

*On the Simulation of Hysteria by Organic Disease of the Nervous System.* By THOMAS BUZZARD, M.D., F.R.C.P. J. and A. Churchill. 1891.

In a small volume of about 100 pages, Dr. Buzzard treats of the above subject from an essentially clinical point of view. The substance of the work is based upon the presidential address delivered by him before the Neurological Society in 1890. Very special consideration is given to the subject of disseminated sclerosis, more particularly in regard to its simulation of hysteria. On p. 96 the author says: "There can be but little doubt that of all organic diseases of the nervous system, disseminated sclerosis in its early stages is that which is most commonly mistaken for hysteria." Truly this must undoubtedly be so when we learn that the shifting about of a state of powerlessness from one limb to another is not characteristic of hysteria, but rather of disseminated sclerosis, and that a like shifting about of a numbness, or sense of pins-and-needles, points also "with considerable distinctness to disseminated sclerosis." The difficulty of diagnosis becomes yet more increased when we consider what the author says on p. 52, viz., that the characteristic symptoms of disseminated sclerosis, *e.g.*, the tremor on voluntary movement; the spasticity of muscles, the nystagmus, the scanning articulation and the so-called apoplectiform seizures, may all be absent. A recent case which has come under our observation brings home to us the force of these remarks, yet at the same moment we are tempted to ask, must we not review our definition of organic disease, if instability of symptom is to be a mark of it? The book is well worth studying by alienists and others.

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### PART III.—PSYCHOLOGICAL RETROSPECT.

#### 1. *English Retrospect.*

##### *Asylum Reports for 1890.*

(Continued from Vol. XXXVII., p. 590.)

*Isle of Man.*—Various structural improvements have been effected. These include the construction of a billiard room. It is mentioned in Dr. Richardson's satisfactory report that an imbecile boy has been taught to plough and do other agricultural work, and is now working for his own living.

*Newcastle-upon-Tyne.*—A limited outbreak of typhoid fever

occurred, resulting in one death. The cause appeared to be the escape of sewer gas into the wards from the insufficiently sealed ends of old drains.

*Norfolk County.*—Six cases of typhoid fever and 20 of dysenteric diarrhoea occurred. This led to a thorough examination of the drainage, when some grave defects were discovered. Eight cases of erysipelas also occurred.

Dr. Thomson reports that Nonconformist services are now held in the recreation hall on Sunday afternoons for those patients who do not wish to attend the Church of England services. On an average 70 men and 40 women are present.

The wages of some of the charge attendants and nurses have been increased £2 12s. per annum. Dr. Thomson hopes that this increase may be extended to all in charge of a ward.

*Northampton. St. Andrew's Hospital.*—Although Mr. Bayley does not refer at length to any special subject in his report, it is quite evident this hospital continues to be directed with great success. The proposed improvements on the male side have been postponed.

*Northampton.*—The estate has been increased by the purchase of 53 acres at a cost of £3,020.

Scarlet fever broke out in the children's block. Fourteen patients and six nurses were stricken. The mode of infection was never discovered. One death occurred. Typhoid proved fatal in one case, and enteritis in two. The drainage was examined, but nothing faulty discovered.

After due instruction by one of the Assistant Medical Officers, 16 nurses received certificates from the St. John's Ambulance Association.

The Commissioners refer favourably to the arrangements made in this asylum for pensions. As it is well known and universally approved by asylum officers, we need not refer to it further.

*Northumberland.*—Various minor structural alterations have been carried out, but others of greater magnitude have not yet been taken in hand. These latter include the building of blocks containing w.c.'s, baths, etc.

For the better protection of the buildings from fire the apparatus is examined by an inspector from Messrs. Merryweather and Sons, and the staff drilled by him every three months. This appears to be a good arrangement.

A monthly celebration of mass is now provided for the Roman Catholic patients. The wages of the married attendants have been increased by £4 per annum.

It is reported that the establishment of an out-door department has been a comparative failure.

*Norwich. Borough.*—Private patients, paying a low rate of board, are now admitted to this asylum.

Lighting by electricity has been introduced into nearly the

whole building, and many structural and other improvements effected during the year.

The following remarks by Dr. Harris on the value of employment may be reproduced :—

With respect to the experimental workshop block for men, there cannot be a shadow of doubt in the mind of any observer who has watched the increased number of usefully employed patients that the time has arrived when proper provision should be made for patients anxious to employ themselves. I believe the time is not far off when it will be deemed wise and economical to provide women with workshops.

The census will undoubtedly show the necessity for this, especially in manufacturing districts where women are largely employed; but no census is necessary to prove the oft-told tale, "Satan finds some mischief still for idle hands to do," and I believe idleness begets idleness, and idleness destruction, and so on to the loss of hope, and then a patient may become a chronic lunatic and a life-long expense. I do not say employment will cure everybody, but rightly applied it cannot fail to do good.

