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ARTICLE I.

OBSERVATIONS ON THE MEDICAL TREATMENT OF INSANITY. By SAMUEL B. WOODWARD, M. D., late Superintendent of the Massachusetts State Lunatic Hospital.—*Read at a Meeting of the Association of Medical Superintendents of American Institutions for the Insane, May, 1846.*

The medical treatment of insanity includes, strictly, all the appliances available in any form of the disease.

Moral influence is nearly as important in the treatment of any physical disease as in insanity. The mind must be managed, hope inspired, and confidence secured, to insure success in the treatment of any important disease.

The ancients taught that insanity was a disease requiring the use of medical remedies, but while they prescribed hellebore, and other drugs to effect its cure, they recommended that the mind be diverted and the feelings soothed and assuaged. For this purpose they directed the insane to be taken to the temples of their gods, that

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they might participate in their religious rites, look upon the beauties of nature from these elevated situations, and, in the temples of Æsculapius, consult the records of experience engraven on the tablets of their walls.

All cases of insanity do not require a medical prescription. Many will recover spontaneously after a time, and many more by simple regulations of diet and such gentle means as will aid the powers of nature in effecting salutary changes. This is also true of many other diseases affecting the vital organs. The judgment must be exercised in all cases to decide where to withhold and when to use remedies.

Insanity has been divided into Mania, Melancholia and Dementia, and each of these into acute and chronic forms. Without inquiring whether these divisions embrace all the forms of disease included under the general term, insanity, it is sufficient for the present purpose to give some account of these diseases with some of their complications, and the remedies that have been found useful in their treatment.

Acute Mania is the most violent and apparently the most formidable and dangerous form of insanity. Its accession is generally sudden, often violent, and its symptoms unequivocal. It is usually attended with increased heat of the head, frequent pulse, warm and soft skin, with extremities inclined to coldness, furred tongue, constipated bowels, sleeplessness, disposition to loud talking, great volubility, dissociation of ideas, rapid changes of the feelings, impetuosity of manner, extravagance of expression, delusion, perversion of the moral powers, disorder of the senses, and inordinate muscular strength. When at rest the pulse is not often found to be hard or strong, neither is there much evidence of vascular excitement, but when the maniac puts forth his power in physical efforts, his strength is amazing, his power of endurance

incredible, and an excitement is produced in the system which is a fallacious guide to the treatment. Those who are not extensively acquainted with insanity frequently prescribe for this group of symptoms as they would in phrenitis, though the diseases vary essentially.

In phrenitis the head is extremely painful. The arteries of the head and neck throb violently. The eyes are inflamed, and light is intolerable. The pulse is hard and strong when the patient is at rest. The skin is hot and dry, the appetite gone, the strength prostrated, and the mind is affected with muttering delirium instead of maniacal excitement. Inflammation of the most acute character attends this disease. Not so with acute mania. The symptoms are different. The head is rarely painful, the eyes are not inflamed, light is seldom distressing and sometimes there is great insensibility to it. The appetite is generally unimpaired, sometimes excessive, the pulse is full but not hard, the strength increased, not prostrated, and the reaction, if there is any, not general, not affecting the extremities and the skin as in acute inflammation.

The first requires free bleeding, active and saline cathartics, applications of ice to the head, exclusion of light, and a strict antiphlogistic regimen. The latter is more favorably treated by long continued warm baths, cold applications to the head with pediluvia and other stimulants to the feet, laxatives and narcotics, with all the soothing influences which can be adopted to calm the agitated state of the system and procure repose.

General bleeding has been almost universally prescribed in the treatment of acute mania before the patient is received into an hospital. The report of its effects in diminishing the violence of its symptoms is various. Occasionally it is said to give permanent relief, more generally it affords a temporary respite of the violent symptoms

which soon after recur with increased severity. In a very large proportion of cases it is said to have done no good, in many, positive evil.

Copious bleeding is almost universally injurious. It diminishes the strength of the patient without lessening the excitement or removing the delusions of the disease, and brings on a train of symptoms often more difficult of cure than insanity itself. The old physicians used to speak of bleeding below a crisis in pneumonia, by which was understood that the remedy had been carried so far as to interfere with a regular crisis, and induce irritations, and awaken susceptibilities which prolonged and rendered complicated a disease originally simple. Such is in some degree the effect of too copious bleeding in mania. Unless there are complications of disease indicating the use of the lancet, acute mania can be managed with more safety and success without it.

The effect of local bleeding is more favorable, and often decidedly beneficial. The great excitement of the brain tends to produce a congestion of the blood vessels which local bleeding will obviate with more certainty than general bleeding, leaving none of the evil effects. When the head is constantly hot, the temporal and carotid arteries throb when the patient is at rest, and the general strength will admit the loss of blood, leeches to the temples, and cupping to the back of the neck may afford present relief and prepare the system for more efficient remedies.

In a great majority of cases bleeding is unnecessary, giving little temporary relief and producing no permanent benefit. In some cases a considerable loss of blood changes the character of the disease from excitement to dementia, a change quite undesirable.

Next to bleeding, purging with active cathartics is a remedy in common use in the treatment of acute mania.

Cathartics prescribed for the purpose of reducing excitement, are liable to the same objections as blood letting. It is rare that even temporary benefit arises from their use, and they frequently disturb the stomach, destroy the appetite, produce an irritable and irregular state of the bowels, difficult to manage, the tendency of which is evil, especially if the strength is considerably prostrated.

Laxatives are important remedies, and not as objectionable as active cathartics. It is common for the bowels to be constipated in mania, but gentle remedies are usually sufficient to produce all necessary evacuations. Mercurial purges are useful not only to produce desirable laxative effects, but they cause changes in the secretions which are often necessary to the restoration of health. In warm climates, and in those sections of the country where bilious diseases are common, calomel or blue pill becomes a very important remedy. Mercurial purges are also useful when the healthy functions of the uterus are suddenly suspended or when these functions are performed in an irregular manner.

