

mortals, the after-management of whom entails watchfulness and a capacity to assuage their various trying moods usually accentuated by their post-operative condition.

The constant admission of a large number of insane patients in addition to the existing population necessitated the appointment of one day a week to keep pace with the demands of surgical clinique. A regular staff of assistants had to be arranged for and several city doctors kindly volunteered their services in this connection. Dr. Meek, our consulting gynecologist, and Dr. Stevenson, our regular anesthetist, and Drs. Ferguson and W. Stevenson are always on hand to give Dr. Bucke and myself the advantage of expert help in the prosecution of this work. The institution and incidentally the Government are deeply indebted to those gentlemen who give so much of their valuable time without recompense in aiding in the amelioration of the miserable condition of so many of our suffering fellow-beings.

Another invaluable adjunct to our methods of treatment was the establishment of a massage department. We have now two specially trained nurses, male and female, devoting several hours of each day in effectually applying this very useful manipulation in properly selected cases.

Such then is a brief history of two of the recent methods of treatment which the institution for the care of the insane at London has recently adopted with so much success, the results of which I will now present to you in as concise a form as is compatible with the time at my disposal.

#### MASSAGE.

The scientific rubbing, slapping, and kneading of the muscular anatomy of a patient, which is known as "Massage," has produced results that will compare favorably with any method devoted to the increase of body weight and the generation of force known to us as vital energy. Many of our inmates on their admission appear utterly devoid of general tone and are much below their normal weight. These debilitated patients are usually the ones selected as appropriate subjects for the application of "Massage." They are either given a forty minutes' daily seance or undergo an hour's rubbing repeated three times a week. Preceding each manipulation they are given a cold or tepid bath, then the masseur applies an unction of cocoa butter to the body and proceeds to perform his appointed task. When through his laborious work he sponges down the body with a solution of equal parts of alcohol and water.