

the range of ample galleries and airing-courts prevents that control from being oppressive and unhealthy. Their fitful humors, their wild caprices, their impulsive movements, their angry looks, are met by the steady and straight-forward will of attendants who have learned to perform their duty unbiassed by fear or favor. Having no object of their own to serve, imbibing the spirit of kindness which prevails around them, deterred from improper practices by a vigilant supervision, and aided by suitable architectural contrivances, they are enabled to manage their charge with the least possible degree of annoyance. Thus withdrawn from outward excitements, and especially from the persons and scenes connected with his mental disorder, the patient naturally becomes calmer, his mind opens to better suggestions, and finally seeks for repose in amusement or labor. And thus it happens that in many cases but little more is necessary to conduct the morbid process to a successful issue, besides giving the constitution a fair chance to exert its restorative powers, unembarrassed by adverse influences.

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“Now.”—“Now” is the constant syllable ticking from the clock of time. “Now” is the watchword of the wise. “Now” is the banner of the prudent. Let us keep this little word always in our mind; and whenever anything presents itself to us in the shape of work, whether mental or physical, we should do it with all our might, remembering that “Now” is the only time for us. It is indeed a sorry way to get through the world by putting it off till to-morrow, saying, “Then I will do it!” No! This will never answer. “Now” is ours; “then” may never be.