

ment began. The people have great faith in their virtues. A question sure to be asked about an insane friend is: Does he take his medicine regularly? Neither will you have many cases before some sensitive relative will suggest: Can't you give him something so he won't know we're taking him to an asylum?

As with mental aberration there is usually found bodily debility, either as cause or result, consequently we run the gamut of the standard tonics, and find it the rule that mental improvement keeps pace with the physical. Cowper has said, and he ought to know,

"The frenzy of the brain may be redressed  
By medicine well applied."

But there are other agencies to heal a mind diseased which the modern alienist places in the van of all the resources of the pharmacopoeia. Such are the practice of hygienic teachings; the culture, employment and amusement of the patient; the application of mental therapeutics; in short, all things that tend to lift the patient out of his self-absorption and develop altruistic feelings. To describe them is to detail all that is embraced in the comprehensive term "Asylum Management," which is not possible. They will be rarely expedient outside.

Lastly, the nourishment of the patient must not have least consideration. Improvement often dates from the ingestion of a good meal. Many eat too little or not at all, and must be fed by the stomach tube. This forcible feeding should not be postponed. There is no special rule as to diet. Eggs and milk in abundance should form the basis. It must be borne in mind that maniacs will assimilate many times the amount of food needed in health. Whatever treatment is pursued, everything centres about an effort to build up the patient.

Finally, we come to the delicate duties that devolve on the profession in committing the insane to hospital. The hand of justice sets safeguards about the citizen's liberty, and forbids his being put under restraint without legal proceedings. It may seem waste time to say this, but some act as if ignorant of it, for insane have presented themselves at asylum doors with