

A TREATISE  
ON  
**INSANITY,**

IN WHICH ARE CONTAINED

THE

PRINCIPLES OF A NEW AND MORE PRACTICAL NOSOLOGY  
OF MANIACAL DISORDERS

THAN HAS YET BEEN OFFERED TO THE PUBLIC,

EXEMPLIFIED BY

NUMEROUS AND ACCURATE HISTORICAL RELATIONS OF CASES  
FROM THE AUTHOR'S PUBLIC AND PRIVATE PRACTICE: WITH  
PLATES ILLUSTRATIVE OF THE CRANIOLOGY OF MANIACS  
AND IDEOTS.

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## SECTION II.

### THE MORAL TREATMENT OF INSANITY.

#### MORAL TREATMENT PARTICULARLY INSISTED UPON BY THE ANCIENTS.

16. TO repeat the maxims which were delivered by the ancients upon the art of treating maniacs with kindness, firmness and address, can throw but little light upon the moral management of insanity. Those precepts are only of partial utility, as long as the nosology of the disease is not established upon clear and extensive views of its causes, symptoms and varieties. The influence of seasons and climates, the peculiarities of temper, character and capacity of the individual, together with the precise nature of the hallucination, are circumstances which must never be omitted in the study and treatment of mental derangement. Luminous histories of the disease, and candid reports of the indication and application of remedies, whether success-

ful or otherwise, from men of acknowledged sagacity and experience, and all with a reference to the circumstances above enumerated, might, perhaps, in time contribute to place this branch of the healing art upon a level with its kindred pursuits.

#### HAVE THE ENGLISH PUBLISHED ANY NEW RULES ON THE MORAL TREATMENT OF INSANITY.

17. ENGLISH physicians give themselves credit for a great superiority of skill in the moral treatment of insanity; and their success, frequently under the veil of secrecy, has given a sanction to pretensions to which they have no just nor exclusive claims. I have for the last fifteen years paid considerable attention to the subject, and consulted all the works which have appeared upon it in the English language, as well as the reports which English travellers and physicians have published, in regard to their numerous lunatic establishments. I have discovered no secret; but, I approve of their general principles of treatment. Of the celebrated Willis it has been said, that the utmost sweetness and affability is the usual expression of his countenance. But, when he looks

a maniac in the face for the first time, he appears instantly to change character. His features present a new aspect, such as commands the respect and attention, even of lunatics. His looks appear to penetrate into their hearts, and to read their thoughts as soon as they are formed. Thus does he obtain an authority over his patients, which afterwards co-operating with other means, contribute to restore them to themselves and to their friends." But Dr. Willis' general principles of treatment, are no where developed, and applied to the character, intensity and varieties of insanity. Dr. Arnold's work upon this subject, which he published in London, in 1786, is principally a compilation from different sources,—scholastic divisions, more calculated to retard than to accelerate the progress of science. (m) And as to Dr. Harper, who, in his preface, announces an intention of departing from the beaten path; Does he fulfil his promise, (n) and is not his work more of a commentary upon the doctrines of the ancients than an original production upon mental indications? Again, I cannot

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(m) Dr. Arnold's nosography of insanity, (for it is little more) is perhaps, the best work that has appeared upon that subject. It is to be hoped, that in the edition which is now preparing for publication, he will favour the world with a full and candid exposition of his principles of treatment. T.

(n) A treatise on the real cause and cure of insanity, &c. London, 1789.

help admiring the courage of Dr. Crichton, who has lately published two volumes upon maniacal and melancholic affections, merely upon the basis of some ingenious elucidations of the doctrines of modern physiology, which he extracted from a German journal, and which he accompanied by a description of the moral and physical effects of the human passions. (o) I respect Dr. Fowler's little essay, upon his establishment in Scotland, for the pure and elevated principles of philanthropy which it contains, and which are applied with great felicity to the moral treatment of insanity. But, I do not find that he has advanced any thing new upon the subject.

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THE AUTHOR'S INDUCEMENTS TO STUDY THE PRINCIPLES  
OF MORAL TREATMENT.

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18 ALL civilised nations, however different in their customs, and manner of living, will never fail to have some causes of insanity in common; and, it is natural to believe, that all will do their utmost to remedy the evil. Why may not

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(o) An enquiry into the nature and origin of mental derangement, &c. London, 1799.

France, as well as England, adopt the means, from the use of which, no nation is by nature proscribed, and which are alone discovered by observation and experience? But success, in this department of medical enquiry, must depend upon the concurrence of many favourable circumstances. The loss of a friend, who became insane through excessive love of glory, in 1783, and the inaptitude of pharmaceutic preparations to a mind elated, as his was, with a high sense of its independence, enhanced my admiration of the judicious precepts of the ancients, and made me regret that I had it not then in my power to put them in practice.

About that time I was engaged to attend, in a professional capacity, at an asylum, where I made observations upon this disease for five successive years. My opportunities for the application of moral remedies, were, however, not numerous. Having no part of the management of the interior police of that institution, I had little or no influence over its servants. The person who was at the head of the establishment, had no interest in the cure of his wealthy patients, and he often, unequivocally, betrayed a desire, that every remedy should fail. At other times, he placed exclusive confidence in the utility of bathing, or in the efficacy of petty and frivolous recipes. The administration of the civil hospitals, in Paris, open-

ed to me in the second year of the republic a wide field of research, by my nomination to the office of chief physician to the national Asylum de Becetre, which I continued to fill for two years. In order in some degree, to make up for the local disadvantages of the hospital, and the numerous inconveniences which arose from the instability and successive changes of the administration, I determined to turn my attention, almost exclusively, to the subject of moral treatment. The halls and the passages of the hospital were much confined, and so arranged as to render the cold of winter and the heat of summer equally intolerable and injurious. The chambers were exceedingly small and inconvenient. Baths we had none, though I made repeated applications for them; nor had we extensive liberties for walking, gardening or other exercises. So destitute of accommodations, we found it impossible to class our patients according to the varieties and degrees of their respective maladies. On the other hand, the gentleman, to whom was committed the chief management of the hospital, exercised towards all that were placed under his protection, the vigilance of a kind and affectionate parent. Accustomed to reflect, and possessed of great experience, he was not deficient either in the knowledge or execution of the duties of his office. He never lost sight of the principles of a most genuine philanthropy. He paid great atten-

tion to the diet of the house, and left no opportunity for murmur or discontent on the part of the most fastidious. He exercised a strict discipline over the conduct of the domestics, and punished, with severity, every instance of ill treatment, and every act of violence, of which they were guilty towards those whom it was merely their duty to serve. He was both esteemed and feared by every maniac; for he was mild, and at the same time inflexibly firm. In a word, he was master of every branch of his art, from its simplest to its most complicated principles. Thus was I introduced to a man, whose friendship was an invaluable acquisition to me. Our acquaintance matured into the closest intimacy. Our duties and inclinations concurred in the same object. Our conversation, which was almost exclusively professional, contributed to our mutual improvement. With those advantages, I devoted a great part of my time in examining for myself the various and numerous affections of the human mind in a state of disease. I regularly took notes of whatever appeared deserving of my attention; and compared what I thus collected, with facts analogous to them that I met with in books, or amongst my own memoranda of former dates. Such are the materials upon which my principles of moral treatment are founded,

19 I cannot help congratulating those gentlemen, who feel no difficulties in the treatment of any disease to which the human frame is subject, and who are ever ready to entertain us with the relation of their incomparable successes. Ostentation, like this, is doubtless dictated by a spirit of empyricism, unworthy the character of persons who have justly attained to public esteem and celebrity. We are informed, that Dr. Willis cures nine lunatics out of ten. The doctor, however, gives us no insight into the nature and peculiarities of the cases in which he has failed of success; and if his failure in the case of the Queen of Portugal had not been made a subject of public notoriety, it likewise, would, probably, have been buried in the profoundest silence. He who cultivates the science of medicine, as a branch of natural history, pursues a more frank and open system of conduct, nor seeks to conceal the obstacles which he meets with in his course. What he discovers, he feels no reluctance to shew; and the difficulties which he cannot master, he leaves, with the impression of his hand upon them, for the benefit of his successors in the same rout. Impressed with the importance of this truth, I proceed to detail a case of insanity unsuccessfully treated.

