

INSANITY.

This disease is one of the most distressing to contemplate of any to which flesh is heir. It is unnecessary to enter into a detailed account of the many varieties or modifications of the disease. It consists in a functional or organic disease of the gray matter of the brain, which manifests itself in a derangement of the mental functions, so that the patient perceives and thinks unreasonably. The disease may exist in any degree of intensity from a very slight departure from sanity to total aberration of all the perceptive and intellectual faculties.

Treatment.— This disease should be treated early to insure the recovery of the patient. The patient should have a diet of the best and most wholesome articles of food in good variety. He should not be crossed in his whims, nor contended with, neither should he be confined, nor should mechanical or physical force be used unless he be violent or dangerous. On the contrary, he should be humored when not incompatible with moral principle. He should have warm clothing, outdoor occupation, amusements, sound sleep at night, and his bowels should be kept free. Attention should be paid to prevent the exercise of bad habits, secret

vice, etc. A constant effort should be made to promote cheerfulness. The warm bath in any form should be given two or three times a week; followed by the cold douche or cold dripping-sheet. If the patient is weak, give a tepid bath, followed by a cool douche. If the patient is strong, he may take a hot-air or vapor-bath once a week in addition to the above. The cool or cold head-bath should be taken daily, and the feet should be always warm. Occasional wet-sheet-packs in place of any of the above baths would be serviceable. In many of the States, the public asylums are so conducted that those who cannot be restrained at home would fare better, and have a better chance to recover there, than if treated at home.

The Hygienic Family Physician: A Complete Guide for the Preservation of Health, and the Treatment of the Sick without Medicine, pg. 294-95 by M. G. Kellogg