

fort that the appreciative can desire. The nurses selected are trained thoroughly, so that the attendant, as one puts it, is no longer a keeper, but the companion of the insane. Intelligence and tact have deposed brute force. Many an asylum corridor is as free of lock and bar as was the patient's home. The surroundings breed contentment. Occupation and amusement are made a constant study; for entertainment is found in our day as diverting as in the first authentic lunacy of history, when the melancholy monarch was "refreshed" by the strains of David's harp. It becomes medical men to keep informed in the strides asylum management is making. Knowing the merits of the modern institution, and that it is a potent instrumentality for good, we can recommend it as a desirable retreat for patients.

A physician will not be long in practice, however, without meeting some insane one whom he will have to attend temporarily or throughout his illness. A grasp of the principles of treatment for mental ailments may then be of service. While each case must be treated individually, there is much common ground. Change of scene and companionship is almost always advisable for your patient; perhaps a quiet journey or ocean trip. A nurse or two, qualified for the work, is indispensable. Relatives, often the best attendants in bodily suffering, make the poorest for the mental invalid, who is sure to do as he pleases with them. Often he dislikes most those whom in health he loved. How often we see a patient as docile as a lamb from the day he crosses the hospital threshold, who has been infuriate in his home. Ordinary sick nurses are little better than the sympathetic relation. They are prone to be awed by the wild fury of the maniac, or shocked by unlicensed language, much to the delight and encouragement of the lunatic.

With many of the insane, *sleeplessness* precedes or is concomitant with other manifestations. This insomniac condition brooks no delay, especially if the case is in its incipiency. The natural brain restorative is sleep. To produce it there is no catholicon. The ideal sedative is yet to be found. But some have merit. First and above all must we try to invite repose