A CASE OF INSANITY, IN WHICH IT IS PROBABLE, THAT MORAL TREATMENT WOULD HAVE BEEN ATTENDED WITH SUCCESS.

20. A YOUNG gentleman, twenty-four years of age, endowed with a most vivid imagination, came to Paris to study the law, and flattered himself with the belief that nature had destined him for a brilliant station at the bar. An enthusiast for his own convictions, he was an inflexible disciple of Pythagoras in his system of diet: he secluded himself from society, and pursued, with the utmost ardour and obstinacy, his literary projects. Some months after his arrival, he was seized with great depression of spirits, frequent bleeding at the nose, spasmodic oppression of the chest, wandering pains of the bowels, troublesome flatulence and morbidly increased sensibility. Sometimes he came to me in a very cheerful state of mind, when he used to say, "How happy he was, and that he could scarcely express the supreme felicity which he experienced." At other times, I found him plunged in the horrors of consternation and despair. Thus, most acutely miserable, he frequently, and with great earnestness, intreated me to put an end to his sufferings. The characters of the profoundest hypochondriasis were now become recognisable in his feelings and conduct. I saw the

approaching danger, and I conjured him to change his manner of life. My advice was unequivocally rejected. The nervous symptoms of the head, chest and bowels continued to be progressively exasperated. His intervals of complacency and cheerfulness were succeeded by extreme depression and pusillanimity and terror, and inexpressible anguish. Overpowered nearly by his apprehensions, he often and earnestly entreated me to rescue him from the arms of death. At those times I invited him to accompany me to the fields, and after walking for some time, and conversing together upon subjects likely to console or amuse him, he appeared to recover the enjoyment of his existence: but, upon returning to his chambers, his perplexities and terrors likewise returned. His despair was exasperated by the confusion of ideas to which he was constantly subject, and which interfered so much with his studies. But what appeared, altogether, to overwhelm him, was the distressing conviction that his pursuit of fame and professional distinction must be for ever abandoned. Complete lunacy, at length, established its melancholy empire. One night, he bethought himself that he would go to the play, to seek relief from his own too unhappy meditations. The piece which was presented, was the "Philosopher without knowing it." He was instantly seized with the most gloomy suspicions, and especially with a con-

viction, that the comedy was written on purpose and represented to ridicule himself. He accused me with having furnished materials for the writer of it, and the next morning he came to reproach me, which he did most angrily, for having betrayed the rights of friendship, and exposed him to public derision. His delirium observed no bounds. Every monk and priest he met with in the public walks, he took for comedians in disguise, dispatched there for the purpose of studying his gestures, and of discovering the secret operations of his mind. In the dead of night he gave way to the most terrific apprehensions, —believed himself to be attacked sometimes by spies, and at others, by robbers and assassins. He once opened his window with great violence and cried out murder and assistance with all his might. His relations, at length, determined to have him put under a plan of treatment, similar to that which was adopted at the *ci-de-vant* Hôtel Dieu; and, with that view, sent him under the protection of a proper person, to a little village in the vicinity of the Pyrenees. Greatly debilitated both in mind and body, it was some time after agreed upon that he should return to his family residence, where, on account of his paroxysms of delirious extravagance, succeeded by fits of profound melancholy, he was insulated from society. Ennui and insurmountable disgust with life, absolute refusal of food, and

dissatisfaction with every thing, and every body that came near him, were among the last ingredients of his bitter cup. To conclude our affecting history: he one day eluded the vigilance of his keeper; and, with no other garment on than his shirt, fled to a neighbouring wood, where he lost himself, and where, from weakness and inanition, he ended his miseries. Two days afterwards he was found a corpse. In his hand was found the celebrated work of Plato on the immortality of the soul.



THE ABSENCE OF THE MEANS OF MORAL TREATMENT IN  
THE ABOVE CASE TO BE HIGHLY REGRETTED.



21. WHAT important services, a young man such as has been described in the above history, might not have rendered to society, had it been possible to restore him to himself, and to the capacities of intellectual exertion, for which he was so eminently distinguished. In the treatment of his case, it is true, that I had it in my power to use a great number of remedies; but, my opportunities for the employment of those means that appeared, almost exclusively applicable, were altogether wanting. At a well regulated asylum, and subject to

the management of a governor, in every respect qualified to exercise over him an irresistible controul, and to interrupt or divert his chain of maniacal ideas, it is possible, and even probable, that a cure might have been effected. Of successful treatment in parallel circumstances, there are numerous instances recorded in the registers of the Asylum de Bicetre.

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THE ESTIMABLE EFFECTS OF COERCION ILLUSTRATED IN  
THE CASE OF A SOLDIER.

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22. A SOLDIER, who for sometime had been insane, and a patient at the Hôtel Dieu, was suddenly seized with a vehement desire to join his regiment. All fair means to appease him being exhausted, coercive measures became indispensable to convey him to his chamber, and to secure him for the night. This treatment exasperated his phrenzy, and before morning he broke to pieces every thing that he could lay his hands upon. He was then bound and closely confined. For some days he was allowed to vent his fury in solitude: but he continued to be agitated by the most violent passions, and to use the language of imprecation and abuse against every body that he saw, but especially against the govern-

or, whose authority he affected to despise. In about a week, however, he began to feel that he was not his own master; and, as the governor was going his round one morning, he assumed a more submissive air and tone, advanced with looks of mildness and contrition, and kissing his hand, said, "You have promised, upon my engaging to be peaceable and quiet, to permit me to go into the interior court. Now, Sir, have the goodness to keep your word." The governor, with a countenance full of sweetness and affability, expressed the very great pleasure which he felt, congratulated him on his returning health, and instantly ordered him to be set at liberty. Further constraint would have been superfluous, and probably injurious. In seven months from the date of his admission into the hospital, he was restored to his family and to his country, and has since experienced no relapse.

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THE ADVANTAGES OF RESTRAINT UPON THE IMAGINATION OF MANIACS ILLUSTRATED.

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23. A YOUNG religious enthusiast, who was exceedingly affected by the abolition of the catholic religion in France, became insane. After the usual treatment at the Hôtel Dieu, he was transferred to



the Asylum de Bicetre. His misanthropy was not to be equalled. His thoughts dwelled perpetually upon the torments of the other world; from which he founded his only chance of escaping, upon a conscientious adoption of the abstinences and mortifications of the ancient anchorites. At length, he refused nourishment altogether; and, on the fourth day after that unfortunate resolution was formed, a state of langour succeeded, which excited considerable apprehensions for his life. Kind remonstrances and pressing invitations proved equally ineffectual. He repelled, with rudeness, the services of the attendants, rejected, with the utmost pertinacity, some soup that was placed before him, and demolished his bed (which was of straw) in order that he might lie upon the boards. How was such a perverse train of ideas to be stemmed or counteracted? The excitement of terror presented itself as the only resource. For this purpose, Citizen Pussin appeared one night at the door of his chamber, and, with fire darting from his eyes, and thunder in his voice, commanded a group of domestics, who were armed with strong and loudly clanking chains, to do their duty. But the ceremony was artfully suspended;—the soup was placed before the maniac, and strict orders were left him to eat it in the course of the night, on pains of the severest punishment. He was left to his own reflections. The night was spent (as he afterwards

informed me) in a state of the most distressing hesitation, whether to incur the present punishment, or the distant but still more dreadful torments of the world to come. After an internal struggle of many hours, the idea of the present evil gained the ascendancy, and he determined to take the soup. From that time he submitted, without difficulty, to a restorative system of regimen. His sleep and strength gradually returned; his reason recovered its empire; and, after the manner above related, he escaped certain death. It was during his convalescence, that he mentioned to me the perplexities and agitations which he endured during the night of the experiment.



INTIMIDATION TOO OFTEN ASSOCIATED WITH VIOLENCE.



