

safely lodged within its bony chamber, it is in intimate communication with the other organs, which convey to it impressions that either soothe or annoy, comfort or distress. Bodily disorders are often the starting point of mental. A fit of the blues may be due to a torpid liver, and many diseases can irritate the brain and derange its functions, of which one is mind. And the mind can react on the body with equal vigor. We know how worry may retard digestion, and fear affect the heart. Nearly every recent case of insanity manifests many symptoms of disordered bodily functions. In referring to the body in insanity my task is lightened by the fact that you are already familiar with general nursing. My remarks, therefore, need only be supplementary. So if you take up the care of the insane your present knowledge need not be shelved, for the insane are very liable to the ills of sane flesh as a complication, which with the physical symptoms of their peculiar malady may demand your skill. Your efforts, then, must be largely directed in measures that will improve the general health. It is not all moral treatment. All that tends to promote the bodily welfare directly benefits the mental. The brain indeed is so situated that we cannot treat it directly as we do many other diseased organs. The most stable recoveries are those in which the bodily and mental conditions make equal progress.

I can pass over things with the benefit of which you are acquainted, particularly hygienic measures, as the necessity of ventilation, cleanliness, etc., warning you that sanitary surroundings are apt to be neglected with the insane. The friends want to have the windows fastened down, the shutters shut and doors closed if the patient is any way troublesome.

Loss of weight is the rule with the insane, in whom wear and tear is excessive. Rarely will you meet an acute case in which the patient has not fallen away in flesh and color. So that everything possible must be done to restore the lost, for once your patient begins to gain in weight his mind will likely soon show signs of improvement. It is well to have him weighed weekly. The weight is an index to the bodily health and a clue to the patient's condition. If the weight be regained and the mind becomes no better; you may usually consider the case beyond cure. But until you have