

what an amount of matter results from the suggestion of a term. It seems to enable observers and writers to bring into a focus all that they know about a certain group of symptoms which are by no means new, or recently discovered, and which are like iron filings attracted to one point when a magnet is introduced. As one of the symptoms of neurasthenia, some remarks are made on intoxicating beverages in relation to treatment, to which we would refer our readers.

The third work is devoted to the course of the psychoses, and is a joint production. It contains some carefully prepared pulse-tracings (coloured), each case being accompanied by a chart. The work does not admit of analysis, and as it only extends to 47 pages it should be procured by those who wish to possess a series of tracings made with great care in typical forms of insanity. The tracings in cases of mental stupor are especially interesting. One taken during a condition of great excitement, laughing, singing, &c., is very characteristic (Case 7).

Those who know Professor Arndt personally cannot fail to be struck with his great ability, powers of exact observation, and the clear expression of his views on psychological questions. His writings possess all these characteristics, and we can confidently recommend them to students of Psychological Medicine.

PART III.—PSYCHOLOGICAL RETROSPECT.

1. *English Retrospect.*

Asylum Reports, 1886-7.

(Continued from p. 455.)

Argyll and Bute, 1886-7.—The weekly charge to parishes has been reduced from 8s. 8d. to 7s. 8d. per patient for the ensuing year. The actual cost for last year was 8s. 0½d. It is to be regretted that in many asylums the rate of maintenance should so nearly approach that in workhouses.

We are much pleased to find that, even now, the occurrence of preventable deaths is leading to the introduction of improved night supervision. In the report by Dr. Mitchell we read:—

The unfortunate deaths of P. M. J. and A. B. have led to an examination of all the locks of the Asylum, which are now understood to be in good order, and also to the employment of two night attendants on the male side, and to the placing of epileptics during night in circumstances which admit of a more careful and constant supervision.

Various structural improvements have been effected, but it is noted that the hospital accommodation is insufficient.

Dundee Royal Asylum, 1886-7.—It is most pleasing to learn that this asylum is gradually escaping from its financial difficulties.

The following paragraphs refer to subjects which might profitably engage the attention of several superintendents. Such work is truly in the right direction, and cannot fail to do good:—

The classes and lectures referred to in last report were resumed on an extended basis during the winter evenings, and with satisfactory results. A class for writing and arithmetic was opened early in the season, and was attended by both patients and attendants, the number averaging 19 of the former and 18 of the latter. Progress was tested by competitive examinations, and book-prizes awarded to those who showed greatest proficiency, and also to those who had made greatest progress during the session.

The Rev. Mr. Wilson also gave a regular course of lessons in music on the tonic sol-fa notation, which was much appreciated, the average evening attendance being about 20, and including both patients and *employés*.

A course of lectures was again delivered to the nurses, attendants, and servants, but on a much more extended scale than that of last year. To make this as efficient as possible, attendance was here compulsory, all those employed in the service of the asylum being divided into two classes so as to suit convenience of attendants. Seven lectures were delivered to each, or fourteen in all, and embraced not only the duties required of all in their dealings with the patients, but also included elementary instruction in physiological anatomy and mental science. Copies of a synopsis of each lecture were also provided for those attending. From the interest and attention shown, this system of imparting a thorough knowledge of their duties to those in the employment of the Asylum cannot fail to be beneficial.

A considerable portion of Dr. Rorie's report is devoted to the consideration of the removal of patients to the lunatic wards of workhouses.

Essex.—The Committee have accepted a tender for the erection of a new block of buildings for 450 patients. The estimated cost is £63,873. The enlargement of the laundry is included in this contract. The building of a new chapel is under consideration.

Much progress has been made with alterations in the drainage, and it is hoped that soon all will have been completed in accordance with the most efficient sanitary requirements.

Dr. Amsden has not found the sending of chronic harmless cases to workhouses successful. He has found that, with few exceptions, they have been sent back as unsuitable for workhouses with the existing accommodation and means of supervision.

Fife and Kinross, 1886-7.—Fourteen chronic cases were boarded out during the year. Additional precautions have been adopted to protect the building from fire.

The following paragraph from Dr. Turnbull's report touches on a subject too often overlooked by those talking and writing about the treatment of the insane:—

Three of the male cases illustrate very well the fact that the number of admissions to the asylum is not a matter of mental disorder, pure and simple,

but that extraneous circumstances have a great influence on it. The patients in question were respectively 51, 41, and 35 years of age; in all of them the insanity had existed and been recognized from childhood, and they all had lived for years under the charge of their relatives. There was no special change in their mental state last year to render asylum control more necessary than before—they were in that respect practically the same as they had been for many years before, but their domestic circumstances had changed, depriving them of their former guardians. In one case the sister who took care of the patient was leaving home to be married; in another the frailty of advancing years made the mother unable any longer to manage her insane son; and in the third the relatives were negligent of their duty to the patient. Thus all the three had to be placed temporarily in the asylum. A residence of some months there was distinctly beneficial in each case in improving the bodily health and in training the patient to more orderly and steady habits; then suitable homes were found for them elsewhere, and the three were duly boarded out.