In the early stages of acute mania, when the tongue is coated, the secretions of the skin deficient or vitiated, the patient sleepless, and the bowels constipated, calomel combined with Dover's powder is a very valuable remedy. So also the blue pill in combination with some of the narcotics, especially with Conium and other deobstruents, in certain conditions of the digestive organs, is a useful auxiliary in the cure of insanity. Costiveness should not be suffered to continue long, and yet too much anxiety need not be had if the bowels do not move daily. Diarrhoea is more to be dreaded than costiveness; it is rarely useful and is more difficult to regulate and control. A regular, daily movement of the bowels is desirable. There is a condition of the bowels occasionally occurring

in mania but more frequently in dementia, in which the patient has liquid or thin discharges when at the same time there is considerable accumulation of fecal matter in the rectum. Such a condition of the bowels is relieved at once by cathartics. The case is sometimes deceptive but experience soon designates the cases of this description from ordinary diarrhoea, and the remedy is always easy and effectual.

Emetics, as a remedy for insanity, have been variously estimated. Some practitioners have great confidence in them, others esteem them of little value. The late Mr. Haslam said that he had given them by thousands, but could not say they were beneficial. They are useful only as in other cases of disease. In cases of high excitement nauseating doses of emetics sometimes produce quiet and composure of the mind, and are useful auxiliaries in the treatment by narcotics. In those sections of the country where bilious diseases prevail they may be more frequently indicated. No great reliance, however, can be placed upon them. They rarely produce any permanent benefit and are sometimes injurious in their effects by causing too much determination of blood to the head while operating, and by deranging the stomach and bowels afterwards. Some remedies of this class alone or combined with opium and other narcotics, produce a favorable influence on the skin, and allay general irritation and excitement. Of these the preparations of antimony are most effectual but less safe than *Ipecacuanha*, *Actœa Racemosa* and *Sanguinaria*, the last two of which are both emetic and narcotic remedies.

As a means of exciting nausea, in violent cases of mania, the circular swing was recommended by the highest medical authority. Dr. Darwin speaks well of it and Dr. Cox relied upon it almost exclusively to remove maniacal excitement. It is a very effectual means of pro-

ducing sickness, vertigo and vomiting, and usually prostrates the system remarkably. It is not always a safe remedy. It is extremely unpleasant to the patient, and always regarded as a punishment rather than a means of cure. It has been very properly discarded in modern practice.

The warm bath is a safe and useful remedy in this form of disease. In many cases it is more efficacious if cold be applied to the head at the same time or in the interval of its use. The temperature of the bath should be from 90 to 100 degrees, and the patient may be continued in it an hour or more at a time. This bath may be repeated at least every night till the violence of the excitement is removed. A combination of other remedies makes the bath more effectual than when prescribed alone. The cold shower bath has been recommended as a remedy. It may do good if agreeable to the feelings of the patient, but, like the circular swing, it is too frequently considered as a punishment, the patient dreads its application and is frightened when it is applied. In such cases it is injurious rather than beneficial. The simple application of cold water to the head is not usually unpleasant, and is a mode of procuring tranquility in cases of great excitement. When the head is hot there is an instinctive desire to apply cold water to the head and many patients will seek it themselves whenever an opportunity presents. If the efficacy of cold applications to the head in removing paroxysms of excitement was generally understood, the resort to copious bleeding would be less frequent, and greater numbers of patients would recover from insanity, more speedily, and with less evil influences to be overcome by remedies, or to be endured in after life.

In this disease there is often a vitiated state of the skin, the secretions are unhealthy, of peculiar smell, and

offensive. This state of the skin is more generally and effectually relieved by baths than any other remedies. Eruptions, existing or repelled, are often the supposed cause of insanity. Simple or medicated baths are useful in such cases. The general cold bath is an important remedy but not usually applicable to acute mania. Baths are everywhere useful in insanity, but in warm climates where the functions of the skin are of more importance to health than elsewhere, they are not only preventives of disease but efficient remedies in its cure.

Certain sedative medicines, principally narcotics, have been extensively used in this disease. Of these perhaps the *Digitalis* has had the longest and highest reputation. The effect of this remedy in controlling the action of the heart, and diminishing the frequency of the pulse, doubtless first led to its use in insanity, and in some cases it is decidedly tranquilizing.

Narcotics have little power in controlling maniacal excitement unless prescribed in large doses. This is true of *Digitalis*. The unpleasant and sometimes dangerous effects of this powerful medicine, when prescribed freely, should prove a caution as to its use, and has probably led to its very general disuse at this time in the simple form of this disease. This is not to be regretted, as there are many remedies of this class more efficacious in the removal of insanity, and far more safe and agreeable. *Digitalis* should not be wholly discarded in the treatment of mania. There may be cases and combinations of disease in which it may be useful. When prescribed its effects should be narrowly watched, and the medicine withdrawn when its specific action takes place, without apparent mitigation of the symptoms of the case.

Next on the list of narcotics, which has been relied upon in the treatment of acute mania is the *Datura Stramonium*. Twenty-five years ago this remedy was in gener-

al use in the treatment of insanity. It is no common encomium of its virtues that it was highly esteemed and frequently prescribed by the celebrated Dr. Todd, late Superintendent of the Retreat at Hartford, Conn., whose knowledge of insanity and its remedies, and whose thorough acquaintance with narcotics generally entitle his opinions to great weight.

The objections to the use of the Stramonium and Digitalis are similar. In large doses they destroy the appetite, produce dryness of the tongue, disturb the vision, and, in some cases, prostrate the strength to an alarming degree, without controlling the maniacal excitement. The Stramonium, in particular, produces illusions of sight which frequently coincide with the delusions of disease and increase the excitement. There are cases in which the effect of Stramonium is more favorable, controlling the symptoms and inducing sleep, when given in such doses as do not develop its hazardous influences.

The Hyoscyamus has a reputation equal to its merits in the treatment of insanity. It is extensively used both in this country and Europe, and its effects are spoken of as certain and efficacious. This is a remedy, of far less power than the Digitalis or Stramonium, but more agreeable in its effects, and is not attended by the danger which the others produce in full doses. In mild cases of nervous excitement the Hyoscyamus alone, or in combination with other narcotics of equally mild character, produces sleep, controls troublesome excitement, and makes the patient feel better. It is not a powerful medicine, and is far less efficacious than some others of the same class that are equally safe.

