

**SANITY OF MIND: A STUDY OF  
ITS CONDITIONS, AND OF THE  
MEANS TO ITS DEVELOPMENT  
AND PRESERVATION**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649474813

Sanity of Mind: A Study of Its Conditions, and of the Means to Its Development and Preservation by David F. Lincoln

Except for use in any review, the reproduction or utilisation of this work in whole or in part in any form by any electronic, mechanical or other means, now known or hereafter invented, including xerography, photocopying and recording, or in any information storage or retrieval system, is forbidden without the permission of the publisher, Trieste Publishing Pty Ltd, PO Box 1576 Collingwood, Victoria 3066 Australia.

All rights reserved.

Edited by Trieste Publishing Pty Ltd.  
Cover @ 2017

This book is sold subject to the condition that it shall not, by way of trade or otherwise, be lent, re-sold, hired out, or otherwise circulated without the publisher's prior consent in any form or binding or cover other than that in which it is published and without a similar condition including this condition being imposed on the subsequent purchaser.

[www.triestepublishing.com](http://www.triestepublishing.com)

**DAVID F. LINCOLN**

**SANITY OF MIND: A STUDY OF  
ITS CONDITIONS, AND OF THE  
MEANS TO ITS DEVELOPMENT  
AND PRESERVATION**



0

# SANITY OF MIND

A STUDY OF ITS CONDITIONS, AND OF THE  
MEANS TO ITS DEVELOPMENT  
AND PRESERVATION

BY

DAVID F. LINCOLN, M.D.

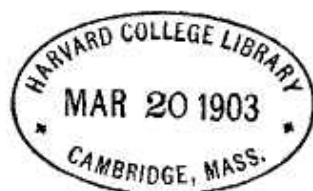
AUTHOR OF "SCHOOL AND INDUSTRIAL HYGIENE," "HYGIENIC PHYSIOLOGY,  
A TEXT-BOOK FOR THE USE OF SCHOOLS," ETC.

*SECOND IMPRESSION*

G. P. PUTNAM'S SONS  
NEW YORK AND LONDON  
The Knickerbocker Press

1901

Phil 6961.62



James M. Barnard,  
Boston.

COPYRIGHT, 1900  
BY  
JAMES MUNSON BARNARD

The Knickerbocker Press, New York

### INTRODUCTORY NOTE

**I**T is fitting to express my most sincere acknowledgments for valuable suggestions received from many professional friends in the preparation of the following pages. I cannot attempt to name all who have befriended my undertaking; but I must mention, as of special value, the help received from Dr. James J. Putnam in reading and criticising the manuscript, and from Dr. Mary Putnam Jacobi in the same service.

D. F. LINCOLN.

BOSTON, June 1, 1900.

10

11

12

13

14

15

16

17

18

19



## CONTENTS

CHAPTER I		PAGE
THE OUTLOOK . . . . .		I
The Attitude of the Public Mind toward Character and Education is Favorable to Improved Sanity of Mind.		
CHAPTER II		
THE NATURE OF MENTAL DERANGEMENT . . . . .		6
Definitions, 8—Classification, 9—Border-Line Conditions, 13—Pathology, 16—Heredity, 18—Tendency, 21—Prospects in Given Cases, 22.		
CHAPTER III		
DEGENERACY . . . . .		28
Definitions, 28—Difference in Individual Susceptibility, 30—Disorders Allied to Insanity, 32—Stigmata, 34—Mental Status of Criminals, 39—Causes, 41—Hospital Statistics of Causes, 47—Civilization, 50.		
CHAPTER IV		
EDUCATION . . . . .		53
Based on Study of Development, 54—and of Neurotic Tendencies of Childhood, 58—Bodily Training, 69—Regimen, 73—The Feeble-Minded, 77—The Backward, 83—Other Defects, 85—Over-Study, 89—Child-Study, 95—Training of the Active Faculties, 100—of Observation, 104—of Memory, 105—of Attention and Self-Control, 107—of Judgment, 112—Moral Defects in Those Predisposed to Insanity, 115.		

	PAGE
CHAPTER V	
<b>SELF-EDUCATION</b> . . . . .	113
The Adults' Point of View, 119—Self-Control, 119— Diet and Regimen, 121—Influences of Solitude and of Self-Absorption, 126—Necessity of Occupation for our Faculties, 130—Advancing Age, 135—Low Spirits, 136— Mental Influences in Controlling Neuro-Psychic Dis- orders, 138—Progress of Humanity, 140.	
CHAPTER VI	
<b>OUR SOCIAL AND CIVIC DUTIES</b> . . . . .	145
Increase of Insanity, 145—The Spartan Remedy, 147— Village Asylums, 149—Institutions for Early Care of the Insane, 151—and for After-Care, 154—Epileptics, 155— Custody of the Feeble-Minded, 157—Surgical Opera- tions, 161—Restrictions upon the Marriage of Defective Persons, 163.	
<b>APPENDIX</b> . . . . .	167
<b>INDEX</b> . . . . .	173

SANITY OF MIND