Glasgow District, 1886-7.—In reproducing the following passage from Dr. Clark's report, we would venture to say that we hope that his anticipations of a recovery-rate of 60 per cent. may be realized, though we feel certain that he is doomed to disappointment. His cases show the beneficial results of direct treatment, but they do not differ in any respect from those to be met with in any good asylum where definite medical treatment is adopted.

I believe a recovery-rate of 60 per cent. is possible in a district like ours, where insanity is rarely the development of a mere mental idiosyncrasy, where it is often rather an accident of physical disease, and therefore amenable to direct treatment.

Many gratifying illustrations of the result of individualizing treatment might be quoted, and I am forced by the logic of fact to admit that patients long deemed hopeless have recovered because of persistent attention and care on the part of some sanguine and resolute nurse. A well-equipped medical and nursing staff would extract a more searching and complete history of each case, and many hitherto unknown symptoms when brought to light would stimulate the hope of recovery or amendment [or the reverse—Eds.]. Undoubtedly, also, many wretched hospital cases owe their recovery to patient, intelligent nursing, and liberal dietetic treatment.

As examples of cases open to the influence of direct medical treatment, I may quote (1) the case of a woman admitted in a state of acute depression, suffering from most intractable scrofulous sores, which were only finally healed up after eighteen months of persistent treatment. She was then discharged recovered. (2) A young woman in a very reduced condition, admitted in a state of acute maniacal excitement. She was fed by the stomach pump four times daily for seven weeks, and for a long time continued in a very reduced physical state. After a year and nine months' persistent care she recovered. (3) A young man was admitted in a state of acute delirious mania, suffering from severe scalp wound, inflammation of shin bone, and peritonitis. Local treatment was impossible without the use of frequent hypodermic injections of a hypnotic. After two weeks the mental *furor* ceased, the wound took on a healthy action, and the peritonitis began to disappear. He was discharged after thirteen months' residence. (4) The case of a man in a state of delirious excitement, from the brain-anæmia of heart disease. He was subject to curious sensations; sometimes he felt his bed going up and down like a hoist, and at other times thought himself going round like a paddle-wheel. Under appropriate treatment he improved physically, and was recovered mentally after five weeks' residence. These are only four of several of last

year's cases; they show a very small fraction of our hospital work, and they illustrate more forcibly than any words of mine how much scope there is in such an asylum as ours for the best resources that we can command.

Isle of Man.—Dr. Richardson reports that in some cases in which it was considered judicious, and under proper regulations adapted to each case, patients have been allowed to visit their friends at home. In several instances in which, from various reasons, they had not been visited for some time it is believed a consideration of this kind has had the effect of removing any wish to escape.

Montrose, 1886-7.—We are much pleased to learn that in the dispute between the Managers and the District Board the former have been successful. The General Board of Lunacy decided that the rate of maintenance charged by the Managers was a fair and reasonable one.

Dr. Howden records an outbreak of pneumonia, such as has been observed from time to time in various asylums. In our present state of ignorance, these outbursts are inexplicable, and appear mysterious; but they are deserving of very close study.

On the 10th of March the temperature fell, and strong north winds set in, the weather being in marked contrast to the end of February and the first week of March; *e.g.*, on the 24th February, with a balmy S.W. wind, the lowest the thermometer registered was 46 deg. F., while on the 12th March, with a bitter north wind, it went down to 21 deg.

I do not affirm that the lung disease, which appeared with something like an epidemic character in the middle of March, was due purely to the sudden fall in temperature, because many were seized who were protected from cold both by day and night; besides, I am not aware that either in Montrose and district or in other parts of Scotland, though subjected to the same low temperature, was the prevalence of pneumonia unusual. There can be little doubt, however, that the sudden cold, added to some unknown condition, was an important factor in the production of lung disease. On the 13th March, the day after the lowest temperature, a patient who suffered from fibroid phthisis was seized with bronchitis and died in eight days. On the 17th a man was seized with pleuro-pneumonia, and died in three days. On the 19th another man took pneumonia, from which he recovered. On the 21st two men took pneumonia; one died next day, the other recovered. On the 23rd a strong, healthy young woman was attacked with the same disease, and died on the 4th of April. On the 24th a strong man, who worked on the farm, took ill. On the 25th a man and two women were seized with pneumonia, and a woman with pleurisy. The man and one of the women died, while two of the women recovered. On the 27th a man took pneumonia, and died in four days. On the 28th two men were seized; one died on the 30th, and the other on the 1st April. On the 30th an attendant, a strong young man, took pleuro-pneumonia, from which he ultimately recovered. On the 31st one woman took pneumonia and another pleurisy; the first died on the 4th April, the other recovered. So much for the death-roll of March. On 4th April a case of pleurisy occurred, on the 8th a case of pneumonia, and on the 10th a case of pneumonia; the case of pneumonia on the 8th died, the other two recovered. On the 15th an old woman was seized with pleuro-pneumonia, and died next day. Thus, between 20th March and 16th April we had no fewer than 12 deaths from acute lung disease.