24. In the preceding cases of insanity, we trace the happy effects of intimidation, without severity; of oppression, without violence; and of triumph, without outrage. How different from the system of treatment, which is yet adopted in too many hospitals, where the domestics and keepers are permitted to use any violence that the most wanton caprice, or the most sanguinary cruel-

ty may dictate. In the writings of the ancients, and especially of Celsus, a sort of intermediate and conditional mode of treatment is recommended, founded, in the first instance, upon a system of lenity and forbearance; and when that method failed, upon corporal and physical punishments, such as confinement, chains, flogging, spare diet, &c. (*p*) Public and private mad-houses, in more modern times, have been conducted on similar principles.

We are informed by Dr. Gregory, that a farmer, in the North of Scotland, a man of Herculean stature, acquired great fame in that district of the British empire, by his success in the cure of insanity. The great secret of his practice consisted in giving full employment to the remaining faculties of the lunatic. With that view, he compelled all his patients to work on his farm. He varied their occupations, divided their labour, and assigned to each, the post which he was best qualified to fill. Some were employed as beasts of draught or burden, and others as servants of various orders and provinces. Fear was the operative principle that gave motion and harmony to this rude system. Disobedience

(*p*) Ubi perperam aliquid dixit aut fecit, fame, vinculis plagis coercendus est. Cels. Lib. iii. Cap. 18.

and revolt, whenever they appeared in any of its operations, were instantly and severely punished.

A system of management analogous to the above, was adopted in a monastic establishment in the South of France. One of the inspectors visited each chamber, at least, once every day. If he found any of the maniacs behaving extravagantly, stirring up quarrels or tumults, making any objections to his victuals, or refusing to go to bed at night, he was told in a manner, which of itself was calculated to terrify him, that unless he instantly conformed, he would have to receive in the morning ten severe lashes, as a punishment for his disobedience. The threat was invariably executed with the greatest punctuality; while good conduct, on the contrary, was not less equally and punctually rewarded. Those who were disposed to behave orderly, and to observe the rules of the institution, were admitted to dine at the governor's table. But, if any one abused this indulgence, he was immediately reminded of it, by a smart stroke over his fingers with a ferule, and informed, with an air of great gravity and coolness, that it became him to conduct himself with more propriety and reserve.

It is painful to close this sketch by a reference to an imperfection in the treatment of insanity, by

one of the most successful practitioners of any age. I allude to the practice of the celebrated Dr. Willis. In the establishment under his direction in the vicinity of London, it would appear that every lunatic is under the controul of a keeper, whose authority over him is unlimited, and whose treatment of him must be supposed, in many instances, to amount to unbridled and dangerous barbarity:—a delegated latitude of power totally inconsistent with the principles of a pure and rigid philanthropy.

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MAXIMS OF LENITY AND PHILANTHROPY APPLICABLE TO  
THE MANAGEMENT OF LUNATICS.

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25. To apply our principles of moral treatment, with indiscriminating uniformity, to maniacs of every character and condition in society, would be equally ridiculous and unadviseable. A Russian peasant, or a slave of Jamaica, ought evidently to be managed by other maxims than those which would exclusively apply to the case of a well bred irritable Frenchman, unused to coercion and impatient of tyranny. Of the unhappy influence upon the French character of needless and vexatious op-

position, my experience has furnished me with too many instances, in the paroxysms of rage and indignation, which have been occasioned at the Asylum de Bicetre, by the thoughtless jests and barbarous provocations of idle and unfeeling visitors. In the lunatic infirmary, which is insulated from the body of the hospital, and which is not subject to the controul of the governor, it has frequently happened that lunatics, who were perfectly composed and in a fair way of recovery, have, in consequence of the silly raillery and rude brutality of their attendants, relapsed into the opposite condition of violent agitation and fury. Maniacs, on the other hand, who have been transferred from the infirmary to the asylum, and represented upon their arrival as more than commonly furious and dangerous, rendered so no doubt by severe treatment, have, upon being received with affability, soothed by consolation and sympathy, and encouraged to expect a happier lot, suddenly subsided into a placid calmness, to which has succeeded a rapid convalescence. To render the effects of fear solid and durable, its influence ought to be associated with that of a profound regard. For that purpose, plots must be either avoided or so well managed as not to be discovered; and coercion must always appear to be the result of necessity, reluc-

tantly resorted to and commensurate with the violence or petulance which it is intended to correct. These principles are strictly attended to at Bicetre. That great hospital is far from possessing such advantages of site, insulation, extent of liberty, and interior accommodations, as that of Dr. Fowler. But I can assert, from accurate personal knowledge, that the maxims of enlightened humanity prevail throughout every department of its management; that the domestics and keepers are not allowed, on any pretext whatever, to strike a madman; and that straight waistcoats, superior force, and seclusion for a limited time, are the only punishments inflicted. When kind treatment, or such preparations for punishment as are calculated to impress the imagination, produce not the intended effect, it frequently happens, that a dexterous stratagem promotes a speedy and an unexpected cure.



A HAPPY EXPEDIENT EMPLOYED IN THE CURE OF A  
MECHANICIAN.



26. A CELEBRATED watchmaker, at Paris, (see page 26,) was infatuated with the chimera of perpetual motion, and to effect this discovery, he set

to work with indefatigable ardour. From unremitting attention to the object of his enthusiasm coinciding with the influence of revolutionary disturbances, his imagination was greatly heated, his sleep was interrupted, and, at length, a complete derangement of the understanding took place. His case was marked by a most whimsical illusion of the imagination. He fancied that he had lost his head on the scaffold; that it had been thrown promiscuously among the heads of many other victims; that the judges, having repented of their cruel sentence, had ordered those heads to be restored to their respective owners, and placed upon their respective shoulders; but that, in consequence of an unfortunate mistake, the gentlemen, who had the management of that business, had placed upon his shoulders the head of one of his unhappy companions. The idea of this whimsical exchange of his head, occupied his thoughts night and day; which determined his relations to send him to the Hôtel Dieu. Thence he was transferred to the Asylum de Bicetre. Nothing could equal the extravagant overflowings of his heated brain. He sung, cried, or danced incessantly; and, as there appeared no propensity in him to commit acts of violence or disturbance, he was allowed to go about the hospital without controul, in order to expend, by evaporation, the effervescent excess of his spirits. "Look at these teeth," he

constantly cried ;—“ Mine were exceedingly handsome ;—these are rotten and decayed. My mouth was sound and healthy : this is foul and diseased. What difference between this hair and that of my own head.” To this state of delirious gaiety, however, succeeded that of furious madness. He broke to pieces or otherwise destroyed whatever was within the reach or power of his mischievous propensity. Close confinement became indispensable. Towards the approach of winter his violence abated ; and, although he continued to be extravagant in his ideas, he was never afterwards dangerous. He was, therefore, permitted, when ever he felt disposed, to go to the inner court. The idea of the perpetual motion frequently recurred to him in the midst of his wanderings ; and he chalked on all the walls and doors as he passed, the various designs by which his wondrous piece of mechanism was to be constructed. The method best calculated to cure so whimsical an illusion, appeared to be that of encouraging his prosecution of it to satiety. His friends were, accordingly, requested to send him his tools, with materials to work upon, and other requisites, such as plates of copper and steel, watch-wheels, &c. The governor, permitted him to fix up a work-bench in his apartment. His zeal was now redoubled. His whole attention was rivetted upon his favourite pursuit. He forgot his

meals. After about a month's labour, which he sustained with a constancy that deserved better success, our artist began to think that he had followed a false rout. He broke into a thousand fragments the piece of machinery which he had fabricated at so much expense of time, and thought, and labour ; entered on the construction of another, upon a new plan, and laboured with equal pertinacity for another fortnight. The various parts being completed, he brought them together, and fancied that he saw a perfect harmony amongst them. The whole was now finally adjusted :—his anxiety was indescribable :—motion succeeded :—it continued for some time :—and he supposed it capable of continuing for ever. He was elevated to the highest pitch of enjoyment and triumph, and ran as quick as lightening into the interior of the hospital, crying out like another Archimedes, “ At length I have solved this famous problem, which has puzzled so many men celebrated for their wisdom and talents.” But, grievous to say, he was disconcerted in the midst of his triumph. The wheels stopped ! The perpetual motion ceased ! His intoxication of joy was succeeded by disappointment and confusion. But, to avoid a humiliating and mortifying confession, he declared that he could easily remove the impediment, but tired of that kind of employment, that he was determined for the future

to devote his whole time and attention to his business. There still remained another maniacal impression to be counteracted ;—that of the imaginary exchange of his head, which unceasingly recurred to him. A keen and an unanswerable stroke of pleasantry seemed best adapted to correct this fantastic whim. Another convalescent of a gay and facetious humour, instructed in the part he should play in this comedy, adroitly turned the conversation to the subject of the famous miracle of Saint Denis. Our mechanician strongly maintained the possibility of the fact, and sought to confirm it by an application of it to his own case. The other set up a loud laugh, and replied with a tone of the keenest ridicule: “ Madman as thou art, how could Saint Denis kiss his own head? Was it with his heels?” This equally unexpected and unanswerable retort, forcibly struck the maniac. He retired confused amidst the peals of laughter, which were provoked at his expense, and never afterwards mentioned the exchange of his head. Close attention to his trade for some months, completed the restoration of his intellect. He was sent to his family in perfect health; and has, now for more than five years, pursued his business without a return of his complaint.

