is chiefly to grass land (including Italian rye grass) and to the kitchen garden that the application of the fluid sewage proves of such economical value, raising the rental of the land £2 to £3 per acre.

There are two methods by which the fluid sewage can be applied, either by gravitation where there is any fall, however slight, or by propulsion by steam or water power where the land lies on a flat level. The former method is adopted at Hayward's Heath, and the latter at Colney Hatch. The method and results in each instance are described in the evidence before this committee by Mr. King, C.E., of 142, High Holborn (who carried out the irrigation at Hayward's Heath), and by Mr. Henderson, the steward of Colney Hatch. The total cost of the work at Hayward's Heath was only £3 an acre; at Colney Hatch, where a steam-engine had to be used and pipes laid, it cost about £10 an acre to apply the fluid sewage. Even in this latter case it has fully answered the expectations formed. The sewage works at Colney Hatch are very complete, and will well repay a visit. The fluid sewage is carefully utilised by gravitation at the Leicester and Rutland Asylum, and was also extensively for years so used by Dr. Bucknill at Exminster.

In thus applying fluid sewage to the land it is remarkable how large a quantity is required. The sewage at Hayward's Heath, 25,000 gallons per day, can hardly irrigate more than twenty-five acres of grass-land, using it all the year through for the purpose. Grass-land which is to be cut green may be irrigated all the year through with benefit, but when it is to be kept for hay it is better only to give the land one good dressing the winter.

The marvellous power of the earth and grass to deodorize as well as filter the sewage water is worthy of notice. Not the slightest inconvenience has been experienced at Hayward's Heath, although the whole of the sewage is systematically applied to the fields within a few hundred yards of the house.

When we state that early in April we propose cutting the four-acre irrigated grass meadow, and thus gaining two months' green food for the cows—months when the purchase of fodder is most expensive—and that the land will yield four crops of grass during the season, we need add little to illustrate farther the value of sewage irrigation on grass-lands.

Our limits prevent any further notice of this report, as it bears on the application of the sewage of towns to agricultural purposes; our present object will be attained if we can aid in its application to the meadow lands surrounding our county asylums.

Dr. Griesinger on the Non-restraint System.

Dr. Griesinger, in the second edition of his work 'Die Pathologie und Therapie der Psychischen Krankheiten' (Stuttgart, 1861), which we have recently received, and which is quite the best German

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book on mental diseases, withdraws the modified objections which in his first edition (1845) he raised to the English non-restraint system, and declares himself in favour of our practice. It is no small satisfaction that we here record the adhesion of so distinguished an author to the English system of treatment. We trust Dr. Conolly may yet be spared to see his system of treatment introduced into practice in the foreign asylums, convinced, as we are, that no progress in the moral treatment of the insane can be made where restraint is practised, even as no real political freedom can grow up beside the accursed system of slavery.

Dr. Griesinger thus records his adhesion to the English non-restraint system:

"When we remember that the objections against the non-restraint system were made by those who themselves did not practise it, and who, moreover, had never seen its application in practice, we shall learn to regard at their right value their opinions herein. And when we turn to our only real teacher, experience, we see during the past ten years how triumphantly all doubt has been by practice dispelled. Yes, the problem is now solved, and that in favour of the non-restraint system. This great reform is now uniformly carried into practice in all the English public asylums, and the name of Conolly will, in all future ages, be associated with Pinel, whose work he thus has completed."

Dr. Heinrich Newmann, of Breslau, on the English Swindle of Non-restraint.

Dr. Arlidge, in his "Report on Foreign Psychological Literature," in the January number of this Journal, "In re *Non-restraint.—Casimir Pinel* v. *Conolly*," took occasion to expose the crude, foolish statements set forth by M. Casimir Pinel on the English non-restraint system in the 'Journal de Médecine Mentale.'

Many of our German brethren appear to entertain equally dim notions on the question. Among others, Dr. Newmann, of Breslau, the able author of the 'Lehrbuch der Psychiatrie,' perhaps after Griesinger's work the best production of the German school, has recently published a pamphlet ('Die Irrenalstalt zu Pöpelwitz bie Breslau im ersten Decennium ihrer Wirksamkeit,' by Dr. Heinrich Newmann, Erlangen, 1862) giving a decennial report of the asylum at Pöpelwitz, with which he is officially connected, and in which the following ignorantly impertinent remark occurs:

"In the mean time Dr. Brosius, by his translation of Dr. Conolly's book ('On the Treatment of the Insane without Mechanical Restraint'), has induced the German asylum physicians to renew

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