A somewhat similar outbreak occurred in the winter of 1878-9. *Newcastle-upon-Tyne.*—The following extract from the Visitors'

report contains a truth which should be laid to heart by more than one asylum officer :—

They (the Visitors) have not hesitated to call additional skilled counsel when they considered that special knowledge was requisite. Their experience in connection with the main building has taught them that by taking the opinion of a responsible person during the progress of particular works considerable sums of public money may ultimately be saved.

In his report, Dr. Wickham returns to the relation of intemperance and insanity, and we have pleasure in reproducing his remarks :—

Exception was taken by a reviewer to some remarks in my last report, in which, while giving it as my opinion that it would probably always be a vexed question whether the intemperate habits were the cause of the insanity or the insanity the cause of the intemperate habits, I had said that "in the great majority of the particular cases which have come under my own notice the evidence is in favour of the conclusion that the insanity causes the intemperate habits," and it was urged that if my observations were correct "we are and have been totally wrong in our treatment of such cases. Instead of drunkards being taken to a police-court, they should be committed to an asylum as dangerous to themselves. As a necessary consequence our asylums must be multiplied at least ten-fold."

I am glad to acknowledge the courtesy which I have always received from the review in question, but I venture to remind the critic that his alarm that if my views are correct we must, so to speak, begin at the beginning again, has nothing to do with the truth or otherwise of them. And I take this opportunity of stating that my remarks have been applied more promiscuously than was intended, and, if I may say so, than their words will bear. I did not mean to imply that all drunkards were insane, and that insanity caused the intemperate habits of all such persons. I was speaking only of those cases which had come before myself, in which insanity and intemperate habits had been concomitant, and I remarked that I had interested myself for many years in an attempt to place them in their proper sequence in each case, with the result that an insane neurosis was generally found to have preceded the intemperate habits. Every year strengthens my conviction that if we only search carefully enough we shall find one constitutional taint or another in those who, as we are apt to think at first, have been rendered insane by intemperance. And so long as it is permitted to perpetuate this taint by unsuitable marriages, it is of little consequence that it is nurtured by intemperance and kindred vices, for the commonwealth must continue to pay the penalty of not trying to stamp out the taint itself. To try and check it at the other end is like raising a bank and trying to stop a current without taking notice of the stream which continually feeds it; and it is to be hoped that society will, some day or other, reach such a wholesome state of education in this respect that the intermarriage of the consumptive, for instance, will be regarded with as much repugnancy as is extended now to wedlock within the prohibited degrees of consanguinity.

Northampton.--It is reported by the Visitors that during 1886 a sub-committee was appointed to take into consideration the best method of making provision for the idiot children in the county. This sub-committee, accompanied by the clerk to the Visitors and medical superintendent, visited four idiot asylums and one county asylum where a block has been built for the treatment of idiots. The result of these inspections and deliberations was embodied in a report to the General Committee, the purport of which

was that a block for 48 idiot children should be erected in the west corner of the asylum. Plans for this have been prepared, and will be shortly forwarded to the Commissioners in Lunacy, two of whom have already approved of the site and of the scheme generally.

Mr. Greene reports that the hospital for infectious diseases has been handed over by the contractors. It consists of three blocks. One block contains the dormitory for men, with a day-room, single room, two nurses' rooms, store-rooms, lavatories, and bath-room. Another block has the corresponding rooms for women, and the third block, placed at the rear of the others, consists of the kitchen, laundry, two bedrooms for domestic servants, disinfecting room, boiler house, and mortuary. The hospital will accommodate 14 patients, allowing two thousand cubic feet of space to each patient.

St. Andrew's Hospital.—It is very satisfactory to learn that this great hospital is free from debt. We find nothing in the report calling for special notice, though we are glad to find that Mr. Bayley continues to employ his male patients in garden and farm work.

Northumberland.—The extensive additions to this asylum seem to be nearly complete.

Since the ventilation of the wards and dormitories was improved there has been a marked diminution in the number of deaths from phthisis.