THE TREATMENT OF MANIACS TO BE VARIED ACCORDING  
TO THE SPECIFIC CHARACTERS OF THEIR HALLUCINATION.

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27. OF all the powers of the human mind, that of the imagination appears to be the most subject to injury. The fantastic illusions and ideal transformations, which are by far the most frequent forms of mental derangement, are solely ascribable to lesions of this faculty. Hence the expediency of a great variety of schemes and stratagems for removing these prepossessions. Of the numerous illusions to which the imagination is subject, the most difficult to be eradicated are those originating in fanaticism. My experience on this subject agrees with the reports of English authors. How extremely difficult to level, with his real situation, the ideas of a man swelled up with morbid pride, solely intent on his high destinies, or thinking himself a privileged being, an emissary of heaven, a prophet from the Almighty, or even a divine personage. What measures are likely to counteract the influence of mystic visions or revelations, of the truth of which he deems it blasphemy to express a doubt?

An unfortunate being, under the influence of this variety of mental derangement, fancied that he saw

devils constantly about him, and one day rushed upon a party of visitors as upon a legion of demons. A maniac of a milder temperament invoked, without ceasing, his guardian angel, or rather one of the apostles, and discharged, with great rigour, the duties of mortification, fasting and prayer. I have sometimes amused myself by conversing with another victim of fanaticism, who, like the ancient disciples of Zoroaster, paid divine homage to the sun; prostrated himself, with great devotion, before its rising splendour; and during the remaining day consecrated to it, his actions, his pleasures and his pains. (g) With this harmless enthusiast may be contrasted, one subject to more dangerous propensities, who, during the day, was generally tranquil, but at night, fancied himself surrounded with ghosts and phantoms. At different times he had imaginary conferences with good and bad angels, and, according to the respective influences of those delusions, he was mild or furious, inclined to acts of beneficence or roused to deeds of ferocity. The

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(g) Some of those maniacs experienced a partial abolition of their moral faculties,---sunk into a gloomy taciturnity, or mused in indolent reveries, which sooner or later terminated in idiotism. One of them, in the winter of the year 3 of the republic, spent with invincible pertinacity, several nights on his knees in the attitude of prayer. The consequence was, that a partial mortification of his feet took place. To effect a cure I was obliged to tie him down to his bed.

following relation will exhibit a picture of the horrible excesses to which maniacal fury may be unfortunately subject.

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A CASE OF MELANCHOLIA, WITH BIGOTRY.

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28. A MISSIONARY, by his declamatory representations of the torments of the other world, so terrified an ignorant vine dresser, that he fancied himself irrevocably condemned to everlasting perdition. To rescue his family from a similar fate, he sought by his own hand to give it the claim of martyrdom upon the mercy of heaven. The seducing descriptions he had met with in the lives of saints had impressed his mind with this dangerous prejudice. He first attempted to discharge his murderous duty upon his wife; but she fortunately made her escape ere the intention was executed. Two dear little infants, however, his own children, equally helpless and unsuspecting, fell victims to his cold blooded barbarity. For these acts of violence, which he deemed so meritorious in the sight of God, he was cited before the tribunal: but, during his imprisonment and before his trial came on, he contrived to immolate one of his fellow prisoners as an expiatory sacrifice to the God of free and disinterested mercy. His insanity having

been proved in court, he was condemned to perpetual confinement in one of the cells at Bicetre. His long confinement, co-operating in its influence with the idea, that he had escaped death, in defiance of the sentence which he supposed the judges to have pronounced upon him, aggravated his delirium, and countenanced his belief that he was invested with omnipotent power, or, according to his own expressions, "That he was the fourth person in the trinity," (r) "That his special mission was to save the world

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(r) To correct his dangerous bigotry, I shall just mention one out of many ineffectual expedients that were tried upon him. I, one day, ordered to be brought together, him and another convalescent of a gay character. The latter could recite, extremely well, the poems of Racine and Voltair. I had desired him to get by heart Voltair's poem on natural religion, and instructed him to lay great stress on the following lines, as most applicable to my purpose---

Penses-tu que Trajan, Marc Aurèle, Titus,  
Noms chéris, noms sacrés que tu n'as jamais lus,  
De l'univers charmé, bienfaiteurs adorables,  
Soient au fond des enfers empalés par les diables;  
Et que tu seras, toi, de rayons couronné,  
D'un cœur de chérubins sans, cesse environné,  
Pour avoir quelque temps, chargé d'une besace  
Dormi dans l'ignorance ou croupi dans la crasse?

When he came to those lines, and especially the concluding ones, the fanatic could no longer contain his rage. He eyed the orator with looks of fury, loaded him with the most insulting epithets, and invoked the Almighty vengeance to send down fire from heaven, to consume a blasphemer, his blasphemy and philosophy together. He then precipitately withdrew to his own apartment. This experiment was never repeated, as it appeared more calculated to aggravate than to moderate his maniacal impressions.

by the baptism of blood, and that all the potentates of the earth, united in hostile alliance against him, could not take away his life." His derangement was confined to the subject of religion, for upon every other, he appeared to be in perfect possession of his reason. After the expiration of ten years of his solitary confinement, his apparent calmness and tranquillity determined the governor to grant him permission to mix with the other convalescents in the inner court. Four years of freedom and of harmlessness seemed to confirm the propriety of the experiment, when, all of a sudden his sanguinary propensities returned. On the tenth of Nivose (Christmas eve) of the year 3, he formed the atrocious project of making an expiatory sacrifice of all his fellow tenants of the asylum. For this purpose he got a shoemaker's knife, and seized for execution the moment when the governor was coming down stairs to go his round. Having stationed himself to advantage, he aimed at that gentleman a fatal wound; but fortunately the instrument grazed his ribs, without producing any serious injury. It is shocking, however, to relate, that he killed two maniacs who were then on the spot, and would have persisted in his bloody career, until he had accomplished the whole of his purpose, had he not been speedily arrested by superior force. It is scarcely necessary to add, that his confinement was now made absolute and irrevocable.



INSANITY FROM RELIGIOUS ENTHUSIASM EXTREMELY  
DIFFICULT TO CURE.

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29. To say that the attempts, which have been made in England and France, to cure the insanity of devotees, have been generally ineffectual, is not precisely to assert its incurability. It certainly is not impossible, that, by a judicious combination of moral and physical means, a cure might, in many instances, be effected. My plan would have been, could the liberties of the Bicetre have admitted of it, to separate this class of maniacs from the others; to apportion for their use a large piece of ground to till or work upon, in the way that mine or their own inclination might dispose them; to encourage employments of this description, by the prospect of a moderate recompense, want or more exalted motives; to remove from their sight every object appertaining to religion, every painting or book calculated to rouse its recollections; to order certain hours of the day to be devoted to philosophical reading, and to seize every opportunity of drawing apt comparisons between the distinguished acts of humanity and patriotism of the ancients, and the pious nullity and delirious extravagances of saints and anchorites; to divert their minds from the pe-

culiar object of their hallucination, and to fix their interest upon pursuits of contrary influence and tendency.

