Medical Inquiries
and Observations upon
The Diseases of the Mind

By
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With an Introduction by
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PREFACE

Benjamin Rush's last medical book was this elaborate treatise on Medical Inquiries and Observations on Diseases of the Mind, published in 1812 in Philadelphia a year before his death. This was the first comprehensive American volume on mental illness and exerted an important influence on early medical psychiatric concepts in America for almost seventy-five years. Many of Rush's ideas of mental illness were based on his personal observations and experiences with patients in the Pennsylvania Hospital. He was a careful observer and noted the role of injuries and malformations of the brain; the mental effects of systemic diseases and drugs; the moral effects of early ethical training and family life; and the devastating influence of abuse of alcohol. He was one of the earliest physicians to advocate humane treatment of the insane and to recommend the use of hydrotherapy, physical exercise and adequate diet in the proper management of the mentally ill. Many consider Rush the first American psychiatrist.

He significantly influenced medical practice and medical practitioners of his time and is perhaps best known by his five volumes of Medical Inquiries and Observations brought out between 1789 and 1798. Being an energetic, imposing man with a brilliant mind, an inquisitive interest and a burning humanitarian passion, he easily found himself involved in many causes. In 1774 he joined James Pemberton in founding the first antislavery society in America. He is best known as one of the signers of the Declaration of Independence. For a time he was Surgeon General of the Middle Department of the Continental Army. In 1787 he was one of the members of the Pennsylvania Convention which adopted the Federal Constitution. In 1799 he was appointed Treasurer of the U.S. Mint in Philadelphia.
His writings covered a wide range of subjects including medicine, psychiatry, language, the moral faculty, the abolition of capital punishment, maple sugar, medicine among the American Indians, the restriction of smoking and spirit drinking, dental focal infection, dreams and their possible significance. He saw the interrelationships between medical, moral and philosophical subjects and tended to take very positive and vociferous positions on the public, medical and ethical problems of his times. In fact he was constantly engaged in both professional and political controversy and quickly championed righteous as well as some unpopular and hopeless causes.

Benjamin Rush was born of English Quaker ancestry on December 24, 1745 in Byberry Township near Philadelphia. His father was a gunsmith and farmer who died when Benjamin was aged only six. His mother ran a grocery shop and was able to send the boy to a country school in Maryland from which he entered the College of New Jersey (later to be called Princeton) and graduated at the age of seventeen. He was apprenticed to John Redman, a leading Philadelphia physician. During this period he learned to compound medicines, visited the sick, helped as a nurse and read Boerhaave’s lectures on pathology and physiology and Sydenham’s books on clinical medicine. In 1768 he took his medical degree in Edinburgh and spent the following year in hospitals in London and Paris. Here he was most fortunate in contacts with William Hunter, John Fothergill and George Fordyce. Benjamin Franklin took a special interest in Rush and introduced him to Samuel Johnson, Sir Joshua Reynolds and Oliver Goldsmith. All these men stimulated the young physician to a sense of broad humanitarian responsibility.

On his return to Philadelphia in 1769 he began his own practice of medicine and soon was lecturing at the Philadelphia medical colleges. In 1796 he was appointed to the Chair of the Theory and Practice of Medicine at the University of Pennsylvania. He lived a full and active life and died in Philadelphia on April 19, 1813 after a brief illness, with typhus fever. He was the best-known American physician of Revolutionary times.

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by reasoning with success, and that is, a belief, which patients in this pleasant state of derangement now and then entertain, that they are favoured with extraordinary revelations, and particularly a knowledge of future events. In these cases they should be told, that supernatural knowledge of that kind has generally been revealed to two or more persons at the same time, and that it has always been accompanied with a power of working miracles. Even the Saviour of the world did not rest the credibility of his divine origin, and the objects of his mission, upon his single testimony in favour of himself, nor yet upon the supreme and miraculous power he exercised over spirit and matter; but condescended to receive the testimony of his twelve apostles in favour of the former, and compelled a belief in the latter, by endowing them with a power, similar to his own, over all the operations of nature.

Both tristimania and amenomania often continue for months and years, in the form in which they have been described, but they are as often followed by derangement in every part of the understanding, and in all, or a part of, the other faculties of the mind. When this is the case, it is called general madness, which is the next subject of our inquiries and observations.

CHAPTER V.

Of General Intellectual Derangement.

I shall divide this general form of derangement into three grades or states.

I. Mania, by which I mean what has been called tonic madness by some writers, and mania furibunda by Vanswieten.

II. Manicula, or madness in a reduced, and most commonly in a chronic, state.

III. Manalgia, or that state of general madness, in which a universal torpor takes place in the body and mind.

This division of general madness into three states, accords with similar divisions, which have lately been adopted of several other diseases, particularly rheumatism, and inflammation of the liver.
The former is known by the names of rheumatismus, rheumaticula, and rheumatalgia, and the latter by the names of hepatitis, hepaticula, and hepitalgia. The propriety of thus conforming madness to the divisions of those two diseases will appear when we consider the unity of their proximate cause, and that they all depend upon similar morbid actions in the blood-vessels. Rheumatism and hepatitis, therefore, may be considered, if I may be allowed the illustration, as madness in the joints, or liver; and madness, as rheumatism, or hepatitis, in the brain.

I. I shall begin with the history and cure of general madness of the first grade, or of what I have called mania. Its premonitory signs are, watchfulness, high or low spirits, great rapidity of thought, and eccentricity in conversation, and conduct; sometimes pathetic expressions of horror, excited by the apprehension of approaching madness; terrifying or distressing dreams; great irritability of temper; jealousy; instability in all pursuits, unusual acts of extravagance, manifested by the purchases of houses, and certain expensive and unnecessary articles of furniture, and hostility to relations and friends. The face is pale or flushed, the eyes are dull, or wild, the appetite is increased, the bowels are costive, and the patient complains sometimes of throbbing in the temples, vertigo, and head-ache. The gentleman formerly mentioned, in whom madness was excited by a number of small shot lodged in his foot, when a school boy was afflicted with deafness. A sudden return of his hearing was always a premonitory sign of an approaching attack of derangement.

The remedies in this case should be,

1. The removal of all the remote and exciting causes of the disease, and particularly to abstract the patient from study and business, if they have produced it, and to substitute in their room relaxation and amusements. Dr. Boerhaave once passed several weeks without sleep, and discovered other signs of approaching derangement. He was cured by being torn from his books, and allured into agreeable company.

2. Changing the subjects of our patients studies, when they are abstruse and difficult, to such as are of a lighter nature. Rousseau often removed, by this means, the premonitory symptoms of madness. The celebrated Mr. M'Laurin, the friend and cotemporary of Sir Isaac Newton, made it a practice to relieve his mind, when debilitated
by hard study, and thereby predisposed to this disease, by reading novels and romances; and such was his knowledge of them, that the late Dr. Gregory informed me he was often appealed to for the character of every work of that kind that appeared in the English language.

3. Low diet, and a few gentle doses of purging physic, and, if the pulse be full or tense, the loss of ten or twelve ounces of blood. By means of these remedies, I have in many instances prevented an attack of madness.

The symptoms of this state of derangement, when completely formed, as they appear in the body, are, a wild and ferocious countenance, enlarged and rolling eyes, constant singing, whistling or hallowing, imitation of the noises of different animals, walking with a quick step, or standing still, often with the hands and eyes elevated towards the heavens; wakefulness for whole nights, weeks, months, and, according to Dr. Morely's account of a boy at Naples, for years; great muscular strength, uncommon adroitness in performing certain acts, and uncommon swiftness in running. The nerves are insensible to cold, heat, and to irritants of all kinds. I am aware that insensitivity to cold is denied by Mr. Hal-

The skin is dry, cool, and sometimes covered with profuse sweats. A coldness often affects the feet only, for days and weeks, while the head, and other parts of the body, are preternaturally warm, or of their natural temperature.

The senses of hearing and seeing are uncommonly acute. This is obvious, from their hearing so distinctly low and distant sounds, and from their prompt recollection of long unseen and forgotten faces, and of the resemblance of persons, whom they have never seen before, to their parents, or to some other of their ancestors.
The tongue is generally moist, and frequently has a whitish appearance, such as occurs in common fevers. There is sometimes a preternatural secretion of saliva and mucus in the mouth and throat, which is of a viscid nature, and discharged with difficulty by spitting. From the constancy of this symptom in some mad people, they obtained the name of sputatores, or spitters. There is generally a stoppage of the secretion of mucus in the nose. Dr. Moore found this to be the case in two thirds of all the maniacs in the Pennsylvania Hospital, whom he examined at my request, with a reference to this symptom. Where this secretion was not suspended, he found the mucus of the nose dry and hard.

The appetite for food is great, or there is a total want of it. The bowels are generally costive, and the stools white, small, and hard. The urine is scanty in quantity, and, for the most part, of a high colour.

The pulse is synoëcha, intermitting, preternaturally slow, frequent, quick, depressed, or morbidly natural, exactly as we find it in other arterial diseases of great morbid action. It is generally depressed, where the muscles are in a state of violent excitement.

The symptoms of mania, as they appear in the mind, vary with its causes. When it is induced by impressions that have been made upon the brain through the medium of the heart, all the faculties of the mind discover marks of the disease in all their operations. In its highest grade, it produces erroneous perception. In this state of derangement, the patient mistakes the persons and objects around him. This may arise either from a disease in the external senses, in which case it is called morbid sensation; or from a disease in the brain. It is when it arises from the latter cause only, a symptom of the first or highest grade of intellectual derangement. We have a striking illustration of this diseased state of perception in the character of Ajax, in the tragedy of Sophocles. He becomes mad, in consequence of Ulysses being preferred to him in the competition for the arms of Achilles. In one of his paroxysms of madness, he runs into the fields, and slays a number of shepherds and their cattle, under a belief that they were Agamemnon, Menelaus, and others, who had been the instruments of his dishonour. Afterwards he brings a number of cattle to his tent, and among them a large ram, which he puts to death for his rival and antagonist Ulysses. Persons under the influence of this grade of madness sometimes
mistake their friends for strangers, and common visitors for their relations and friends. They now and then fancy they see good or bad spirits standing by their bed-sides, waiting to carry them to a place of torment or happiness, according as their moral dispositions and habits in health have prepared them for those different abodes of wicked or pious souls. Not only the eyes, but the ears likewise, are the vehicles of false perceptions, and to these we are to ascribe the soliloquies we sometimes observe in mad people. They fancy they are spoken to, and their conversation frequently consists of replies only to certain questions they suppose to be put to them. These false perceptions are more common through the ears than the eyes in mad people. The latter occur constantly more or less in delirium, but we occasionally see them in the highest grade of intellectual madness. When these errors in perception take place, madness has been called *ideal* by Dr. Arnold, but more happily *diseased* perception by Dr. Creighton. It is in this state of madness only that it is proper to say, persons are "out of their senses;" for the mind no longer receives the true images of external objects from them.

To account for these erroneous or diseased perceptions, it will be necessary to remark, that the correspondence of ideas and thoughts with impressions, depends upon the *sameness* of the impressions which produced the original ideas and thoughts. Now this correspondence can take place only when the brain is in a healthy state. When it is *diseased*, impressions induce unrelated ideas and thoughts, as in the case of Ajax just now mentioned. It will be necessary to remark further in this place, that no idea can be excited in the mind, however erroneous it may be, from a want of relation between impression and perception, that did not pre-exist in the mind. Ajax could not have fancied a large ram to be Ulysses, had not his image from a former impression of his person upon his brain, pre-existed in his mind; and it was because the part of his brain which was stimulated by the image of the ram did not emit a corresponding perception, but conveyed the motion excited by it to that part of the brain in which the image of Ulysses had been imprinted, that he saw him instead of a ram. The nature of this error of perception may be understood, by recollecting how often impressions upon a sound part of the body produce sensation and motion, in parts that are affected with a morbid sensibility and irritability, that are remote from
it. These errors, as applied to the body, have lately received the names of error sensus, and error motus. They occur in all the senses, as well as in the nerves, muscles and brain.

Where these erroneous perceptions do not take place, the associations of a madman are often discordant, ludicrous, or offensive, and his judgment and reason are perverted upon all subjects. He sometimes attempts to injure himself or others. Even inanimate objects, such as his clothing, bed, chairs, tables, and the windows, doors, and walls of his room, when confined, partake of his rage. All sense of decency and modesty is suspended; hence he besmears his face with his own excrections, and exposes his whole body without a covering. When he roams at large, or escapes from a place of confinement, lonely woods, marshes, caves, or grave-yards, are his usual places of resort, or retirement. What is called consciousness is at this time destroyed in his mind. He is ignorant of the place he occupies, and of his rank and condition in society, of the lapse of time, and even of his own personal identity. Shakspeare has very happily described a part of this state of mind, when he makes King Lear utter the following words:

"I am mainly ignorant
What place this is; and all the skill I have
Remembers not these garments, nor I know not
Where I did sleep last night."

This grade of derangement is generally of short duration. It gradually leaves the memory, and appears with less force in the passions and moral faculties, but still occupies, in a greater or less degree, every part of the understanding.

The sameness in the operations of nature, in thus gradually contracting the seat and extent of this disease to one faculty of the mind, and in contracting the seat and extent of violent fevers to the blood-vessels, was noticed in a former part of these Inquiries.

