that the toleration of narcotic drugs forms a kind of gauge of the mental state of a patient; in fact, all demented patients appear to tolerate narcotics with as much impunity as it is well known maniacs can do.

At the time I made these observations I was not aware that Dr. Bucknill had pointed out the same fact, which he had observed in the course of treatment.

CLINICAL CASES.

Cases treated by the Turkish Bath. By EDGAR SHEPPARD, M.D., Medical Superintendent of the Male Department of Colney Hatch Asylum.

THERE is no one, I suppose, engaged in the treatment of insanity so well satisfied with the physical and moral means at his disposal for his great encounter with the most terrible of diseases, who will not welcome every additional aid which time and the development of science may place within his reach. Even if the disciples of our specialty are sanguine of ultimate success in particular forms and types of disease, they will regard with no slight favour anything which can shorten the duration of that which is abnormal and destructive.

It has seemed to me always that there is a greater uncertainty as to the action of therapeutic agents among those who are insane than among those of whose mental integrity we are assured. Just as under the anxious wear of expectation—of "hope deferred"—or the sudden pressure of startling news, the curtained eyelids will not fall, so under the excitement of mania or the depression of melancholia the material structure makes itself up, as it were, for resistance of ordinary appliances, and becomes tolerant of an amount of remedial aid, in the shape of stimulants or sedatives, which is altogether remarkable. This tolerance may, perhaps, find its solution in the imperfect nutrition, and the defective powers of assimilation which are known to obtain largely in mental diseases. But it is more reasonable to suppose there is on the one hand a development, and on the other a suppression, of nervous force, which are alike capable of resisting the action of every remedy.

For instance, observe the amount of tartar emetic which can be borne in certain forms of maniacal excitement, without the stomach,

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or the pulse, or the skin, or the excitement itself, being in any way affected thereby. So also of opium and digitalis. There is, perhaps, a greater degree of uncertainty about the action of the latter remedy than about that of any other therapeutic agent. Much as it is known to quiet the noisy forms of mania, and especially the ecstatic excitement of general paresis, cases are occasionally met with in which it exercises little or no influence, even in doses of three or four drachms. On the other hand, there are certain idiosyncrasies which are intolerant of even the smallest doses of digitalis. I have in my mind a remarkable instance of this in a powerful young man, the subject of chronic mania. During his periods of excitement he is singularly demonstrative. He gesticulates incessantly, writhes about, and misshapes himself by various contortions, and deep convulsive heavings of the chest. Thirty drops of digitalis nearly destroyed the heart's action for ever. The pulse was reduced from 100 to 38 in a very short space of time, and there was much difficulty in rallying the patient. Six months later I forgot the idiosyncrasy, and repeated the dose with like effects.

With this uncertainty, then, of agents whose action is more marked and consistent in diseases which have no alliance with insanity, we may welcome any aid calculated to exercise a beneficent influence upon our material structures.

I am mistaken if the Turkish bath does not hold out to us much of that assistance of which we stand so greatly in need. Its influence is very remarkable in certain forms of disease. In cases of melancholia it seems at once to establish a healthy action of the skin, to which the patient had been a previous stranger. All the processes of nutrition, previously arrested, are taken up with unwonted vigour. Wasted and attenuated forms assume a well-proportioned roundness, very distinct from obesity. The appetite returns, and sleep comes down upon eyelids which it had long forsaken.

The success which has attended the use of the bath points out with great clearness the functional use of the skin, and may well instruct us not to neglect that important covering. And yet how few are there who duly consider this, and how large a section of society gives no kind of thought to a matter the neglect of which eventuates in the reality of disease. Of this reality I now place on record a few examples.

Case I.—W. S. N—, æt. 30, admitted July 22nd, 1865, with delusions, aural hallucinations, great depression of spirits, and impaired memory. Received a great shock two months ago by the death of his only child. He thinks the child has been taken away by women, and will be restored to him. Complains of constant pain in his head and of sleepless nights, when he fancies the child is under the bed. At times is quite confused and stupid; bowels costive, tongue furred, skin harsh and dry. Is a tall, good-looking fellow, with well-developed cranium and pleasing physiognomy. Ordered

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3ij of Tincture of Hyoscyamus and 3j of Liq. Morph. Hydrochlor. in brandy mixture every night, the bowels having first been freely relieved by castor oil. On the second day after admission he had a shower-bath, but felt the shock to be too great for him.