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THE CONDUCT OF THE GOVERNOR OF BICETRE, UPON THE  
REVOLUTIONARY ORDERS HE RECEIVED TO DESTROY  
THE SYMBOLIC REPRESENTATIONS OF RELIGION.

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30. IN the third year of the republic, the directors of the civil hospitals, in the excess of their revolutionary zeal, determined to remove from those places the external objects of worship, the only remaining consolation of the indigent and the unhappy. A visit for this purpose was paid to the hospital de Bicetre. The plunder, impious as it was and detestable, was begun in the dormitories of the old and the infirm, who were naturally struck at an instance of robbery so new and unexpected, some with astonishment, some with indignation, and others with terror. The first day of visitation being already far spent, it was determined to reserve the lunatic department of the establishment for another opportunity. I was present at the time, and seized the occasion to observe, that the unhappy residents of that part of the hospital required to be treated

with peculiar management and address ; and, that it would be much better to confide so delicate a business to the governor himself, whose character for prudence and firmness was well known. That gentleman, in order to prevent disturbance, and perhaps an insurrection in the asylum, wished to appear rather to submit to a measure so obnoxious than to direct it. Having purchased a great number of national cockades, he called a meeting of all the lunatics who could conveniently attend. When they were all arrived he took up the colours and said, " Let those who love liberty draw near and enrol themselves under the national colours." This invitation was accompanied by a most gracious smile. Some hesitated ; but the greatest number complied. This moment of enthusiasm was not allowed to pass unimproved. The converts were instantly informed, that their new engagement required of them to remove from the chapel the image of the Virgin, with all the other appurtenances of the catholic worship. No sooner was this requisition announced than a great number of our new republicans set off for the chapel, and committed the desired depredation upon its sacred furniture. The images and paintings, which had been objects of reverence for so many years, were brought out to the court in a state of complete disorder and ruination. Consternation and terror seized the few devout but

impotent witnesses of this scene of impiety. Murmurs, imprecations and threats expressed their honest feelings. The most exasperated amongst them prayed that fire from heaven might be poured upon the heads of the guilty, or believed that they saw the bottomless abyss opening to receive them. To convince them, however, that heaven was deaf equally to their imprecations and prayers, the governor ordered the holy things to be broken into a thousand pieces and to be taken away. The good-will and attachment, which he knew so well how to conciliate, ensured the execution of this revolutionary measure. A great majority immediately seconded his wishes. The most rigid devotees, who were comparatively few in number, retired from the scene, muttering imprecation, or agitated by fruitless fury. I shall not enquire into the propriety of so harsh a measure, nor how far its universal enactment might consist with the principles of a wise and enlightened administration. It is very certain, that melancholia or mania, originating in religious enthusiasm, will not admit of a cure, so long as the original impressions are allowed to be continued, or renewed by their appropriate causes.

MANIACAL FURY TO BE REPRESSED; BUT NOT BY  
CRUEL TREATMENT.

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31. THE lesions of the human intellect simply, embrace but a part of the object of the present treatise. The active faculties of the mind are not less subject to serious lesions and changes, nor less deserving of ample consideration. The diseased affections of the will—excessive or defective emotions, passions, &c. whether intermittent or continued, are sometimes associated with lesions of the intellect. At other times, however, the understanding is perfectly free in every department of its exercise. In all cases of excessive excitement of the passions, a method of treatment, simple enough in its application, but highly calculated to render the disease incurable, has been adopted from time immemorial:—that of abandoning the patient to his melancholy fate, as an untameable being, to be immured in solitary durance, loaded with chains, or otherwise treated with extreme severity, until the natural close of a life so wretched shall rescue him from his misery, and convey him from the cells of the mad-house to the chambers of the grave. But this treatment convenient indeed to a governor, more remarkable for his indolence and ignorance than for his prudence or humanity, deserves, at the

present day, to be held up to public execration, and classed with the other prejudices which have degraded the character and pretensions of the human species. To allow every maniac all the latitude of personal liberty consistent with safety; to proportion the degree of coercion to the demands upon it from his extravagance of behaviour; to use mildness of manners or firmness as occasion may require,—the bland arts of conciliation, or the tone of irresistible authority pronouncing an irreversible mandate, and to proscribe, most absolutely, all violence and ill treatment on the part of the domestics, are laws of fundamental importance, and essential to the prudent and successful management of all lunatic institutions. But how many great qualities, both of mind and body, it is necessary that the governor should possess, in order to meet the endless difficulties and exigencies of so responsible a situation!

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THE FUNCTIONS OF THE WILL EXCLUSIVELY DISEASED.

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32. CONDILLAC has displayed equally his sagacity and profundity in the application of the principles of analytical enquiry, to the developement of certain mental emotions, such as inquietude, desire,

the passions which depend upon agreeable or disagreeable sensations, &c. But, connected with the history of the affections, there are important facts which it is the exclusive province of medical philosophy to unravel and to expose. (s) It is for the scientific physician particularly to define the limits of those principles in their respective states of health, disease or convalescence; to ascertain the circumstances by which they are impaired in their action, or carried beyond their natural excitement; to trace their influence upon the moral and physical constitution, and to point out the various diseases which they may generate or exasperate. That the functions of the will are absolutely distinct from those of the understanding, and that their seat, causes and reciprocal dependencies are essentially different, can admit of no doubt. To bring proofs therefore in support of a truth universally admitted is unnecessary: but, to illustrate the fact, I will just cite one instance of the exclusive lesion of the functions of the will. It is that of a maniac whose symptoms appear totally inexplicable upon the principles of Locke and Condillac. His insanity was periodical. His paroxysms generally returned after an interval of several months. The first symptom was a sensation of great heat in the umbilical

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(s) See Crichton on the influence of the passions.

region, which was felt to ascend progressively to the chest, neck and face. To this succeeded a flushed countenance, wildness of the eyes, and great distension of the veins and arteries of the head. No sooner was the brain itself invaded, than the patient was suddenly seized by an irresistible propensity to commit acts of barbarity and bloodshed. Thus actuated, he felt, as he afterwards informed me, a contest terrible to his conscience arise within him, between this dread propensity which it was not in his power to subdue, and the profound horror which the blackest crime of murder inspired. The memory, the imagination, and the judgement of this unfortunate man were perfectly sound. He declared to me, very solemnly, during his confinement, that the murderous impulse, however unaccountable it might appear, was in no degree obedient to his will; and that it once (t) had sought to violate the nearest relationship he had in the world, and to bury in blood the tenderest sympathies of his soul. He frequently repeated those declarations during his lucid intervals; when he likewise avowed to me, that he had conceived such a disgust with life, that he had several times attempted to put an end to it by suicide. "What motive," he would say, "can I have

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(t) In the case of his wife.

to murder the governor, who treats us all with so much kindness; nevertheless, in my moments of fury, my propensity acknowledges no respect for his person, for I would then plunge my dagger in his bosom, as soon as in that of any other man. It is to avoid the guilt of murdering my friend, that I am induced to attempt my own life." It is easy to see, that paroxysms of this nature admit not of the application of moral remedies. The indication must, therefore, consist in their prevention by evacuants (see page 44,) or suppression by antispasmodics.



VIOLENT PAROXYSMS OF INSANITY ARE GENERALLY THE  
LEAST DANGEROUS.



33. In periodical mania, as in other acute diseases, the apparent violence of the symptoms is often less to be dreaded than a deceitful calm,—the forerunner frequently of tempestuous passions or other more durable indispositions. It is a general property of such paroxysms as are distinguished by more than usual extravagance, to diminish gradually in their intensity, until at length no vestiges of their influence are to be traced, either in the conduct or in the state of the feelings.