In this reduced state of madness, the mind becomes more coherent, and perceives, and associates correctly, but judges incorrectly, that is, draws erroneous conclusions from false premises. But there are cases in this reduced grade of derangement in which the patient perceives justly, associates naturally, judges correctly, but reasons erroneously, that is, draws false conclusions from just prepositions. Sometimes he discovers the reverse of this state of mind, by drawing just conclusions from erroneous perceptions, associ-
ations and judgments. Thus, when he fancies himself to be a king, he errs in all the ways that have been mentioned. But observe his conduct: he covers himself with a blanket which he calls a robe; he puts a mat upon his head which he calls a crown, struts with a majestic step, and demands the homage due to royalty from all around him. In this respect he reasons justly from false premises, and acts conformably to the high opinion he entertains of his rank and power. In a more advanced state of the disease, the hostility of the patient is confined to his friends and relations only, and this is frequently great in proportion to the nearness of the connection, and the extent of the obligations he owes to them. Its intensity cannot be conceived of by persons who have observed that passion only in ordinary life. I once advised a ride in a chair, for one of my private patients in this state of mind, in the Pennsylvania Hospital. Before he got into it, he made the steward of the hospital, who was to accompany him, declare, that no one of his family had ever rode in it. But further, while the disease occupies the whole understanding, the patient discovers more derangement in talking upon some subjects than others. These subjects are sometimes of a pleasant, but oftener of a distressing nature. The disease varies with each of them by putting on the appearance of amenomania in the former, and tristimania in the latter case. It differs from them both in the errors and prejudices that are entertained by the patient, being accompanied with more corporeal and mental excitement; in being less fixed to one object, and in occupying every part of the understanding.

From a part of the brain being preternaturally elevated, but not diseased, the mind sometimes discovers not only unusual strength and acuteness, but certain talents it never exhibited before. The records of the wit and cunning of madmen are numerous in every country. Talents for eloquence, poetry, music and painting, and uncommon ingenuity in several of the mechanical arts, are often evolved in this state of madness. A gentleman whom I attended in our hospital in the year 1810 often delighted, as well as astonished, the patients and officers of our hospital, by his displays of oratory, in preaching from a table in the hospital yard every Sunday. A female patient of mine, who became insane after parturition in the year 1807, sang hymns and songs, of her own composition, during the latter stage of her illness, with a tone of voice so soft and pleasant, that I hung upon it with delight, every time I
visited her. She had never discovered a talent for poetry nor music in any previous part of her life. Two instances of a talent for drawing, evolved by madness, have occurred within my knowledge; and where is the hospital for mad people, in which elegant and completely rigged ships, and curious pieces of machinery, have not been exhibited, by persons who never discovered the least turn for a mechanical art previously to their derangement. Sometimes we observe in mad people an unexpected resuscitation of knowledge; hence we hear them describe past events, and speak in ancient or modern languages, or repeat long and interesting passages from books, none of which we are sure they were capable of recollecting, in the natural and healthy state of their minds.

The disease which thus evokes these new and wonderful talents and operations of the mind may be compared to an earthquake, which, by convulsing the upper strata of our globe, throws upon its surface precious and splendid fossils, the existence of which was unknown to the proprietors of the soil in which they were buried.

Sometimes the cause which induced derangement is forgotten, and the subjects of the ravings, as well as the conduct of patients, are contrary to their usual habits; but they both more frequently accord with their natural tempers and dispositions, and with the cause of their disease.

Are they naturally proud and ambitious? They imagine themselves to be kings, or noblemen, and demand homage and respect. Are they naturally avaricious? They fancy they possess incalculable wealth. Are they ferocious and malicious? They assume the nature of wild beasts, and attempt to injure their friends and keepers. Are they sensual and slovenly in their dispositions and dress? They discover marks of both in their conversation and appearance? Are they pious and benevolent? They are inoffensive in their deportment, and spend much time in devotional exercises. But the conduct and language of madmen are much influenced by the specific cause that induces it. Does it arise from reciprocal love, opposed in the object of mutual wishes by interested friends? It vents itself in sighs and songs, or sonnets and love letters. Is madness induced by perfidy in a lover? It discovers itself in all the usual marks of resentment, rage, and, when practicable, of revenge. Ariosto has with great elegance and correctness described these marks in the conduct of Orlando,
when deserted by his beloved Angelica. He lies down upon a bed in order to rest a few minutes, but the moment he recollects that Angelica once slept upon that bed, he instantly starts from it, tears up the tree by the roots upon which she had cut her name, and finally dries up the water in which she had been accustomed to view her face.

Has the disease been induced by a conflict between the moral faculty, and the sexual appetite, or by the undue gratification of it? The habitual and morbid impurity of the mind discovers itself in corresponding conversations and actions. Several cases of this kind in both sexes, have occurred in our hospital.

But, further, is madness induced by the ingratitude or treachery of friends, or by the unjust calumnies of the world? The conversation and conduct of the patient indicate a coldness or hostility to the whole human race. In this state of mind, the walls of a cell, and even darkness, are welcomed, to protect the miserable sufferer from the sight of the supposed monster—man.

Mr. Merry has very forcibly described the feelings of a person deranged from this cause, in the following lines:

"But most to him shall memory prove a curse,
Who meets capricious fortune's sad reverse.
Who once, in wealth, indulg'd each gay desire,
While to possess, was only to require.
Who scatter'd bounty with a liberal hand,
And rov'd at will, through pleasure's flow'ry land.
By ruin cast amongst the lowly crew,
What doleful visions pass before his view!
His taste, his worth, his wisdom disappear,
His virtues too, none notice, none revere.
Cold is the summer friend, who liv'd to trace
His playful fancy's ever varying grace.
Even nature's self a different aspect wears,
Dimm'd by the mists of slow consuming cares.
Glows not a flower, nor pants a vernal breeze,
As in his hours of affluence and ease.
While every luxury that the world displays
Wounds him afresh, and tells of better days."

Is madness induced by remorse for real or imaginary crimes? The wretched sufferer fancies his bed room a dungeon, and his physician an executioner, or he cries out to be delivered from infernal spirits, which he supposes to be waiting around his bed, to carry his soul to a place of torment.

Is it induced by false and gloomy opinions of the attributes of the Deity, and a belief of being destined to endless misery? His apartment becomes vocal day and night with the groans and sighs, and the excruciating language of despair.

Is it brought on by a belief in his being a peculiar favourite of heaven, and destined to fulfil some of its high and benevolent decrees? His mind overflows with enthusiastic joy, and he stands aloof from an intercourse, and even from the contact of mortals. Two instances of this kind have come under my knowledge in this city.

Has the sudden and unexpected acquisition of great wealth perverted the natural operations of the mind? The maniac from this cause is elevated, cheerful, sings and laughs from morning till night. I have seen one instance of this state of madness in our hospital from the cause I have mentioned. It is from such cases of madness, that it has been said to be attended with pleasure. Horace's madman complained of his physician, for restoring him to his former humble grade of life by curing him, and Dr. Thomas Willis mentions an instance of a man, who was so happy in his paroxysms of madness, that when he was well he longed with impatience for their return; but such instances of happiness in madness are very rare. It is more frequently, I shall say hereafter, accompanied with misery, or a total insensibility to it.

The nature of a paroxysm of madness is much diversified, by its affecting the moral faculties, or leaving them in a sound state. Shakspeare has happily illustrated the encroachment of intellectual madness upon the moral faculty, and the sudden recovery of its correct state, in the following lines, which he makes his mad King Lear to utter upon being called upon to punish one of his subjects for adultery.

"Thou shalt not die—die for adultery!
No!—to it luxury—pell mell—
For I want soldiers."
And then, as if suddenly penetrated with a sense of the indecency of what he had said, he adds,

"Fie!—Fie!—Fie!—Pah!
Give me an ounce of civet, good apothecary,
To sweeten my imagination."

The reader will excuse my frequent references to the poets for facts to illustrate the history of madness. They view the human mind in all its operations, whether natural or morbid, with a microscopic eye; and hence many things arrest their attention, which escape the notice of physicians.

To the history that has been given of the correspondence between the ravings and conduct of mad people, and their natural tempers and dispositions, there are several exceptions. These are, all those cases in which persons of exemplary piety and purity of character utter profane, or impious, or indecent language, and behave in other respects contrary to their moral habits. The apparent vices of such deranged people may be compared to the offensive substances that are sometimes thrown upon the surface of the globe by an earthquake, mixed with the splendid fossils formerly mentioned, which substances had no existence in nature, but were formed by a new arrangement in the particles of matter in consequence of the violent commotions in the bowels of the earth.

Not only the ravings of mad people, for the most part, accord with their habitual tempers and dispositions, and the causes of their disease, but their conduct corresponds in like manner with their habitual occupations. The lawyer, the physician, and the minister of the gospel, frequently employ themselves in the exercises of their several professions. The merchant spends much of his time in making out invoices, and in writing letters; the politician devours a daily newspaper; the poet writes verses; and the painter draws pictures upon the walls of their respective cells; the mechanic cuts out houses, ships, carriages, and bridges, from pieces of sticks, with his pen-knife; the sailor heaves his log or his line; and the soldier goes through his manual exercise with a cane, and never fails to salute his visitors by lifting the back of his hand to the side of his head.

These habitual actions seldom take place until the disease has subsided, in a considerable degree, in the temper and passions.

After the detail of the symptoms of general madness that has been given, I feel disposed to
look back for a few minutes, and contemplate, with painful and melancholy wonder, the immense changes in the human mind, that are induced by a little alteration in the circulation of the blood in the brain. What great effects are produced in this instance by little causes! How slender the tenure by which we hold our intellectual and moral existence! and how humiliating our situation from its loss! Well might the eloquent Mr. Cowper, from this view of the mind of man, consider it as

"A harp, whose chords elude the sight,
Each yielding harmony, dispos'd aright.
The screws revers'd! (A task, which, if he please,
God in a moment executes with ease)
Ten thousand times ten thousand strings go loose:
Lost! till he tune them, all their power and use."

There is a considerable variety in the forms of general madness. It appears,

I. In a single acute and violent paroxysm, such as has been described, which continues for days, weeks, and sometimes months, and ends in death, a remission, or a perfect and durable recovery. In one of the cases of a protracted paroxysm of madness which came under my notice, the disease continued from June 1810 until April 1811, with scarcely any abatement in the excitement of the body and mind, notwithstanding the patient was constantly under the operation of depleting remedies. I have seen another case, in which the same remedies were insufficient to produce an interruption of five minutes of speech or vociferations, except during a few short intervals of sleep, for two months.

II. General madness appears in a chronic but more moderate form, without paroxysms.

III. It appears with paroxysms, with chronic, but moderate, derangement in its intervals. In these intervals, the patient sometimes recovers so far as to discover derangement upon one subject only. In these cases, a return of general madness is easily excited at any time, by touching upon the subject of his partial insanity in conversing with him. Thus the touch of one of the cords of a musical instrument causes all its cords to vibrate with it. In this, I remarked formerly, general madness differs from the two forms of partial madness which have been described.

IV. It appears in paroxysms, with the restoration of reason in their intervals. These paroxysms occur annually, or at longer intervals, twice
a year, particularly during the equinoxes, monthly, weekly, and according to Lazoni, an Italian physician, every day. Perhaps this diurnal attack of madness was what has lately been called the maniacal state of fever.

Successive paroxysms of madness, with perfect intervals between them, occur most frequently in habitual drunkards; and they would probably occur much oftener, were they not prevented by a vicarious affection of the stomach, known by puking, redness of the eyes, an active pulse, and a peculiar and specific fæctor of the breath. From the correspondence of several of the actions which take place in this disease of the stomach, with those which take place in the brain in madness, and from the sameness of the ordinary duration of a paroxysm of each of them, I have called the former, derangement in the stomach.

The longer the intervals between the paroxysms of madness, the more complete is the restoration of reason. Remissions, rather than intermissions, take place when the intervals are of short duration, and these distinguish it from febrile delirium, in which intermissions more generally occur. In many cases, every thing is remembered that passes under the notice of the patient during a paroxysm of general madness, but in those cases in which the memory is diseased, as well as the understanding, nothing is recollected. I attended a lady, in the month of October 1862, who had crossed the Atlantic Ocean during a paroxysm of derangement, without recollecting a single circumstance of her voyage, any more than if she had passed the whole time in sleep. Sometimes every thing is forgotten in the interval of a paroxysm, but recollected in a succeeding paroxysm. I once attended the daughter of a British officer, who had been educated in the habits of gay life, who was married to a Methodist minister. In her paroxysms of madness she resumed her gay habits, spoke French, and ridiculed the tenets and practices of the sect to which she belonged. In the intervals of her fits she renounced her gay habits, became zealously devoted to the religious principles and ceremonies of the Methodists, and forgot every thing she did and said during the fits of her insanity. A deranged sailor, some years ago in the Pennsylvania Hospital, fancied himself to be an admiral, and walked and commanded with all the dignity and authority that are connected with that high rank in the navy. He was cured and discharged; his disease some time afterwards returned, and with it all the actions of an admiral which he assumed and imitated in his former
paroxysm. It is remarkable, some persons when deranged talk rationally, but act irrationally, while others act rationally, and talk irrationally. We had a sailor some years ago in our hospital, who spent a whole year in building and rigging a small ship in his cell. Every part of it was formed by a mind apparently in a sound state. During the whole of the year in which he was employed in this work, he spoke not a word. In bringing his ship out of his cell, a part of it was broken. He immediately spoke, and became violently deranged soon afterwards. Again, some madmen talk rationally, and write irrationally; but it is more common for them to utter a few connected sentences in conversation, but not to be able to connect two correct sentences together in a letter. Of this I have known many instances in our hospital.