July 26th.—Has had no satisfactory sleep; appears anxious and confused, and presses his forehead with both hands, complaining of great pain. Castor oil yesterday acted freely. Was taken to the Turkish bath, temperature 180°. In about twenty-five minutes the patient was bathed in a profuse perspiration; expressed satisfaction and enjoyment, pain in the head being the only drawback. Abundant epithelial flakes yielded by shapmooing; in fact, he was zebra-striped by rolled layers of epidermis. Cold douche relieved the head. Dropped asleep in the cooling-room, where animated conversation was going on, fifteen minutes after reclining on the couch, and woke up decidedly relieved. Said his skin felt as it never felt before—soft, and supple, and clean. Went to bed at 8 p.m. *without an opiate*, and slept soundly to 5 a.m. on the following morning.

31st.—Has been quite cheerful since the bath, and has played cricket in the front grounds with decided animation. Has slept well every night. Another bath, with equally satisfactory results.

August 22nd.—Has had two baths since the last date; is very greatly improved, both mentally and physically. Has discontinued the opiates ever since the day of the first bath. Plays cricket daily, and is cheerful and happy. The temperature of the bath to-day was as high as 205°. Skin acted freely; says he enjoys the bath more each time he takes it. Its immediate effect (as on previous occasions) was to make him "pleasantly sleepy."

This patient continued to improve steadily, taking a bath once a week, and was discharged recovered on September 26th.

It would be impossible to present a more satisfactory case than the above; it was one of unmistakable progression from the very first bath, when the skin was set free and the kindly influences of sleep were made manifest.

The high temperature resorted to in the above case may seem alarming to many. I deem it right, therefore, to state that there is no occasion to elevate the calidarium to this extent. Experience has since taught me that for nearly every purpose a temperature of 150°—160° is sufficient. It is better borne by the patients, and it is more certain in its effects than a very high range of the thermometer. Many will not perspire at all at 180° who will break into a profuse perspiration at 160° or even 120°. Moreover, I have seen reason to alter my opinion with respect to the dryness of the atmosphere. At first I was disposed to think that the measure of its dryness was that of its usefulness. But it is not so. An atmosphere slightly charged with vapour is much pleasanter to breathe; it is less irritating to the eyes and mucous surface generally, and the skin acts more quickly under it.

Case II.—S. G—, æt. 45, a watchmaker, of nervous and irritable temperament; the subject of religious melancholia, with occasional maniacal excitement; admitted into the asylum May 31st, 1865. Has various delusions, notably that he is being robbed and plundered, and that his proper name is

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Solomon. Skin dry and harsh; complains of frequent pain in the head; nights very restless.

July 31st.—Was taken to the bath, temperature 172°, dry radiated heat. Complained of scorching sensation; was in the hot room for forty minutes before the skin became at all moist; perspiration was not profuse at any time. Enjoyed the shampooing and the warm washing, but was somewhat timid under the cold douche. Felt relieved after being half an hour in the cooling-room; languid in the evening, but slept better, and thought himself improved the next day.

September 14th.—Improved; more cheerful; free from delusions. Had his second bath. Perspired more freely than on the first occasion; temperature 168°. Was better able to bear the cold douche.

26th. Another bath, temperature 160°. Perspires freely, and attributes it to the temperature not being so high as on the previous occasions. Enjoyed the entire process, and bore the douche with great courage. This patient is altogether improved, mentally and bodily. Sleeps well at night; appetite improved; free from delusions. Is occasionally somewhat depressed, but is easily roused into cheerfulness. As long as he is kept from mental introversion he can hold up his head manfully. Bath again on October 1st, 15th, 22nd, 29th; each time with greater enjoyment. November 7th, discharged recovered, with a determination to get an occasional Turkish bath in London.

Case III.—J. J—, æt. 33, admitted May 9th, 1865. Suicidal and dangerous to others. Delusions that he has robbed his employers; melancholy, crying, praying, swearing. The following entry occurs in the case-book, and bears date June 23rd:—"This patient was melancholy and depressed for some days after admission, and then became maniacal, being noisy, violent, and destructive. Large opiates appear to have exercised but little effect upon him. During the last week two mustard-baths have been tried at bed-time, and two shower baths by day. He is now more tranquil, but very incoherent and voluble of speech (talking much German, having learnt that language from his fellow-workmen in a pocketbook manufactory). He has also hallucinations of sight and hearing. Face flushed, pulse rapid; is considerably emaciated. The mother states that he has always been very irritable."