Camphor has had a good reputation in allaying maniacal excitement. It is a medicine of some power, and, in large doses, produces decided narcotic effects. The reputation which it once had is lost, and, with Hyoscy-

mus is used only to promote sleep and tranquilize the nervous system in a mild form of disease.

Lupuline is less of a narcotic than either of the above, but with an influence quite favorable on the nervous system, it possesses a tonic power that is beneficial in some forms of insanity.

The combination of Hyoscyamus, Camphor and Lupuline forms a valuable medicine to induce sleep, and is a remedy of no small power in controlling irregular nervous excitement.

Ether, Valerian, and the fetid gums have a reputation quite above their merits in the treatment of insanity. They are of little use and cannot be relied upon to effect any changes in a disease so formidable.

The Cannabis Indica, the Indian hemp of the East Indies, has recently been introduced into the English hospitals as a remedy for insanity. Doctor Conolly, in his lectures on insanity recently published in the London Lancet, bears testimony to the favorable influence of this remedy in controlling the symptoms of mania. This medicine has also been used in France with apparent success. In this country some trial has been made of it and the reports of its utility are any thing but satisfactory. Some attribute to it considerable power, others esteem it of little efficacy. Doctors Nellegan and Mease consider it the same as the Apocynum Cannabinum of the United States Pharmacopœia. This is doubtful. If it is the same the difference in climate may make a difference in medicinal power. However this may be it is probable that it will prove a remedy of secondary importance. Favorable trials of the foreign article and the extensive use of the native Indian hemp, have not at all sustained the high encomiums bestowed upon it by foreign writers. At one time it gained a reputation in dropsy as a stimulant diuretic. It is probably a stimulant narcotic as it has

long been used in India and Persia to produce intoxication. It has but recently been introduced into the *materia medica* in India by the late Dr. O'Shaughnessy of Calcutta. The native article has long been used in this country as a popular remedy.

Of all the narcotic or sedative remedies useful in this form of mania the salts of Morphia, and other preparations of opium, are the most effectual and salutary. It is of little consequence what form of this remedy is selected for use. The sulphate and acetate of morphia are more generally approved, and perhaps the least exceptionable. Liquid preparations of opium are always preferable to solid, especially if the doses to be used are large, as the effect is less liable to accumulate, the influence is sooner felt, and the remedy more easily managed. The tincture of opium is, in many cases, the best preparation, and is equally safe when cautiously and judiciously prescribed. The Dover's powder is one of the best forms to commence this remedy, especially if there is any unnatural heat or dryness of the skin, or determination of blood to the head. The cases in which the preparations of opium are clearly indicated are those in which the excitement is most purely nervous, the surface moist and of no unusual heat, the pulse soft and full, the tongue moist, and the head not unusually hot. If, on the contrary, the head is hot, the eyes red, the skin hot and dry, the tongue red and dry, and especially if there is tenderness in the epigastric region, some preparation is necessary before the opium should be freely given.—When administered it should be combined with Calomel, Antimony, Ipecacuanha or the *Actœa Racemosa*. Calomel or the blue pill may be first given in such cases, blisters or the tincture of Iodine applied over the epigastrium and the warm bath used some time before opium is commenced. The warm bath and cold applications to

the head may also accompany the use of opium in many cases.

When the case is well selected and the system well prepared for the use of opium, or when the case first presents itself indicating its use, it is potent in relieving the excitement and in removing the symptoms of disease. It should be given in liberal doses once in six or eight hours, or if it disturbs the stomach, in smaller doses repeated more frequently. When one preparation disagrees, another may sometimes be substituted with benefit. To gain all the good effects of this remedy it is essential that the system be kept under its influence, and that the doses be repeated sufficiently often that the effect of one shall not be lost till another is administered. It is contrary to all true experience in mania to expect to gain much by the use of opium in single doses at night to promote sleep. Whatever good may occasionally arise in this or any other form of disease from this practice, it is far better that the system be kept under its influence till the excitement is subdued and the disease removed.

In acute mania the patient requires but little sleep. The condition of the brain is such that the replenishing of sleep is not needed as in health, and after sleep the excitement is often increased rather than allayed.

Costiveness if present, or if it supervene in the progress of the treatment, should be obviated by the gentlest remedies. The bowels are not usually very torpid in this disease, and costiveness is attended with less evil than would be expected. A regular state of the bowels is most desirable.

In all cases of acute mania that do not recover spontaneously, or yield at first to other remedies, the preparations of opium should be prescribed unless symptoms exist which forbid their use. It is exceedingly rare that some favorable influence will not be produced, the vio-

lence of the symptoms be lessened and the period shortened by their use. Many cases of mania recover without narcotics or other active treatment, but when they are indicated more confidence can be placed in opiates than in any other remedies, and their effects, in removing disease, are often sudden. If when first administered, opiates do not produce the desired effect, or any unfavorable circumstance attends their use, they may be suspended for a time, till further preparation is made for them, or till the indications for them are more clear, and they may then be resumed with advantage. It is impossible always to foresee the objections to this remedy, but if the symptoms be carefully watched the medicine can be varied or so combined with others as to obviate objections that may occasionally arise to its use. Less doses will be needed to control excitement in many cases when diaphoretic or nauseating remedies are combined with it.

Dr. Conolly remarks that "whatever sedative is given in mania, the dose should be large; less than a grain of acetate of morphia is productive of no good whatever, and laudanum requires to be given in doses of a drachm, or at least forty or fifty drops."

It is better, however, to give smaller doses at the first and repeat them every four or six hours, than to give such large doses at a longer interval. The symptoms of disease yield more readily and the system suffers less when the remedy is managed in this way. Many cases of acute mania require even larger doses than these mentioned by Dr. Conolly, and it is necessary to repeat them frequently before the disease will subside and a healthy condition take place.

Aged people, the intemperate, persons affected with dyspepsia, liver complaints, and general palsy, do not bear opium in large doses as well as the more healthy. The doses should not be less, but, in such cases, the med-

icine usually does best in combination with other remedies.