V. Mania is sometimes combined with phrenitis. The brain in this case is in the same state, as the lungs when an acute pneumonia blends itself with a pulmonary consumption. Excitement in both cases is abstracted from the muscles, so that the patients are usually confined to their beds. The tongue is more furred, and the skin much warmer, in this mixture of mania and phrenitis, than in madness alone. It occurs most frequent-

ly after parturition. I have taken the liberty of calling it Phrenimania.

VI. Mania is sometimes combined with the burning, sweating, cold, chilly, intermitting, and even hydrophobic states of fever. Instances of them were mentioned in treating upon the seat and proximate cause of madness. A case of its union with hydrophobia occurred in a lady under my care in the month of February 1812. She attempted several times to bite her attendants, and was greatly agitated when the word "water" was mentioned in her room. As the pulse in this mixture of mania and common fever is generally synochous, I have called it Synochomania.

In all the forms and combinations of madness that have been described, the duration of the disease, after it is completely formed, seems to be as much fixed by nature as the duration of an autumnal fever. It may be weakened, and life may be preserved during its continuance, but, unless it be overcome in its first stage, it generally runs its course, in spite of all the power of medicine.

VII. There is a form of mania which is seldom the object of medical attention, either in hospitals, or in private practice, but which is well known,
not only to physicians, but to persons of common observation in every part of the world. Dr. Cox has described it very happily and correctly in the following words.

"Among the varieties of maniacs met with in medical practice, there is one, which, though by no means rare, has been little noticed by writers on this subject: I refer to those cases, in which the individuals perform most of the common duties of life with propriety, and some of them, indeed, with scrupulous exactness; who exhibit no strongly marked features of either temperament, no traits of superior or defective mental endowment, but yet take violent antipathies, harbour unjust suspicions, indulge strong propensities, affect singularity in dress, gait, and phraseology; are proud, conceited, and ostentatious; easily excited, and with difficulty appeased; dead to sensibility, delicacy, and refinement; obstinately riveted to the most absurd opinions; prone to controversy, and yet incapable of reasoning; always the hero of their own tale, using hyperbolic high-flown language to express the most simple ideas, accompanied by unnatural gesticulation, inordinate action, and frequently by the most alarming expression of countenance. On some occasions they suspect similar intentions on the most trivial grounds, on others are a prey to fear and dread from the most ridiculous and imaginary sources; now embracing every opportunity of exhibiting romantic courage and feats of hardihood, then indulging themselves in all manner of excesses.

"Persons of this description, to the casual observer, might appear actuated by a bad heart, but the experienced physician knows it is the head which is defective. They seem as if constantly affected by a greater or less degree of stimulation from intoxicating liquors, while the expression of countenance furnishes an infallible proof of mental disease. If subjected to moral restraint, or a medical regimen, they yield with reluctance to the means proposed, and generally refuse and resist, on the ground that such means are unnecessary where no disease exists; and when, by the system adopted, they are so far recovered, as to be enabled to suppress the exhibition of the former peculiarities, and are again fit to be restored to society, the physician, and those friends who put them under the physician's care, are generally ever after objects of enmity, and frequently of revenge."
VIII. There is a form of madness which is altogether internal, and of which I have met with several instances. It consists in the same kind of alienation of mind that takes place in common madness, but which is subject to the command of the will: persons affected with it feel all the distraction of thoughts and anguish of madness when alone, and sometimes in company, when they are silent, or inattentive to conversation, but without discovering any of its signs in their countenances or behaviour. It resembles, in this respect, that feeble grade of the delirium of a fever, which is chased away by the visit of a physician, or by speaking to the patient upon any interesting subject. I have suspected the cases of suicide, which sometimes occur in persons apparently in a sound state of mind, are occasioned by this form of madness. They may be compared, in this situation, to patients in the walking state of the yellow fever, in whom all the sympathies of the body are destroyed, in consequence of which its extremal parts appear sound and healthy, while the stomach, and other vital parts are perishing by disease. I have called this internal form of madness *mania larvata*.

There has been a diversity of opinions respecting the influence of the moon in inducing, or in-
creasing, paroxysms of madness, after it has taken possession of the system. The late Dr. James Hutchinson, who spent several years in the Pennsylvania hospital as its resident physician and apothecary, assured me, that he had never seen the least change in the disease of the maniacs from the state of the moon. Mr. Halsam tells us, that in two years close attention to the state of the maniacs in Bethlehem Hospital, in London, he had never seen their disease increase at the lunar periods. To these facts is opposed the testimony of ages, in all countries. There is, I believe, an equal portion of truth on the side of both these opinions. In order to reconcile them, it will be proper to remark, 1st, that in certain diseases and in certain debilitated states of the system, the body acquires a kind of sixth sense, that is, a perception of heat and cold, of moisture and dryness, of the density and rarity of the air, and of light and darkness, of which it is insensible in a healthy state. 2. The moon, when full, increases the rarity of the air and the quantity of light, each of which I believe acts upon sick people in various diseases, and, among others, in madness. A predisposition to the action of such feeble causes is required in all cases. From the conversion of excitability into excitement in mania, and from its absence in melancholia, it is easy to
conceive, in both those states of derangement, the system will be insensible to the influence of the moon. Now when we consider that a great majority of the patients in most hospitals are in one of those states of madness, it is easy to account for their exhibiting no marks of lunar influence, according to the observations of Dr. Hutchinson and Mr. Halsam. In the year 1807 I requested Mr. Thornton, then one of the apothecaries of the hospital, to attend particularly to the influence of the morning light upon all the maniacal patients that were at that time confined in it. He informed me, that many of them became noisy as soon as the day began to break, and that, with the exception of two or three recent cases, they all became silent and quiet after night. During the eclipse of the sun on the 16th of June 1806, there was a sudden and total silence in all the cells of the hospital.

The inference from these facts is, that the cases are few in which mad people feel the influence of the moon, and that when they do, it is derived chiefly from an increase of its light. It is possible the absence of its light may be attended with equal commotions in the system of patients who are afflicted with that form of derangement which I have called tristimania.
CHAPTER VII.

Of the Remedies for Mania.

Before we proceed to mention the remedies for mania, or the highest grade of general madness, it will be necessary to mention the means of establishing a complete government over patients afflicted with it, and thus, by securing their obedience, respect, and affections, to enable a physician to apply his remedies with ease, certainty and success.

The first thing to be done, to accomplish these purposes, is to remove the patient from his family, and from the society of persons whom he has been accustomed to command, to a place where he will be prevented from injuring himself and others. If there be objections to removing him to a public or private madhouse, or if this be impracticable, the patient should be confined in a chamber, in which he has not been accustomed to

sleep, and a stranger or strangers should be employed, exclusively, to attend him. The effect of thus depriving a madman of his liberty has sometimes been of the most salutary nature, by suddenly creating a new current of ideas, as well as by the depression it produces in his mind.

1. This preliminary measure being taken, the first object of a physician, when he enters the cell, or chamber, of his deranged patient, should be, to catch his eye, and look him out of countenance. The dread of the eye was early imposed upon every beast of the field. The tyger, the mad bull, and the enraged dog, all fly from it: now a man deprived of his reason parakes so much of the nature of those animals, that he is for the most part easily terrified, or composed, by the eye of a man who possesses his reason. I know this dominion of the eye over mad people is denied by Mr. Halsam, from his supposing that it consists simply in imparting to the eye a stern or ferocious look. This may sometimes be necessary; but a much greater effect is produced, by looking the patient out of countenance with a mild and steady eye, and varying its aspect from the highest degree of sternness, down to the mildest degree of benignity; for there are keys in the eye, if I may be allowed the expression, which should be
suited to the state of the patient's mind, with the same exactness that musical tones should be suited to the depression of spirits in hypochondriasis. Mr. Halsam again asks, "Where is the man that would trust himself alone with a madman, with no other means of subduing him than by his eye?" This may be, and yet the efficacy of the eye as a calming remedy not be called in question. It is but one of several other remedies that are proper to tranquilize him; and, when used alone, may not be sufficient for that purpose. Who will deny the efficacy of bleeding for the cure of madness? and yet who would rely upon it exclusively, without the aid of other remedies? In favour of the power of the eye, in conjunction with other means, in composing mad people, I can speak from the experience of many years. It has been witnessed by several hundred students of medicine in our hospital, and once by several of the managers of the hospital, in the case of a man recently brought into their room, and whose conduct for a considerable time resisted its efficacy.

2. A second means of securing the obedience of a deranged patient is that a physician should be by his voice. Milton calls the human face "divine." It would be more proper to apply that epithet to the human voice, from its wonderful effects upon

the mind of man, whether employed in simple tones, in music, or in speech. Even brutes feel and obey it. In governing mad people it should be harsh, gentle, or plaintive, according to circumstances. I have observed with great pleasure the most beneficial effects produced by it in all those ways. A patient in the Pennsylvania Hospital, who called his physician his father, once lifted his hand to strike him. "What!" said his physician, with a plaintive tone of voice, "strike your father!" The madman dropped his arm, and instantly showed marks of contrition for his conduct.

In Java, madness of a furious kind is often brought on by the intemperate use of opium. The poor, when affected with it, are put to death; but the rich, who are able to purchase the services of female nurses, generally recover. May not their recovery be ascribed, in part, to their ears being constantly exposed to the gentleness and softness of a female voice?

3. The countenance of a physician should assist his eye and voice in governing his deranged patients. It should be accommodated to the state of the patient's mind and conduct. There is something like contagion in the different aspects
of the human face, and madmen feel it in common with other people. A grave countenance in a physician has often checked the frothy levity of a deranged patient in an instant, and a placid one has as suddenly chased away his gloom. A stern countenance in like manner has often put a stop to garrulity, and a cheerful one has extorted smiles even from the face of melancholy itself.

4. The conduct of a physician to his patients should be uniformly dignified, if he wishes to acquire their obedience and respect. He should never descend to levity in conversing with them. He should hear with silence their rude or witty answers to his questions, and upon no account ever laugh at them, or with them.

5. Acts of justice, and a strict regard to truth, tend to secure the respect and obedience of deranged patients to their physician. Every thing necessary for their comfort should be provided for them, and every promise made to them should be faithfully and punctually performed. I once lost the confidence of a maniac, by simply failing to enlarge him on an appointed day, in consequence of an unexpected revival of some of the symptoms of his disease.

6. A physician should treat his deranged patients with respect, and with all the ceremonies which are due to their former rank and habits of living. Carpets upon the floors of their rooms or cells, curtains to their beds, taste in the preparation and manner of serving their meals, will all serve to prevent distress and irritation, from a supposed change in their condition in life. I have known a deranged gentleman complain of being addressed without the title of Mr.; and I have seen several others turn with an indignant look from their food, when served to them upon a table not covered with a cloth, or in vessels they had not been accustomed to in their own families. With this habitual attachment to forms in behaviour, and taste in living, there is in this class of patients a similar respect for former habits of society, for which reason they should always eat, sit, and partake of amusements, by themselves. The great advantage which private madhouses have over public hospitals is derived chiefly from their conforming to this principle in human nature; which the highest grade of madness is seldom able to eradicate.

7. and lastly. A physician acquires the obedience and affections of his deranged patients by acts of kindness. For this purpose, all his di-
reactions for discontinuing painful or disagreeable remedies, and all his pleasant prescriptions, should be delivered in the presence of his patients; while such as are of an unpleasant nature, should be delivered only to their keepers. Small presents of fruit or sweet-cake will have a happy effect in attaching maniacal patients to their physicians, for it is a fact, that in proportion to the intensity of misery, the subjects of it feel most sensibly the smallest diminution of it. Perhaps the recovery of the madmen in Java, just now mentioned, may be ascribed, further, to their being nursed by women, in whom kindness to the sick and distressed is so universal, that it forms an essential and pre-dominating feature in the female character.

As an inducement to treat mad people in the manner that has been recommended, I shall only add, that in those cases in which the memory has been greatly impaired, they seldom forget three things after their recovery, viz. acts of cruelty, acts of indignity, and acts of kindness. I have known instances in which the two former have been recollected to them with painful, and the last with pleasant associations for many years. In gratitude for kindness and favours shown to them, they exceed all other classes of patients after their recovery. A physician once asked a young woman of the society of Friends, whom he had assisted in curing in the Pennsylvania Hospital, if she had forgiven him for compelling her to submit to the remedies that had been employed for that purpose. "Forgive thee!" said she, "why I love the very ground thou walkest on."

If all the means that have been mentioned should prove ineffectual to establish a government over deranged patients, recourse should be had to certain modes of coercion. These will sometimes be necessary in order to prevent their destroying their clothes and the furniture of their cells, as well as to punish outrages upon their keepers and upon each other. The following means will generally be found sufficient for these purposes.

1. Confinement by means of a strait waistcoat, or of a chair which I have called a tranquillizer. He submits to them both with less difficulty than to human force, and struggles less to disengage himself from them. The tranquillizer has several advantages over the strait waistcoat or mad shirt. It opposes the impetus of the blood towards the brain, it lessens muscular action everywhere, it reduces the force and frequency of the pulse, it favours the application of cold water and ice to
the head, and warm water to the feet, both of which I shall say presently are excellent remedies in this disease; it enables the physician to feel the pulse and to bleed without any trouble, or altering the erect position of the patient's body; and, lastly, it relieves him, by means of a close stool, half filled with water, over which he constantly sits, from the fetor and filth of his alvine evacuations.*

2. Privation of their customary pleasant food.

3. Pouring cold water under the coat sleeve, so that it may descend into the arm pits, and down the trunk of the body.

4. The shower bath, continued for fifteen or twenty minutes. If all these modes of punishment should fail of their intended effects, it will be proper to resort to the fear of death. Mr. Higgins proved the efficacy of this fear, in completely subduing a certain Sarah T——, whose profane and indecent conversation and loud vociferations offended and disturbed the whole hospital. He had attempted in vain, by light punishments and threats, to put a stop to them. At length he went to her cell, from whence he conducted her, cursing and swearing as usual, to a large bathing tub, in which he placed her. "Now (said he) prepare for death. I will give you time enough to say your prayers, after which I intend to drown you, by plunging your head under this water." She immediately uttered a prayer, such as became a dying person. Upon discovering this sign of penitence, Mr. Higgins obtained from her a promise of amendment. From that time no profane or indecent language, nor noises of any kind, were heard in her cell.