A maniac, under the influence of the most outrageous fury, shall be guilty of every extravagance, both of language and action;—his excitement shall continue for several months;—a dose or two of antispasmodics shall serve to calm the tumult, and even to produce a total cessation, at least, of the most violent symptoms: but, we likewise know, that a certain and permanent cure may be obtained by what the French call the method of expectation, which consists solely in delivering up a maniac to the efforts of unassisted nature. His tumultuous effervescence is allowed upon this plan to subside by evaporation, and no more coercion is employed than what is dictated by attention to personal safety. For this purpose the strait-waistcoat will be generally found amply sufficient. Every case of irritation, real or imaginary, is to be carefully avoided. No opportunity of discontent must be allowed to exist, and when discovered must be immediately removed. Improper application for personal liberty, or any other favour, must be received with acquiescence, taken graciously into consideration, and withheld under some plausible pretext, or postponed to a more convenient opportunity. The utmost vigilance of the domestic police will be necessary to engage the exertions of every maniac, especially during his lucid intervals, in some employment, labourious or otherwise, calculated to employ his thoughts and atten-

tion. That this view of the subject is equally simple and just, would appear from the circumstance, that some maniacs, who had been thrown into a kind of imbecility and idiotism by the excessive use of the lancet, have been roused from their lethargy by a paroxysm of active mania, and left, in about a fortnight or three weeks, in the full possession of their faculties.

A young soldier was dispatched from the army of la Vandeé to Paris, in a state of great fury, and submitted to the usual treatment of the Hôtel Dieu. Venæsection was repeatedly resorted to. After one of those operations it unfortunately happened, that the bandage was displaced. Great hæmorrhage took place, and the patient sunk into a state of syncope, which lasted for some time. He was transmitted to Bicêtre, in a very debilitated condition. The sphincter ani had lost its power, his tongue had forgot its movements, his face was deadly pale, and all the functions of the understanding were obliterated. His father came to see him in this melancholy situation, was greatly affected as may be supposed, and left some money towards the amelioration of his condition. Wholesome food, and gradually increased in quantity, contributed by slow degrees to strengthen him, and to rouse his dormant faculties. The usual precursory symptoms preceded the explosion of an

active paroxysm. His countenance was flushed, his eyes were wild and prominent, attended with febrile excitement, extreme agitation, and at length complete delirium. Thus raised to maniacal consequence, our hero sallied forth to the interior court of the hospital, and provoked and insulted every person that he met with as he went along. But as he abstained from active violence, his personal liberty was not abridged. He continued for twenty days in a state of delirious excitement, when a calm succeeded, and the dawn of reason faintly glimmered above the tempest. Moderate employment and regular exercise, co-operating with the energies of nature herself, restored him, in a short time, to the full enjoyment of his intellectual faculties. To secure, however, a solid and permanent cure, he was detained for six months after his recovery; and towards the decline of autumn he was restored to his family.

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A LIMITED DEGREE OF LIBERTY RECOMMENDED TO BE GIVEN TO MADMEN CONFINED AT LUNATIC INSTITUTIONS.

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34. IN lunatic hospitals, as in despotic governments, it is no doubt possible to maintain, by unli-

mitted confinement and barbarous treatment, the appearance of order and loyalty. The stillness of the grave, and the silence of death, however, are not to be expected in a residence consecrated for the reception of madmen. A degree of liberty, sufficient to maintain order, dictated not by weak but enlightened humanity, and calculated to spread a few charms over the unhappy existence of maniacs, contributes, in most instances, to diminish the violence of the symptoms, and in some, to remove the complaint altogether. Such was the system which the governor of Bicetre endeavoured to establish on his entrance upon the duties of his present office. (u) Cruel treatment of every description, and in all departments of the institution, was unequivocally proscribed. No man was allowed to strike a maniac even in his own defence. No concessions however humble, nor complaints nor threats were allowed to interfere with the observance of this law. The guilty

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(u) Frequent attendance upon lunatic institutions can alone give an adequate idea of the difficulties of the service. New aversions or offences to encounter, dangers unforeseen to incur, perpetual clamours or insulting vociferations to listen to, and violence frequently to repel, are the leading characters of the scene that is daily presented at these melancholy habitations. The duties of the governor are evidently commensurate with his utmost abilities, which, indeed, ought to be distinguished no less by their variety than by their eminence.

was instantly dismissed from the service. It might be supposed, that to support a system of management so exceedingly rigorous, required no little sagacity and firmness. The method which he adopted for this purpose was simple, and I can vouch my own experience for its success. His servants were generally chosen from among the convalescents, who were allured to this kind of employment by the prospect of a little gain. Averse from active cruelty from the recollection of what they had themselves experienced;—disposed to those of humanity and kindness from the value, which for the same reason, they could not fail to attach to them; habituated to obedience, and easy to be drilled into any tactics which the nature of the service might require, such men were peculiarly qualified for the situation. As that kind of life contributed to rescue them from the influence of sedentary habits, to dispel the gloom of solitary sadness, and to exercise their own faculties, its advantages to themselves are equally apparent and important. What I had done at Bicetre, previous to the late change in the administration, comprehended but a small part of my plan towards extending its liberties and multiplying its conveniences, for laborious and other exercises.

THE MOST VIOLENT AND DANGEROUS MANIACS DESCRIBED, WITH EXPEDIENTS FOR THEIR REPRESSION.

35. THE madmen most remarkable for their activity and turbulence, most subject to sudden explosions of maniacal fury, and most difficult of management at lunatic hospitals, exhibit almost all the external characters, which Cabanis, in his general considerations upon the study of man, has described with so much truth and eloquence as peculiarly characteristic of the sanguine temperament. (v) "A bold and well marked physiognomy; brilliant expressive eyes; a yellow or dark complexion; face remarkably thin; jet black hair and frequently curled; a strong athletic person, with the bones projecting, but seldom fat; strong, quick and hard pulse. These men are perpetually hurried away, sometimes on the buoyant streams of imagination, and at others on the torrents of passion. Their purposes are formed rashly, and executed with violence and impetuosity. Their diseases even participate in the violence of their temperament." We may easily

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(v) This memoir is inserted among the papers of the national institute for the year 6 of the republic.

imagine how dangerous madmen of this temperament are, when we consider that their strength and audacity are frequently increased by the influence of their unfortunate maladies. The great secret of mastering maniacs of this character, without doing them injury or receiving violence from them, consists in going up to them boldly and in a great body. Convinced of the inutility of resistance, and impressed with a degree of timidity, the maniac thus surrounded will often surrender without further opposition or reluctance. An instrument of offence will, however, sometimes arm him with extraordinary resolution. A madman shall be suddenly seized with a paroxysm of phrenitic delirium, with perhaps a knife, or a stone, or a cudgel in his hand at the time. The governor, ever faithful to his maxim of maintaining order without committing acts of violence, will, in defiance of his threats, march up to him with an intrepid air, but slowly and by degrees. In order not to exasperate him, he takes with him no offensive weapon. As he advances he speaks to him in a firm and menacing tone, and gives his calm advice or issues his threatening summons, in such a manner as to fix the attention of the hero exclusively upon himself. This ceremony is continued with more or less variation until the assistants



have had time, by imperceptible advances, (*w*) to surround the maniac, when, upon a certain signal being given, he finds himself in instant and unexpected confinement. Thus a scene which threatened so much tragedy, generally ends in an ordinary event. Disturbances will occasionally interfere with the tranquillity of all institutions, where the passions are licentiously gratified. Lunatic establishments are peculiarly liable to such commotions. The prevention of conspiracies and tumults by anticipation, is always preferable to their suppression by violence or active contest:—either will frequent-

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(*w*) The situation of the madman at the time must determine the choice of different means of arrest. A piece of iron of a semicircular form, with a long handle attached to it, and adapted by its convexity in the middle for its intended purpose, is sometimes found of great service in the mastering of maniacs, by forcing them up to a wall, and incapacitating them in that position for using their hands. In other cases, when with impunity they can be more nearly approached, a piece of cloth thrown over their face so as to blind them will enable their keepers to secure them without much difficulty. By harmless methods of this description, a maniac may be sufficiently repressed, without subjecting him to the danger of a wound or the indignity of a blow. Of this mode of coercion, the predecessor of the present governor of Bicetre adopted entirely the reverse. During his superintendence the refractory were abandoned to the unrestrained cruelty of the domestics. Consistent with their policy, the great object was to bring the unruly maniac to the ground by a brutal blow: when one of the other keepers or servants instantly jumped upon him, and detained him in that position, until he was secured, by pressing his knees against his chest and stomach—a process by which that important part was frequently crushed and injured. I cannot speak without horror of the barbarous methods for the repression of maniacs, which are still employed at some hospitals, and which I know to be in too many instances the cause of a premature death.

ly require such a variety and combination of measures as the greatest sagacity and longest experience can supply. Lunatics, even during their lucid intervals and convalescence, are disposed to be passionate upon very slight causes. Quarrels amongst the patients—specious complaints of injustice—the sight of a sudden seizure by a maniacal paroxysm—any object, real or imaginary, of murmur or discontent, may become a source of great disorder, and be communicated, like a shock of electricity, from one end of the hospital to the other. Meetings are called, parties are formed, and commotions stirred up as in popular insurrections, which, if not suppressed in their very commencement, may be succeeded by very unpleasant and possibly by disastrous or fatal consequences. Upon the appearance of tumults of this kind, I have more than once seen the governor of Bicetre brave with wonderful courage the violence that threatened him, move about and mingle in the effervescence with the rapidity of thought, seize the most mutinous, and provide for their instant security, and thus, in a very short time, restore tranquillity to the institution.

