

lated in kind and degree by the will of another; and when judiciously managed, it is surprising how soon its beneficial influences may be observed, and how soon, in an Institution such as this, it becomes habit.

Prompted by these views, I have been enabled, during the past year, to get a large amount of useful and profitable labour performed, while I have had the high satisfaction of being instrumental in dispelling the mistaken views, and regulating the misguided conduct of a number of persons now at home, discharging the functions and enjoying the reputation of good members of society.

Mechanical restraint we have as far as possible abandoned; there do, however, occur cases when it is necessary to resort to it, and in such cases its use may be considered as kindness. If my views were to become so modified that I would be disposed to do away with it altogether, it would be impracticable in an Institution so incomplete as ours; but I must confess that I can scarcely conceive of one so perfect in all its parts, that the entire yielding of mechanical restraint would be any thing but a sacrifice,—its indiscriminate and frequent use, I can, however, regard in no other light than that of cruelty.

To Diet I have been particularly careful that it has been both sufficient in quantity and wholesome and nutritious in quality; in general, I am inclined to think, that the insane require more nourishment than persons in health.

Cleanliness has had our especial attention, for the state of the skin has much to do with those diseases on which insanity depends, and the tidiness and comfort of the apartments exercise a powerful moral influence.

Retiring early to rest, I have, as a general rule, insisted on—believing that sleep, for the insane, is one of the very best restoratives, and regularity in retiring is one of the best means to ensure it.

Trusting that it may not be regarded out of place, I beg to make a remark or two in reference to my views on the subject of Temperance, and the bearing of these views on the discharge of my duties as a Public Officer. Long ago, I arrived at the conclusion that Alcoholic stimulants, in all their forms, when resorted to in a state of health, were useless, and to me at least injurious, and being deeply imbued with this feeling, I determined to act on the principle of total absti-