By the proper application of these mild and terrifying modes of punishment, chains will seldom, and the whip never, be required to govern mad people. I except only from the use of the latter, those cases in which a sudden and unprovoked assault of their physicians or keepers may render a stroke or two of a whip, or of the hand, a necessary measure of self-defence.

To encourage us in the use of all the means that have been mentioned for subduing the tempers of mad people, and acquiring a complete government over them, I shall only add to the

* A chair such as has been described may be seen in the Pennsylvania Hospital, and an engraving of it in the last volume of Dr. Coxe's Medical Museum.
II. Such as should be applied to the body through the medium of the mind.

I. The first remedy under this head should be blood-letting.

This evacuation is indicated,

1. By all the facts and arguments formerly mentioned, in favour of this grade of madness being an arterial disease, of great morbid excitement or inflammation in the brain, particularly by the state of the pulse, and, when this is natural, by the state of the countenance, by wakefulness, and by a noisy and talkative disposition.

2. By the appetite being uninterrupted, and often unrestrained, whereby the blood-vessels become overcharged with blood.

3. By the importance and delicate structure of the brain, which forbid its bearing violent morbid action for a length of time, without undergoing permanent obstruction or disorganization. The danger from this cause is much increased by the wakefulness, hollowing, singing, and strong muscular exertions of persons in this state of madness.

The remedies for general mania come next under our consideration. In enumerating them, I shall adopt the same order that I followed in treating upon partial insanity, by mentioning,

1. Such as should be applied to the mind, through the medium of the body; and,
4. By there being no outlet from the brain, in common with other viscera, to receive the usual results of disease or inflammation, particularly the discharge of serum from the blood-vessels.

5. By the accidental cures which have followed the loss of large quantities of blood. Many mad people, who have attempted to destroy themselves by cutting their throats, or otherwise opening large blood-vessels, have been cured by the profuse haemorrhages which have succeeded those acts. Of this, several instances have occurred within my knowledge.

6. By the morbid appearances of the blood which has been drawn for the cure of this form of madness. It is generally diseased beyond that grade in which it exhibits a buffy coat. Of 200 patients bled by Mr. Halsam, in the Bethlehem Hospital, the blood was fizzy in but six cases, and from the cause that has been assigned. I have seen nearly all the morbid appearances of the blood which I have enumerated in my defence of blood-letting, and never a single instance in which it put on a natural appearance.

7. Blood-letting is indicated by the extraordinary success which has attended its artificial use in the United States, and particularly in the Pennsylvania Hospital.

In the use of bleeding in this state of madness, the following rules should be observed:

1. It should be copious on the first attack of the disease. From 20 to 40 ounces of blood may be taken at once, unless fainting be induced before that quantity be drawn. It will do most service if the patient be bled in a standing posture. The effects of this early and copious bleeding are wonderful in calming mad people. It often prevents the necessity of using any other remedy, and sometimes it cures in a few hours.

2. It should be continued not only while any of those states of morbid action in the pulse remain which require bleeding in other diseases, but in the absence of them all, provided great wakefulness, redness in the eyes, a ferocious countenance, and noisy and refractory behaviour continue, all of which indicate a highly morbid state of the brain. We bleed in the same natural state of the pulse in the pneumonia notha. We do the same thing in a similar form of hepatitis.
The propriety of bleeding in this mania notha, if I may be allowed to use a term founded upon the unity of its cause (that is, congestion of blood without inflammation) with the causes of the above diseases of the lungs and liver, has often been demonstrated in the Pennsylvania Hospital. Its advantages, I well recollect, attracted the attention of the pupils of the hospital in the year 1805, in a more than ordinary manner, in the case of a man of the name of Pickins. His madness was recent, his skin was cool, and his pulse natural, but his eyes suffused with blood, and he was unable to sleep. I bled him copiously, after which his pulse became frequent and tense. I repeated the bleeding, and gave him several doses of purging physic, which cured him in a few days.

3. It should be more copious in phrenimania and synochomania, than in simple madness. Its liberal use is particularly indicated in the latter, when it is formed by the union of madness with pregnancy, or with the autumnal or puerperal fever, in all which the blood-vessels labour under disease in other parts of the body, as well as the brain.

4. It should be less copious in madness from drunkenness, than from any of its other causes, all the circumstances that call for it being equal. For the reasons for this caution, the reader will please to consult the defence of blood-letting, in the third volume of the author's Medical Inquiries and Observations.

5. It is indicated no less in the seventh and eighth forms of general mania, formerly described, than in those which preceded them. I think I once prevented suicide by it, in a young gentleman descended from a family in which several of its members had perished by their own hands.

6. The quantity of blood drawn should be greater than in any other organic disease. This is indicated not only by most of the reasons for bleeding formerly given, but by the strong and uncommon hold which the disease takes of the brain. Many circumstances prove this to be the case, but none more than its not being cured, and scarcely suspended, by the acute and painful disease of parturition, several instances of which have come under my notice. From among many cases of the successful issue of profuse bleeding in this form of madness, I shall select but two: the former was in Mr. T. H. of the state of New Jersey, a man of sixty-eight years of age, from whom I drew nearly 200 ounces of blood, between the
20th of December and the 14th of February in the year 1807: the latter was in Mr. D. T. of the state of New York, who lost about 470 ounces, by my order, by 47 bleedings, between the months of June 1810 and April 1811. Both these gentlemen were my private patients in the Pennsylvania Hospital. Were it necessary I could add to these cases several others, communicated to me by my pupils, particularly by Dr. Wallace, of Virginia, and Dr. Annan, of Maryland, in which a similar practice had been attended with the same success.

After all the symptoms which call for bloodletting have disappeared, we sometimes observe the disease to continue. In this case morbid excitement becomes insolated, but still so considerable as not to yield to purges or blisters. Here cupping is indicated. The cups should be applied to the temples, behind the ears, and to the nape of the neck. Leeches may be used for the same purpose, and to the same places. They may likewise be applied to the haemorrhoidal vessels with advantage, in persons who have been subject to the piles. The sympathy of the brain with these vessels is so intimate, that the disease yields as readily to the loss of blood from them, as from the parts that have been mentioned near the brain.

Arteriotomy performed upon the temporal artery, it is said, is more useful than venesection, or local bleeding with cups and leeches. I can say nothing in its favour from my own experience.

I have only to add to these remarks upon the use of cups and leeches, that they are not only useless, but often hurtful, if applied before the action of the pulse is reduced. By inducing debility in the blood-vessels of the brain, they invite morbid excitement to it from the blood-vessels of the trunk and extremities of the body, provided they retain a predominance, or even an equality of action with the blood-vessels of the brain.

3. Solitude is indispensably necessary in this state of madness. The passions become weak by the abstraction of company, and by refraining from conversation. For this reason visitors should be excluded from the cells and apartments of highly deranged people, and there are times in which the visits of a physician, and of the cell-keeper or nurse, should be as seldom and short as are consistent with the proper treatment and care of the patient.
4. Darkness should accompany solitude in the first stage of this disease. It invites to silence, and it induces a reduction of the pulse, by the abstraction of the stimulus of light, and by the influence of fear which is naturally connected with darkness. There are four cells in the Pennsylvania Hospital, so formed that it is possible to render them dark with but little trouble. I have seen the happiest effects from confining noisy patients in them.

5. An erect position of the body. There is a method of taming refractory horses in England, by first impounding them, as it is called, and then keeping them from lying down or sleeping, by thrusting sharp pointed nails into their bodies for two or three days and nights. The same advantages, I have no doubt, might be derived from keeping madmen in a standing posture, and awake, for four and twenty hours, but by different and more lenient means. Besides producing several of the effects of the tranquilizing chair, it would tend to reduce excitement, by the expenditure of excitability, from the constant exertion of the muscles which support the body. The debility thus induced in those muscles would attract morbid excitement from the brain, and thereby relieve the disease. That benefit would arise from preventing sleep, I infer from its salutary effects in preventing delirium, and from delirium being always increased by it in fevers of great morbid excitement.

6. Low diet, consisting wholly of vegetables, and those of the least nutritious nature. What would be the effect of fasting for two or three days in this state of madness? I am disposed to think favourably of it, from a fact communicated to me by a gentleman who resided twenty years in the interior parts of India. He informed me that the wild elephants, when taken, are always tamed by depriving them of food, until they discover signs of great emaciation. They are then fed with mild aliment, and soon acquire their usual flesh, but without the least return of their ferocity. Fasting is calculated to act in two ways, in the cure of tonic madness; 1, by lessening the quantity of blood by the abstraction of aliment; and, 2, by exciting the disease of hunger in the stomach to such a degree, as to enable it to predominate over the disease of the brain, and by that means attract it to a less vital part of the body. The effects of this severe remedy in curing inflammatory dropsy, render it still more probable that it might be employed, with advantage, in this disease of the brain. Against its use
it may be said, that the ferocity of certain wild animals is increased by hunger; this is true, but ferocity is not derangement. It is possible it might exist for a little while, and be attended with symptoms totally different from those which take place in madness, and of a nature that would yield more easily to the power of medicine.

The drinks of a patient in this state of madness should be of the most simple kinds.

7. PURGING. Cremon tartar, salts, senna, calomel, and jalap, have all been employed for this purpose. Their use is indicated by the obstructions in the viscera, and torpor of the alimentary canal, which generally accompany this form of madness. There are cases in which the purges should be given daily, so as to excite an artificial diarrhoea. Nature, as I shall say presently, sometimes cures madness in this way. It is much in favor of this chronic mode of purging, that few persons are ever delirious in their last moments, who die of discharges from their bowels. In the mixture, which sometimes takes place, of mania with the synochus form of bilious fever, purging should be employed more freely than in simple madness. Calomel and jalap should be preferred for that purpose.

8. EMETICS are spoken of very differently by authors. Some commend, while others condemn, them. When they have done harm, it must have been by giving them before, or after, the system was reduced below the emetic point. When given at that point, they have done good in many cases. I mentioned formerly their manner of operating, in treating of their efficacy in partial derangement.

9. NITRE has done the same service in this disease, that it has done in other diseases which affect the blood-vessels. Its efficacy is increased by such additions of tartarized antimony and calomel to it, as shall increase its disposition to act upon the bowels and skin.

10. BLISTERS, like emetics, have been considered as remedies of doubtful efficacy; but it is only because they have not been employed in the manner, or at the precise time, that was necessary to obtain benefit from them. In a letter which I received in the year 1794, from Dr. Willis, senr. he informed me that he always applied them to the ankles in this disease, instead of the head or neck. He gave no reason for this practice, but it immediately suggested a principle to me, from which I have derived great advantages, not only in the
treatment of madness, but of several other diseases. In the first stage of tonic, or violent, madness, the disease is intrenched, as it were, in the brain. It must be loosened, or weakened, by depleting remedies, before it can be dislodged, or translated to another part of the body. When this has been effected, blisters easily attract it to the lower limbs, and thus often convey it at once out of the body. The same reasoning applies, with equal force, and the same practice with equal success, to all the violent diseases of the breast and bowels. The blisters do the same service, when applied to the wrists, and still more, when applied at the same time, or alternately, to both extremities. After the complete reduction of the pulse, they may be applied with advantage to the neck and head.

11. **Cold**, in the form of air, water and ice. The cold air should be applied both partially and generally. To favour its partial action, the hair should be cut off, and shaved from every part of the head. Dr. Moreau, a French physician, has related a cure of madness performed by this simple remedy alone. How far the hair, by its sympathy with the brain, which it discovers by preternatural dryness in the forming state of many diseases, and by the alteration in its figure, co-

lour, and quantity, from the influence of certain emotions and passions of the mind, may increase this disease, we know not; but we are certain, by cutting it off, we not only expose the head to a greater degree of cold, but we favour by it, at the same time, depletion from the brain, by means of insensible perspiration; for, however strange it may appear, there is a grade of action in the perspiring vessels, in which their discharges are increased by the sedative operation of cold.

Cold air, by its action upon the whole body, has likewise done service in this state of madness. I have heard of two instances, in which it was cured by the patients escaping from their keepers in the evening, and passing a night in the open air in the middle of winter. One of them relapsed; in the other the cure was permanent.

Cold water should be applied in like manner to the head, and the whole body. To the former it should be applied by means of cloths, or a bladder, to which ice, when it can be obtained, should be added; for the head, from its greater insensibility to cold than any other part of the body, feels, in but a feeble degree, the coldness of simple water. I have found this to be a more effectual, as well as a more delicate, mode of applying
cold to the head, than by means of the clay cap, as advised by Dr. Cullen. The water, or ice, should be frequently renewed, and they should be continued for several days and nights. The signal for removing them should be, when they produce chilliness, and sobbing or weeping in the patient. The advantages of these cold applications to the head will be much increased, by placing the feet at the same time in warm water. The circulation is thereby more promptly equalized. The reader will find a striking instance of the efficacy of using cold and warm water in this manner to the two extremities, by my advice, in a case of mania published by Dr. Spence, of Dumfries, in Virginia, in Dr. Coxe’s Medical Museum.

