

kept in readily accessible places. A number of fire buckets should also be provided, distributed in strategic positions, and kept filled with water at all times.

(6) Single bedsteads only should be provided, and patients must not be permitted to sleep together. Comfortable mattresses, and a sufficient equipment of sheets and warm blankets are required.

(7) Every asylum must have telephone connection, so that medical or other emergencies may be reported promptly to the proper authorities.

(8) Rooms providing for the isolation of refractory patients must be made comfortable in every way and maintained in a thoroughly sanitary condition.

(9) The locks of doors of apartments occupied by patients and of all exit doors must be of substantial make, and maintained in proper working order. The superintendent and matron must be supplied with a master key, which will control all locks of doors of patients' rooms and all exit doors.

(10) In the selection of a superintendent and matron, every endeavor should be made to secure persons who have had institutional experience in the care of the insane. If neither superintendent nor matron have had such experience, a supervisor should be appointed; a woman with the necessary training, preferably a graduate nurse from a reputable hospital for the insane. To the supervisor should be delegated the direction of the nursing care, and the housekeeping of the wards and the quarters occupied by nurses and attendants.

(11) Male and female attendants and nurses should be engaged in the proportion of not less than one to every twenty or twenty-five patients. A larger number of insane persons than the last mentioned cannot be properly looked after by one attendant. In selecting men and women for this important work, effort should be made to obtain persons in good physical health, of good moral character, with plenty of common sense, of equable temper, and able at least to read and write. If they have had experience in the work at some reputable hospital for the insane it will be an advantage.

Authority to use restraint and seclusion is given on page 12. "An accurate record of every instance in which isolation, seclusion or restraint is ordered, stating name of the patient so treated, setting forth the reason for the treatment, and indicating exactly the duration of time during which such treatment is maintained. He shall forward a copy of such record to the Inspector quarterly."

A medical officer is provided for and a weekly inspection demanded, in asylums with 100 or more patients a daily inspection, patients are to be bathed at least once a week, precautions against fire are taken and the buildings are supposed to be of proper construction, etc.