As to out-door exercise, Dr. M'Dowall reports :—

In order that everything may be done to promote bodily health, increased attention has been paid to the patients exercising beyond the airing-courts. Although for many years almost none of the female patients have used the airing-courts, but have walked beyond them twice a day, this health-giving exercise was enjoyed only in the afternoon by the men. Since the spring, however, they also have walked out every forenoon. Of course, all cannot go—the lame, feeble, and wildly excited must be left behind, but, with these exceptions, every male patient, not usefully employed, walks in or beyond the grounds twice every day, weather permitting. This arrangement has been followed by good results; the patients have been improved in body and mind, and the attendants have necessarily been called upon to devote increased attention to those placed under their charge.

Norwich.—The Commissioners begin their report by saying :—

In an asylum where so much is done by the Committee to render the management as good as possible, we regret to find that there is, as yet, no assistant medical officer, and we desire at the commencement of our report to state our conviction that no asylum, even with fewer numbers than are received here, can be adequately supervised by only one medical officer, however zealous he may be, and we hope that the post of assistant medical officer will shortly be filled. We ought, perhaps, to say that this is the only asylum within the limits of our official knowledge which has not such an officer.

Have the Commissioners forgotten the York Lunatic Hospital? Although this strongly expressed recommendation was made in April, we do not find that it has been adopted, and it is not even

referred to by the Visitors in their annual report, nor by Dr. Harris. We hope that he will not fail to urge this most strongly on the attention of his Visitors, because we believe that it is an official error and a personal injury for a man to attempt to direct such an asylum single-handed.

Nottingham (Borough).—Plans have been prepared for the enlargement of this asylum, and the estate has been increased by the addition of 20 acres.

It is remarkable to find that of 60 women admitted last year no fewer than seven were general paralytics.

Nottingham (County).—Although great allowances must be made for such an old building as this, one is surprised to read that “a new drain has been laid under F. 1.” No doubt every precaution will have been taken to prevent the escape of sewer gas; but at the very best the presence of a drain under a room must be a constant anxiety and a possible source of danger.

Nottingham Lunatic Hospital.—We are much pleased to learn that an assistant medical officer has been appointed.

The Committee have sanctioned the reception of patients at an initial rate of 25s. weekly. It is, therefore, expected that the unoccupied beds will soon be filled, as the Commissioners do not think it would be easy to find as good accommodation at so low a rate.

Oxford.—The Visitors report that they had the salaries of the attendants under consideration, but that no material alterations had been thought requisite.

We find that the ordinary attendants receive wages varying from £23 to £35 per annum. Without venturing a definite opinion, it is our impression that these payments are below the average in county asylums. The Visitors should remember that the first requisite in asylum management is a thoroughly efficient staff of attendants, and that to secure suitable men the wages should err towards liberality.

The Committee have settled a dietary table for the attendants and servants and ordered its publication in the wards. Why in the wards?

The Commissioners report :—

As regards exercise, we should like to see a regular system of daily walking exercise beyond the airing courts, but on the asylum estate, instead of such exercise being afforded only once or twice a week as at present. But improvement in these matters can hardly be accomplished without a stronger staff of attendants. Here the proportion of attendants to patients is smaller than commonly prevails in county asylums, and is, in the male division (including in the 16 day attendants a tailor attendant and a shoemaker attendant), one to 13½; but in the female division (where the day attendants are also 16) one to 17 only.

It must be admitted that the staff is numerically weak.

Perth District Asylum, 1886-7.—An evening class for elementary

education has been formed, and an evening Sunday school meets during the winter months.

On account of overcrowding it has been necessary to enforce the removal of patients not *bona-fide* paupers.

The estate has been extended by leasing between 13 and 14 acres for a term of 19 years.

Portsmouth.—A detached hospital has been built and many minor alterations effected during the year.

The Commissioners recommend the formation of a walk round the estate. If this were made probably many of the 283 patients now taking exercise only in the airing courts would no longer be obliged to be so restricted.

Roxburgh, &c., 1885-6.—The main building has been divided into sections, the division walls carried through the roofs, and iron doors fitted up so that all communication between the various sections can be cut off in the case of fire. This is a most judicious precaution.

It is very sad to think that Dr. Grierson, a man for whom his many friends have the sincerest regard, has been compelled to resign his appointment on account of bad health. In all his relations he is a highly admirable man, and of quite unusual culture.

Roxburgh, &c., 1886-7.—The appointment of Dr. J. Carlyle Johnstone as medical superintendent is notified, and Dr. Grierson is retained as consulting physician.