Some patients now employed were formerly very destructive, and would soon lapse into their old ways and dirty habits but for legitimate occupation.

I am a thorough believer in occupation for sane and insane alike, and trust, when you decide on building workshops (which need not be erected all at once), the space and accommodation will be liberal in order that as large a number of patients and attendants as possible may be employed, and thus the result of gloomy hours of an idle and unprofitable day avoided. Only those who are constantly in the society of the insane can realize the blessings of healthy occupation, and it is not an infrequent occurrence for attendants to murmur at not having had a "turn out" with the working parties, this being preferred to taking out-door exercise with many of the, at present, unoccupied class.

Experience has taught that those attendants who employ themselves get their patients to work, and are the healthiest in mind and body, least irritable, and best fitted to have charge of the insane.

The winter months test the working of an asylum, the inability to provide necessary out-door change of scene and occupation for patients and attendants is then sorely felt, and is an unhealthy strain alike on weak and sound minds—workshops are then a boon. To the employed insane much good is done, and to the irritable additional elbow room and space in the then thinly occupied wards provided.

*Nottingham. Borough.*—To utilize the spare accommodation 110 patients have been admitted from the London asylums. Private patients are also admitted at 15s. per week.

Dr. Powell found it necessary to ask for further assistance on account of the work devolving on the medical staff by the increased number of patients, and by the operations of the new Lunacy Act. A clinical assistant was therefore appointed, and his services are very favourably spoken of.

*Nottingham. County.*—The Commissioners still urge the necessity of providing a new asylum, but no steps in this direction appear to have been taken by the Visitors.

An additional night attendant has been appointed on each side.

*Nottingham Lunatic Asylum.*—

In January, 1889, an assessment was made on the committee for Income Tax upon £1,000, under Schedule A., and also for Inhabited House Duty for the same amount. Mr. Henfield appealed against these assessments to the Local

Commissioners, who decided that the hospital was exempt from both assessments. From this decision the Surveyor of Taxes appealed to the Queen's Bench Division of the High Court of Justice. This appeal was heard by Baron Pollock and Mr. Justice Charles on February 5th and 6th, 1891, when the Judges confirmed the decision that the hospital is exempt.

*Oxford.*—Two male and two female attendants have been added to the staff. Further additions might be made with advantage.

*Perth Royal Asylum (1889).*—This hospital continues to exhibit every sign of successful management, and as a consequence its affairs present every aspect of prosperity.

There are many subjects mentioned in Dr. Urquhart's report to which we would like to direct attention, but this is impossible. Some of them have, we believe, been referred to in previous notices.

We hear from time to time of "asylum-made lunatics," and the strongly expressed idea that residence amongst the insane would shortly drive the strongest-minded mad. An asylum, of course, is by no means the best place for every insane person, and discrimination in treatment must begin before such a step is advised. It is, however, the first plunge into a mad world that is most keenly felt by the sensitive, even by those who, after a time, find a power of accommodation to surroundings—an anaesthesia of use-and-wont to round off the fictitious horrors of asylum life. But others, who are elated by mania or depressed by melancholia, are rendered in some measure oblivious of their environment. The selfishness of their disease, their extreme and constant concentration on their own fanciful life, causes, in many instances, an obtuseness of feeling, whether of mental or bodily pain. The man whose bladder, without obvious inconvenience, can hold four pints of urine (a recent experience of ours), or the man whose eternal damnation is, to him, an assured and ever-present fact, is not likely to be troubled by the lesser inconveniences of life in a lunatic asylum.

Such observations for long obscured the truer view, that enfeebled or morbid minds are undoubtedly to be influenced by their surroundings. It is now fully recognized that science and art must be laid under contribution to brighten, to interest, to regulate, to cure. We seek to strike chords of mind responding to the sense of colour, proportion, sight—to harmonize faculties jangled out of tune. Therefore it becomes necessary to devote so much of valuable time to the problems of asylum architecture, the occupations and amusements of the patients, as well as to questions of purely medical treatment and microscopic pathology. It is not given to everyone to be an original investigator or a philosophic commentator, although it is within the province of all to patiently observe and record—to add a stone to the monumental edifice of science. Still more is it the duty of each to succour the sick and care for those committed to his charge, and nothing is common or unclean that falls to him to do if it but come within the scope of his duty.

The arrangements for meals have been much improved. All, except the infirm and excited, get their food away from the wards, and the attendants and nurses have their meals in their mess rooms. The proportion of married attendants has been increased, and it is proposed to erect cottages for them in the neighbourhood of the asylum. The amount of leave has been increased.

The inducements that can be held out to those capable of the arduous and responsible work of nursing the insane are never in danger of being too great. In former times they were but little more considered than the insane themselves; but of late it is recognized that at least we should have the insane as well nursed as the patients in ordinary hospitals, and efforts are made to secure this in the

asylums of the country generally. By reducing the hours of duty, by affording time for relaxation and opportunities for self-improvement, by increased pay and improved quarters we hope to retain the services of the most suitable.

