

indulged in exclusively will cause anyone to degenerate. For entertainment you can conjure up lots of desirable things,— games, music, pictures and scrap books, walks, drives, etc. Attending places of amusement when possible will help strengthen self-control, for a patient will often pull himself together when strangers are about.

The will is usually disordered in insanity more or less. Self-control may be altogether lost. Ladies who have done most improper things while insane have told me that they knew they were doing them, they knew they were wrong but they were utterly powerless to check themselves. So you see the lunatic often knows the difference between right and wrong, but is yet irresponsible for his acts.

We shall now refer to certain habits and morbid impulses of the mentally diseased, and what the nurse may do with them. When these are the offspring of the disordered mind they should be repressed as much as possible, and correct habits and self-restraint inculcated. Training to proper habits promotes comfort and mental improvement. It saves yourself trouble, and redounds to your credit.

You will meet with wet and dirty habits, either due to the mental state or to paralysis, and these are the cases hospital nurses dislike most; but in model institutions they rarely are let persist in such troublesome ways. The dirty habits often result from forgetfulness, and you must think for your patient. When it is the fault of the mind, more than you would think can be done by training to have nature's calls attended to at set times in the proper way. When the "guards" are powerless from paralysis, you can add to the comfort by changing the clothes and bathing when soiled. The danger of scalding must be kept in mind. Those who have involuntary evacuations may be prevented from filthiness by the use of warm water injections and the catheter at intervals. Dements will give the most trouble from these habits, but excited patients may not micturate properly from sheer inattention, and depressed patients from indifference, and hence get into bad habits.

Masturbation is another common result of insanity too often set down as a cause by the knowing public. Hard work by day and watchfulness by night will go far to counteract it.