

**HANDBOOK FOR THE
INSTRUCTION OF
ATTENDANTS ON THE
INSANE. 21ST FEBRUARY, 1884**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649335435

Handbook for the Instruction of Attendants on the Insane. 21st February, 1884 by Various

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VARIOUS

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H A N D B O O K

FOR THE INSTRUCTION OF

Attendants on the Insane.

PREPARED BY A SUB-COMMITTEE OF THE MEDICO-PSYCHOLOGICAL ASSOCIATION
APPOINTED AT A BRANCH MEETING HELD IN GLASGOW ON THE
21ST FEBRUARY, 1884.

London:
BAILLIÈRE, TINDALL, & COX,
20 KING WILLIAM STREET, STRAND.

MDCCLXXXV.

1535^c.e.1a.

INTRODUCTION.

THIS hand-book has been prepared in the hope of helping Attendants on the insane to a due understanding of the work in which they are engaged. It is sought to give them such simple notions of the Body and Mind in health and disease, such instructions for the management of those maladies with which they are usually brought in contact, and such Rules for their guidance in matters of every day experience, as will enable them to do their work with greater intelligence and watchfulness. It is designed that these instructions should aid Attendants to carry out the orders of the Physicians; but it is to be distinctly understood that in no case is anything contained in this book to over-ride the special rules of any Institution, or special orders in regard to any individual case.

A. CAMPBELL CLARK *Convener.*

C. M'IVOR CAMPBELL.

A. R. TURNBULL.

A. R. URQUHART.

Sub-Committee.

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HANDBOOK

FOR THE INSTRUCTION OF

Attendants on the Insane.

CHAPTER I.

THE BODY, ITS GENERAL FUNCTIONS AND DISORDERS.

ALTHOUGH all animals having a backbone are fashioned on the same general plan, man differs from the lower animals in his outward appearance, internal structure, habits of life, and faculties of mind.

How man differs from the lower animals.

In outward appearance there is this noticeable difference, that of all animals man only walks erect, in internal structure his brain is more highly elaborated, consequently in his habits of life he is widely different, and in the development of his mental faculties he is superior to all other animals.

We see in a healthy man a uniform plan, a shapeliness of form, and an arrangement of parts closely knit and working in harmony.

His external appearance.

The parts are the head, the trunk (or body), and the limbs; and they are jointed together so as to form one complete fabric, the human body.

His parts and joints.

These parts are themselves made up of smaller parts. The head is composed of many small bones firmly welded together; the trunk is many jointed; and the limbs have elbows, wrists, hips, knees, ankles, &c. All these are the joints of the skeleton or bony frame-

work, which is composed of nearly three hundred bones arranged and jointed together in human form, strong to withstand muscular strain, to resist external violence, and to protect internal parts.

Internal
structure.

A deeper inspection reveals that the body is not solid, as it appears to be from without; but that it is hollow, and divided into two cavities, the one large and the other small.

Cavities and
organs.

The larger is the cavity of the trunk (or body proper), and contains the organs of nutrition; the smaller is the cavity of the head, and back-bone, and contains the organs of the nervous system.

The body cavity is divided by a partition into an *upper* (chest or thorax) which lodges the heart and lungs, and a *lower* (the belly or abdomen) which lodges the liver, stomach, kidneys, bowels, and other organs.

The cavity of the nervous system consists of two divisions: First, the skull which accommodates the brain; and second, the back-bone which lodges the spinal cord.

The contents of these cavities have been called organs; each organ is implanted there for a special purpose or duty; and the duty of the organ is called its function.

The machinery
in motion,
"wheels with
in wheels."

These cavities contain the greater part of the machinery of life; and could we but peep within, what a busy scene would present itself! the pumping of the heart, the respiration of the lungs, the digestion of food, and the other movements necessary to life. These movements are complementary to each other: the organs of digestion and respiration supply nourishment to the circulation; the circulation distributes nourishment to all parts of the body; the hungry tissues feed upon this nourishment, and throw their refuse back into the circulation; the circulation discharges its waste matter into the channels provided for draining it away; and, last of all, these movements are regulated by the nervous system, which exercises a direction of all the other functions.

THE CIRCULATION OF THE BLOOD.

Of these functions, let us first understand the circulation of the blood, "the river of life."

The heart is
centre of the
circulation.

