

# CANADA

# MEDICAL & SURGICAL JOURNAL

MAY, 1879.

Original Communications.

SOME PRACTICAL HINTS

ON THE

GENERAL TREATMENT OF THE INSANE ;

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MR. VICE-PRESIDENT AND GENTLEMEN,—During my long, forced, absence from you in consequence of my broken arm, I felt, as soon as I was able, I could not better employ my time, nor could I in a more becoming manner prove to you my gratitude for your kindly expressed sympathy, than by preparing a paper to read before the society ; and as I had heretofore given you so many papers of a theoretical character, that this paper, at least, should be practical. Of course you will understand that being thus employed was a pleasurable recreation to me. No one recognizes more fully than I do the necessity that there is for the animal man to have rest from both physical and mental labor, the former more particularly ; but when that rest is forced upon us by having our bones broken, we do not value it very highly, perhaps not as much as we should. When we recover we may be led to see how good it was for us, but when we are suffering, it is hard to convince us where the good comes in. As to mental rest it is certainly necessary for us all, but that is