

which seek to possess him. And the society of a band of men struggling against a common enemy, will be found a strong incentive to renewed exertion—to the increase of confidence and hope. Each member of the society will help to strengthen his neighbour, and their combined efforts will all the sooner bring the victory.

Here, too, their bodily health would be restored by proper appliances. To give a weak-minded man instructions with regard to his diet, and leave him to carry out these instructions himself, often against his own appetites, would result in ninety-nine cases out of every hundred in a failure. In an asylum, his diet would be that provided by the superintendent—the kind best suited to the patient, whether he liked it or not. The strict observance of other hygienic necessities would also be enforced; and if medical treatment was in any case deemed necessary, that could be efficiently administered.

Probably there has been more written about the Binghamton Asylum—which, we regret to hear, has been lately burnt down—than about any other. Several articles in the *Atlantic Monthly* gave some insight into its domestic arrangements; and from one of them, written by an inmate, we give a summarized account of how the inebriates there employed themselves:

I awake to the music of the rising bell, on which an Ethiopian minstrel, naturally corked, is ringing cheerful changes in the halls; and my first conscious sensation is a pleasant one as, turning over for a fresh thrill, and applauding my pillow with a sensuous pat, I cast a complacent glance and thought around my room. Not bad for an "Inebriate Asylum." An appropriate apartment, not spacious, but snug. Walls lofty and sky-coloured; door and double window tall and dignified,—the latter provided with liberal panes and inside latticed shutters; wood-work of oak and dark cherry, handsomely moulded and panelled; a portly oaken wardrobe, with double doors and drawers, and a certain imposing aspect, conveying the impression of "presence;" a hospitable carpet in warm colours; "all the modern improvements" for ablution, represented by a marble tank and silver-plated turn-cock; a double register for hot air and ventilation; pendent gas-fixtures, in good style, with globes and side-light; two tables, with cloth covers, in bright patterns of crimson and black, for periodicals, papers, and writing materials; a rather wide bedstead, of bronzed iron, in the English style, and on rollers; a lazy rocking-chair, and two office chairs in black walnut—one with and the other without arms; a looking-glass, not "palatial," but enough, and neatly framed; two wall brackets, at present surmounted by an opera-glass; three "blue-and-gold" volumes of verse, and a memory and a hope in the pictured loveliness of a girl. A number of volumes, and some