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THE PROPRIETY OF APPEARING TO ASSENT TO THE ABSURD PROPOSITIONS AND FANCIFUL IDEAS OF MANIACS.

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36 OTHER secrets, not less calculated to put an end to disputes and quarrels among maniacs, to

overcome their resistance and to maintain order in hospitals, are those of not appearing to notice their extravagance, of avoiding every expression of reproach, of assenting to their opinions, and giving them impulses with such address as to impress them with the conviction that they originate with themselves. In all these respects, the governess of the Asylum de Bicetre is uncommonly well qualified for her office. I have seen her, with astonishment, go up to the most furious maniacs, and by soothing conversation and artful proposals abate their fury, and prevail upon them to take nourishment when it had been obstinately refused from every other hand.

A maniac, reduced to extreme danger by stubborn abstinence, threw himself into a great passion, and repelled the victuals which the governess had brought him, with rudeness and abuse. Dexterous by nature, and rendered still more skillful by experience, she veered about in a moment, acquiesced in his purpose, and even applauded his delirious conduct. She then skipped and danced, told droll things, and at length made him laugh. Availing herself of this favourable moment, she persuaded him to eat, and thus saved his life.

Three maniacs, who all believed themselves to be sovereigns, and each of whom assumed the title of

Louis XVI. were one day disputing their respective rights to the regal office and prerogatives, with more warmth than appeared consistent with their mutual safety. Apprehensive of consequences, the governess went up to one of them and took him a little aside: "How happens it," said she, addressing him with great gravity, "that you should think of disputing with such fellows as those, who are evidently out of their minds: we all know well enough that your majesty alone is Louis XVI." Flattered by this attention and homage, this gentleman immediately withdrew, looking at his rival disputants as he retired with ineffable disdain. The same artifice succeeded with a second, who left the other in undisputed possession of his honours. In a few minutes no vestiges of the quarrel remained.

I remember to have admired, on one occasion particularly, the fertility in expedients for mastering maniacs possessed by this valuable woman. A young man, who had been calm for several months and at liberty in the interior court, was suddenly seized by a paroxysm of his complaint. He stole into the kitchen, took up a knife and some vegetables which he began to chop, and insisted upon entering in defiance of the cook and other servants, who attempted to impede his progress and to dis-

arm him. He jumped upon the table and threatened to take off the head of the first man that dared to approach him. The governess, with more recollection than fear, instantly changed her mode of attack, and appeared very much to disapprove of the assault upon him. "Be quiet," said she, "why prevent so strong a man from giving me that assistance which he is so capable of?" She then addressed herself to the madman with great good humour, desired him to go to her, to receive proper instructions in the business of preparing the vegetables, and congratulated herself on having in him an assistant so well disposed and so able to serve her. The maniac, deceived by this innocent stratagem, complied with the invitation, and fell to work with great satisfaction. But, as he was receiving his instructions, and the governess took care to instruct him with the knife in her own hand, he was surrounded by the domestics, taken without difficulty or danger, and instantly carried away to his chamber. I might defy the most skilful of either sex, and the most conversant in the management of maniacs, to seize with more firmness and promptitude a method better adapted for disarming a raving madman.

THE NECESSITY OF MAINTAINING CONSTANT ORDER IN LUNATIC ASYLUMS, AND OF STUDYING THE VARIETIES OF CHARACTER EXHIBITED BY THE PATIENTS.

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37. THE extreme importance which I attach to the maintenance of order and moderation in lunatic institutions, and consequently to the physical and moral qualities requisite to be possessed by their governors, is by no means to be wondered at, since it is a fundamental principle in the treatment of mania to watch over the impetuosities of passion, and to order such arrangements of police and moral treatment as are favourable to that degree of excitement which experience approves as conducive to recovery. Unfortunate, indeed, is the fate of those maniacs who are placed in lunatic hospitals, where the basis of the practice is routine, and that perhaps under the direction of a governor devoid of the essential principles of morality; or where, which amounts to the same thing, they are abandoned to the savage and murderous cruelty of underlings. Great sagacity, ardent zeal, perpetual and indefatigable attention, are essential qualities of a governor who wishes to do his duty, in its various departments of watching the progress of every case, seizing the peculiar character of the hallucination, and meeting the numerous varieties of the disease depending upon

temperament, constitution, ages and complications with other diseases. In some unusual or difficult cases, it requires great consideration to decide upon the treatment or experiment most eligible to be attempted. (*x*) But in the greatest number of instances, especially of accidental mania originating in the depressing passions, the experience of every day attests the value of consolatory language, kind treatment, and the revival of extinguished hope. Severity in cases of this description can answer no other purpose than those of

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(*x*) A man, formerly attached to the household of a prince, who became insane, partly from the subversion of his old political associations, and partly from reverses of fortune, was buoyed up, especially when the subject of the revolution was mentioned, by extravagant notions of his own consequence. Excepting during the influence of occasional paroxysms of delirious effervescence to which he was liable, he was silent upon the subject of his hallucination and paid proper attention to the external forms of politeness and good breeding, which had been habitual to him. Whenever his opinions were contradicted, he retired, with a cool but respectful bow, to his own room, without shewing any further signs of disapprobation. His prevailing idea was that of his omnipotence, and whenever he wished to appear very great, he boasted of his power as being adequate to the execution of his unbounded wishes or utmost vengeance. There was, likewise, another idea which frequently possessed and disturbed him:—it was the loss of the army of Conde, of which he was a warm admirer, and which, according to him, was destined to accomplish the purposes of the eternal. To produce any impression upon the imagination of a madman of this character, either by fair means or by those of decided coercion, appeared next to impossible. About six months, however, after his arrival, he was guilty of a misdemeanour,—that of great impertinence to the governor, which might have authorised such a punishment as would have convinced him that his power was totally chimerical. But, as his relations proposed to withdraw him from the asylum in a few days thereafter, it was thought ineligible to attempt it.

exasperating the disease, and of frequently rendering it incurable.

A young man, already depressed by misfortune, lost his father, and in a few months after a mother, whom he tenderly loved. The consequence was, that he sunk into a profound melancholy; and his sleep and appetite forsook him. To these symptoms succeeded a most violent paroxysm of insanity. At a lunatic hospital, whither he was conveyed, he was treated in the usual way, by copious and repeated blood-letting, water and shower baths, low diet, and a rigorous system of coercion. Little or no change appeared in the state of the symptoms. The same routine was repeated, and even tried a third time without success, or rather with an exasperation of the symptoms. He was at length transferred to the Asylum de Bicetre, and with him the character of a dangerous maniac. The governor, far from placing implicit confidence in the accuracy of this report, allowed him to remain at liberty in his own apartment, in order more effectually to study his character and the nature of his derangement. The sombrous taciturnity of this young man, his great depression, his pensive air, together with some broken sentences which were heard to escape him on the subject of his misfortunes, afforded some insight into the nature of his insanity. The treatment most

suitable to his case was evidently to console him, to sympathise with his misfortunes, and, after having gradually obtained his esteem and confidence, to dwell upon such circumstances as were calculated to cheer his prospects and to encourage his hopes. These means having been tried with some success, a circumstance happened which appeared at once to give countenance and efficiency to the consolatory conversations of the governor. His guardian, with a view to make his life more comfortable, now thought proper to make small remittances for his use ; which he promised to repeat monthly. The first payment dispelled, in a great measure, his melancholy, and encouraged him to look forward to better days. At length, he gradually recovered his strength. The signs of general health appeared in his countenance. His bodily functions were performed with regularity, and reason resumed her empire over his mind. His esteem for the governor was unbounded. This patient, who had been so egregiously ill treated in another hospital, and consequently delivered to that of Bicetre as a furious and dangerous maniac, is now become not only very manageable, but, from his affectionate disposition and sensibility, a very interesting young man.

