extremely slow rate, or pharmacological interventions (e.g. coadministration of carbamazepine (Klein *et al*, 1986), should be considered.

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Corrigendum

Journal, February 1990, **156**, 256 (Malasi *et al*). S. R. El-Hilu should read S. M. El-Hilu.

A HUNDRED YEARS AGO

Cycling for the insane

Rushing through the air at 12 miles an hour, will lift the gloomiest thoughts from the mind, be it only for a short period, and what torpidity of soul is not surmounted by the continuous, delicate interaction of nerve and muscle! Physiology teaches the general fact that mental actions repose upon a nervous power, sustained, like every other power, by nutrition, and having its alternations of exercise and rest. It also informs us that, like every other function, the plasticity may be stunted by inaction, and impaired by over-exertion. The human body is a great aggregate of organs or interests – digestion, respiration, muscles, senses, brain. When fatigue overtakes it the organs generally suffer, when renovation has set in the organs generally are invigorated. To increase the plastic property of the mind you must nourish the brain, and you naturally expect that this result will ensue when the body generally is nourished, and so it will if there be no exorbitant demands on the part of other organs, giving them such a preference as to leave very little for the organ of mind.

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https://doi.org/10.1192/S0007125000062085 Published online by Cambridge University Press