Steady efforts continue to be made to board out such inoffensive unrecovered cases as no longer require asylum treatment, and it is gratifying to note that these efforts meet with the hearty approval and support of most of the Parochial Boards of the District, though Inspectors of Poor still experience considerable difficulty in procuring suitable homes and guardians for their patients. It is now pretty generally understood that the detention in an asylum of a lunatic who does not require asylum treatment is at the same time an injustice to the lunatic and the most expensive method of dealing with him.

Salop and Montgomery.—A very severe outbreak of typhoid occurred. The following extracts from Dr. Strange's report contain matters of interest relating thereto :—

In my monthly report for May I had to record that there had occurred lately several cases of diarrhoea of a severe type, and also stated my belief that they were due to the well water being contaminated with sewage. I reported that drains in the immediate vicinity of the well had been found leaking, and that the drains were defective and badly laid. In June I had to report that a severe outbreak of typhoid fever had occurred, due, in my opinion, to the well becoming polluted with sewage. The outbreak occurred after the heavy storms in May, and at that time a considerable amount of land water, evidently impregnated with sewage, was discovered to be flowing into the well.

It is worthy of note that the earlier pollution of the well, which was probably caused by sewage, gave rise to a severe type of diarrhoea, and that no case of typhoid appeared until after the second pollution caused by the heavy rains (after the drain supposed to have been at fault had been taken away).

and when the pollution was surface water driven through soil previously impregnated with sewage.

The epidemic lasted 11 weeks, 38 were attacked, many of the cases were of a very severe type, and some were rapidly fatal. Eight persons succumbed.

Coincident with the epidemic were several cases of diarrhoea of a severe type.

The whole of the sanitary arrangements have been examined by Mr. Field, who condemns the whole of the drainage.

Somerset and Bath.—For scalding a patient to death an attendant was sentenced to 12 months' imprisonment—a punishment he richly deserved.

Dr. Wade thinks that the passion for dress which prevails amongst asylum nurses, and in which they are too often encouraged by local tradesmen, frequently leads them into debt, and it is, he fears, to get away from debts which they cannot meet that in many cases they move from place to place.

The Commissioners commend an arrangement by which the names of the outdoor working men are called over every morning by the Assistant Medical Officer before they leave their wards, so that the due medical supervision of this class may be secured.

Staffordshire. Burntwood.—The estate has been enlarged by the purchase of some adjoining land, and the erection of the new dining and recreation hall is progressing.

The Commissioners note as a valuable improvement, and one to be applied throughout, the alteration of the locks on single room doors so as to allow of the doors being opened from the outside without using the key, and consequently without noise. This must obviously tend to the comfort of the patients occupying the rooms.

Although the following paragraph from Dr. Spence's report contains no original truth, it refers to a most important subject, one, indeed, at the very basis of successful asylum management:—

The record of work done during the year is a satisfactory one, and employment has been found for over seventy per cent. of the men and as favourable a proportion of the female patients. To induce so large a number of the inmates of a lunatic asylum to engage in useful work involves the expenditure of no small amount of tact and trouble on the part of those who are in direct authority over them, and especially do the charge attendants merit commendation for the thorough and intelligent interest which they take in this important part of their duty, and for the assiduity manifested by them in pressing on the attention of those under them the great benefit to be derived from properly regulated and suitable employment, outdoor as far as practicable, in the treatment of those mentally afflicted. Plenty of walking exercise is the only substitute we have for outdoor work in the case of the women, but this is carried out in a thoroughly systematic manner, so that no female patient who is physically fit to leave the wards and airing courts is debarred from joining the walking parties.

Staffordshire. Stafford.—We regret to find that serious ill-health prevented Mr. Pator writing his annual report.

The number of attendants in some of the wards appears to be smaller than it should be.

Suffolk.—Extensive alterations and improvements are still in progress; and it would appear as if the Visitors had awakened to the necessity of bringing the asylum up to modern requirements.

Mr. Eager reviews his work during the past ten years and its results. It is quite evident that he has laboured under many difficulties and discouragements, and he is to be congratulated that his efforts have not been fruitless, but promise to be more productive in future.

The following extracts from Mr. Eager's report are somewhat long, but as they refer to the maintenance of an efficient staff of nurses and attendants, we think that they are worthy of attention. He is not quite correct in saying that shortening of the hours on duty has never been suggested; it is in practice in some asylums. We are especially pleased to find him recommending that the nursing staff should be changed every eight hours. We have urged the same reform for a number of years, and feel quite sure that in this direction lies the most urgent reform in asylum management. We are strongly of opinion, also, that no attendant or nurse who has left one asylum should be engaged in another. Such an arrangement would not have beneficial results :—

