

according to the pulse and appearance of the patient, but it should not be continued more than half-an-hour. When the pulse falls or diminishes in hardness, or if the patient becomes pale, the bath must be discontinued. Whenever a warm bath is given to a maniacal patient the head should be kept cold by a wet towel wrapped round it and often wetted: a thin stream of cold water continuously poured from a height (affusion) is a simple and better plan; an easy mode of getting this is to have a skein of worsted hanging over the edge of a vessel full of water. The shower bath is so frequently regarded by patients as a punishment, the idea of which towards the sane is so revolting, that it is seldom used, although an excellent means of allaying excitement; when applied the feet should be in warm water, and the shower should not last longer than one minute. If there be any tendency to congestion of the lungs or other viscera, the shower bath should be used cautiously, if at all, on account of internal congestion retarding the return of blood from the head: in such cases the shower should be to the head alone, by causing the patient to lie down.

The *mustard bath* is most valuable in inducing sleep, and will be found of most benefit when there are symptoms of cerebral congestion. It is made by throwing two handfuls of mustard into a bath of 95° temperature, or, better, by mixing the mustard in a basinful of boiling water, and then stirring the contents into the bath. The length of time for this bath will depend upon the state of the pulse and skin, but unless the pulse sinks too much it is advisable to continue the bath until the skin has become well reddened. The patient is then placed in bed and silence is maintained. Very often this simple treatment produces sound and refreshing sleep and so does incalculable good. Whenever the mustard bath is used care must be taken to protect the genitals by a wet towel firmly fastened around them. Sometimes it is difficult to get or to give the bath: in such cases I have found a very good plan is to wrap the patient in a sheet which has been saturated with a mixture of mustard and hot water, the same precaution being taken as with the bath, and similar effects being produced.

A soothing and easy mode of causing or continuing sleep, most applicable and often efficacious in asthenic cases, is to use a pillow case stuffed with fresh hops.

*Medicinal sedatives.*—It is bad treatment to give sedatives to patients to keep them quiet: they should not be given with that object, if we wish to cure our patients, but only to cause sleep when this is deficient.

The question of sleep is of paramount importance in the successful treatment of insanity. Failing to cause it by the giving of food when this has been taken in insufficient quantity, or by the change of circulation resultant on hot baths or application of mustard sheets, we must administer sedatives.

*Chloral hydrate* is the most valuable hypnotic we possess, producing sound sleep in those with the prodromata of mental disorder, and causing the most excited, troublesome patients to get as much sleep as we wish. Dr. Clouston gave it in 30-grain doses thrice daily for more than a week without interfering with appetite, digestion, or intestinal functions. To a most violently excited general paralytic he gave ʒj. every night, causing ten, twelve, or fourteen hours' sleep without any apparent ill effect. For simple insomnia he found ʒj. doses sufficient in most cases, and 30 grains usually caused sound sleep: he had never failed with chloral to overcome sleeplessness. From doses of 50 and 60 grains he had not had any bad results. Mr. Wadsworth found ʒj. doses, in porter, an excellent mode of giving it to obstinate patients refusing food and medicines, and that sleep, lasting from eight to ten hours, was produced.

Chloral does not appear, nor could this be expected, to have a direct curative effect in insanity; it causes a sleep whence the patient awakes with a good appetite, which, with corresponding digestion, is so essential in recent or maniacal attacks. My favourite formula for giving chloral is with tincture of orange peel in ʒij. of cinnamon water, and a little syrup added, if Ferris' syrup of chloral is not used.

*Opium.*—If the derivatives of opium be used, they should be at night only. Dr. Clouston ascertained that if given during the day opium soon loses its effect, that the pulse is lessened in strength, the average temperature diminishes,