AN INSTANCE OF VIOLENT MANIA CURED BY PRUDENT  
AND VIGOUROUS COERCION.

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38. " IN the moral treatment of insanity, lunatics are not to be considered as absolutely devoid of reason, i. e. as inaccessible by motives of fear and hope, and sentiments of honour. . . . In the first instance it is proper to gain an ascendancy over them, and afterwards to encourage them." (y) Those general propositions are doubtless very true and very useful in their application to the treatment of insanity. But to have inculcated them with proper effect, they ought to have been accompanied and illustrated by appropriate examples. On this point, however, the English choose to be silent. That being the case, I shall add to the preceding histories a single example, which, I presume, will convince the reader that the secret is not unknown in France,

A gentleman, the father of a respectable family, lost his property by the revolution, and with it all his resources. His calamities soon reduced him to a state of insanity. He was treated by the usual routine of baths, blood-letting and coercion. The symptoms, far from yielding to this treatment, gained

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(y) Encyclopædia Britannica.

ground, and he was sent to Bicetre as an incurable maniac. The governor, without attending to the unfavourable report which was given of him upon his admission, left him a little to himself, in order to make the requisite observations upon the nature of his hallucination. Never did a maniac give greater scope to his extravagance. His pride was incompressible and his pomposity most laughably ridiculous. To strut about in the character of the prophet Mahomet, whom he believed himself to be, was his great delight. He attacked and struck at every body that he met with in his walks, and commanded their instant prostration and homage. He spent the best part of the day in pronouncing sentences of proscription and death upon different persons, especially the servants and keepers who waited upon him. He even despised the authority of the governor. One day his wife, bathed in tears, came to see him. He was violently enraged against her, and would probably have murdered her, had timely assistance not gone to her relief. What could mildness and remonstrance do for a maniac, who regarded other men as particles of dust? He was desired to be peaceable and quiet. Upon his disobedience, he was ordered to be put into the strait-waistcoat, and to be confined in his cell for an hour, in order to make him feel his dependence. Soon after his detention, the governor paid him a visit, spoke to him in a friendly

tone, mildly reproved him for his disobedience, and expressed his regret that he had been compelled to treat him with any degree of severity. His maniacal violence returned again the next day. The same means of coercion were repeated. He promised to conduct himself more peaceably; but he relapsed again a third time. He was then confined for a whole day together. On the day following he was remarkably calm and moderate. But another explosion of his proud and turbulent disposition made the governor feel the necessity of impressing this maniac with a deep and durable conviction of his dependence. For that purpose he ordered him to immediate confinement, which he declared should likewise be perpetual, pronounced this ultimate determination with great emphasis, and solemnly assured him, that, for the future, he would be inexorable. Two days after, as the governor was going his round, our prisoner very submissively petitioned for his release. His repeated and earnest solicitations were treated with levity and derision. But in consequence of a concerted plan between the governor and his lady, he again obtained his liberty on the third day after his confinement. It was granted him on his expressly engaging to the governess, who was the ostensible means of his enlargement, to restrain his passions and by that means to skreen her from the displeasure of her husband

for an act of unseasonable kindness. After this, our lunatic was calm for several days, and in his moments of excitement, when he could with difficulty suppress his maniacal propensities, a single look from the governess was sufficient to bring him to his recollection. When thus informed of impropriety in his language or conduct, he hastened to his own apartment to reinforce his resolution, lest he might draw upon his benefactress the displeasure of the governor, and incur, for himself, the punishment from which he had but just escaped. These internal struggles between the influence of his maniacal propensities and the dread of perpetual confinement, habituated him to subdue his passions, and to regulate his conduct by foresight and reflection. He was not insensible to the obligations which he owed to the worthy managers of the institution, and he was soon disposed to treat the governor, whose authority he had so lately derided, with profound esteem and attachment. His insane propensities and recollections gradually, and at length, entirely disappeared. In six months he was completely restored. This very respectable gentleman is now indefatigably engaged in the recovery of his injured fortune.

THE PHYSICAL AND MORAL QUALITIES ESSENTIAL TO THE  
SUCCESSFUL MANAGEMENT OF LUNATIC ASYLUMS.

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39. I HAVE given a sufficient number of examples to illustrate the importance which I attach to the moral treatment of insanity. The credit of this system of practice has been hitherto almost exclusively awarded to England. Though it be a department of experimental medicine that is least understood, I trust, that what has been advanced in this section will rescue France from the imputation of neglecting it. For my ability to use, with any degree of propriety, this language of competition, I am indebted to a fortunate concurrence of circumstances. Among these may be first enumerated, the eminent qualities, both of body and mind, of the governor of the Asylum de Bicetre. He possesses the principles of a pure and enlightened philanthropy. His attention to the arduous duties of his office is indefatigable. His knowledge of human life and of the human heart is accurate, extensive, and easily applied to the frequent and urgent demands that are made upon it. His firmness is immoveable, his courage cool and unshrinking. As to his physical properties, he is manly and well proportioned. His arms are exceedingly strong. When he speaks in anger or displeasure, his countenance expresses great decision

and intrepidity, and his voice is that of thunder. Acting in concert with a gentleman of such a character, I had great opportunities afforded me of deriving from my situation every possible professional advantage. Of the knowledge to be derived from books on the treatment of insanity, I felt the extreme insufficiency. Desirous of better information, I resolved to examine for myself the facts that were presented to my attention; and forgetting the empty honours of my titular distinction as a physician, I viewed the scene that was opened to me with the eye of common sense and unprejudiced observation. I saw a great number of maniacs assembled together, and submitted to a regular system of discipline. Their disorders presented an endless variety of character: but their discordant movements were regulated on the part of the governor by the greatest possible skill, and even extravagance and disorder were marshalled into order and harmony. I then discovered, that insanity was curable in many instances, by mildness of treatment and attention to the state of the mind exclusively, and when coercion was indispensable, that it might be very effectually applied without corporal indignity. To give all their value to the facts which I had the opportunity of observing, I made it an object of interest to trace their alliance with the functions of the understanding. To assist me in this enquiry, I atten-

tively perused the best writers upon modern pneumatology, as well as those authors who have written on the influence of the passions upon the pathology of the human mind. The laws of the human economy considered in reference to insanity as well as to other diseases, impressed me with admiration of their uniformity, and I saw, with wonder, the resources of nature when left to herself, or skilfully assisted in her efforts. My faith in pharmaceutic preparations was gradually lessened, and my scepticism went at length so far, as to induce me never to have recourse to them, until moral remedies had completely failed. (z) The success of this practice gives new support, were it necessary, to the following maxim of Dr. Grant:—"We cannot cure diseases by the resources of art, if not previously acquainted with their terminations, when left to the unassisted efforts of nature"

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(z) Dr. Ferriar, an English physician, has published a work entitled medical histories and reflections, in which he exhibits the effects of certain medicaments, which he has employed in cases of insanity; such as tartarized antimony, camphor, opium, bark, &c. Of what value are experiments of this kind, when it is ascertained, that insanity, especially if originating in accidental causes or in a great vividness or intensity of the passions, may be cured without any medicaments whatever? Such inaccuracy is altogether avoided in my infirmary practice, as I never give any medicine, excepting in cases of regular intermittent insanity, religious melancholy, and delirium with a total obliteration of the faculties of judgement and reasoning. These are species of the complaint, which, according to my experience, never yield to moral remedies. But, the exposition of these facts is reserved for another part of this treatise.