

After drying the patient the masseur concludes with a gentle but swift hand rubbing until the skin begins to glow. The patient is weighed weekly while undergoing this process and a careful record kept of any loss or gain in weight. During the first two weeks there is usually but little increase manifested. Succeeding this, however, a rapid and steady gain is noted, varying from a few ounces to three pounds a week. It is not an uncommon experience for a patient to add to his weight twenty to thirty pounds as a result of a few weeks' treatment.

The class of insane who have benefited mostly by massage have been the melancholics. These latter are almost universally subject to constipation, which becomes markedly relieved by the kneading of the abdominal muscles in the direction of the course of the large intestine. Among the useful adjuncts in the treatment of our clientele massage is certainly one of the best.

#### GENERAL SURGERY.

In an institution of the size of the London Asylum, with its one thousand mental cripples, there exist, as a matter of course, many cases of physical ailment which demand relief, and which are amenable only to surgical measures. Under the category of general surgery are included all operations performed other than gynecological. Of these there were thirty-two. The indications requiring surgical procedure were the presence of tumors, malignant or benign, depressions of the skull, caries of joints, appendicitis, hernias, and so forth.

The only ones requiring special mention are the radical cures of hernia, of which there were twenty-one. The prevailing type was inguinal, only one being a femoral. In all but one the Bassini method was followed with uniform success. The cure of the rupture, which meant the removal of a source of annoyance, gave general satisfaction to these patients, as many subsequently so expressed themselves. I desire to draw your attention to the fact that the post-operative history observed in these cases showed no mental improvement that could be attributed as a result of the operation done.

#### GYNECOLOGICAL SURGERY.

The most important of our present methods of treatment is the application of surgery. The eradication of pelvic disease is the most important advance that we have made in this institution in our methods of treatment among our female insane. In our work in this department there has been brought to our recognition a