

drawal of the stimulant. I saw nothing to warn me against the course I was pursuing, and something over a year ago I closed the spirit lists entirely. No evil consequences have followed this step, the health of the asylum was never better, I doubt if it was ever as good as it has been since the use of alcohol has been discontinued; the death rate has fallen slightly; there have been a larger percentage of recoveries to admissions than there were while alcohol was being used; and in fact the change seems to be a change for the better in every way. What struck me as being most remarkable about this total abstinence movement was that the patients did not seem to mind scarcely at all being deprived of their beer, wine, or whisky, as the case might be. Scarcely any of them begged to have it restored to them, and the few who did so forgot all about in a few days. In watching the individual patients as the stimulant was taken from them, I could very seldom see any difference in their health or strength which could be attributed to this cause. In the case of one very old man who had been a soldier, and who had probably used alcohol every day of his life for over fifty years, there was considerable loss of strength, and after a few weeks I put him on stimulants again; this man had been failing for some years, and since then he has died of old age. This was the only patient that seemed to feel the withdrawal of the stimulant. In the case of another patient, a very feeble woman, the result was the reverse. This woman had not sat up for many months, she lay on a bed or sofa all the time, she had no disease as far as I have been able to make out, she was simply weak. My chief