July 31st.—This patient has improved since the last entry in the case-book, but is very unequal; at times he is much excited, and then he appears stunned by the shock of the recent mania, and scarcely to know what he is about. Still incoherent, and occasionally refuses food. He has generally slept better after a mustard-bath, of which he has had several. Taken to the Turkish bath to-day, temperature 172°. Perspired freely in twenty-five minutes; enjoyed the cold douche; bore the operation with great tranquillity, and expressed himself as relieved. Slept better than on any night since he has been in the building.

August 3rd.—Was much pleased when told he should have another bath. The same process (temperature 170°) caused the same enjoyment to the patient, and caused him to speak of it with gratitude and pleasure. Slept well; appetite improving; perfectly coherent, but seems to be occasionally lost, and making a mental effort to recover the past.

14th and 22nd.—The same, with the same results; the patient improving.

September 11th.—Since last entry J. J— has been at work daily in the brush shop, and has improved considerably, both in mental and bodily condition. Had a bath to-day; skin acted well. Temperature 175°.

19th.—The same report as on September 11th. Temperature 180°.

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28th.—Ditto.

October 13th.—Is much improved; is usefully occupied in the brush-maker's shop. Sleeps well at night; is grateful for what has been done for him, and expresses the highest opinion of the bath. To-day he perspired freely.

November 7th.—Discharged recovered.

Case IV.—W. D—, æt. 33.—Admitted into the asylum October 26th, 1864. A case of determined suicidal melancholia. The patient has a morose and sullen look, with deep corrugated brow. Has perverted religious views, stating that he has been commanded by the Almighty to refuse food, and to immolate his child after the manner of Abraham. Is occasionally violent and aggressive; has twice attempted to strangle himself, and has several times run with his head full drive against the wall. The following entry occurs in the case-book, and bears date April 25th, 1865:—"Has a wild determined look; is occasionally very violent, and has made several attempts to strangle himself. The attendants have received special instructions to watch him carefully."

This patient had frequent shower-baths during the summer, but he did not like them, and declared they were given him for purposes of torture. His general health, however, improved, and he became somewhat more cheerful, though he never conversed with any one unless he was first spoken to.

August 3rd, 1865.—After a good deal of persuasion he was induced to try a Turkish bath; but he says that he is well, that he never shall be better, and that it is of no use to resist the Almighty. Temperature of the hot chamber 170°. Did not perspire very freely, except about the forehead and neck. Bore the douche with courage.

14th.—A second bath, temperature 180°; perspiration not free.

22nd.—Had another bath to-day, twenty minutes at 205°; improving in mental condition; appears to be losing his former sullen manner. For the first time since his admission he seems to enter into the amusements of the house with something like spirit. At the last two balls he has seldom failed to stand up and dance; is not taking any medicine at present, but is on generous diet.

September 14th.—Another bath, which he greatly enjoyed; perspired more freely, the temperature not being so high (168°). Sleeps better at night, and is decidedly more cheerful and contented.

23rd.—The bath repeated. The patient says he enjoys them more each time. Much improved.

October 24th.—Discharged recovered.

The skin of this patient was peculiarly harsh and dry, and never acted very freely from the first. But the later baths and the lower temperature were more effective. I had some doubts at one time whether W. D— would get well at all, and it was only by great vigilance and perseverance that he was restored to his friends and society.

Case V.—R. C—, æt. 18, admitted July 7th, 1865, in a state of acute mania, being very violent, voluble of speech, and incoherent. His hands were tied to his side, and he was much bruised. Has had no sleep for many

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nights, and is much exhausted, with dry parched lips and tongue, rapid pulse, and anxiety of countenance. Insanity said to be due to sensual excesses, and specially to masturbation. Ordered wine, milk, and beef tea, mixed, every four hours, and ʒj of Battley's sedative immediately, to be repeated in six hours if no results followed the first dose. This case ran one of the common courses of acute mania. After the storm of the primary attack was over he lapsed into consecutive dementia, became dirty in his habits, and insensible to all the outward decencies which he had previously observed. On August 19th the maniacal flame was again lighted up, the patient becoming noisy, incoherent, and destructive. On the 22nd he was taken to the bath—190°. Though quiet on entering, he became very excited in the hot chamber, dancing about and gesticulating wildly. The skin acted well and quickly, and the cold douche had the immediate effect of quieting and soothing. Slept well, and was more coherent and less excited on the following day. Bath repeated on September 1st and 14th. The patient was more tranquil on both occasions, and expressed a sense of great enjoyment.

