

"Congresso pellagologico" to devise further measures for the prevention of this disease, the scourge of Lombardy, which is known to be caused by the use of spoiled maize. In Italy about ten *per cent.* of the cases of pellagra become insane. This Congress, after hearing a report from Dr. Probizer, of Rovereto, went to visit the Pellagrosario of Insago, a charitable institution, at which they were received by the President, Senator Facheria. The admissions for pellagrous insanity at Mombello were in 1879, 89; in 1905 they were 62, from which we may infer that the disease has become less frequent.

Unhappily, the admissions from insanity following alcoholic intoxication, which bears some resemblance to pellagrous insanity, are increasing in Lombardy, though the Italians are on the whole a sober people.

Restraint is not used at Mombello; 37 *per cent.* of the inmates were at work on the grounds or in the workshops and laundries. The asylum is made up of twenty-six separate buildings; the bigger blocks enclose a square court in the centre with a pillared verandah, as is customary in large houses, in Italy. To one accustomed to the asylums in Great Britain, where so much stress is laid upon decorations and furnishings, the large rooms looked bare and dismal; in fact, there was no furniture to be seen save the beds, which were sufficiently comfortable. There seemed to be no heating apparatus for the four cold months.

It is proposed that Mombello should be set apart for chronic lunatics to the number of 1500, and that a new asylum should be built near Milan for the treatment of curable cases. Although a thoughtful and vigorous administration may overcome many inconveniences, Dr. Verga has clearly shown in his able report that the quiet, order, and hygiene of the establishment suffer from the too great contiguity and overcrowding of the patients in some of the large storied blocks.

After a sumptuous luncheon, with flowing wines and fluent speeches, the Congress returned to Milan in time for an evening sitting.

Fresh impulse has been given to the care of the insane by the promulgation in 1903 of a new law regulating the organisation of the asylums throughout Italy, which clearly defined the power of the medical superintendents and added to the number of assistants. Italy is anxious to learn from the experience of other countries, while possessing in herself a fund of original vigour.

The Congress closed with a most pleasurable excursion to the Swiss Asylum of Mendrisio, on Lake Lugano. This beautiful asylum was opened eight years ago. It is made up of a number of handsome blocks spread over wide grounds amongst plantations of pine and cypress. It occupies an eminence in a picturesque valley surrounded by high peaks of the Alps; the number of patients is 219—males 128, females 91. The number of inmates has doubled since 1899. The medical laboratory and apparatus for research were finely equipped, as was the case in all the Italian asylums I have visited. After a plenteous breakfast in the open air, the company walked down to Lake Lugano, where a steam-boat was waiting to convey them to the town of Lugano. In the evening they were entertained at a splendid banquet in the Hôtel Bristol, given by the Cantonal Government of Ticino. They returned to Milan about eleven o'clock at night. Next day the members of the Congress separated, each being supplied with a permit to travel on all the railway lines of Italy at a reduction of 60 *per cent.* They were also furnished with a large map indicating the situation of all the asylums which they were invited to visit.

THE BETHEL HOSPITAL, NORWICH.

The Governors of this hospital have just issued a history of this institution, which was commenced by the late Sir Frederick Baleman, for many years the consulting physician, and has been completed since his death by the eminent Norfolk antiquarian Mr. Walter Rye.

The book is a quarto volume, containing the portrait of the founder, Mrs. Mary Chapman, and of seven other worthies associated with the history of the hospital, all admirably executed. A full plan of the present hospital is given, together with a number of illustrations of its various parts.

The historical part of the work is very thoroughly done and of great interest, showing the handiwork of the skilled antiquarian. The volume will be added to the library of the Association.