The difficulty of obtaining and retaining the services of suitable persons to act as attendants and nurses does not abate. Some, who, entering on their duties with scant possessions in a carpet bag, work well and honestly for a time, become independent, careless, and neglectful of their duties when they have had time to pull themselves together and become possessors of a trunk and a fair wardrobe. Some, I am sorry to be compelled to believe, leave us in order to avoid the payment of debts which they have been unwisely permitted to run up at the shops in the neighbourhood. For the most part inconsistent in their demands and ever seeking for that El Dorado where no work and all the luxuries of life can be obtained, they give notice on the least reprimand being given them, even though it may be for dereliction of duty, often of the most flagrant kind. As a rule I refuse all attendants who have held posts in other asylums, from experience looking upon them as wanderers not easily satisfied and frequently ungrateful. It is common to receive applications from attendants who, having passed through four or five asylums, are willing to commence at the first step of the ladder here, and who, if they had remained contentedly in their first post, might have been a good many pounds a year better off with the better prospect of a pension. As I have frequently stated, I believe this unrest to be due to a great extent to the fact that these people are perfectly well aware that if they leave one asylum they will be able without much difficulty to obtain a post in another, as it is well known amongst them that at many of these institutions the authorities seem only too anxious to pick up anyone who has had a few months' knowledge of a lunatic. The authorities of the asylums where this course is adopted do not seem, however, to benefit much if I may judge from the frequent applications I get for the characters of those who have left or who are leaving us. Whilst insisting on the folly as far as they are concerned of the constant movement of our attendants, and on the bad effects upon our patients of the frequent changes in the staff and the consequent influx of new and untried hands, it must not be supposed that I do not fully recognize the trying and arduous nature of an attendant's duties—indeed, none but those who are constantly amongst the insane can be fully cognizant either of the irksomeness of the daily routine or of the responsibility, and the constant exposure to

danger and liability to injury, which these duties impose; and those who perform their duties faithfully deserve indeed from all the greatest consideration. Higher wages, an improved dietary, the provision of rooms fitted up with every requisite for amusement, such as pianos, billiard and bagatelle tables, &c., where attendants may associate during their days and evenings off duty, more comfortable private sleeping-rooms—all these have been provided during the past few years in many asylums with the view of making the asylum service more acceptable, though, I fear, not with a very good result.

No shortening of the hours on duty has, however, as far as I am aware, ever been suggested, and yet I think that, considering the harassing and monotonous nature of the duties to be performed, it can scarcely be expected that an attendant can continue to act conscientiously and actively for twelve or thirteen hours daily, even in wards where the least troublesome class of cases are located. Much less, then, can the imposition of such hours be defended where their duties compel them to be constantly in close contact with the most demented, filthy, and often impulsive persons, and where they must of necessity have much to do which is exceedingly unpleasant and revolting.

If, then, we are to provide for our patients that amount of undivided attention, careful tenderness, and active supervision which is absolutely necessary for their proper care and treatment, if the improvement of their condition is desired and accidents are to be prevented, I believe the nursing staff should be changed at least thrice in twenty-four hours, and that when off duty attendants and nurses should be enabled to get right away from both wards and patients. This can only be done by providing considerable accommodation in a distant part of the grounds, to which should be attached a pleasure garden, where tennis, croquet, and such like games might be engaged in. I am surprised that in those asylums where, owing to the treatment of large numbers together, the maintenance cost has fallen so much below the average, no reduction in the hours of the attendants' duties has ever been attempted with the object of remedying the evil of frequent changes, and of securing a better and more responsible nursing system.

A good and varied dietary, comfortable quarters away from the scenes of their daily labour, less duty and more means of healthy amusement and occupation—these combined are in my opinion the only means by which we shall be able to secure and retain the sort of persons we require for asylum service.

Surrey. Wandsworth.—Gratuities from the Benevolent Fund were presented to 40 patients on being discharged recovered. Sums amounting to no less than £150 were given to those attendants who, by long and efficient service, deserved them.

Many patients complained to the Commissioners that they never saw the Committee of Visitors. The Commissioners rightly think that every patient ought to have opportunity of making known his complaints to the Visitors at each time of their meeting, and that it is especially desirable that the working patients should be able to do so, as it is for the most part patients who do useful work who are the most likely to be soon fit for trial or discharge.

The amount of restraint is unusual for an English asylum.

Surrey. Cane Hill.—The visitors note that a memorial is being adopted by some of the Boards of Guardians in the county for presentation to Quarter Sessions, suggesting that representations may be made to Her Majesty's Government with the view of getting the Parliamentary grant now made towards the cost of the maintenance of pauper lunatics in county asylums extended so as to

include all pauper lunatics whether they are in workhouses or asylums. The visitors concur in the prayer of the memorial, and think that the proposed extension, if adopted, might have the effect of inducing the Guardians to provide special accommodation for more of the old harmless imbeciles.

