

that he is not the "king-pin," but a very ordinary pin in the economy of the great wheel which revolves so smoothly around him. If he still struggles to assert his supremacy, the logic of facts and the invisible pressure of his new surroundings soon reverse his preconceived notions. Instead of living, as at home, in an atmosphere of friction and excitement, of which he is the centre; he finds himself in the asylum, on the periphery, as it were, of an atmosphere which is quieting and cooling, and which he can in no wise disturb. And so he gradually comes to learn that it is easier for him to float *with* the current than against it. The next thing which he begins to take note of is that he is surrounded by others, like himself, under condition of rule and surveillance, who manifest ideas and beliefs which are as absurd and inexplicable to him as his own evidently seem to them and to his attendants. In other words, the conviction which gradually comes to him that his companions in duress are the subjects of delusions becomes to him an "entering wedge" of doubt whether his own ideas are not likewise delusions. With doubt, comes the exercises of comparison so far as his mental condition and the preoccupation of his thoughts permit of it. When his distraught mental powers have quieted down so far as to enable him—even intermittently—to compare himself with the two classes around him, viz., his fellow inmates and the physicians, attendants, etc., the beginning of his cure has commenced.

Meanwhile, it must be remembered, sound common sense and medical cure have been exerting their beneficent influences upon him. A perfect degree of that greatest need of the insane—*physiological rest*—has been secured to him, even though, in some cases, by enforced means. Sleep again visits him with its balmy blessing. Food, physiologically adapted and prepared to his wants, and regularly administered at frequent intervals, together with needed stimuli, sets all the vital functions again into harmonious action and infuses new strength into the previously flagging and almost moribund energies. Fresh air—exercise, which from the very circumstances of the case he could not obtain at home, is here freely afforded with its invigorating effects. And, above all, the constant contact into which he is daily brought with the evidences of a wise, thoughtful and unceasing care for his safety, comfort and recreation, cannot fail to arrest his attention and ultimately to enlist his confidence. And so the case goes on from day to day, the mental *mirage* disappearing as the physical system improves in tone; the phantasmagoria of delusions, hallucinations and illusions gradually fading into thin air; the powers of observation and cognition insensibly formulating that comparison between his own case and the cases of those around him, which is itself the brightest harbinger of returning reason.—HENRY R. STILES, A.M., M.D., in *N.Y. Medical Times*.

VEGETARIANISM.

M. ROUXEL terminates an interesting study upon *alimentary evolution* with the following conclusions: That of all seasoning the best, though the one most generally neglected, is corporeal labor, and that the simplest of all diets, the vegetarian, is the most rational and most healthful for both body and mind.

M. Dr. Deligny, replying to the above, concedes the point that *la regime vegetal* is one most nourishing and reconstructive. The Herbivores and the East Indians are cited: he notes the three orders of facts cited by the partisans of vegetarianism.

1. They bring up the fact that there exists entire people that are nourished exclusively on vegetable food.

2. That the herbivorous animals are stronger and can perform a greater amount of work than the carnivores.

3. Finally that vegetarians in both past and present time, have lived twenty, thirty years—their whole life, eating only grain, fruit, vegetables, etc., and have enjoyed perfect health.

"What is the value of these arguments?" asks Dr. Deligny, That entire people who are forced to live exclusively on rice and vegetables are in a most pitiful condition, and offer excellent opportunities for the observation of the baneful effects of this insufficient alimentation. On the other hand, the researches of M. M. Loiset and Bergasse, have shown that the greater the amount of meat consumed by