When opium has been used with benefit in full doses, and the patient becomes more quiet and rational, the medicine may be slowly withdrawn. At first it is better that the dose be diminished than that the number of doses be lessened. If no excitement occur there may be a gradual withdrawal of the medicine till it is wholly removed. When this medicine is taken off too rapidly neuralgia of the lower limbs, with restlessness and general pain over the whole body, or toothache will sometimes occur, coryza and other symptoms of a severe cold frequently follow, and a diarrhoea prevents the entire withdrawal of opium at once. It is desirable that the patient continue under care till the health of body and mind is fully established, and all remedies are abandoned.

Cases of mania following cases of acute disease which have exhausted the energies of the system, in delicate and highly susceptible nervous constitutions, and in those where excitement has been so severe as to waste the powers of the system rapidly, require that the strength be sustained by cordials, tonics, and generous diet.—Preparations of bark, vegetable bitters, aromatics, wine and porter are the remedies to be relied upon when the physical powers flag, and the danger is from exhaustion and debility. The combination of porter and lime water is one of the best cordials in dyspeptic cases with acidity and loss of appetite. The diet in this condition of the system, should be generous.

Convalescents from mania require substantial food in liberal quantities. The tendency of this great excitement is to exhaust the powers rapidly, and frequent and full replenishing is necessary. Moderate exercise in the open air is one of the best restoratives, tending to produce quiet sleep, good appetite, and physical and mental vigor. Insane per-

sons usually sleep better after full suppers. Much of the noise and violence that was formerly found in institutions for the insane, arose from insufficient food, harsh treatment, and severe and painful restraints.

RECAPITULATION.

The Medical Treatment of mania may generally be commenced by a long continued warm bath, especially on going to bed, cold applications to the head, if agreeable to the patient, and the bowels must be moved by a mercurial purge or other laxative. If it is then decided that opiates are appropriate remedies, the Dover's powder with small doses of calomel may be first used, and the solution of the sulphate of morphia, acetate of morphia, or the tincture of opium may be given, either alone or with small doses of Antimony, Ipecac, or *Actœa Racemosa* to determine to the surface. The operation of these remedies should be narrowly watched, and the dose increased or varied according to the effect. If the patient becomes more quiet the doses may be gradually lessened, but the medicine should not be suddenly withdrawn lest the excitement return. If the excitement continues, the remedy may be increased gradually or rapidly till it controls the symptoms, produces quiet, and the mind becomes rational. The warm bath may be renewed if the effect is favorable, and cold may be applied to the head if there is much heat, or if it is grateful to the patient. If the excitement is moderate, the case may be left for a time without medicine, or the milder narcotics may be tried. If, however, narcotics are indicated, no substitute can be found for these different preparations of opium. The strength must be supported by good nourishment, diffusible stimulants, and tonics if needed, and all the appliances moral and physical that can be useful should be added to medical treatment to insure a favorable restoration to health.

CHRONIC MANIA.

The treatment of chronic mania differs considerably from that of the acute forms of the disease. Depletion, as such, either local or general, will rarely be indicated. The period of vascular excitement, if it has ever existed is past. When the patient is quiet, the head is not hot, neither is the pulse excited nor accelerated. If there is any increased heat about the head the extremities will be cold, and the action of the capillary vessels deficient. The functions of digestion are often well performed, the appetite is good, sometimes excessive. In many cases there is no apparent derangement of the physical system which indicates medical treatment except the insanity itself.

If the health is not good the first object should be to improve it. The condition of all the important organs of the body should be attentively examined before the case is abandoned as hopeless. The appetite, apparently good, may be morbid, the functions of the liver may be disturbed, the bowels may be constipated, the evacuations may be unhealthy or a tendency to diarrhoea may exist. The functions of the skin are often badly performed, the secretion is deficient or unhealthy, and a peculiar fetor attends it. The functions of the uterus are frequently disturbed, and an unnatural irritation in that organ affects the general health and gives character to the symptoms of mental alienation.

The warm and cold bath, laxatives, alteratives, deobstruents, tonics, narcotics, a generous diet and active exercise are often indicated in different forms and stages of chronic mania. If the liver is diseased or inactive, the bile vitiated or deficient, and the bowels torpid, mercurials will be indicated for a time, and tonics and narcotics accompany or follow their use. The Conium with Iron is a useful combination to effect salutary changes in

the secretions of the liver, to quiet the irritability and restlessness of the patient, and promote sleep. The doses must be large to produce any perceptible effect. In some cases other preparations of iron combined with narcotics and diffusible stimulants, answer the purpose equally well. Malt liquors, porter, ale, and strong beer are much used in some foreign institutions, and may be prescribed with advantage in many cases. Porter and lime water in equal quantities, form one of the best remedies to invigorate the system, to correct the stomach when dyspeptic, and promote sleep.

In chronic mania there is rarely continued excitement, some periodicity is apparent, and in the intervals neuralgia is frequently troublesome, affecting the face, teeth, and limbs, causing much suffering, and greatly increasing the irritability of the patient. When the excitement comes on, all these symptoms vanish, and a violent mania, equal in severity to a recent attack, continues for some days. In proportion to the length and severity of this excitement will be the corresponding depression and melancholy, and the case will continue in this way for many years. In this form of insanity the mind is less liable to become demented than when either melancholy or mania continues with little or no interruption, and the case is more hopeful of cure than most others found, of chronic mania. Whatever tends to lessen the excitement in one condition, or prevent or remove the melancholy in the other, will diminish the severity of the disease, and aid in accomplishing the cure. Many such cases are but little affected by medicine; some, however, yield favorably to its influence, and finally recover. The diet and regimen that will produce the most perfect bodily health, with tonics, stimulants, and narcotics, have a favorable tendency in this form of mania. In no case is

the perseverance in the use of means attended by more encouraging results. In some cases full doses of opium are very effectual in diminishing the violence of the excitement and preventing the severity of the following depression. A continuance of this remedy for a long period has finally resulted in the removal of disease, and a complete restoration of health. Such favorable results cannot be anticipated in a majority of the cases.