With a view to retain the asylum for those patients only who had acquired a legal settlement or who were properly chargeable to Unions in the county, the visitors caused an inquiry to be made with regard to several who had formerly been inmates of Bethlem Hospital and who had been removed to the asylum by officers of the St. Saviour's Union. The result was that out of 24 test cases nearly all of them were found to have settlements in Unions in other counties.

The visitors think that the present law should be amended so as to give the county authority or the Committee of Visitors of an asylum the same power to obtain orders of adjudication as is now possessed by a Board of Guardians.

Surrey. Brookwood.—Concerning general paralysis Dr. Barton reports :—

On going carefully through the previous admissions I find there has been a steady decrease in the number of cases suffering from this fatal disease for some years past. This is very marked on comparing the numbers admitted during the previous ten years. I find the proportion of general paralysis to the admissions during the first half of the decade was nearly 13 per cent., while for the latter half it was only barely 6 per cent. To what cause this decrease may be due I am not prepared to say, but I am inclined to hold with the theory that the existence of general paralysis amongst the pauper classes has been influenced by the prolonged depression of trade and privation consequent thereon, which precludes indulgence in the same degree as formerly in dissipation and drink.

A post-mortem examination was made in every case.

Sussex.—The following paragraphs from Dr. Williams's report refer to an important matter which has, so far as we know, received little or no attention :—

During the last year or two there has been a marked increase in the use of Section lxviii. of 16 and 17 Vic., c. 97, by the provisions of which a lunatic, *not a pauper*, not under proper care and control, can be sent to an asylum on the order of two justices.

Many of the cases so sent, however, have been paupers, or the fact of their having become insane has pauperized them. Nevertheless, the word *pauper* was often struck out of the magistrates' "order," although the Relieving Officer certified in the "statement" on the same sheet of paper that the lunatic is chargeable to such and such an Union. If the alleged lunatic is not a pauper it is doubtless necessary to proceed under this section, but if a pauper, to proceed under it would appear to be unnecessary. Formerly this section was only used occasionally, and in cases of great emergency, such as when a lunatic at large was rendering himself obnoxious or dangerous to the public and the friends would not interfere, and the spirit of the section would seem to show that it was specially framed to meet such cases.

There is, however, considerable hardship in the working of this section, as will be seen from the following record of a case which is by no means an isolated one. A gentleman of considerable independent means, well educated

and refined, becomes insane, and has strong homicidal and suicidal impulses. He is dangerous both to himself and others, and becomes aggressive in the public thoroughfares. His relations, from various reasons, refrain to take the necessary steps to place him in safety. He falls into the hands of the police; is brought before two justices, who call to their assistance a medical man. He is undoubtedly insane and a danger to the public. They sign an order for his removal to the County Lunatic Asylum, where he has to associate with and be treated exactly in the same way as the pauper lunatics. There he must remain as long as he is insane unless the friends or relations come forward and undertake to be responsible for him, or unless he is made a Chancery lunatic, which takes months, possibly years, to accomplish. To remedy this injustice the Act would seem to require to be amended so as to give the justices power to compel the nearest of kin to take the necessary steps for the lunatic's safe custody, or else to order his removal to some asylum or place where the accommodation will be commensurate with his means and education.

Warwick.—This asylum is now no longer capable of receiving all the patients belonging to the county. In order to postpone the necessity of building the required accommodation a contract has been entered into with the Birmingham asylums for five years for the reception of not more than 100 patients.

Dr. Sankey points out that general paralysis is greatly on the increase in Warwickshire.

	Males.	Females.	Total deaths.
1872-76	17	1	18
1877-81	29	4	33
1882-86	40	10	50

Arrangements have been made for providing a suitable Divine service for Roman Catholic patients. This is much to be commended, and is worthy of imitation in many asylums.

Wilts.—The following paragraph from Dr. Bowes's report records an unusual form of death in asylums:—

Accidents in asylums have occurred and deaths been caused by eating yew and other poisonous shrubs, but there appears to be no recorded instance of lunatics confined in an asylum eating and dying from taking poisonous fungi, and the following casualty is therefore unique:—On August 28th 130 female patients, in charge of 10 nurses, spent the afternoon and had tea under the trees in the cricket ground. Nothing unusual was noticed until the next morning, when two of the patients were seized with pain in the stomach and violent retching; they presented all the symptoms of irritant poisoning. The cause, by the confession of one of the sufferers, became known, and the usual treatment was adopted, with, in the case of the healthy and strong patient, a good result, but the other, who was delicate and diseased (suffering from fatty degeneration of organs), succumbed after forty-eight hours' suffering.

Wonford House.—A considerable number of structural alterations and improvements, including the remodelling of the drainage and sanitary arrangements, were effected during the year.

