

Celsus gave the wisest rules for the hygienic and moral treatment of the insane, but unfortunately, he finally advised starvation, chains and chastenings to tame the insane as soon as he gave signs of want of sense "fame, catenis, vinculis coercendus est."

Areteus of Cappadocia has left marvellous descriptions of the various forms of mental alienation. A reaction must have taken place since the days of Celsus since nowhere in his works is there any mention either of ties or ligatures for the phrenetic, or even the furious.

Let me quote what Goelius Aurelianus says against the physicians who recur through principle to such means: "They seem to be delirious rather than disposed to cure their patients when they compare them to ferocious beasts to be tamed by the want of food and the torture of thirst. Seduced also by the same error, they wish us to load them with cruel chains without thinking that their limbs might be thereby bruised or broken and that it is more decent and easy to restrain them by the hand of man than by the useless torture of iron bands. They even go so far as to advise corporal violence, the scourging as if to force the revival of reason by such a provoking treatment: a wretched method which does nothing but aggravate their state, stain with blood their limbs and offer them the sad spectacle of their pains at the very moment when they recover the use of their brain and wit."

Galienus, the celebrated physician of Pergama, who wrote five hundred articles and whose ideas had so great an influence for fourteen centuries, has said but few things about mental alienation. He divided it into idiopathic and sympathetic insanity or by consensus.

The next period is one of transition and ends with Pinel's memorable reform, which modified completely the fate of the alienated and inaugurated a new era in the history of mental medicine.

With Cullen, who died in 1792, we are far from the ignorance of the middle ages but the condition of the insane is yet deplorable. They live, as yet, disseminated in prisons and a few refuge houses. Very few are received in hospitals and who would rather not call these hospital dungeons. The treatment consisted invariably in shower baths, cold baths, repeated bleeding with adjunction of Hellebore, purgatives and antispasmodic remedies. When, after a few weeks of such a regime the sick failed to cure, he was sent to the "Petites Maisons", to La Salpêtrière, or Bicêtre, in France; to Bedlam, in England. There, badly fed, covered with rags, loaded with chains and iron collars, in filthy cells, once destined to the criminals, lying on rotten straw, breathing the contaminated air, they dragged a miserable life, exposed to the eye of the public who on feast days were admitted for money to look at this spectacle and tease the poor wretches as if wild beasts, through the iron bars of their cage.