The long continued use of Conium and Iron in large doses, occasionally effects favorable changes, and is worth a fair trial, especially if neuralgia intervenes between the paroxysms of excitement. This remedy is not at all calculated for acute mania, certainly not till the active symptoms have subsided, but in chronic mania its use is often indicated. These indications are torpor of the liver, neuralgia, unhealthy secretions of the intestinal and dermoid surfaces, amenorrhœa, dysmenorrhœa, glandular enlargements, general strumous habit, dyspepsia with gastrodynia and an irritable excited state of the nervous system often observable in insanity, producing irascibility, restlessness, indescribable peevishness, discontentment, and variableness of feeling. Sometimes this remedy will relieve the symptoms before its narcotic effect is distinctly perceived, sometimes slight narcosis takes place before relief is procured, but in general its full effect is not felt in relieving the disease for which it is prescribed till narcosis, more or less obvious is produced. These effects are slight vertigo, pain over the eyes, gastric sinking and faintness, and coldness of the extremities. It is safe to give the medicine in gradually increasing doses till these results are produced, and it may be continued with entire safety for months, the doses being occasionally increased to show that the nervous system is under its influence.

Nitrate of Silver in combination with narcotics, is often

a valuable remedy in mania where there is an epileptic tendency, or where the actions of the heart are involved in disease. Sulphate of Zinc, Quinine, the arsenical solution, Nux Vomica, Guaiacum, aromatics, and all the list of diffusible stimulants are useful to fulfill certain indications and promote the general health.

If the mind has not become demented, no case of chronic mania should be abandoned till all the appliances, medical and moral, that the case may indicate, have had a fair trial, and even a failure under some circumstances should not discourage further attempts to make impressions upon a disease, the symptoms of which sometimes recur only in obedience to established habits, and not from any organic lesion of the brain.

ACUTE OR RECENT MELANCHOLY.

The attack of melancholy is generally less sudden than that of mania; the symptoms come on gradually and progress slowly; the health is more generally and obviously impaired.

In melancholy, one subject, and frequently a single idea, occupies the mind. It may be property, reputation, the present or future well being of the person affected, that engrosses the thoughts and overwhelms the mind with agitation and alarm. With the melancholic there is no present enjoyment, no hope, no confidence, every thing wears a gloomy aspect, every contemplation is sad, and nature, with all its loveliness, is sombre, darkened and cheerless.

In cases of this description the health usually suffers some time before the mind exhibits impairment. The digestive organs are often involved in disease, the biliary secretions are deficient or unhealthy, the bowels are torpid, the evacuations dark, glutinous, and offensive, the appetite is often deficient or morbid, the tongue is furred, though sometimes clean, smooth and often red,

the skin is unusually dry, frequently cold, and the capillary action sluggish.

In the treatment of melancholy the first object is to remove the obvious symptoms of disease, and improve the general health. The bowels should be moved by calomel or blue pill, which may be occasionally repeated, care being taken that salivation be avoided, as this effect of mercury is not desirable. After the first impression is made upon the secretions by mercurial remedies, other laxatives may be substituted which will keep the bowels regularly open, and least disturb the stomach or reduce the strength. Drastic purges are rarely if ever indicated, but sometimes active remedies are required to produce moderate effects when the bowels are quite torpid.

It was in this form of insanity that the ancients prescribed hellebore successfully, and considered it little less than a specific. This medicine is nauseating and drastic, and finds little favor in modern practice.

The infusion of Senna, pills of Aloes, and Colocynth, extract of Butternut, and especially the Guaiacum in tincture or powder, answer well to obviate costiveness. The Guaiacum possesses other medical qualities besides its power as a laxative. It is a favorable stimulant, improving the appetite, invigorating the muscular fibre of the bowels, promoting the action of the capillary vessels of the skin, and, in amenorrhoea, acting favorably upon the uterus. It may be given in doses much larger than are usually prescribed if necessary to obtain its laxative effects. After it has been used some time costiveness does not frequently follow when it is omitted; it leaves a permanent good effect in habits of costiveness.

Next in value to those remedies that make favorable impressions upon the digestive organs, are those that act upon the skin. Baths, friction, and counter irritation are often useful. When the skin is dry, and the capillary action

sluggish, warm and tepid baths followed by friction, are valuable remedies. The invigorating effects of the cold bath and shower bath, followed by friction, are often useful in this form of insanity. This will hardly fail to be true if reaction speedily follows their use. If, however, chilliness, coldness and paleness of the surface follow, and little or no reaction takes place after them, the warm or tepid bath will be found to do better. In many cases, pediluvium answers a better purpose than general bathing, especially if the extremities are inclined to be cold, and the blood is too much determined to the head. Medicated foot-baths are often valuable remedies. For this purpose, mustard, common salt, or the nitro-muriatic acid may be used with benefit.

In many cases of insanity blisters are of doubtful utility, they often produce, rather than allay, irritation, and promote, rather than control excitement, but in some cases of melancholy, especially if there is disease of the digestive organs, and tenderness of the epigastric region, blisters applied over the part are valuable remedies. The tincture of Iodine applied externally, instead of blisters, often answers a valuable purpose and produces less irritation. The antimonial ointment has also the same good effect, but is often more painful than blisters, and sometimes disturbs the stomach with nausea and vomiting.

Tonics and stimulants are valuable remedies in melancholy. Quinine, Iron bitters, aromatics, malt liquors, and other diffusible stimulants, answer a good purpose, in many cases, either alone or in combination with laxatives. The milder narcotics are often useful in allaying irritation and promoting sleep. Conium, Hyoscyamus, Camphor, and Lupuline, may be prescribed for this purpose with advantage, but in many cases the preparations of opium are better than all other medicines for this object. Opium does not usually require to be given in such full doses in melan-

choly as in mania, and night doses do better in the former than in the latter disease.

The combination of Conium and Iron is better adapted to melancholy than mania ; its deobstruent effects are often as necessary as its tonic influence, and the combination is a more efficient remedy than either of the articles alone. In neuralgia, attending melancholy, its effects are often very beneficial, also in cases attended by glandular enlargement, indicating scrofula.

The combination of the extract of Hyoscyamus, Camphor and Lupuline often promotes sleep when other remedies fail, but where decided narcotic influence is required the preparations of opium are decidedly the best, and are more to be relied upon than all others. In certain cases of melancholy the patient is made tranquil and comparatively happy by the use of this remedy, the sleep becomes more quiet, and under its influence the person is able to pursue labor and amusement, when without it his suffering and despondency would wholly prevent him from engaging in any employment. Opiates are particularly indicated in suicidal cases by relieving the extreme suffering which impels to that fatal and deplorable act.