It is very gratifying to find that at the end of the year no fewer than 65 patients were maintained at rates below the actual cost.

The seaside house at Dawlish is found of increasing service. Two carriages are now used for the patients, and are a source of much pleasure and benefit.

Dr. Deas submits a number of improvements to be undertaken when opportunity offers. They would, no doubt, add much to the efficiency of the hospital.

Worcester.—A new chapel has been opened and an excellent organ provided. The building accommodates 720 persons.

The Commissioners say :—

We were gratified to hear that the Committee here not only visit the wards frequently, but give to every patient an opportunity of their bringing forward any grievance, ticking off the name of each patient on the list so that he or she has that face-to-face interview with a magistrate, which contents so many.

In too many asylums, we fear, the Visitors avoid the visits to the patients as much as possible, and do not devote that time which this most important, though disagreeable, duty demands.

Yorkshire. East Riding.—A fever hospital has been erected, at a cost of £1,300.

Dr. Macleod's home was entirely destroyed by fire, but has been rebuilt. It is highly creditable to the discipline of the establishment that during the fire there was no vestige of panic.

Yorkshire. North Riding.—Occupation, the best form of treatment, seems to be judiciously pursued at this asylum. Mr. Hingston says :—

Occupation of a varied nature has thus been provided for the patients, and the benefits accruing to them thereby are very great. The attendants are always instructed that the patients who are working under them are employed, not so much for the value of their work, which is sometimes less than worthless, but for the good they derive from the exercise and occupation. Comparatively few of the men are ever idle, the very worst, comprising those too dangerous to be allowed to handle tools, being provided with work of some kind, such as rolling the lawns or cricket ground, wheeling soil, &c., and in many instances the fresh air and healthy exercise thus obtained have proved most beneficial, and have led to good results.

West Riding. Wakefield.—In spite of all that has been done to bring this building up to modern requirements some of the wards must be dismal in the extreme, seeing that the Commissioners note the fact that at the time of their visit (November) it was necessary to light the gas at mid-day. They very properly conclude that this state of the wards must have a prejudicial effect on the patients.

As many as 250 men and 100 women are entirely confined to the airing courts for exercise.

Many improvements continue to be effected. These include a new mortuary, constructed upon the most approved principles.

Dr. Bevan Lewis is to be congratulated on having reduced the hours of his nursing staff. He says :—

In April last, the question of long hours on duty having been brought before the Committee for consideration, I was authorized to introduce certain changes in the organization of our nursing staff, such as would practically abolish evening duty after 8.30 p.m. It was considered that the time on duty was unnecessarily prolonged in the case of the day attendants, and that such a concession

would be both reasonable and beneficial. The change was first tried on the male side, and, having worked satisfactorily, was subsequently adopted on the female side. I can now report in very favourable terms of the new departure which has been highly appreciated by the nursing staff, in whose interest it was made.

Yorkshire. South.—The Committee have sanctioned some reduction of the working hours of the male attendants, and a necessary increase of the staff to admit of this being carried into effect. It is to be hoped that this arrangement will be extended to the nurses as speedily as possible.

At the urgent recommendation of the Commissioners the Committee decided to grant to patients discharged on trial a weekly sum equivalent to the cost of their maintenance in the asylum. Dr. Mitchell hopes that such beneficial results will justify this plan of assisting patients at a most critical time, as are stated to have followed its adoption elsewhere.

York Retreat.—This institution shows signs of continued success. A Convalescent Home has been opened at Scarborough for ten lady patients, and also for those patients who every summer visit the sea side. From personal inspection we can speak highly of the arrangements made to secure the comfort and the safety of its inmates.

York Lunatic Asylum.—This asylum has been vastly improved by the alterations recently made under Dr. Hitchcock's supervision. An excellent bowling alley has been added. The improvement in the appearance of the asylum is quite surprising to any one acquainted with it in former years.

2. *Scandinavian Retrospect.*

(Continued from p. 482.)

II. *Medical Gymnastics or Movement Cure.*

By ELLEN F. WHITE, Certificated by the Royal Gymnastic Central Institute at Stockholm.

The term "Medical Gymnastics" is used to express the treatment of disease by movements. Ling, an officer in the Swedish Army, and the originator of this system, received his first inspiration on the subject by finding that fencing cured the lameness in his own arm. From this simple fact he was drawn on to think, why should not other affections be also cured by means of movements. So he went through a complete course of anatomy, physiology, and pathology, and gradually evolved the whole of his system, which embraces, not only medical, but also military and hygienic or educational gymnastics. The object of hygienic gymnastics is to preserve the balance of power in the body; that of medical gymnastics is to restore the balance when it has been