

the asylum he wore petticoats; his great toe nails were two inches in length, and had not been cut since he became insane. This person is now dressed like his fellow-men, a certain amount of motion has been restored to his stiffened joints, and he is daily employed in the tailors' shop."—*Dr. Howden, Report of the Montrose Asylum for the year 1863.*

*Fifty Years' Retrospect of the History of the Dundee Royal Asylum.*

"Fifty years having now elapsed since the laying of the foundation stone of this asylum, a fit opportunity is afforded us for reviewing its past history, and for inquiring whether or not the object for which it was erected has been attained. Nor does such an examination require any apology, for, in the records of so many bygone years, many a useful lesson may be learned for our future guidance; and on no occasion, perhaps, is such an inquiry more called for than on the present, when by the Act of Parliament passed last year, Lunatic Wards of Poorhouses are in future to become receptacles for the so-called harmless and incurable insane poor.

"In 1812 the inhabitants of Dundee and neighbourhood, becoming cognisant of the unprotected and uncared-for condition of the insane, especially those of the poorer classes, and actuated by a spirit of the purest philanthropy, subscribed for the erection of a building where this class of suffering humanity might be properly cared for, treated, and protected. The object they had in view is thus expressed on the parchment placed in the foundation stone: 'To restore the use of reason, to alleviate suffering and lessen peril, where reason cannot be restored, the Dundee Lunatic Asylum was erected by public contribution.'

"Nearly eight years, however, elapsed before the asylum was opened for the reception of patients, and then every effort was made for rendering the institution as useful as experience and art could make it for the purpose for which it was erected. Nor did the means then employed differ so much as might be expected from what we are generally apt to regard as the modern system of treatment. Thus, in the first report of the directors, published in 1821, we find it stated that 'the means of cure, though resting mainly on the moral regimen and general management of the house, have a constant reference to the medical art;' and in the same report, 'manual labour and innocent amusements' are referred to as forming 'an agreeable recreation to those in a certain stage of convalescence.' Books, newspapers, &c., were also introduced to fill up a tedious hour. In cases of violence, however, to use the words of the reporter, 'restraint was necessarily had recourse to:' and what will sound rather strange to our ears now-a-days, in 1822 the 'whirling chair' is said to have been 'once employed, but without decided

benefit.' This curious mode of treatment indeed appears then to have fallen into disuse, as we find no farther record of its application.

"A rapid and important change now begins to be apparent. In 1823 'moral restraint was found to have a power beyond credibility prior to experience;' and in 1824, 'reading, music, playing, drawing, manual labour, cards, backgammon, sewing, knitting, spinning, and housework,' are enumerated as some of the various forms of employment which occupied the attention of the patients. In 1826 the attention of the directors was called to the erection of workshops for the use of the inmates, and in 1827 a bowling-green was added to their other sources of amusement.

"The erection of workshops does not however appear to have been at once carried out, as in 1830 we find the directors expressing regret at their inability sufficiently to supply this desideratum. During this year, however, an important and salutary innovation was agitated, and the propriety of Sabbath worship became a matter of consideration. Still occasional restraint continued to be advocated, and a certain amount of coercion was even considered to be absolutely necessary. But although in this and subsequent reports the total abolition of restraint was considered chimerical, gradually fewer and fewer patients were subjected to this form of control; and in 1831, 57 males and 50 females, of about 112 patients, were in a state of 'entire freedom,' and employed 'in these exercises which generally engage the attention of persons of sound intellect.' In the same report a remark occurs, which shows the enlightened views then entertained as to the nature of insanity, and which now cannot be too strongly enforced. It is as follows: 'There have never been any incurables in the Dundee Asylum; and though the disease must have been as deeply rooted and as much varied in its symptoms as elsewhere, it has never been regarded as hopeless and irremediable.' Thirty or forty men are now reported as 'employed in constructing walks,' &c.; and letters and even 'sermons were composed of no ordinary merit.'

"On the 7th August, 1831, one of the most beneficial changes ever effected on the condition of the insane was put in force. I refer to the regular establishment of public worship. On that day, for the first time in the Dundee asylum, sixty-six patients were privileged to enjoy regular religious service, which has ever since continued a prominent element of treatment and amelioration in this establishment. Mechanical restraint now continued to be gradually withdrawn, and in 1832 it is recorded that 'the straight waistcoat is almost entirely banished from the establishment, and wristbands substituted where restraint was indispensable.'

"For several years subsequent very little alteration occurs in the economy of the institution. The patients continue actively em-

ployed: weaving, teasing oakum, shoemaking, tailoring, pumping water, spinning, breaking stones, kitchen and laundry work, constituting their chief occupation. In 1839 parties of patients were sent pleasure trips to the country, and in 1842 they were permitted to attend the ordinance of the Lord's Supper. Periodicals were now regularly taken in for the use of the patients, and libraries subscribed to. Classes were also formed for the teaching of reading and writing; lectures were delivered to the patients, and concerts provided for their amusement.

"We now draw near to a period which will ever be memorable in the annals of this asylum. The great non-restraint controversy was then raging all over the country, and engaging the attention of all connected with the treatment of the insane. By many the abolition of restraint was condemned as impracticable, while others regarded the question more favorably.

"Such difference of opinion appears to have existed in the minds of those then connected with this asylum, for although the total abolition of restraint is strongly opposed in the directors' report of 1840, yet on 4th July, 1842, it ceased to be employed. From that day to this no patient has ever been subjected to mechanical restraint; and every credit is certainly due to Dr. Macintosh, now superintendent of Gartnavel, Glasgow, and to Mrs. Wingett, then and still our respected, active, and energetic matron, for the boldness and resolution with which they so successfully carried out this experiment.

"The space at my disposal will not, I am afraid, permit me to refer, in detail, to the numerous though minor improvements which have since been introduced. I can scarcely, however, omit noticing the erection of a separate chapel in 1855, and of a new and commodious day room for the female pauper patients in 1858. These have greatly contributed to the comfort of the patients, although it is much to be regretted that it has not yet been found expedient to complete the alterations proposed in 1857 by my esteemed predecessor, the late Dr. Wingett."—*Dr. Rorle, Forty-third Annual Report of the Dundee Royal Asylum for Lunatics, 1863.*