Setons, issues and cupping may be beneficial in certain cases of melancholy, especially where there have been eruptions, permanent or repelled, and where habitual ulcers have ceased to discharge. In ordinary cases they avail little in improving the condition of the patient, but, by the irritation which they excite, sometimes do injury.

Riding and other exercise, amusements, labor, whatever diverts the mind or improves the health of the patient, is of importance in the treatment of melancholy. Confidence in the medical adviser, and encouragement constantly held forth to the sufferer, greatly aid the effect of remedies.—Perseverance with medicine often achieves good when a short trial is attended with little or no benefit.

CHRONIC, OR LONG CONTINUED MELANCHOLY.

In all cases of insanity which have passed into a chronic stage, where the health is not good and medical treatment has been neglected, a trial of remedies should be made. If the disease is not cured, the condition of the patient may be improved, the health made better, the sufferings diminished, and the enjoyments increased. The symptoms should be examined with care and every circumstance of health be attended to. Costiveness, habitual and obstinate, often attends chronic melancholy, morbid appetite is also common, and the functions of the liver are performed imperfectly, or in an unhealthy manner. The state of the skin is frequently bad, and cleanliness has generally been neglected. To remedy this baths are indispensable. Exercise, a very important means of cure, is usually but little attended to, and the extremities become cold, peculiarly soft and livid. With these evidences of physical derangement the mind dwells intently on one subject, broods over it to the neglect of every other till its sphere of action becomes extremely limited. Under these circumstances the energies of physical power, no less than those of the mind, become greatly prostrated, general debility and listlessness follow, exertion is painful and difficult, and no ordinary effort of the individual can relieve this condition of apathy and prostration.

All the appliances of art should be held in requisition to arouse the dormant physical and mental energies. Tonics, alteratives, baths, friction, purgatives, external and internal stimulants, generous diet, exercise, and narcotics may, in different cases, or in succession in the same case, be found useful. Occasionally one individual may be cured, many may be made essentially better, while with some all remedies will fail, and the patient, by imperceptible changes, will grow worse, and finally become permanently demented.

CHRONIC AND ACUTE DEMENTIA.

Dementia is a term usually applied to a state of disease in which the mind is so weakened as to afford little or no hope of improvement. It commonly follows long continued mania and melancholy, and, in most cases, is probably the result of organic disease of the brain. This disease is of course, rarely cured, and can hardly be said to be a subject for medical treatment, except so far as the general health is impaired. In many such cases the health is bad, and the habits of life are perverted. Both medical and moral treatment may here be beneficial. There is often derangement of the digestive organs, vitiated appetite, constipation of the bowels, and a bad condition of the skin, which may be remedied. Baths, laxatives, tonics, and perseverance in the efforts to correct impaired and irregular habits, will greatly improve the condition of the patient. In such cases the brain is not always irreparably injured; great debility, and extreme inaction produce the phenomena instead of organic lesion.

ACUTE DEMENTIA.

There is a form of dementia of recent accession in which the symptoms assume the character of this disease quite early after the attack, which is hopeful, and in which medical treatment is very successful. The appearance of the patient does not differ essentially from the protracted and chronic form. The physiognomy of the case may not be quite so bad, but the indications of loss of mind are nearly as distinct. The length of time which the symptoms have existed being less, the encouragement for the trial of remedies is greater, and the success of them is often exceedingly favorable. The treatment is various, according to the symptoms of the case. Alterative and laxative remedies, baths, tonics, aromatics, stimulants, blisters and irritants are indicated in different forms and stages of the disease. Exercise, active and passive, friction and every means of

arousing the mind from its torpor and invigorating the system, will be found useful auxiliaries in the treatment of this form of insanity.

PERIODICAL INSANITY.

No form of insanity is more troublesome to manage, or difficult to cure, than this, especially if it assumes at periods the two extremes of violent mania, and deep melancholy.

Such cases have, at each occasion, all the symptoms of recent mania, and at their period of depression the discouragement, wretchedness, and suicidal tendency of the most marked recent melancholy. These transitions take place at different periods, sometimes annually, semi-annually, and at shorter intervals. The violence of one form of the disease may generally be predicted by the severity of the other. The condition of the mind in the transition state differs considerably, and this is longer or shorter in different cases. In some cases the mind seems to be nearly rational for a long period; in others, the delusions remain though the excitement subsides, and the extremes of the case are at long intervals. Sometimes the transition is very sudden, and the patient is most of the time greatly excited or much depressed. Some cases recover after years of suffering, in others the paroxysms diminish in frequency and intensity, and the patient is greatly improved if not entirely cured.

The treatment of this form of insanity may be conducted upon the principles before mentioned as applicable to the acute forms of mania and melancholy, with the use of such remedies in the interval as will tend to break up the periodicity of the disease. If, by the use of remedies, the excitement can be lessened, the corresponding depression will probably be less; so if extreme melancholy can be prevented the succeeding excitement will be less severe.

In such cases it is of the greatest importance that all the causes which have a tendency to bring on a renewed at-

tack of disease be cautiously avoided. The health should be preserved as perfect as possible, all excitement should be shunned, especially that intensity of application of mind or body that tends to disturb the nervous system and bring it within the range of disease. By these means confirmed habits of periodicity may, doubtless, be avoided, in many cases, and the recovery may be perfect. If the business or occupation of a person affected with insanity is suspected to act as a cause of disease, it should be abandoned, and such others chosen as will have no such tendency, but rather a counteracting influence. The sedentary should become active, the irregular should become systematic, and those who are fond of excitements should avoid them. In this manner many may escape a return of disease and periodicity be avoided. There are many discouragements in these cases but hope may be entertained while the mind retains its vigor and the physical energies continue. The best efforts will, however, sometimes prove abortive, and though remedies may be used, the disease will remain unchanged, and a long life be spent in the extremes of this form of insanity.

