

remedy which we employ produces any curative result, unless in so far as it is accompanied by improved functional action; and in the recovery of the insane, as indeed in all other recoveries, we see that the re-establishment of structural healthy nutrition is a never-failing concomitant. Increase of volume and augmentation of power in the muscular tissue is a most promising symptom, and the contrary is almost always unfavorable. We are in the practice of persuading our recovering patients to test their improvement, from time to time, on our weighing scales. We tell them that increase of weight is a sure proof of recovery, and that this increase can not be effected unless they will eat freely. Some of them are very attentive to this advice, as they believe the faster they gain in flesh, the sooner they will get home. In truth, the best part of the secret of success in the treatment of insanity, is found in good beef and a due supply of other nutritious substances.

It is my belief that no small proportion of the cases of insanity occurring in the rural districts might be traced to defective alimentation, and mainly to a deficient supply of fresh animal food. When one sees a number of patients of this class come in, low in flesh, thin of blood, and greatly reduced in vital power, but at the same time indomitably restless, mischievous, clamorous and violent, and continuing thus as long as the bodily condition continues unimproved, but changing for the better *pari passu* with the bodily improvement, and going on to complete restoration, with complete regainment of sound health, the conclusion seems inevitable, that it was depressed physical power which caused the mental alienation.

It is, however, in the class of cases which are designated recurrent, that we have the best demonstration of the preceding fact. Some of these, in the course of a few years, pass under our care several times. They always return to us lean and feeble, as compared with what they were on last leaving the Asylum. They improve just as they regain flesh and muscular strength, and once again they are taken home; but there is not fresh beef at home for dinner every day; perhaps, indeed, they do not taste it for weeks together. They eat, if they can get it, salt pork and potatoes; they drink strong painted-green tea, without milk in winter time, to every meal; they smoke much, drink some whiskey, and