

tion are imperfectly attained. Lastly, many other requisites are necessary, which can only be found in a regular asylum. In asylums, the separation is complete; the patients soon know that they are under the authority, and even at the discretion, of the Superintendent; they are cared for and attended to without difficulty by regular attendants. They sometimes find powerful sources for occupation and of distraction in associating with the other patients. The greater number of patients never discover that they are in the midst of people of unsound mind, and find nothing to complain of in this circumstance. When their reason begins to return, they are removed into the department destined for the reception of convalescents. As long as the disease continues, they are sometimes angry with those who have deprived them of their liberty; but as soon as they have recovered their reason, resentment is changed into gratitude. On this account, then, the friends of the insane incur no risk." We have chosen to give these thoughts in the words of another; but it is presumed the necessity of the separation of the insane must be obvious to common sense, both on account of the safety of the individual and that of his family, without advertent to the advantages resulting from such a measure in the promotion of recovery, and in the facility of applying remedies by those skilled in the treatment of such ailments.

But while pointing out the absolute necessity of the separation of the deranged in mind, we take this opportunity of stating that we utterly repudiate the abominable and barbarous system of

#### MECHANICAL RESTRAINT.

Until modern times, the chief treatment of insanity consisted in cruelty. The very interesting and important experiments first instituted by the amiable and talented Pinel in France, and subsequently adopted in this country by Dr. Conolly, have incontrovertibly shown that restraint neutralizes all moral treatment, and, indeed, throws disgrace and ridicule on any attempts to produce recovery.

Experience has shown us that a little kind consideration and judgment towards the poor sufferers, and an accurate knowledge of the mental condition, with careful Medical treatment and Nursing, almost wholly supersedes the necessity of mechanical restraint; and that is seldom or never called for in a well-conducted establishment.

#### AMUSEMENTS AND INTELLECTUAL EMPLOYMENTS.

Next to the separation of the deranged from their families, the most important circumstance in the moral treatment is the occupation and amusement of the mind, which, until of late years, was almost wholly disregarded.

In order to divert the minds of the patients from morbid impressions connected with and cherishing their mental hallucinations, and changing the course of their reflections, a variety of amusements and occupations have been devised and varied to meet the previous habits, tastes, and conditions of the patients. Such patients as are likely to be benefited by such resources are provided, in-doors, with the use of a well-selected library, musical instruments, numerous magazines, daily and weekly newspapers, large and handsome billiard and bagatelle tables, draft, chess, and Pope Joan boards, &c., &c.; and out-of-doors, horses, and open and closed carriages, gardening, various birds and animals, swings, bowls, and beautiful walks in the extensive grounds and plantations belonging to the mansion, cricket, lawn tennis, croquet, &c.

Convalescent patients are permitted to associate with the proprietor's family, and occasionally accompany them to a public place of worship, and also to the concerts and exhibitions of the neighbouring county town. It will thus be seen that this Retreat must not be regarded as a prison for the safe custody of the insane; but rather in the light of a cheerful and comfortable HOME—a place of shelter from injury, of refuge from the various mental excitements and distractions incidental to mankind—where every reasonable want and wish is attended to, and gratified.

#### RELIGIOUS SERVICES.

The mild, but powerful influence of our holy religion, we have frequently found to be the source of great solace and benefit in many forms of insanity. Before, however, religious instruction or consolation is resorted to, great care is taken to ascertain the state of mind of the patient, and his or her former and present opinions upon the subject of Christian doctrines.

Prayers are daily read, and a collection of discourses has been made, of that character which are not likely to perplex the mind, or cause fear or alarm, but rather to inspire hope and confidence, and to present the most soothing and practical views of divine truth.

#### ATTENDANTS.

The selection of intelligent and humane attendants is a point of paramount importance in the successful management of an Asylum. Great care and discrimination have been used in this establishment in securing the services of persons of education, even temper, and cheerful disposition, and possessing such practical knowledge of the care of the insane, as to understand the states of those patients committed to their charge, so as to enable them to soothe and divert their minds from those fears and anxieties which depress and exhaust

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