In order to derive benefit from the application of cold water to the whole body, it should be immersed in it for several hours, by which means we prevent the reaction of the system, and thus render the sedative effects of the water permanent. Pumping for an hour or two upon a patient acts in the same way; but as it has sometimes been employed in curing a fit of drunkenness, and may be considered as a punishment, rather than a remedy, immersion of the body should be preferred to it. The patience and insensibility of the system to cold, in this state of

the system, is illustrated by a striking fact, mentioned by Dr. Currie in his Medical Reports. He tells us, a deranged young woman slept upon a cold floor during a whole night, so cold as to freeze water and milk upon her table, without suffering the least inconvenience from it.

11. A SALIVATION. I mentioned the manner in which this remedy operated upon the brain, the bowels, and the mind, in treating of the cure of hypochondriac derangement. Too much cannot be said in its favour in general madness. I once advised it in a case of this disease from parturition, in which the patient conceived an aversion from the infant that had been the cause of her suffering. On the day she felt the mercury in her mouth, she asked for her infant, and pressed it to her bosom. From that time she rapidly recovered.

It is sometimes difficult to prevail upon patients in this state of madness, or even to compel them, to take mercury in any of the ways in which it is usually administered. In these cases I have succeeded, by sprinkling a few grains of calomel daily upon a piece of bread, and afterwards spreading over it a thin covering of butter.
12. The peruvian bark. In all those cases in which mania is complicated with the intermittent fever, or with those prostrate states of fever in which bark is usually administered, this medicine may be given with advantage.

I have thus enumerated the principal remedies, which have been employed in reducing the preternatural excitement of the system which takes place in tonic madness. There are some others which have been employed for the same purpose, upon which I shall make a few remarks.

12. Opium. From an erroneous belief in the supposed sedative power of this medicine, it has been prescribed in this state of derangement, but I believe always with bad effects. When given in small doses, so as to prevent sleep, and by that means gradually to waste the excitability, or what Dr. Darwin calls the sensorial power of the system, it may be useful.

14. Digitalis. I have occasionally administered this medicine in tonic madness, but never with any radical or permanent success.

15. Camphor has been supposed to possess specific virtues in this state of madness. I have often prescribed it when a young practitioner, but without any obvious advantage. I should feel some hesitation in bearing a testimony against this, and the preceding medicine, had I not lately discovered that my experience of their inefficacy in this disease, accords with that of the ingenious Dr. Ferrier. They have both derived their credit in madness from their lessening the frequency of the pulse, in which, disease has very improperly been supposed to consist. But the frequency of a pulse may be lessened, without a reduction of its force, and even both may be effected by these medicines upon the pulse on the wrist, and yet irregular action in the blood-vessels of the brain, which constitutes the disease, still continue, and until this be removed, they are calculated to do harm, by inducing obstructions in the brain, and thereby perpetuating the disease.

When madness arises from drunkenness, those medicines are safer and more useful, than when it arises from those causes which require copious blood-letting. In addition to them, volatile salts, bitters, and small quantities of ardent spirits, may be given with advantage, provided the system be first moderately reduced by the use of depleting remedies.
I suspect many, and perhaps all, the cures that
have been performed by opium, digitalis, and cam-
phor, have been of madness from the intemperate
use of strong drink. The disease in most of these
cases partakes of the nature of a soap bubble.
With all its apparent force, it is both feeble, and
transient, and not only bears stimulants with sa-
fty, but sometimes requires them immediately
after gentle evacuations of any kind.

16. **Helledore** has been famed, for many
centuries, as a specific for madness. It is gene-
really admitted that it is useful, only, when it acts
as a purge.

17. Dr. Gregory, senr. used to relate, in his
lectures, a method of curing tonic madness, which
was practised by a farmer in the neighbourhood
of Aberdeen, in Scotland. It consisted in yoking
a number of madmen in a plough, and compelling
them, by fear or force, to plough his fields. This
remedy acted, by reducing and expending the
morbid excitement of the system. Refractory
domestic animals are sometimes subdued in the
same way; but experience has taught us that
they may be tamed by more gentle means.
Experience has proved, in like manner, that
the system in tonic madness may be reduced
by remedies that offer less violence to huma-
nity, and that do not add to the affliction of the
disease, by degrading the patient to a level with
our domestic animals.

18. As soon as the disease shows signs of
abatement, the patient should be relieved from
his confinement, in order to partake of the bene-
fits of fresh air and exercise. Swinging, riding
in a carriage, and moderate walking, will be high-
ly proper in this state of his disease. To these
should be added,

19. The **shower bath.** This excellent reme-
dy acts upon the head, by the stimulus arising
from the weight and momentum of the water,
and by the reaction of the blood-vessels after the
sedative effects of the water are over. I have
seen very happy results from it. To do much
service, it should be used two or three times a day.

20. The **diet and drinks** of the patient should
now be of a cordial nature; and where obstinate
wakefulness or restlessness attends, opium may
be given at bed-time with safety and advantage.

21. When the disease affects the nervous and
muscular systems, in common with the blood-ves-
sels, with hysterical or convulsive symptoms; as-
safœtida, castor, and the oil of amber, should be
given with all the remedies that have been mentioned.

II. We come next to mention the remedies that are proper to act upon the body through the medium of the mind.

1. The first remedy under this head is to divert the ruling passion or subject which occupies the mind, if it be one, and fix it upon some other. Nothing effectual can be done without great attention to this direction. The author has endeavoured to show, in an inquiry into the influence of physical causes upon morals, how much the passions may be made to neutralize and decompose each other, and thus to lessen their influence upon the body. History furnishes several examples of the truth of this remark. I mentioned formerly the effects of opposing the fear of shame to a false opinion in religion, in preventing suicide in the virgins of Miletus. Achilles was diverted by his mother Thetys from gratifying his revenge upon the body of Hector, by substituting that baneful passion by the passion of love. Anger, and even rage, have often been opposed with success by terror and fear, and deliberate malice by a delicate stroke of wit. Where the mind is deranged upon all subjects, we should endeavour to fix it upon but one. In order to do this, it will be necessary to find out the favourite studies and amusements of our patients. The late Dr. Ash, Dr. Priestly informed me, was cured of derangement upon a variety of subjects, by seducing him to the study of mathematics, of which he had been fond in early life. The distracted mind of the poet Cowper was composed, while he was employed in the single business of translating Homer; and I have heard of a woman who was cured of madness, by keeping her constantly employed for several days in playing cards, to which it was known she had always had a strong attachment. There are few persons so much deranged, as not to exhibit, for a half an hour or more, marks of correctness of mind, when drawn into conversation upon some subject not connected with their derangement. I admit that this diversion of the passions and understanding cannot be effected, where the whole mind, and all the passions, are under the influence of madness. Thus the virgins of Miletus could not have been cured by an appeal to the female sense of shame, had their moral faculties partaken of the disease of their other passions; nor could Dr. Ash have been cured of his intellectual des-
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rangement by the study of mathematicks, had he lost all his recollection of quantity and numbers.

2. A sudden sense of the absurdity, folly, or cruelty of certain actions, produced by conversation, has sometimes cured madness. The cure in this case bears a resemblance to the sudden reduction of a dislocated bone. Some years ago a maniac made several attempts to set fire to our hospital. Upon being remonstrated with, by Mr. Coats, one of its managers he said, "I am a salamander;" "but recollect (said Mr. Coats) all the patients in the hospital are not salamanders," that is true, said the maniac, and never afterwards attempted to burn the hospital. Many similar instances of a transient return of reason, and some of cures, by pertinent and well directed conversations, are to be met with in the records of medicine.

3. Madness has sometimes been cured by the influence of place, time, and company, upon the human mind. In favor of the benefits of association from place, I shall mention the following facts. Vanswieten relates a story of a cabinet-maker, who always recovered his reason as soon as he entered his work-shop. A certain Mrs. D——, of this city, formerly a patient of mine, on

the 27th of March 1792, was suddenly seized with derangement on her way from market. She rambled for two hours up and down the city, and at length was conducted to her own house. The moment she looked around her, she recovered her reason, nor did she relapse afterwards. I have known one clergyman, and have heard of another, who were deranged at all times, except when they ascended the pulpit, in which place they discovered, in their prayers and sermons, all the usual marks of sound and correct minds. I once attended a judge, from a neighbouring state, who was rational and sensible upon the bench, but constantly insane when off it. Time, by its influence upon a deranged mind, sometimes produces healthy and regular associations of ideas and conduct. The late Rev. Dr. ———, of Baltimore, was observed to be less deranged on Saturdays, than on any other day of the week, probably from that day being formerly devoted exclusively to retirement and study, in preparing for the exercises of the ensuing Sabbath. Company has a similar effect in restoring healthy and regular associations in the mind. It should always be of that kind which produced respect in former times. It will readily occur to the reader, that all these remedies, derived from association, will be proper only in the declining and moderate state of the disease.
4. Great care should be taken by a physician, to suit his conversation to the different and varying states of the minds of his patients in this disease. In its furious state, they should never be contradicted, however absurd their opinions and assertions may be, nor should we deny their requests by our answers, when it is improper to grant them. In the second grade of this disease, we should divert them from the subjects upon which they are deranged, and introduce, as if it were accidentally, subjects of another, and of an agreeable, nature. When they are upon the recovery, we may oppose their opinions and incoherent tales by reasoning, contradiction, and even ridicule. I attended a lady some years ago in our hospital, in whom this practice succeeded to my wishes. In the first and raving state of her disease, she said the spirit of general Washington visited and conversed with her every night. I took no notice of this assertion, but prescribed only for the excited state of her pulse. After this was reduced, I entered into conversation with her, and instantly obtruded a subject foreign to the nightly visits of the spirit of general Washington, whenever she mentioned it. One day, when she appeared rational upon all the subjects upon which we conversed, she lifted up the skirt of her silk gown, and said, "See what a present general Washing-
they cease to be disposed to injure themselves or others.

5. The return of regularity and order in the operations of the mind will be much aided, by obliging mad people to read with an audible voice, to copy manuscripts, and to commit interesting passages from books to memory. By means of the first, their attention will be more intensely fixed upon one subject than by conversation. In this way only, they read when alone, and in this way only, they comprehend what they read. They revert in this respect to the state of childhood. By copying manuscripts, the attention will be still more fixed to one subject, and abstracted from all others. I have witnessed the most salutary effects from it, particularly in a gentleman from New England, whose cure was completed by transcribing a volume of lectures for a student of medicine. Committing select passages from books to memory will be more useful than either of them, inasmuch as it requires greater efforts of mind to accomplish it. To facilitate this mode of exciting and regulating the faculties and operations of the mind, a few entertaining books of history, travels, and prints, should compose a part of the shop furniture of every public and private mad-house.

6. Music has been much commended in this state of madness. History records two cures of royal patients being affected by it. Dr. Cox mentions a striking instance of its power over the mind of a madman. It should be accommodated to the state of the disease. In that grade of it which is now under consideration, the tunes should be of a plaintive, that is, of a sedative nature.

7. Terror acts powerfully upon the body, through the medium of the mind, and should be employed in the cure of madness. I once advised gentle exercise upon horseback, in the case of a lady in Virginia who was deranged. In one of her excursions from home, her horse ran away with her. He was stopped after a while by a gate. The lady dismounted, and when her attendants came up to her, they found her, to their great surprise and joy, perfectly restored to her reason, nor has she had since the least sign of a return of her disease. A fall down a steep ridge cured a mania of twenty years continuance. Dr. Joseph Cox relates three cures of madness by nearly similar means. Dr. M. Smith, of Georgia, informed me, that a madman had been suddenly cured in Virginia, by the breaking of a rope, by which he had been let down into a well that was employed as a substitute for a bathing tub. He was nearly drown-
ed before he was taken out. The cures in all these cases were effected, by the new actions induced in the brain by the powerful stimulant that has been mentioned. In the use of it, great care will be necessary to suit its force to the existing state of the system.

8. Fear, accompanied with pain, and a sense of shame, has sometimes cured this disease. Bartholin speaks in high terms of what he calls "flagellation" in certain diseases. I have heard of several instances of its efficacy in tonic madness. Two soldiers were cured by it in the American army, during the revolutionary war. A madman, who escaped from his keepers in Maryland, ran to one of his neighbours with an intention to kill him. His neighbour met him with a heavy whip, and beat him until he fell upon his knees, and implored him to spare his life. He rose from his knees in a sound state of mind, and had no symptom of his disease afterwards. In mentioning the cures performed by the whip, let it not be supposed that I am recommending it in this state of madness. Fear, pain, and a sense of shame, may be excited in many other ways, that shall not leave upon the memory of the patient the distressing recollection, that he owes his recovery to such a degrading remedy.

9. How far artificial grief might be employed with advantage in this disease, I shall not determine, but I have heard of its having been suspended for several days, in a clergyman now in the Pennsylvania Hospital, by the death of one of his children; and of mania of five years standing, descending to mania, in a lady in New York, by hearing of the death of her husband. It caused her to weep for several weeks. The disease in this case, which had been diffused through all her passions, was suddenly concentrated in but one of them, and in her understanding, from whence it gradually passed out of her system. If these facts should not be deemed a sufficient warrant to create artificial grief, they will show that relief may be expected, from communicating to persons affected with this grade of madness the intelligence of the death of their relations and friends.

