

It is very much to be desired, with reference to the latter fact, that the true character of the malady, and its most appropriate treatment, were better understood by the medical profession at large, but especially those of the more remote country settlements. Many patients come to this Asylum in a very reduced state, and not a few have been placed beyond the reach of curative means in consequence of the active and depressing therapeutic measures which have been adopted by their physicians. Blood-letting, purging, vomiting, salivation, blistering, cupping, setons, low diet, and the whole battery of medical destructives have been exhausted, and it is fortunate if the patient has fallen into the hands of only one of this class of psychologists. The most promising cases are generally those for which least has been done.

Were generous diet, well directed kindness, exemption from bodily restraints, moderate exercise, and in many cases a judicious allowance of wine or alcoholic beverages, substituted for the present erroneous medical treatment, a very large proportion of those who are now sent to this Asylum would recover at home, and many who are rendered incurable for life might be saved from so melancholy a doom.

In expressing this opinion I am well aware that I am sustained by the unanimous voice of the entire body of medical superintendents of Lunatic Asylums, both in America and Europe; scarcely a report from any institution for the cure of insanity reaches me, in which the subject of inappropriate treatment before admission is not alluded to, and the evil result deplored.

A Lunatic Asylum is, in many respects, the best place for the treatment of the insane; but the transmission of every case of the malady to an institution of this character