

as very beneficial indeed. All of the patients who are able and willing, labor. The farm furnishes one means of labor. It has been increased from 65 acres to over 300 since I went there.

Q. As a part of the moral treatment of the insane has the modern practice been growing more and more in the direction of freedom of patients from restraints?

A. Yes sir. There is the non-restraint system and the restraining system.

Q. And that marks the real, substantial difference between the older system of treatment and the modern system of treatment?

A. Yes, sir; there has been a wonderful change. That change was inaugurated in 1792 in France and about the same time in England. It has been increasing to the present time. They have carried it about as far as they can.

I regard it as very important, one of the most important elements in the treatment of the insane. In this hospital we have done away with all the restraints possible consistent with the safety and comfort of the patients. That is the tendency