia. Cep. Tantius a 3 VI
Sive Cardani Comp 31 AV
Hauk, omni nocte function,
I was also directed to be applied to
the head in a bladder, and the bowels
were kept open every alternate
morning, with either castor oil, or
as much sulphate of magnesia in
infus tennae as would produce three
dejections. In three weeks from this
time I had the satisfaction of seeing
the patient begin to recover. Here:
restoration to sanity was very grad:
ual, and the acquired quiet for several
months, but no prevented imagination
was perceived during this period. No
other treatment was adopted, with
one exception, which is worthy of
observation, as showing the differ:
ent effects of leoprhics and Opium
in the same constitution, and the same
disease. When the patient was accord:
ing
my towards convalescence, she was anxious to take an opiate draught, which had formerly been prescribed for her after her confinements, and from which she had derived much comfort; instead of the draught containing morphine, and she was indulged in her device; but the effects were widely different, the night was restless and the awoke in great alarm; her tongue was furred, and her head ached. Her imaginary misfortunes and crimes returned, and it was not until she had repeated the morphia for several nights that she regained the state of comparative quiet which terminated in recovery. There has been no relapse in this case.

These cases are favourable as showing the good effects of morphine, but it can scarcely be said that it was the only remedy used; in both cases bleeding had been precluded, and both patients had taken purgatives, and had had...
cold continuously applied to the head.
however, these remedies may be considered as having only assisted the action of the morphine.

Of Narcotics in general it may be said that they are most useful in delicate and attenuated persons of feeble constitution; if the disease have been of some duration; if restlessness or prolonged want of sleep have continued, after sufficient evacuations have been procured; and when great exhaustion supervenes, they ought not to be given when there is great heat of the scalp or tendency to convulsion.

Of abstraction of heat from the head - The hair should be removed from the head in all acute cases; and when there are great heat of the scalp and muscular excitement, particularly in mania, the head should be shaved.
The use of the shower bath two or three times a day is of great benefit, if the action
action take place, a repetition will be necessary, or even the continuous application of cold by evaporating lotion or ice. It Tavilla places a cap on the head containing ice, and keeps the body immersed in a warm bath for two or three hours, and repeats this practice two or three times a day according to the violence of the symptoms. At first he found, when exerting only once a day, that the action with increased agitation, not infrequently increased, but on repeating the bath and keeping ice constantly applied to the head, the success of the treatment has been much greater.

Pernicious. Are most useful in cases of melancholic and debility, attended by torpor; and when the secreting functions and vital action require to be roused and stimulated. They are also sometimes useful during states of furious excitement for.
Including calmness and restoration of sleep. Where there is a morbid addiction to intoxicating liquors or a ravenous appetite in maniacal cases, tartar emetic added to these liquors, or to the food, to assist to produce either nausea or vomiting, is often of service. They are contraindicated by a plethoric habit, and cerebral congestion at least till these are removed.

Purgatives are of use in all cases, except in those where manifest symptoms of inflammatory affection, or irritation of the intestinal canal are present. They are especially useful in mania. Dr. Richard remarks that the "milder" purgatives are preferable to others in most instances, because their use can be long continued without injury to the structures on which they immediately act. The neutral salts, infusion of sena, rhubarb, jalap, castor oil, are in the majority of cases
cases sufficiently powerful, and may be used daily or frequently according to circumstances.

Mercurials. Have been recommended by Willis, Smith, Perfect, and others. They are particularly liable to prove infusions in every form of insanity, which has been caused by depriving moral, or physical causes. D. Richard says of mercury that it is by no means a general remedy for maniacal diseases, but in cases of torpor with suppression of any of the secretions, mercury is frequently employed with great advantage. It should be used in mild, attaractive doses and discontinued as soon as the gums become affected.

Sedatives. Are of use in those cases showing symptoms of excitement, and were public and are given after the system is reduced by proper evacuations. D. Richard remarks that the cases in which Digitalis is most likely
likely to be useful, are those attended with great cerebral action, and high mental excitement;" the same author mentions the case of a man, "who was kept under the influence of the remedy, the state of the pulse being always in relation to the degree of morbid excitement in the mind. When the pulse was at ninety, he was furious; when at seventy, rational; at fifty, melancholic; and at forty, half-calf. He was perfectly cured by keeping his pulse steadily at seventy."

Stimulants and antispasmodics are indicated in nervous tempers, and delicate constitutions, or whenever the mental disorder appears in connection with deficient nervous or vital power; when the disorder is independent of vascular fulness; when depletion and evacuation have been carried sufficiently far; or when exhaustion follows either there or previous excitement.
ment.

Toxics—Are required in most of the circumstances in which stimulants and antiparasytomics are indicated, and particularly in cases manifesting more or less of vascular incitement.

Lastly, Counter-irritants. Are advisable only when the scalp and head are more or less congested, or when inflammation of irritation, or strictural change is inferred to exist in the encephalon. In nervous or susceptible persons, and in states of general or local anacemics, they may prove injurious. Dr. Richard Kemp, I believe that the cases of disease afflicting the exercise of the mental faculties in which counter-irritation is principally and perhaps exclusively of service, are those in which torpor and insensibility prevail, instead of excitement and intenseness of feeling, or morbid activity. In almost every case of paralytic with a tendency to coma and lethargy in which
which such remedies have been tried within the sphere of my observation, and these cases have been very numer-
ous, I have witnessed the most dele-
tious advantage from their use.
In disorders of a chronic form, when
means of slow and gentle operation
are sought, tetons in the neck are
most delusive; but when there is
a great intensity of disease, and a state
of the brain threatening a fatal in-
crease, spines made by a longitudinal
incision in the scalp over the sagittal sutures
are particularly useful. The remedy
is not found in experience to be more
painful than the usual application
of tetons, and it is incomparably
more efficacious.”