10. Convalescents from derangement should be defended from the terrifying or distressing noises of patients in the raging state of this disease, by removing the latter to small lodges, remote from the hospital, or private mad-houses, or by confining them in cells that are made with double walls, doors, and windows, so as to obstruct the passage of sound. A relapse has often been induced by the neglect of this caution.
CHAPTER VII.

II. Of Manicula.

This second grade of general madness, which I have called manicula, differs from mania, as chronic rheumatism differs from that which is acute, that is, in being accompanied with a more moderate degree of the same symptoms. The pulse is usually synochula, typhoid or typhus. It is in this state of madness that we discover that peculiar sensibility to cold, which is generally absent in its highest and lowest grades. Shakspeare, who saw this disease in common life, and out of the restraints and conveniences of a hospital, has very happily illustrated this symptom in the character of Edgar, whom he often makes to exclaim in, counterfeiting madness, "poor Tom's a cold." From the operations of fresh exciting causes, manicula now and then rises into mania, in which state it is sometimes cured, but it oftener descends in a few days or weeks to its chronic, or habitual form. It is now and then combined with typhus fever, in which state it has been called by Dr. Cullen typhomania. We see it occasionally in the last stage of the puerperal, the jail, and autumnal fever.

The remedies for this grade of madness should be the same in its inflammatory state as for mania, but of less force. In its typhoid and typhus states, they should be the same as in the declining state of mania, with the addition of garlic in substance or infusion, and the different preparations of iron. In the typhomania, the remedies should be combined with those usually employed in the treatment of typhus fever, particularly bark and opium. The latter is an invaluable medicine in such cases. The dose of it should be much larger than in common diseases of the same grade of action.
CHAPTER VIII.

III. Of Manalgia.

The symptoms of this third and last form of general madness are, taciturnity, downcast looks, a total neglect of dress and person, long nails and beard, dishevelled or matted hair, indifference to all surrounding objects, insensibility to heat and cold. A remarkable instance of insensibility to the latter occurred in a certain Thomas Perrin, who was admitted into the Pennsylvania Hospital, with manalgia, in March 1765, and who died there in September 1774, during all which time he ate and slept in the cupola of the hospital, and never, in the coldest weather of nine winters, came near to a fire. A fixed position of the body sometimes attends this form of madness. Of this there have been two remarkable instances in our hospital. In one of them, the patient sat with his body bent forward for three years, without moving, except when compelled by force, or

the calls of nature. In the other, the patient occupied a spot in a ward, an entry, or in the hospital yard, where he appeared more like a statue than a man. Such was the torpor of his nervous system, that a degree of cold, so intense as to produce inflammation and gangrene upon his face and limbs, did not move him from the stand he had taken in the open air. The cause of this young man's insanity was as singular as its nature. It was induced by his father's selling a pleasant farm, upon the Delaware, in the neighbourhood of Philadelphia, on which he was born, and had passed his youth, and which he expected to inherit after the death of his father. The skin in manalgia is dry, cold, pale, yellow, brown, lived, and dark coloured, and now and then covered here and there with black spots. The eyes, when originally dark, acquire a light colour in this disease. I took notice formerly of the prevalence of this colour in the deranged patients in the Pennsylvania Hospital. It probably arises from the tendency of the system to dissolution, for we frequently see it in the last stage of pulmonary consumption, and it rarely fails to take place in old age. The appetite in manalgia is inordinate or weak, the bowels are costive, the urine is scanty in quantity, and there is sometimes a discharge or slobbering of saliva. This symptom with one other, was select-
ed by David, when he counterfeited madness, in order to prevent the discovery of his person by the king of Gath, after his escape from the hands of Saul. "And he changed his behaviour before them (says the sacred historian) and feigned himself mad, and scrubbed upon the doors of the gate, and let his spittle fall upon his beard." The discharge of saliva in this case appeared to be involuntary, and in this we perceive a distinguishing mark between manalgia and tonic madness, in the latter of which, I said formerly, the saliva is discharged with difficulty by spitting. The respiration is slow, the breath and perspiration have a peculiar and offensive smell, and the pulse is languid and frequent, but sometimes natural. Nebuchadnezzar seems to have been affected with this low grade of madness. He was said to resemble a beast, probably from the uncommon growth of his hair, beard, and nails.

A strong attachment to tobacco is common in the patients who have been previously in the habit of using it. They frequently ask strangers for it, or for a few cents to buy it.

These are the usual symptoms of manalgia in hospitals, but when persons who are affected with it possess their liberty, they rather seek for, than shun human society. They are often admitted by private families to pass nights in their kitchens, garrets, or barns. Sometimes they wander through neighbourhoods in the capacity of beggars. Shakspeare has described this state of de-arrangement, very accurately, in the character of Edgar, in King Lear, when he makes him adopt the resolution of counterfeiting the character of a madman.

"I will (says Edgar) take the basest and poorest shape, That ever penury, in contempt of man, Brought near to beast. My face I'll grime with filth, Blanket my loins, tie all my hair with knots, And, with presented nakedness, out-face The winds, and persecutions of the sky: And with this horrible object, from low farms, Poor pelting villagers, sheep cotes, and mills, Sometimes with lunatic bans, sometimes with prayers, Enforce their charity."

There are some instances in which the moral faculties are impaired in manalgic patients, in which case they are mischievous and vicious, but they are more generally inoffensive, and disposed to be kind, and even useful, in hospitals and families. In some of them, the sense of Deity is not only unimpaired, but in an elevated state. The mad poet, Christopher Smart, often kneel-
ed down and prayed in the streets of London, when he was permitted to leave his house, and he never suffered any of his visitors to leave him, without requesting them to pray with him.

A late poet has described this pious form of mania, in a young woman, very happily in the following lines:

"But her praise was still, to be
Where holy congregations bow.
Wreapt in wild transports, while they sang;
And when they pray'd, would bow her low."

Madness in this form sometimes continues for ten, fifteen, twenty, and even fifty years, when not accompanied with paroxysms, but it more generally terminates in death in a shorter time, and frequently by diseases, to be mentioned hereafter.

The equanimity of temper, together with the want of exercise, and the inordinate appetite, which generally accompany this disease, sometimes produce obesity. They had that effect, Dr. Johnson tells us, upon Mr. Smart. I have seen two instances of it in Philadelphia.

The remedies for mania should consist, like those under a former head, of such as act,

I. Upon the mind, through the medium of the body; and,

II. Upon the body, through the medium of the mind.

I. To the first head belong,

1. Cordial food and drinks. The former should be made savoury and grateful to the taste, and the stimulus from the pleasure imparted by it should be increased by its variety. The latter should consist of wine, cider, and malt liquors. Ardent spirits should be given with great caution, lest a destructive fondness should be acquired for them. There is least danger of this being the case, when they are given in an undiluted state once or twice a week. I have seen the most beneficial effects from them, when administered in this manner. To patients in whom this form of madness has been induced by intemperance in drinking, they may be given daily, and in liberal quantities.
2. The warm bath. The water should be heated above the natural temperature of the body, in which state it acts powerfully upon the arterial system. I have once known it induce 150 strokes in the pulse in a minute, and excite the brain into delirium, in an experiment made upon himself by a student of medicine in the university of Pennsylvania. From the occasional effects of fevers, which act in a similar way upon the blood-vessels, I have been led to think highly of the remedy. An epidemic fever, many years ago, pervaded the cells of our hospital, which restored the greatest part of the maniacs to their reason. These accidental cures struck the late Dr. Bond so forcibly, that he attempted to excite a fever in several of his patients in mania, afterwards, by sending them to the swamps of Gloucester county, near to the city, in the State of New Jersey. With what success I have never heard.

3. The cold shower bath. The impulse imparted to the head by the descent of the water upon it adds very much to its efficacy, and gives it great advantages over the plunging bath.

4. The cold shower bath, in succession to the warm bath. While I attended the Pennsylvania Hospital in the summer of 1785, I often employed these two remedies in the manner I have mentioned. I kept my torpid patient in the warm bath for an hour or two, and then led him, smoking with vapour, to the shower bath, which gave a most powerful shock to his system. It extorted cries and groans from persons that had been dumb for years. In one case it relieved, and in another, it restored reason to my patient; but from his being confined in a damp cell, he died some time after his recovery from his madness, of a pulmonary consumption.

5. Exciting an artificial diarrhoea. In the tonic state of madness, purging, I said formerly, acted as a depleting remedy. In mania, it does good, by exciting a revulsive action or disease, in a less delicate part of the body than the brain. Nature, I said formerly, sometimes cures mania in this way. An instance of a cure from this cause occurred in our hospital some years ago, in a woman who had been deranged nine years. An acute dysentery cured it in a woman in Chester county, after it had continued two years. It may be excited by a laxative diet, or any gently opening medicine.

6. A caustic applied to the back of the neck, or between the shoulders, and kept open for
months or years. This remedy acts by the permanent discharge it induces from the neighbourhood of the brain. Four patients have been cured of manalgia in our hospital, by abscesses in different parts of the body. One of them had passed a third of his life in the hospital. Dr. Johnson tells us, in his Lives of the Poets, that Dean Swift had a temporary return of his reason during the continuance of an abscess in his eye.

7. A salivation. I know it is difficult to excite this disease in the throat and mouth in manalgia, but the mercury, if given ineffectually for this purpose, will be useful as a general stimulant and tonic. It will moreover serve to remove visceral obstructions, which so generally succeed madness. Where it excites a salivation, it seems to recusitate the mind. I have seen two instances in our hospital, in which a taciturnity of a year's continuance was removed by it. Speech was excited, in one of them, on the very day on which the mercury affected the mouth, and the use of reason followed in a few days afterwards.

8. Exercise. This should consist of swinging, seesaw, and an exercise discovered by Dr. Cox, which promises more than either of them, and that is, subjecting the patient to a rotatory motion, so as to give a centrifugal direction of the blood towards the brain. He tells us he has cured eight persons of torpid madness by this mode of exercise. I have contrived a machine for this purpose in our hospital, which produces the same effects upon the body which are mentioned by Dr. Cox. These are vertigo and nausea, and a general perspiration. I have called it a Gyrater. It would be more perfect, did it permit the head to be placed at a greater distance from its centre of motion. It produces great changes in the pulse. In one experiment made with it, it increased the pulse from 84 to 88 strokes in one minute, and to 120 in two minutes. It increased its fullness at the same time. In a second experiment made upon a manalgic patient, it increased the frequency of the pulse from 104 in two minutes to 150. In a third experiment it reduced the pulse from 103 in three minutes to 100, and lessened its force. In this patient, the pulse was preternaturally active before he entered the gyrater.

From the strong impression this mode of exercise makes upon the brain, there is reason to believe it will be a useful remedy in manalgia. A cheap contrivance, to answer all its purposes, might easily be made, by placing a patient upon a board moved at its centre upon a pivot, with his
head towards one of its extremities, and then giving it a rotatory motion. The centrifugal force of the blood would exceed, in this way, that which it receives from the chair employed by Dr. Cox, or from the gyrate in the Pennsylvania Hospital. In addition to these exercises, pleasant amusements should be contrived for this class of mad people. If they are unhappy, these amusements will suspend their misery. If they are in a torpid state, a transient sense of pleasure will be excited by them, which may serve to remind them that the chain is still unbroken which united them with their fellow men.

9. Labour has several advantages over exercise, in being not only more stimulating, but more durable in its effects, whereby it is more calculated to arrest wrong habits of action, and to restore such as are regular and natural. It has been remarked, that the maniacs of the male sex in all hospitals, who assist in cutting wood, making fires, and digging in a garden, and the females who are employed in washing, ironing, and scrubbing floors, often recover, while persons, whose rank exempts them from performing such services, languish away their lives within the walls of the hospital. In favour of the benefits of labour, in curing this disease, I shall select one from among many facts that might be mentioned. In the year 1801 I attended an English gentleman, soon after his arrival in America, who was afflicted with this grade of madness. My prescriptions relieved, but did not cure him. He returned to his family in Maryland, where, in the time of hay harvest, he was allured into a meadow, and prevailed upon to take a rake into his hands, and to assist in making hay. He worked for some time, and brought on thereby a profuse sweat, which soon carried off his disease. This account of his remedy and cure I received from himself, in a very sensible letter written a few weeks after his recovery. I have often wished, and lately advised, that the mad people in our hospital should be provided with the tools of a number of mechanical arts. Some of them should be laborious, and employ the body chiefly; others ingenious, and of a nature to exercise and divert the mind more than the body. None of them should be carried on by instruments, with which it would be easy for the maniacs to hurt themselves or others. For certain exploits of industry or skill, they should receive such rewards in food, or dress, as accord most with their inclinations, for few of them are capable of any higher or other gratification. The advantages of thus producing a current of new actions, both corporeal and mental,
which should continue for weeks and months, and perhaps years, could not fail of being accompanied with great advantages. Some emolument might likewise be derived from their labour to their friends, or to the institution that supported them. What a different view would a number of mad people exhibit, all thus imitating the habits of rational industry, compared with the antic gestures, the rapid or sauntering walks, the listless attitudes, and the vociferous or muttering conversations they hold with themselves, with which they excite pity or horror in all who see them.

In both the exercises and labours of mad people, they should be as much separated from each other as possible. We are naturally imitative animals; and our minds are formed in a degree by ambient circumstances; for which reason mad people should associate and work only with persons of sound and healthy minds.

10. Music should not be omitted as a remedy in this state of madness. The tunes employed for this purpose should be of the most invigorating nature.

