

conducted Asylums in England, and adopted here with much seeming good effect, notwithstanding the absence of that same amount of intelligence so easily attainable in the older countries, and where practical experience is also acquired in that particular branch of servitude, from the existence for many years of numerous-scattered large and extensive public and private Hospitals and Asylums for the Insane.

As these instructions may convey in some measure the moral treatment now pursued, I shall here presume to introduce the following extracts:—

“The attendants must endeavour always to bear in mind the great objects of the Institution in which they are placed, and the peculiar circumstances of the persons who are committed to their care, for whose welfare, security, and comfort, they must consider themselves, in great measure, responsible.

“The duties of an attendant require him to be on his guard against some of his strongest natural tendencies and feelings; and, in particular, against the tendency to resent injuries, and to treat others according to their conduct towards himself. He will find it necessary to cultivate the strictest habits of self-government, and to adopt a cautious, respectful, but firm demeanor towards those who are entrusted to his care.

“The attendants must not regard themselves as the masters of the patients, but as the servants of an Institution founded for the relief and recovery of those who are suffering under the most trying of all diseases, and who require to be treated with the utmost kindness, patience, and forbearance.

“However foolish, malicious or offensive, the language or conduct of a patient may appear, the attendant, whilst giving no countenance to it, must accustom himself to regard it as the expression of a disordered mind, and must endeavor to maintain a calm and forbearing deportment, and to avoid every appearance of irritation or anger on the one hand, or of embarrassment or timidity on the other. He must abstain from everything approaching to favoritism, and should endeavor to treat with uniform kindness, those who give the most trouble, as well as those who give the least.

“The attendants should take pains to acquire a knowledge of the characters of the patients; to obtain their confidence by friendly treatment, and by actively promoting their comfort and real enjoyment. The requests of patients should be complied with within reasonable bounds; but no promises should be made, or expectations given to them, which cannot be performed. They are expressly forbidden from encouraging patients in the expression of their deranged ideas, or from in any way taking pleasure in the exposure of their weaknesses. They are also enjoined to avoid all disrespectful or improperly familiar modes of address; so that neither the feelings of the poorer or less educated, nor those of the higher class of patients, may be needlessly offended.

“The attendants must carefully avoid all unnecessary interference with the proceedings of the patients; but when they carry on loud and incoherent conversation, or indulge in excited or violent conduct, they must endeavor, in a gentle manner, to lead them into stillness, and to divert their attention to other objects; but should they find such efforts to soothe fruitless, and should other patients be not thereby annoyed, it will be most prudent to cease from further interference, and allow the patient time to become calm.

“When an excited patient cannot be soothed or controlled by these means, and his conduct becomes disturbing or irritating to the rest, he must be removed as quietly as possible to his own bed-room, or, if needful, to a horse, and suitable secluding-room. This must be reported immediately to the Resident Physician or other directing officer. At the end of from one to two hours, or even sooner, according to circumstances, the patient must be visited; and if he appear calm and composed, he may be readmitted to the day-room, or be allowed to take exercise in the airing-court, under the immediate and particular notice of the attendant. No further restraint is ever to be resorted to, except by the direction, or with the concurrence, of the Resident Physician, excepting in cases of extraordinary emergency, when the attendant shall immediately inform him thereof.

“The attendants are expected, as much as possible, to keep

under their notice all the patients committed to their charge, and, without exciting their suspicion, narrowly to observe their conduct, and whatever regards their health. They will be expected to be able, from time to time, to answer the questions of the Resident Physician, and to report to him anything which they have observed affecting the bodily or mental health of their charge.”

The above remarks may probably fall into the hands of persons not immediately or personally interested in this subject, but who, nevertheless, may be brought into contact with persons suffering under an attack of insanity, and it is therefore to be hoped, will be the means of preventing much of that injudicious and harsh conduct, which is found to exert a very injurious effect upon the progress of cases sent to Asylums. The injudicious conduct which is so generally followed up in the treatment of the Insane, is no doubt, as Dr. Thurnam further observes, “the result of misapprehension,” and which can only be removed by further knowledge of the subject; and hence it cannot be too generally known, that, in a large proportion of cases of insanity, it is the moral department of mind—the temper and social feelings—which are the first to be affected. And thus, as has been truly stated, “a thousand occasions of painful and offensive intercourse have generally arisen between the insane person and his relations, before he has obtained the excuse which admitted insanity affords.”*

ART. LIII.—*Hydro-Therapeutics, or a Treatise on the Water Cure, being a digest of the opinions and experience of some of the most distinguished Physicians in Europe and America, on the Curative virtues of Water, to which are added the Voluntary Acknowledgments of a few Influential Patients, in gratitude for Benefit derived from its Use, when every other means had failed; also, some Practical Remarks on Typhus, Ship, or Emigrant Fever, as it occurred in the Province, with Observations on the Best Means of Prevention and Cure.* By ROBERT HUNTER, M.D. Toronto: Henry Rowsell; pamphlet, pp. 95.

Books are written for various purposes. Many for the purpose of collating and arranging recognized facts, with the intention of drawing from them a legitimate and important deduction; others again are a record of the author's experience in particular diseases, and prove, therefore, eminently valuable, especially when they contain, as frequently they do, the observations of years spent in the service of the profession. Besides these two classes, we may enumerate a third, the claims of which to notice are of an equivocal character—which are written less for the profession than the public, and whose object is less a benefit to be conferred on science, either theoretically or practically, than to advance their author before the public, and to impose upon its credulity. Of this latter class, the pamphlet before us is a fair specimen. Dr. Hunter keeps a hydropathic establishment at a village called Markham, in the neighbourhood of Toronto; and

* “Pathology of the Human Mind;” by T. Mayo, M.D., 1838, p. 98.