September 23rd.—Had his last bath—170°; skin acted very freely; he described the cold douche as "perfection."

26th.—Discharged recovered.

Case VI.—J. B—, æt. 37, a lawyer's clerk, admitted September 2nd, 1865, in a state of acute mania. His wife says that he jumps out of bed at night and runs down into the garden in his night-shirt, declaring that he is under magnetic influence. Supposed cause of insanity, the late excitement and work required in his profession at the recent elections. He admits that he drank immoderately, in order to sustain his drooping nervous energies. Bodily health fair on admission. Has hallucinations of sight, and is somewhat incoherent. Was in an asylum five years ago. Ordered generous diet, wine and opiates at night.

September 30th.—Considerably improved; nights tranquil. Ordered a Turkish bath, temperature 170°; perspired very freely. Epidermis peeled off liberally under the shampooing. Expressed himself as highly pleased, especially with the cold douche.

October 6th.—Is gaining flesh; no hallucinations and no delusions. Repeated the bath with great enjoyment; sleeps soundly; is usefully occupied in the kitchen.

17th, 22nd, and 29th.—The patient repeated the bath with great satisfaction and enjoyment.

November 7th.—Discharged recovered.

Case VII.—G. K—, æt. 42. Admitted November 17th, 1865.

The facts specified in the certificate are—"Violent in his conduct, assaulting those near him without warning or provocation. Very restless at night, and fancies he has had poison given to him by his relations, which has injured him internally."

This patient was admitted in greatly impaired health, with an anxious careworn face, and his body bent up double, from the effects (as he said) of the poison. Skin cold and clammy. Is much emaciated. Frequently vomits after food, and especially after eating meat. Placed upon generous diet of a light character—milk, arrowroot, and fish, with 4 oz. of port wine and an opiate in brandy mixture every night.

November 20th.—Taken to the Turkish bath, temp. 165°. On stripping he appeared to shiver and tremble from want of fleshly covering to his bones. Entered the warm chamber with much satisfaction, and very soon broke out into a profuse perspiration of strong and disagreeable odour. The skin

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yielded abundant epithelial flakes. Was somewhat frightened at the douche, and we merely gave him a gentle sprinkling of cold water.

27th.—Much improved. Has slept better, and is already beginning to make flesh. Says he is very glad to have another bath. Perspiration free, very strong smelling. Temp. 162°. Skin in better condition. Was able to bear the douche in moderation.

December 4th.—Continues to improve. Sleeps well; free from delusions. Says he has been out of health for some months, and that he has not been able to retain his food. This fact is confirmed by his friends, and constitutes the real substratum of his delusions. Another bath, temp. 170°. Free perspiration, still odoriferous. Bore the douche admirably.

13th.—The change in this patient is extremely marked; he has become quite stout. He still complains of debility and of weak digestion, but beyond this he appears to be quite himself. Bathed at a temp. of 170°. Results satisfactory as before. He had several other baths between this date and that of his discharge, January 30th, 1866.

This case illustrates most admirably the good effects of the bath in a subject of impaired and broken-down health. The emaciation of this patient was extreme; his restlessness was extreme likewise, and he had for some time before admission vomited his food daily. From the day of his first to that of his last bath he progressed in a most satisfactory manner. By free perspiration in a case of this kind something appears to be eliminated from the system which interferes with the assimilating processes.* The whole system is at once renovated; oxygen is taken in by the skin, and an electric stimulus is given to the sympathetic nerves.

Case VIII.—H. L—, æt. 32. Admitted December 5th, 1865.

The subject of delusional mania. A very intelligent-looking man, a comedian. He has been insane for about twelve months—supposed cause, religious perversion. He fancies he is in direct communication with the Almighty, who is cruelly tormenting him for the very pleasure of witnessing his suffering. His time of trial is night, and when he wakes up in the morning he has a worn and haggard expression indicative of the intense reality of his mental torture. He attempted suicide several times before his admission to the asylum, and thinks he shall yet have to do so, in order to escape from his persecutor. General health good. Ordered opiates at night, with wine and generous diet.

