

Thus may frankness and indifference disarm suspicion. One who thinks it wicked to eat will swallow if you put food in his mouth with a pretence at force. *His* conscience will be then clear. One who fancies himself unworthy or is unwilling to dine with others, may eat alone or take food after the rest leave. One will eat if he can steal food or pick it up unobserved. If so he should be given the opportunity, and you may leave food within his reach. One will eat if you put crackers in his pockets. Another, if let do it in his own way, *e.g.*, standing. Some from delusions eat certain kinds of food only so that they do not get variety enough. Some will take liquids readily, but refuse solids. In such cases let what they take be as rich as possible. Thus tact can do much to persuade patients to take nourishment, and you will see one nurse succeed in this where another fails. But if no way can be found to offset their delusions, then they must be fed mechanically as a last resort, and that too before they have gone too far towards starvation.

As forcible feeding is not without its risks, it should only be done under the immediate direction of the physician. It is found necessary to make use of it almost daily in large hospitals, some patients being fed thus for months. The plan adopted is by means of a soft rubber tube passed through the nose or mouth, and several nurses are usually needed to overcome resistance. Some have a trick of trying to regurgitate the food that is thus given, for whom you must be on the lookout. Rectal alimentation is not much employed, but it may have a good moral effect, the patient eating after one such operation to avoid the humiliation.

Sleep is quite constantly affected in insanity, insomnia being one of the first symptoms to appear, and what little sleep is got is disturbed by horrid dreams. It has been said if a man sleep well he will not go insane, no matter what causes exist to drive him out of his head. Like other bodily organs, the health of the brain is best maintained by exercise and rest in proper proportions. Sleep is the brain's rest, its closing for repairs. So we find a mental break down is preceded by interference with sleep, the mind working on without interruption, and this condition is apt to prevail during the acute stage. Sometimes insane patients seem to