seasons of the year, only eight do it now. Through all the galleries, there is far less susceptibility to excitement, more quietude, more civility and kindness exercised towards each other. The wailings of the desponding, and the ravings of the frantic are dispelled. The internal change is legible upon the countenance. With the insane it is emphatically true, that the dark shadows of the mind are visibly projected upon the face. Hence, from the alteration which has in many instances occurred in the outward aspect, amounting to almost a change in identity, there may be inferred a corresponding alteration of the condition within. The deep lines of anguish have been obliterated or softened, whose sharp engravings were begun many years ago in despair. The wide circle and heart-sickening variety of horrors, exhibited by the inmates when first brought together, have been greatly reduced in extent, and mitigated in quality."*

Among the means conducive to so favorable a result, no one is more important than the principle of never allowing a patient to continue idle, if at all in a condition of general health admitting his engaging in light or laborious occupations. The mental revulsion induced by labor, prevents the morbid illusions and the real or fancied sufferings from wholly engrossing the attention. Gardening, farming, or mechanical operations—particularly if the patient has been accustomed to them, encourages cheerfulness and contentment, promoting at the same time refreshing sleep and appetite—the health ben comes improved, and the mind invigorated. The anticipation of the benefits of labor, or the contemplation of its results is also effectual in awakening a feeling of satisfaction, and self respect, which greatly aids the patient in controlling any disposition to violence and indecency, and in banishing unpleasant impressions, and feelings of irritation and degradation. Of course during the vascular and nervous excitement frequently existing in the early stages, rest, seclusion, and quiet will best allay diseased irritability of body and mind; but as this disappears, exercise and employment adapted to the condition of the patient, promotes convalescence and strengthens the mental and bodily powers, greatly aiding the medicinal treatment in removing the functional derangement in that portion of the physical system—the brain and nerves, which causes insanity.

We might also quote evidence to show the beneficial influence of introducing Sabbath services within the confines of an asylum, judiciously arranged and conducted; and that a large proportion of the patients, pleased if allowed to attend, behave with great propriety. But we have already far exceeded our prescribed limits, and must resign the subject to the charge of a more able and experienced advocate.

It cannot be necessary to dwell longer upon the uncharitableness of sending our insane paupers into alms-houses, where it is impracticable to command the varied and nicely adjusted means best calculated to recall, and re-establish physical and mental health. What inconceivable good might have resulted from the expenditure of a comparatively in-

*First Annual Report of the State Lunatic Asylum, Worcester, Mass. Dec. 1833.

considerable sum years ago, in the establishment of a state lunatic asylum!—a large proportion of those, who must now be a burden upon the community as long as they live, might have been restored to their families, to happiness and to usefulness.

When insanity was scarcely looked upon as a legitimate subject for curative treatment, alms-houses were selected as suitable places for the safe confinement of the unfortunate subjects of it. But are they to be so regarded now? We trust not.—Convinced that the want of a well endowed Pauper State Lunatic Asylum is a serious evil, the magnitude of which should be pressed upon the notice of our people and our government—we venture thus to entreat you earnestly to plead for its removal;—feeling assured, that the intelligent body of a people, whose enterprize and determination to do all in their power to promote the true and permanent interests of their state, and fellow-citizens at large, have induced the expenditure of millions in rail roads, canals, and various other internal improvements, will promptly respond to the cry for relief, and advocate the desired provision for their destitute insane, if made to comprehend its necessity. Such an institution, assuming a high rank among our state enterprizes, would prove a blessing to a helpless, and heretofore neglected class of our people, and continue an admired monument of her benevolence.