December 10th.—Cannot sleep; skin harsh and dry; says he is very miserable, and that the Deity is abusing him. Is anxious to discuss the matter of his persecution, in order to point out its reality. Ordered a Turkish

* "For ourselves, respecting this important question of leanness and obesity, we have remarked what may be termed the *adaptiveness* of the bath to the two extremes of animal development. A thin and emaciated person will enter the sweating chamber terrified at the idea of losing more material than he has already lost, and wondering where and how he is to recover that of which it is proposed to deprive him. But, somehow, after perspiring profusely he has more energy. In a few weeks he makes sensible progress. Whether by the process of sweating something has been eliminated from his system which forbade the proper assimilation of food is not known, but certain it is that emaciated persons will gain flesh after a few Turkish baths, and seem to enter upon a new life. We have under our eyes several most remarkable instances of this fact at this present period."—From the Author's pamphlet on 'Bathing,' 2nd edit., p. 20.

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bath, temp. 162°. Perspired freely and quickly. Much scarfy epithelium yielded by shampooing. Expressed a strong sense of pleasure from every process, from beginning to end.

January 2nd, 1866.—H. L— has had four baths since the last date, all with much enjoyment. He says he is much improved, and that he would like to discontinue the opiates. He is much more cheerful, plays at football, has not the same anxious expression of countenance, has made flesh, and seems to be on the mend.

21st.—Three baths since the last date. General health much improved. Is still, however, the subject of delusions of the same painful character. He is evidently trying to conceal the measure of his suffering, but his countenance betrays him. His only fair nights are obtained after exercise (for which the weather has of late been very unfavorable) and the bath. He says he looks forward to the latter as the greatest luxury.

February 15th.—Several baths since last date. On speaking with H. L— to-day he admits that he does not sleep so well as he did, and that his mental sufferings are very acute. He says the Almighty is torturing him, and that had he not been here he is sure he should have destroyed himself. The attendants have received special instructions to watch this patient carefully, as he is frequently heard to speak about suicide. I have ordered him ʒss of Liq. Morph. Hydrochlor. and ʒij of Tincture of Hyoscyamus in brandy mixture every night. At times he is very cheerful, especially at a dance or football. But the long nights are racking to him.

22nd.—Has slept better since the last date. To continue the same treatment. From the length of time that H. L— has been insane, and the distressing character and effects of his delusions, there is much reason for prognosticating unfavorably of this case. But of the improvement in his physical health under the bath there is no doubt whatever.

Case IX.—W. C—, æt. 31, admitted into the asylum September 18th, 1865. Countenance anxious and depressed; says he has had "the bad disorder," which his wife has given him (not true); that three persons with white faces are trying to do him an injury; has been violent at night, screaming "Fire!" and "Murder!" and saying that soldiers and the royal family are coming to him; is in greatly impaired health, being pallid and thin. Pulse 100; skin dry and harsh; tongue white and furred; does not sleep at night, and occasionally refuses his food. After clearing out the bowels by castor oil, I placed this patient upon generous diet; wine, opiates at night, and nitro-muriatic acid with gentian three times daily.

October 8th.—Somewhat improved; is naturally of a morose and sullen disposition; ready to complain about every little trifle; fancies his friends neglect him by not coming to see him. Ordered a Turkish bath, temperature 175°; perspired quickly and freely; timid under the douche, but enjoyed the process on the whole, and felt more comfortable afterwards.

29th.—Has had three baths since the last date, all of which he has much enjoyed. Has made flesh; appetite improved: is more cheerful; sleeps well at night; is occupied in the brushmaker's shop; perspired very freely to-day, and bore the douche with great courage.

November 12th.—Has not been so well the last few days; refused to work; complains that his friends are neglecting him; is dull and stupid, and with difficulty can be roused into conversation. Bath repeated; profuse perspiration; more cheerful afterwards. This case now progressed again without intermission, and after four more baths he was discharged recovered on the 19th of December.

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Case X.—W. D—, æt. 52, of nervous temperament. Admitted October 25th, 1865. Described as suicidal, but not dangerous to others. He fancies that he is being poisoned by acids put into his food, which produce strictures and paralysis in various parts of his body; is very restless at night, having hallucinations of sight and hearing. Has an anxious and withered look, the skin being peculiarly dry and harsh, as also his hair; the lobe of left ear much thickened and enlarged. Ordered opiates at night, generous diet, and nitro-muriatic acid twice a day.