When the maniacal excitement subsides in periodical insanity, neuralgia of the limbs, joints, teeth or face, often follows, and severe bodily suffering attends the gloom and wretchedness of the mental depression. In this form of disease the health is not usually good; this is more manifest in the period of depression. The remedies usually prescribed in neuralgia succeed in relieving the suffering of the patient, and improve the health. Of these the preparations of opium, bark, Nux Vomica, Conium and Iron, the arsenical solution, and Veratrine, are the most effectual.

PUERPERAL INSANITY.

Insanity occurring in the puerperal state is a dangerous complication, and requires some modification of the treatment usually pursued. The symptoms are generally se-

vere, the mania furious, and the indications of physical disease considerable. The hot skin, frequent pulse, wild delirium, and coated tongue resemble inflammation so strongly that there is danger of mistaking the case, and adopting a course of treatment which these deceptive symptoms seem to indicate. General bleeding is rarely useful, but leeching may often afford present relief and prepare the system for other remedies. Cold applications to the head give much relief, and local warm bathing to the feet, at the same time, or a general warm bath may be frequently beneficial. Calomel alone or in combination with Dover's powder may then be given till it moves the bowels freely, and be repeated in small doses till the secretions are favorably affected, the skin becomes soft, and the tongue moist. If the insanity continues, the preparations of morphia may then be given in such doses as the patient will bear, cautiously watching its effects. If they are favorable, the symptoms usually subside rapidly, the case terminates favorably, and the recovery is soon complete. Tonics and stimulants often aid in the speedy restoration of health.

INSANITY COMPLICATED WITH PALSY.

The complication of insanity with palsy is usually unfavorable, and is rarely entirely removed. With partial palsy the mind is subject to certain impairment which is relieved and occasionally is nearly restored. But even in the most favorable cases, a peculiar imbecility follows, attended by a propensity to shed tears from the slightest cause, especially if there is any allusion made to the condition of the individual.

General palsy complicated with insanity is always fatal. Remedies may be prescribed with some advantage to relieve particular symptoms and improve the general health, but the benefit is temporary: fatal symptoms, in the form of epilepsy or apoplexy, occur when least expected, and, if not at the first attack, it will, at some subsequent period, assuredly result fatally.

When apoplexy or repeated epileptic paroxysms occur under such circumstances, and the patient lies insensible for hours or days, a full dose of calomel, repeated every six or eight hours, will, when it operates, relieve the symptoms and restore the patient to his former condition. Stimulant injections are often beneficial in such cases, sinapisms and blisters may also do good.

In the treatment of apoplexy following general palsy, bleeding is injurious, and in the condition of general palsy opiates have almost always an unfavorable effect. Acrid stimulants are often beneficial, such as tincture of *Lytta*, *Ammonia*, *Veratrine*, *Nux Vomica*, and wine and malt liquors, with generous diet.

The brain of intemperate persons is in much the same condition as that of those affected with general palsy, and when they become insane, bleeding is always injurious, and opiates are frequently unfavorable in their effects. In some cases of delirium tremens opiates do well.

The relaxation of the sphincter of the bladder attending general palsy, which makes the condition of the patient uncomfortable, is often entirely relieved by the use of the *Nux Vomica*. This remedy is also useful in many cases of palsy to relieve the attendant neuralgic pain and restore the muscular system.

INSANITY COMPLICATED WITH EPILEPSY-

This form of insanity is most difficult to manage and hardly admits the hope of cure. In many cases, the patient is so impulsive, and the fits of violence so sudden and dangerous, that he cannot be trusted to associate with others unless constantly under the eye of an attendant, or in some kind of restraint. Forlorn as is this form of insanity, it can be favorably influenced in a majority of cases, by medical treatment, not to the extent of effecting a cure, but to lessen the violence of the case, and diminish the number and severity of the paroxysms. In some cases, the insanity

seems to be much relieved or cured when the epilepsy continues.

The use of the nitrate of silver, in this complication of insanity, often produces obvious effects. The doses should be liberal, and the medicine continued for some time. The extract of Stramonium, in such doses as slightly to impair the vision, is also a valuable remedy. The combination of these two articles is usually more effectual in epilepsy than either, alone. In a large proportion of cases a liberal use of them will be attended by obvious and favorable results, though they rarely cure the disease when complicated with insanity.

The next most favorable remedy in the treatment of epilepsy alone or complicated with insanity, is the arsenical solution of Fowler. This must also be given so as to produce its specific effects or little benefit is derived from its use. It is more effectual in controlling the paroxysms when combined with morphia in moderate quantities, and its unpleasant effects are thus obviated. It is a valuable remedy and may be continued for a long time as its effects are never accumulative.

In cases of epilepsy with constipation of the bowels, the Croton Oil alone, or in combination with other remedies has proved useful. Costiveness should be avoided in epilepsy, especially when it is combined with insanity. It should be cautiously obviated in all cases of insanity, but undesirable as it is in this class of diseases, a diarrhoea is much more to be dreaded. The Croton Oil can be managed so as to act as a drastic purge or a mild and safe laxative. In this respect it differs from most active cathartics.

Nux Vomica is often prescribed with benefit in epilepsy. In some cases it is useful in combination with nitrate of silver and stramonium.

INSANITY COMPLICATED WITH DYSPEPSIA.

Dyspepsia is frequently found to be the cause of insanity, and is often complicated with it when not strictly the cause. Obstinate costiveness attends in many cases, and such a total loss of appetite and loathing of food that the patient will often suffer from starvation if not urged and persuaded to take nourishment. Patients frequently vomit their food and have great derangement of the secretions of the stomach, flatulency, acidity, and morbid bile. Diarrhoea with red and dry tongue is worse than costiveness, and is an unfavorable complication of disease. Costiveness is easily obviated and produces less ill effect than would be supposed, but diarrhoea is often difficult to control, and when it has been suppressed it will recur again from the slightest cause.

