

wear, socks, etc. These are marked for him before leaving the sewing room. In this way each patient has a full supply of clothing furnished, and this is kept in a separate locker so that it can never get mixed with other clothing.

8. Complete fire department equal to that of any small town.

Possibly this institution could have been improved by an Associate Dining-room such as we saw at Larbert, for the serving of meals in so many places must mean a certain amount of waste and extra help. Just here we would like to say something about the Congregate Dining-room at Larbert Asylum.

In that Institution we saw about 400 patients, male and female, take their dinner in one large dining room. This room was in the same building as the kitchen and the two were separated by a serving room which was surrounded by steam tables. In the dining room were 50 tables, each accommodating 8 patients. When the dinner bell rang the patients marched in and stood at their places until "Grace" had been sung. Then all were seated. This little bit of discipline is very useful in helping to develop a habit of self-control. It is easy to train the patients here to wait because there was no food on the table when the patients came in. The day we were there the dinner consisted of three courses, viz., soup, fish and vegetables, and rice pudding. One nurse or attendant was in charge of each table, and after the patients were seated she went to the serving tables and brought the soup. This soup was served in the plates by help in the kitchen. When the patients had partaken of this course the plates were removed and 8 plates of fish and vegetables were brought. After this the dishes were again removed and the rice was brought. On a little side table were placed a pitcher of water and glasses; also milk for the rice. One nurse could with ease wait on eight patients, and the dinner was the warmest and most attractive that we had ever seen in a large asylum dining room.

This dining room and kitchen were in charge of a graduate of a good school of Domestic Science. She went