The heart is the beginning and end of the circulation. Placed in the thorax between the lungs, it is a hollow organ, the size of a closed fist, and shaped like a pear. It contains four small cham-

bers, quite enclosed and separate from each other; two of these are *upper* and two *lower*. It has been compared to a force pump, for, like a pump, it is a receiver and discharger, and is fitted with valves. It receives blood and discharges blood. The two *upper* chambers (called auricles) are the *receivers*; the two *lower* (called ventricles) are the *dischargers*.

Its size, shape, compartments, and connections with arteries and veins.

Now, from the heart to all parts of the body, two sets of pipes are laid down, which diminish in size the further they lie from the heart. They are not unlike india-rubber tubes to the touch, but many are so small as only to be seen under the microscope. Those pipes which convey blood *from* the heart are called *arteries*, those which convey blood *to* the heart are called *veins*, and there is an intermediate or junction set called "*capillaries*," which are the smallest of all.

The upper chambers of the heart being the blood *receivers*, are connected with the veins.

These chambers lie side by side and are therefore right and left, two large veins open into the right and two into the left. In like manner the two lower chambers, being *dischargers* of blood, are connected with arteries, one artery passing from each, and the lower chambers are also placed right and left. The right upper chamber communicates with the lower chamber of the same side by an opening in the partition. This opening is guarded by valves, which prevent blood passing backwards after it has once entered the lower chamber. Precisely the same arrangement is seen in the left side. The veins which pour their blood into the right upper chamber have drained blood from every part of the body; this blood is dark red, and impure; it passes downwards from the right upper chamber to the lower, and is prevented from returning by the valves. It is then forced by the muscle of the heart out of the right lower chamber into a lung artery, this lung artery divides into two, one branch going to each lung. In the lungs the blood is purified, and it comes back by veins bright and red to the left upper chamber of the heart. It then passes to the left lower chamber, which forces it into a great artery called the "*aorta*." This artery breaks up into many branches, which carry the pure healthy blood to every part of the body.

The blood is purified in the lungs.

When a vein is opened, dark-red blood flows in a continuous stream from it; but when an artery is wounded, bright-red blood squirts out with every pulsation of the heart, for while the flow

Bleeding from arteries and veins different.

in the veins is slow and constant, in the arteries it is quick and jerky.

The structure of the lungs

The healthy lung resembles a sponge, for it can be squeezed into small bulk and when pressure is removed it expands.

Clusters of air-cells resemble clusters of grapes.

The chief cause of the expansion is elasticity, and this elasticity is mainly due to a peculiar structure which is only seen in the lungs, and which consists in the grouping together in clusters (like grapes) of extremely minute air-cells which are elastic. These air-cells are connected with the wind-pipe, and when air is breathed it rushes in to all the air-cells. Now, over the surface of the air-cells run very small arteries carrying impure blood, the air and the blood make an exchange, the air gives oxygen gas to the blood, and blood gives carbonic acid gas to the air.

How the blood is purified in the lungs.

Fresh air contains a large supply of oxygen gas; respired air is impure, for it contains a poisonous quantity of carbonic acid gas. Thorough ventilation admits a plentiful supply of fresh air, and expels an equal quantity of bad air. It is therefore important to secure free movements of air—of fresh inwards, and impure outwards. In this way only can the lungs be well supplied, and do their work thoroughly.

The necessity for thorough ventilation.

As the chest rises the lungs expand and fill with air, as it falls they contract and expel air. The lungs in order to work their best must expand well, and therefore not only must the chest rise well but there must be no choking up of air tubes or air-cells.

The circulation and respiration are intimately connected.

Here then is the plan of the circulation and the respiration, for these cannot well be considered separately. The great centre of the circulation is the *Heart*, the great centre of the respiration is the *Lungs*.

Two circulations, a "lung circulation" and a "body circulation."

Every drop of blood is pumped out of the heart twice, for once that it flows through the body. Where does it go the second time? It goes to the lungs to be purified. We have therefore to distinguish two circulations, a *lung circulation* and a *body circulation*. If we follow the blood from the heart where it flows into the aorta and trace it passing from larger into smaller arteries, thence into capillaries and then into veins, we will find that as it flows along, it distributes nourishment, and in exchange for the nourishment it drains away waste matter from the various organs through which it flows. In proportion as it receives does it give forth nourishment, but having reached the veins its supply is ex-