11. Great pain. Mr. Stewart, the pedestrian traveller, informed me, that he once saw a transient interval of reason induced upon several idiots in Italy, by means of torture, inflicted from pious, but superstitious, motives, by some priests. Dr. Cox mentions an instance of chronic madness being cured by trepanning, and of the same good effects being produced by accidental contusions of the head. It is probable they both acted only by inducing pain. The return of reason, which I shall say hereafter sometimes takes place in the last hours of life, is probably occasioned, in part, by the bodily pains which attend the passage out of life. Should this remedy be resorted to, it should be induced by means that are not of a degrading nature, and which are calculated at the same time to excite some violent passion or emotion of the mind.

12. ERRHINES. These are suggested by the general absence of secretion in the nose in mad people, and by the relief which the discharge of a few drops of tears affords in trismania. The insensibility of the nose to the stimulus of common snuff, from its habitual use by that class of patients, forbids us to expect any benefit from it, for which reason the sulphate of mercury, and the
muriate of ammonia, mixed with a little flour, should be preferred for that purpose.

13. Certain odours. The dyer, formerly mentioned, informed me, that he had often observed the men that were employed in dying scarlet to be uncommonly cheerful, and sometimes to sing from morning till night. The odour which produces this effect is derived from a mixture of cochineal with a solution of tin in the nitric acid. The exhilaration produced by the fragrance of a flower garden in the spring of the year, and of the Spice Islands in the Indian Ocean, favours the idea still more, of exciting the brain by means of pleasant odours applied to the organ of smelling.

14. What would be the effect of loud and uncommon sounds, acting through the ears, upon the brain and mind in this disease? Meningitic patients, it has been observed, are much excited by the military music that sometimes passes by the Pennsylvania Hospital. It is still more in favour of loud sounds, or noises, in manalgia, that in the lowest stage of typhus fever, they have recalled departing life; and in asphixia, restored it from its apparent extinction in death.

15. Exciting certain stimulating passions and emotions, also the domestic affections. I mentioned several instances of the good effects of terror, in tristimania, and in tonic madness in its declining state. To be useful in manalgia, it should be often repeated. Of the good benefits of anger, I shall mention a striking instance. Mr. Derborow, whose name was mentioned formerly, during his long confinement in our hospital, in a state of manalgia, became silent for several months. Many attempts were made to compel him to speak, but to no purpose. The late Dr. Thomas Bond at length contrived to force him to break his long and obstinate silence. It was the practice of Mr. Derborow to amuse himself occasionally during this time in drawing. One day the Doctor looked over his shoulder, and saw the picture of a flower under his pencil. "A very pretty cabbage," said the Doctor. "You are a fool and a liar," said Mr. Derborow, "it is a flower." From that time he continued to speak as usual. Reading aloud and incorrectly to patients in this situation has sometimes induced a transient feeling of uneasiness or irritation, which has unsealed their lips, and revived their former habits of conversation.
The advantages to be expected from exciting the domestic affections will appear from the following fact. A woman in our hospital was delivered, many years ago, of a fine child during her derangement, which was of a chronic and torpid nature. The affection which was suddenly awakened for this child, removed her disease for several days. The child was taken from her breast, lest it should contract the seeds of madness from her milk. Her disease immediately returned, and she is now, and probably always will be, an incurable tenant of our hospital.

There are several medicines which have been given in this disease, upon which I shall make a few remarks. These are,

16. Opium, iron, the datura stammonium, strong infusions of green tea and green coffee, garlic, valerian, the nitrous oxyd, and electricity.

I have administered all these medicines in this disease in the Pennsylvania Hospital, and some of them for several months, but never in a single instance with success, when given alone. Garlic now and then produced a temporary frequency and fulness in the pulse, and electricity has produced a transient excitement in the temper, but neither of them made a permanent impression upon the disease. Where a recovery has succeeded the use of any of those medicines, I have supposed the disease was cured by time, instances of which will be mentioned hereafter. In thus stating the inefficacy of the above medicines in manalgia, I would by no means reject them altogether. They may be given as auxiliaries to those more powerful and rational remedies which agitate the whole body and mind.

In the use of all our remedies for manalgia, an advantage will arise from prescribing them in succession and rotation, and in choosing certain seasons of the year, according to the habits of the patient, for their exhibition.

To encourage us to persevere for years in the use of remedies for this disease, or to wait for a cure from the hand of time, founded upon those spontaneous changes that are always going forward in the human body, I shall select two cases of recoveries from among many others, the one from the former, the other from the latter cause.

1. In the year 1795 a young man of the name of Donaldson, from York county, in Pennsylvania, was admitted into our hospital, in the lowest
state of mania. He had been in that situation between four and five years. He appeared to have no mind, and scarcely any locomotive powers. When placed at the head of a pair of stairs, he rolled to the bottom of it. By means of most of the remedies I have recommended, he was nearly cured. He acquired the use of his speech, knew his attendants, and called me by my name when I visited him. Unhappily, in his progress to a perfect cure he was attacked with a malignant fever, and died in the hospital on the fifth day of his disease.

2. The following account of a spontaneous recovery was communicated to me, many years ago, by Dr. A. Hunter, with his History of the Lunatic Asylum in York, in Great Britain.

"On the twenty-fifth of October, 1778, a sea-faring person, about forty years of age, was recommended to the Lunatic Asylum for cure. About two years before that time he had sustained a considerable loss by sea, which operated so violently upon his mind, as to deprive him, almost instantly, of all his reasoning faculties. In that state of insensibility he was received into the Asylum. During his abode there, he was never observed to express any desire for nourishment; and so great was his inattention to this particular, that for the first six weeks it was necessary to feed him in the manner of an infant. Food and medicines were equally indifferent to him. A servant undressed him at night, and dressed him in the morning; after which he was conducted to his seat in the common parlour, where he remained all day with his body bent, and his eyes fixed upon the ground. From all the circumstances of his behaviour, he did not appear to be capable of reflection. Every thing was indifferent to him; and from the fairest judgment that could be formed, he was considered by all about him as an animal converted nearly into a vegetable. In this state of insensibility he remained till the morning of Tuesday the fourteenth of May, 1783, when, upon entering the parlour, he saluted the recovering patients with a "Good morrow to you all." He then thanked the servants of the house, in the most affectionate manner, for their tenderness to him; of which, he said, he began to be sensible some weeks before, but had not till then the resolution to express his gratitude. A few days after this unexpected return to reason, he was permitted to write a letter to his wife, in which he expressed himself with decency and propriety. At this time he seemed to have a peculiar pleasure in the enjoyment of the open air, and in his walks conversed
with freedom and serenity. Talking with him on what he felt during the suspension of reason, he said that his mind was totally lost; but that about two months before his return to himself, he began to have thoughts and sensations: these, however, only served to convey to him fears and apprehensions, especially in the night time. With regard to his medical treatment, I shall only observe, that the medicines usually prescribed for melancholic persons were, in his case, studiously avoided, and, instead of evacuants, cordials and a generous diet were constantly recommended. Had the natural powers been weakened, I am satisfied that the mind never would have regained her empire. During the remainder of his stay in the Asylum, he continued to behave himself with steadiness and propriety. He ate and drank moderately, and upon all occasions shewed a gentle and benevolent disposition. Finding his mind sufficiently strong, he returned to his family on the twenty-eighth of May, 1783. Soon after this he was appointed to the command of a ship employed in the Baltic Trade, in which service he is at this time engaged."

I shall dismiss the history of all the different forms of madness, and of their respective remedies, by remarking that they do not always occur in the order in which they have been described.

Partial and general madness sometimes precede and sometimes succeed each other. Manicula sometimes exists without mania, and both, without being succeeded by manalgia. There are instances in which manalgia has preceded mania, and manicula; and lastly, we now and then see them all combine, and alternate with each other. From this view of the successive and alternate changes of the different forms of madness into each other, we derive fresh proofs of the unity of its cause, and the necessity of renouncing all prescriptions for its names, and of constantly and closely watching the disease, in order to vary our remedies with its varying forms.

I shall now make a few remarks, which are alike applicable to all the forms of general madness.

1. Great regard should be had to cleanliness in the persons and apartments of mad people. This is indispensably necessary, not only for their comfort, but their cure. A deranged man, with a ragged dress, a dirty skin, long nails and beard, and uncombed hair, or with his dress and person in neat order, in a filthy room, loses his consciousness of his personal identity; and until this be restored, it is in vain to expect a return of the natural habits of his mind. A close stool, with a
pan half filled with water, in order to suffocate the 
rector of his evacuations, should be fixed in his 
room, with a cover, which should fall down of 
itself upon the stool after it is used.

2. Mad people should never be visited, nor even 
seen by their friends, and much less by strangers, 
without being accompanied by their physician, or 
by a person to whom he shall depose his power 
over them. The dread of being exposed, and 
gazed at in the cell of a hospital by an unthinking 
visitor, or an unfeeling mob, is one of the great-
est calamities a man can anticipate in his tendency 
to madness. The apprehension of it was so dis-
tressing to a young gentleman in this city in a fit 
of low spirits, that he prevented it, by discharg-
ing the contents of a loaded musket through his 
brain. But there is another advantage from con-
cealing the persons of mad people from the eye of 
visitors and the public. The disease is supposed 
to fix something of a repelling nature upon per-
sons and families, and hence it is often concealed 
or denied. Now, by rendering the place in which 
mad people are confined, private—I had almost 
said sacred—members of families may be sent 
there without its being known. Nay, they will be 
sent there upon the first appearance of the disease, 
in order to prevent its being known, and the dis-

case thereby be more frequently cured. This pri-
vacy would act with peculiar force upon the fe-
male sex. The obliquity and convulsions of the 
moral faculties, which sometimes take place in 
madness, would in this way never be known, or, 
if known, would be forgotten, or never divulged. 
To render a hospital still more agreeable, or less 
the object of aversion by the female sex, they 
should be carefully separated from the men, and 
they should be nursed only by women.

3. In the history of al. the forms of general 
madness, it was remarked that they were all attend-
ed, now and then, with the cheerfulness of ameno-
mania, but oftener with the distress of hypochon-
driasm. In the latter case, it will be necessary to 
use all the precautions to prevent suicide, that were 
recommended in treating upon that disease.

4. We should be careful to distinguish between 
a return of reason and a certain cunning, which 
enables mad people to talk and behave correctly 
for a short time, and thereby to deceive their at-
tendants, so as to obtain a premature discharge 
from their place of confinement. To prevent the 
evils that might arise from a mistake of this kind, 
they should be narrowly watched during their 
convalescence, nor should they be discharged, un-
til their recovery had been confirmed by weeks of correct conversation and conduct. Three instances of suicide have occurred in patients soon after they left the Pennsylvania Hospital, and while they were receiving the congratulations of their friends upon their recovery. The disease, in these cases, was probably revived by two causes,

1. By means of association, from the sight of persons or objects that first excited it, or that were first connected with it; and,

2. By exchanging the large and noisy society of the hospital, for the comparative solitude and silence of a private family.

The madness of Dr. Zimmerman, which had been suspended for three months by travelling, returned on the day he entered his own house. To prevent this fatal or distressing recurrence of madness, it would be a good practice to send patients abroad, or to reside for some time among strangers, before they returned to their families. All the means of destroying themselves should, at the same time, be kept out of their way.

The recurrence of madness, after it has been cured, is no objection to the power of medicine over it. There are frequent returns of catarrh, pleurisy, and intermitting fever, after they have been cured, and yet we do not ascribe them to the uncertainty or imperfection of our science. Of twenty-five persons that were cured of madness, by Mr. Pinel, but two relapsed in the course of five years, which is probably much less than the relapses which occur from the other diseases that were mentioned.

I cannot conclude this part of the subject of these Inquiries, without lamenting the want of some person of prudence and intelligence in all public receptacles of mad people, who should live constantly with them, and have the exclusive direction of their minds. His business should be, to divert them from conversing upon all the subjects upon which they had been deranged, to tell them pleasant stories, to read to them select passages from entertaining books, and to oblige them to read to him; to superintend their labours of body and mind; to preside at the table at which they take their meals, to protect them from rudeness and insults from their keepers, to walk and ride with them, to partake with them in their amusements, and to regulate the nature and measure of
their punishments. Such a person would do more good to mad people in one month, than the visits, or the accidental company, of the patient’s friends would do in a year. But further. We naturally imitate the manners, and gradually acquire the temper of persons with whom we live, provided they are objects of our respect and affection. This has been observed in husbands and wives, who have lived long and happily together, and even in servants, who are strongly attached to their masters and mistresses. Similar effects might be expected from the constant presence of a person, such as has been described, with mad people, independently of his performing for them any of the services that have been mentioned. We render a limb that has been broken, and bent, straight, only by keeping it in one place by the pressure of splints and bandages. In like manner, by keeping the eyes and ears of mad people under the constant impressions of the countenance, gestures, and conversation of a man of a sound understanding, and correct conduct, we should create a pressure nearly as mechanical upon their minds, that could not fail of having a powerful influence, in conjunction with other remedies, in bringing their shattered and crooked thoughts into their original and natural order.