Tonics, laxatives, baths, gentle exercise, friction, and a proper regulation of diet constitute the treatment of insanity with this combination of symptoms. Astringents, aromatics, and moderate opiates are indicated when diarrhoea is present. If acidity is troublesome, attended with loss of appetite, one of the best remedies is a combination of lime water with porter or strong beer. If with costiveness there is distress from food, the aromatic tincture of Guaiacum is little less than a specific, when given in doses sufficiently large to prove laxative. In recent cases of dysentery and diarrhoea, emetics of Ipecac and sulphate of zinc often prove useful, followed by opiates, nitrate of silver, Capsicum and other aromatics. In chronic cases, in addition to these remedies the tincture of Zanthorrhiza is found very useful given in brandy and water or milk. Severe dyspepsia complicated with insanity often results in fatal marasmus, of which diarrhoea is usually one of the most troublesome symptoms. This disease is probably the most frequent fatal termination of insanity.

PULMONARY CONSUMPTION.

This is second on the list of fatal diseases with the insane, showing that the character of disease of the brain is often scrofulous in its origin. In some cases disease of the lungs and of the brain alternate. When the excitement is great, the cough and expectoration abate or cease; when the excitement subsides the cough returns and the expectoration is abundant. The occurrence of insanity occasionally suspends the symptoms of pulmonary disease, but they recur and prove fatal when the insanity is cured.

A rapid consumption is frequently the fatal event of insanity. The form of dyspeptic Phthisis is also frequent with the insane. This disease requires no peculiarity of treatment.

Erysipelas is a troublesome disease with the insane, and often assumes a dangerous and fatal form. Erysipelas of the extremities is much more to be dreaded than that of the face. When it is suppurative it is rapid and requires very prompt treatment.

The application of strong tincture of Iodine to the inflamed surface and beyond the margin, on the very commencement of the disease, is an exceedingly successful remedy. Should the disease pass the line made by the application of the Iodine, it may be extended farther, till it shall arrest the progress of the inflammation and convert a disease which might have been dangerous and fatal, into a comparatively mild and harmless affection. A circle made beyond the boundary of disease, by the nitrate of silver or of the Lytta, often answers the same valuable purpose. Another useful practice is, to puncture the inflamed limb repeatedly with numerous incisions, thus allowing the infiltrated pus to escape, and removing the distention which greatly aggravates the suffering of the patient. The constitutional remedies in this form of dis-

ease are, first, alteratives and laxatives, followed by tonics, stimulants, narcotics, and good liquid nourishment.

Disease of the heart, of the uterus, and neuralgia, often attend insanity but require no peculiar treatment.

Amenorrhœa is frequently considered a cause of insanity, and its removal is looked to as a sure indication of cure. In this there is often disappointment. Whatever indicates returning health is favorable in insanity. When the health improves, in recent cases, before there is any particular change in the state of the mind, the indication is favorable. So far the return of the menses gives encouragement. They are restored in many cases, however, without any very obvious change in the symptoms. The menstrual period is often attended by increased excitement, and this is quite as likely to follow, as to precede or accompany discharge. In such cases the suspension of the menses is attended by favorable results till the general health is improved and the irritable state of the uterus, and general nervous system is allayed or removed. In cases where the periods of excitement are connected with the menstrual visitation the occurrence of pregnancy and the final cessation of the menses has been attended by favorable results, even by a radical cure.

Mercurial and aloetic purges, tincture of Guaiacum, the various preparations of Iron with or without Conium, are to be relied upon in amenorrhœa, but they effect a cure by improving the general health rather than by any specific effect upon the uterus itself.

It has been remarked that the insane are peculiarly liable to neuralgia, especially when the disease is paroxysmal.

It is most successfully treated by narcotics and tonics. Morphia, Conium, Nux Vomica, Belladonna, arsenical solution, Quinine, Iron, Zinc, and Nitrate of Silver, are all

valuable remedies, and should be if necessary, administered freely. Belladonna, Veratrine, and cold water, applied externally, often relieve the pain remarkably.

There are cases of insanity in which there is at first high excitement, but in a few days there is an alarming collapse with symptoms of great exhaustion and debility. The head and chest are usually hot, while the extremities are cold, purple, and covered with perspiration. The action of the heart is feeble, often irregular. The pulse is exceedingly weak, and, in fatal cases, ceases at the wrist long before the brain dies. These cases indicate danger from the first, and must be treated promptly or fatal symptoms will occur unexpectedly. The bowels should be gently moved by calomel, and small doses of this remedy may be continued for a few days. Cold should be applied to the head, and blisters, sinapisms and rubefacients to the extremities and the chest. Great care should be taken not to exhaust the strength, and the vital powers should be sustained by a free use of volatile and diffusible stimulants, and good liquid nourishment. If opium is given, it should be in small doses combined with calomel, and at short intervals. Large doses fail to quiet the excitement, and in some cases seem to coincide with other influences to increase the delirium and irritation of the brain.

The views of experienced men at the present day, as to the treatment of insanity, differ greatly from those that were usually promulgated at the commencement of the present century. If there is a difference of opinion as to the necessity of medical treatment in various cases of insanity, there is great unanimity of sentiment in this country and in Great Britain, as to the indications of cure and the kind of remedies most to be relied upon when they are to be used.

The abandonment of depletion, external irritants,
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drastic purges and starvation, and the substitution of baths, narcotics, tonics, and generous diet, is not less to be appreciated in the improved condition of the insane, than the change from manacles, chains, by-locks and confining chairs, to the present system of kindness, confidence, social intercourse, labor, religious teaching, and freedom from restraint. In this age of improvement, no class of mankind have felt its influence more favorably than the insane. But we should not be satisfied with present attainments. Much undoubtedly remains to be done for them. Good influences are everywhere operating, and we may confidently hope that what is overlooked by the passing generation, which might have been beneficial to them, will be supplied by their successors.

ARTICLE II.

REPORT ON THE PAST AND PRESENT CONDITION OF THE INSANE IN CANADA EAST.

By DOCTOR FREMONT, one of the Managers of the Quebec Lunatic Asylum.—*Read at a Meeting of the Association of Medical Superintendents of American Institutions for the Insane, June, 1850.*

Until comparatively lately in Canada East, no attempts were made to treat insanity as a disease, in many cases susceptible of alleviation and of cure. From the settlement of Canada until 1845, this unfortunate class of the human family were kept confined, either in close apartments in private dwellings, in the gaols of the different districts, or in cells made in buildings attached to and under the care of some one of the religious com-