November 12th.—Not improved; says the medicine makes him worse, but when it is omitted he wishes he had taken it; is very restless and fidgety, and never knows his own mind. Ordered a Turkish bath, temperature 165°. Was timid and frightened, and would not remain more than two minutes at a time in the hot chamber, saying that he could not breathe. Did not perspire at all freely; enjoyed the washing process, but screamed over the douche; was quiet and tranquil afterwards.

19th.—Remains very obstinate about his medicine; hesitates about everything, as to whether it is right or wrong; desires purgatives to work the poison out of him; nights very sleepless; skin still harsh and dry. Another bath, under precisely the same conditions as the last. Complained of constriction of chest in the hot chamber, and could not be persuaded to remain in more than three or four minutes at a time; skin is naturally very harsh and dry.

26th.—Not improved; appears to be quite lost at times; was ordered a day or two since to discontinue his medicine. His rest has been more disturbed since, and he begs that he may return to his night-draughts. Allowed. Was less fussy in the bath, and did not scream over the douche; perspiration rather more free.

December 1st.—Is very melancholy and depressed; sleeps better, and has no hallucinations. Bore the bath better; temperature 170°.

January 22nd, 1866.—Has had six baths since the last date, under each of which he perspired much more freely. Though very depressed at times, and reluctant to continue his work at the brushmaker's shop, we regarded him as improved. This afternoon W. D— managed to escape from the asylum. He made his way to London in pouring rain, and the attendant whom I sent after him found him at home by the fireside. He was brought back, and since that time, taking a bath once a week, with much enjoyment, he has steadily improved. He sleeps well; his skin is in better condition; he is free from delusions, and he has lost that fussiness of manner and hesitation which so characterised the early period of his insanity. I am persuaded that this patient has derived great benefit from the Turkish bath, and I am in hope of shortly discharging him as recovered.

These ten cases, which I submit to the profession as the first-fruits of a new therapeutic sowing, will be sufficient to indicate the salutary effects of a process which cleanses at once the outer and the inner man. It may safely be stated that in nine of them the use of the Turkish bath hastened greatly the improvement which is recorded, and which ended in eight discharges as recovered. I could multiply these cases considerably, but I may hereafter return to the subject with enlarged experience and more extended views. It may be desirable to add that the health of many of the attendants in this asylum has been greatly improved by the depurating process of the bath. One in particular, an old servant, becoming nervous and

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hypochondriacal, and giving evidence of a general break up, is so changed for the better that he can hardly be recognised as the same man that he was six months ago.

In conclusion I may say that I have seen no evil effects from the bath. Two patients only have complained of constriction of the chest and unpleasant sensations in the hot chamber, out of more than forty treated; two or three have felt a little faint; and one yesterday, in a very feeble state of health, had to be removed into the cooling room and laid in the horizontal position, from the heart's action failing him. Beyond this everything has been cheering and satisfactory. The substitution of an atmosphere slightly charged with vapour for a very dry air has been a great improvement, and is found to set up perspiration more rapidly and more freely. Moreover it should be repeated that a temperature of 160° is sufficiently high for any purpose. There are some patients, indeed, who will not perspire even at 160° anything like so profusely as they will at 120°. By having two hot chambers—one at the former and one at the latter temperature—the patients can be transferred from one to the other according to existing circumstances and requirements. It is remarkable and gratifying to hear those who have gone through the pleasant processes of the bath speak of its good effects, of their growing love for it, and of their determination not to relinquish so great a boon when they quit the asylum. They notably allude to the sleep which it brought to their exhausted brains in the early stages of their maladies, when "tired Nature's sweet restorer" had been long a stranger to them. This gives to the Eastern luxury a charm in their eyes which can never be forgotten, and constitutes one of its strongest claims to the impartial consideration of those who are occupied in the treatment of the insane. .

A Case of Pellagra occurring in the Montrose Royal Asylum.

By James C. Howden, M.D. Ed., Medical Superintendent.

The following case of pellagra is of importance, chiefly as having occurred in a British asylum. The development of the pellagrous cachexia was very decided, and it would indeed be difficult to meet with an instance in which the symptoms were more typical. The patient was in tolerably comfortable circumstances, and neither poverty, nor exposure to the sun's rays, could be considered as predisposing causes. The disease was preceded by some years of indifferent health, and insanity was developed before the cutaneous or enteric symptoms shewed themselves. Mental derangement was first manifested in January, 1863. The erythema and diarrhœa did not appear till the following May and June, two months before admission

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