In reviewing the slender and inadequate means that have been employed for ameliorating the condition of mad people, we are led further to lament the slower progress of humanity in its efforts to relieve them, than any other class of the afflicted children of men. For many centuries they have been treated like criminals, or shunned like beasts of prey; or, if visited, it has been only for the purposes of inhuman curiosity and amusement. Even the ties of consanguinity have been dissolved by the walls of a mad house, and sons and brothers have sometimes languished or sauntered away their lives within them, without once hearing the accents of a kindred voice. Happily these times of cruelty to this class of our fellow-creatures, and insensibility to their sufferings, are now passing away. In Great Britain, a humane revolution, dictated by modern improvements in the science of the mind, as well as of medicine, has taken place in the receptacles of mad people, more especially in those that are of a private nature. A similar change has taken place in the Pennsylvania Hospital, under the direction of its present managers, in the condition of the deranged subjects of their care. The clanking of chains, and the noise of the whip, are no longer heard in their cells. They now taste of the blessings of air, and light and motion, in pleasant and shaded walks
in summer, and in spacious entries, warmed by stoves in winter, in both of which the sexes are separated, and alike protected from the eye of the visitors of the hospital. In consequence of these advantages they have recovered the human figure, and, with it, their long forgotten relationship to their friends and the public. Much, however, remains yet to be done for their comfort and relief. To animate us in filling up the measure of kindness which has been solicited for them, let us recollect the greatness of its object. It is not to feed nor clothe the body, nor yet to cure one of its common diseases. It is to restore the disjointed or debilitated faculties of the mind of a fellow-creature* to their natural order and offices, and
to revive in him the knowledge of himself, his family, and his God.

But in performing this achievement of skill and humanity, we not only confer a positive good, but we remove a positive evil, which has no parallel in the list of human sufferings. If there were no other reason to believe this was the case, than the distress which takes place from a slight irregularity in the circulation of the blood in the brain,

ding enough. I shall be eight years old to-morrow. They say R. W. is in partnership with J. W. I believe they are about as good as people in general—not better, only on certain occasions, when, for instance, a man wants to buy chincopins, and to import salt to feed pigs. Turned leather was imported first by lawyers. Morality with virtue is like vice not corrected. L. B. came into your house and stole a coffee-pot in the twenty-fourth year of his majesty's reign. Plumb-pudding and Irish potatoes make a very good dinner. Nothing in man is comprehensible to it. Born in Philadelphia. Our forefathers were better to us than our children, because they were chosen for their honesty, truth, virtue and innocence. The queen's broad R originated from a British forty-two pounder, which makes two large a report for me. I have no more to say. I am thankful I am no worse this season, and that I am sound in mind and memory, and could steer a ship to sea, but am afraid of the thiller. ***** son of Mary queen of Scots. Born in Philadelphia. Born in Philadelphia. King of Macedonia."

* The following short extract, taken down by Mr. Coats, from the constant conversation of a young man of a good education, and respectable connections, now deranged in the Pennsylvania Hospital, will exhibit an affecting specimen of this disjointed state of the mind, and of the incoherence of its operations. "No man can serve two masters. I am king Philip of Macedonins, lawful son of Mary queen of Scots, born in Philadelphia. I have been happy enough ever since I have seen general Washington with a silk handkerchief in High-street. Money commands sublunary things, and makes the mare go; it will buy salt mackerel, made of ten-penny nails. Enjoyment is the happiness of virtue. Yesterday cannot be recalled. I can only walk in the night-time, when I can eat pud-
in a great majority of our dreams, it would be sufficient to render their assertion probable; but we have many proofs of its being strictly true. The tearing of clothes, so common in this disease, was one of the instituted signs of deep distress among the Jews, and it was so probably, from its being one of its natural signs among the nations of the East. The following, stamping with the feet, and the rattling of chains, so generally practised by mad people, are all resorted to, in order to excite such counter-impressions upon their ears, as shall suspend or overcome, by their force, the anguish of their minds. They wound and mangle their bodies for the same purpose. Even in those solitary cases of general madness, which are accompanied with singing and laughter, there is good reason to believe the heart is depressed with sadness. Nor are the silence, and seeming apathy of managia, always signs of the absence of misery. The “willow weeps,” says the poet, “but cannot feel; the torpid maniac feels, but cannot weep.” In maintaining the general existence of misery in all the forms of derangement, I am supported, not only by the acts that have been mentioned, but by the authority of Shakspeare, in the following view of the images and feelings that usually harrow up the imaginations of mad people.

"Who gives any thing (says Edgar) to poor Tom, Whom the foul fiend has led through fire, And through flame, through ford, and whirlpool, Over bog and quagmire, that hath laid Knives under his pillow, and halters in his pew, Set rats-bane by his porridge, made him to Ride upon a bay trotting horse, over four-inch Bridges, and to course his own shadow for a traitor.”

And again, Lear, in a language still more expressive of suffering, complains,

"I am bound
Upon a wheel of fire, that mine own tears
Do scald like molten lead."

It is no objection to the correctness of this description of the distress and horror which distract the minds of mad people, that they often have no recollection of them after their recovery. Happily for them! this is prevented, by derangement affecting the memory as well as the understanding. Even in those cases of managia in which the mind loses its sensibility to misery, and the subjects of it cease to be objects of our sympathy, they do not forfeit their claims to our good offices. Though insensible of mental pain, they are still sensible of kindness, and of corporal pleasure. A pleasant look, a kind word, an orange, an apple, or even a flower, presented to them in an affection-
ate manner, are cordials and donations of inestimable value. With these transient and casual favours should be united savoury food. This is the more necessary to them, as their senses of smell and touch, and often of hearing, are so much impaired as to cease to afford them any pleasure. Perhaps their food is more enjoyed by them upon that account.

I shall now mention the signs of a favourable and unfavourable issue of madness, in all the forms of it which have been described.

The longer its remote and predisposing causes have acted upon the brain, and mind, the more dangerous the disease, and vice versa.

General madness which succeeds tristimania, or that comes on gradually, is more difficult to cure, than that which comes on suddenly. Here we see its affinity to fever.

Madness, which arises from a hereditary predisposition, is said to be more difficult to cure, than that which follows a predisposition to it that has been acquired. It is certainly excited more easily, and is more apt to recur when cured, but in general, its paroxysms yield to medicine as readily as madness from an acquired predisposition.

Madness from corporeal causes is more easily cured than from such as are mental.

The younger the subject, the more easy the cure. Of 467 persons cured in Bethlehem Hospital, between the years 1784 and 1794, who were between 20 and 50 years of age, 200 of them were between 20 and 30.

It is rarely cured in old people. Mr. Halsam says, of 31 persons in advanced life, who were admitted into Bethlehem Hospital, but four were cured in the course of ten years.

Persons who have children are more difficult to cure than those who are childless.

It is more easily cured in women than in men. Mania yields more readily to medicine than manicula, or manalgia. An 100 patients in mania in its furious state, and the same number in its chronic state, were selected in the Bethlehem Hospital, in order to determine their relative danger and obstinacy. Of the former 62 were cured, and of the latter but twenty-seven.
A paroxysm of mania succeeding manicula, or manalgia, is favourable.

A fever succeeding bleeding is favourable. It shows a suffocated disease to be changed into a diffused one. A malignant fever, I remarked formerly, once cured a number of maniacs in our hospital.

Remissions and intermissions of violent mental excitement, are always favourable.

Lucid intervals in manicula and manalgia are likewise favourable. They show that torpor has not completely taken possession of the brain.

Abscesses in any part of the body are favourable. I formerly mentioned instances of recoveries which succeeded them.

A running from, or moisture in the nose, after it has been long dry, is favourable.

Warm and moist hands, after they have been long cold and dry, are favourable.

A cessation of burning in the feet is favourable.

General anasarca is favourable, provided it has been preceded by bleeding. It was followed by a recovery in two cases in the Pennsylvania Hospital in the year 1811.

The continuance of hysterical symptoms, or their revival, after being long absent, is always favourable. The latter shows the disease to be passing from its seat in the blood-vessels to the nerves.

A moderate degree of obscurity occurring during a remission of the disease is favourable. A greater degree of it is unfavourable.

A return of one regular stool daily, and at an habitual hour, is favourable.

A diarrhœa, when moderate, is favourable.

Madness, from the common causes of fever, from parturition, and from strong drink, generally yield to the power of medicine.

Madness from lesions of the brain is seldom cured.
Madness which succeeds epilepsy, or that is alternated with it, is, I believe, always incurable.

Madness which succeeds head-ache, palsy, and fatuity, is generally incurable.

Madness from emotions of the mind, such as anger, joy and terror, is more easily cured than when it arises from the passions. From the former causes it comes on suddenly, from the latter gradually.

Madness is difficult to cure, when it arises from the revival of an old and dormant passion, excited by association, especially when that passion is love or grief. It is remarkable, that the love which causes madness does not revive with its cure.

Gaity, timidity, and good humour, are favourable. Ill-temper is unfavourable.

Weeping is unfavourable, when the disease has been preceded by hypochondriasis. It shows it to be changing into the less dangerous and distressing disease of hysteria.

Pensiveness and taciturnity often accompany and succeed a recovery from this disease. This is elegantly described in Orlando Furioso, after his recovery from madness induced by the unfaithfulness of his beloved Angelica.

Slow recoveries are most favourable.

A discharge of blood from the haemorrhoidal vessels, and the return of the menses, where they have been obstructed, are always favourable.

In three cases of madness that have occurred during pregnancy, within my knowledge, parturition did not cure, nor even mitigate them.

A return of spelling correctly, after it had been suspended, is favourable; so is a return of delicacy, more especially in the female sex.

The return of an habitual disease or appetite, shows an abatement of the violence of madness and is always favourable. The return of an habitual employment or of any of the habits of the understanding or the affections, that had been suspended, is still more favourable. I shall mention instances of each of them.

Sir George Baker declared the king of Great Britain to be convalescent from his first attack.
of madness, as soon as he heard him speak with a rapidity that had always been natural to him, and which he had lost during his insanity.

I attended a young man of the name of Wilkinson, in the Pennsylvania Hospital, in whom a habit of stammering was suspended during his derangement, but which returned as soon as he began to mend.

The return of diseases that are painful, such as headache, the rheumatism, the piles, or cough, also of tremors, and cutaneous eruptions, is still more favourable than the two cases of disease that have been mentioned.

A revival of an appetite for gingerbread, in a young man in our hospital, who had been fond of it when in health, was soon afterwards followed by his complete recovery.

A young lady in the neighbourhood of Philadelphia, who had been my patient for several weeks in an attack of madness from a fever, was observed by her family to call for her pen, ink, and common-place book, upon a Sunday. She had been in the practice of copying select pieces of poetry into it, for many years, upon that day of the week. At this time she discovered none of the common signs of the return of reason by her conduct or conversation. Trifling as this incident appeared, I encouraged her parents to expect from it a favourable change in her disease. It took place as I expected, and she recovered perfectly in the course of a few weeks.

A female patient of mine, who had acquired pious habits when a child, practised them with great regularity during her derangement. Her recovery was marked by the gradual neglect of her devotion, and by a return of the gay and dissipated practices of her middle life.

A Mrs. D——, whom I supposed, for several months, had recovered from madness, under my care, said to me one day, in passing by her in our hospital, upon my asking her how she was, "that she was perfectly well, and that she was sure this was the case, for that she had at last ceased to hate me."

A similar instance of a perfect recovery succeeding the revival of domestic respect and affection occurred in a Miss H. L. who was confined in our hospital in the year 1800. For several weeks she discovered every mark of a sound mind,
except one. She hated her father. On a certain day she acknowledged, with pleasure, a return of her filial attachment and affection for him; soon after she was discharged cured.

Spontaneous recoveries now and then occur, after the disease has continued 18 and 20 years. A recovery after the former period has lately taken place in a German farmer, in the county of Montgomery, in this state.

Maniacal patients sometimes die of its tonic or acute state, but in its chronic forms they more commonly die of one of the following diseases.

1. Atrophy. Dr. Greding says 68 out of 100 patients die of this wasting disease.

2. Pulmonary consumption. It is remarkable that this disease does not so often suspend madness, as madness does pulmonary consumption.

3. Dropsy, particularly hydrothorax and anasarca, where they have not been preceded by bleeding. The latter disease aided madness in putting an end to the miserable life of Mr. Cowper.

4. A single convulsive fit, epilepsy, palsy, and apoplexy.

5. Fevers.

6. The disease induced by fasting.

It has been remarked, that patients who have long been confined in mad houses sometimes lose their hearing, but seldom their sight. I remarked formerly, that the ears are oftener affected with false perceptions than the eyes, in mad people; and from the nature of the disease which produces those false perceptions, it is easy to conceive that the sense of hearing must sooner perish than the sense of sight.

Most of mad people discover a greater or less degree of reason in the last days or hours of their lives. Cervantes therefore discovers both observation and judgment, in bringing Don Quixote to his senses just before he dies. Thus the sun, after a cloudy day, sometimes darts a few splendid rays across the earth just before he descends below the horizon. I have ascribed this resuscitation of reason in the paroxysm of death to the
diseased blood-vessels relieving themselves by an effusion of water in the ventricles of the brain, or to the remains of the excitement of the system, awakened by fever, or pain, taking refuge in the mind.

CHAPTER IX.

Of Dementia, or Dissociation.

Related to intellectual madness is that disease of the mind, which has received from Mr. Pinel the name of Dementia. The subjects of it in Scotland are said to "have a bee in their bonnets." In the United States, we say they are "flighty," or "hair-brained," and, sometimes, a "little cracked." I have preferred naming it, from its principal symptom, dissociation. It consists not in false perceptions, like the worst grade of madness, but of an association of unrelated perceptions, or ideas, from the inability of the mind to perform the operations of judgment and reason. The perceptions are generally excited by sensible objects; but ideas, collected together without order, frequently constitute a paroxysm of the disease. It is always accompanied with great volubility of speech, or with bodily gestures, performed with a kind of convulsive ra-