Great attention continues to be devoted to the occupation of the patients, male and female.\*

*Perth Royal Asylum (1890).*—Another satisfactory report. In the following passage Dr. Urquhart maintains the importance of heredity over and above the surroundings of the patient whatever these may be.

The causes of insanity have been studied with care and attention, and it yearly becomes more manifest that some inherited constitutional tendency to the more obvious forms of mental disease, or a mere nervous instability, is a fundamental necessity in the evolution of these disorders. In one case only did a mental (moral) cause, without ascertainable physical cause, produce insanity. It would almost seem that the cares and troubles of mortal life are impotent to overturn a well-balanced brain. A certain inherited vice, or acquired pathological habit, is apparently the prime factor in producing mental disease. The heredity may be paternal or maternal, and may show itself in the insanity of collaterals or descendants. It may be the heredity of alcoholism, or epilepsy, or less grave neurotic troubles. Or, again, the nervous instability may have been acquired by habits of intemperance or vicious excesses. In such cases calamity or other undue excitement merely gives the last impetus to an already over-burdened nervous system, and so it comes about that a bank failure or a wave of emotional religion leaves its mark on asylum statistics.

*Salop and Montgomery.*—At the suggestion of Dr. Strange the Visitors agreed to increase the leave of the attendants and nurses and to provide means for their rational amusement.

By an increase of the staff it is now possible to exercise the patients in greater numbers and more frequently beyond the asylum grounds. This is a most important improvement, and might be advantageously followed in other asylums. The whole difficulty is one of cost—it is therefore easily curable.

*Suffolk (1889).*—Dr. Eager reports that though there has been a decided improvement in the health of the inhabitants as compared with past years, no less than 25 cases of dysentery and eight cases of typhoid fever occurred during the year, besides 23 cases of diarrhoea of a less severe type; two of erysipelas and one of severe tonsillitis. It is satisfactory to learn that the provision of a supply of wholesome water has at last been taken in hand. Some of the sanitary arrangements have been improved, and much has been done to improve the older parts of the buildings.

*Somerset and Bath.*—It became necessary to discuss how to provide for the ever-increasing number of patients, and it was decided to erect another asylum, such asylum to be in the western part of the county.

\* An indication of the healthy activity which continues to pervade this Institution is the appearance of a new series of the *Quarterly Magazine*, bearing the title "Excelsior." It is, as we should expect it to be, æsthetic in form, and we wish it every success.

Dr. Wade's report is chiefly devoted to a discussion of the same subject.

*Warwick.*—The new sanitary works are in progress, and are under the superintendence of Mr. Rogers Field. The mortality was high, and included deaths from typhoid, etc. Grave defects have been discovered in the ventilation. When these have been rectified, the number of deaths due to lung disease will no doubt diminish.

Dr. Miller speaks favourably of the training of attendants. Lectures in "First Aid" have been delivered, and some of the staff have sent in their names as candidates for examination.

The estate has been increased by the purchase of 20 acres of land.

The heating of the wards has been improved by the employment of a night stoker. This is a matter too much neglected in some asylums. No doubt it is expensive to continue artificial heating during the winter months, but this is no reason why so desirable an arrangement should not be carried out in every asylum. Dr. Miller says that since he introduced this method the night temperature in the wards has never been below 50 degrees, and is generally from 55 to 60 degrees, whereas previously it frequently was as low as 40 degrees; and in the early mornings, when the patients were getting up, the cold was a source of great discomfort, besides being injurious to the health of the old and debilitated.

A superintendent's clerk has been appointed. Besides assisting with the superintendent's correspondence, he enters nearly all the notes in the case books, which have then only to be signed by the medical staff. Probably a clinical clerk would be more convenient for the medical work.

It is hoped that the new hospital may be ready for the reception of patients during the year.

*Wonford House.*—It is reported that substantial progress has been made with the improvements begun in 1889. During the last three years forty acres have been added to the estate at a cost of about £10,000.

Perkins' system of heating by means of hot water circulating at a high pressure was in use during the winter. Dr. Deas speaks in the highest terms of its efficiency.

Concerning transfers, Dr. Deas says:—

Eight of those admitted were brought from other institutions, and had been under care for several years. Several of those have improved very considerably, two to so marked an extent that recovery seems not improbable. The effects of change of scene and surroundings in promoting and restoring health are well recognized in bodily ailments, and also in the early stages of certain forms of brain trouble; but the value of similar change in cases of insanity, which have of necessity been placed in asylums, and which are apparently becoming chronic and hopeless, is not, I think, sufficiently recognized and acted on.

*York Retreat.*—A large amount of benevolent work is accom-

plished here. During the year 46 patients received all the care and comfort of this institution for the extremely low charge of 10s. per week; and in 88 cases the sum paid was less than the actual cost.

Various structural improvements have been effected during the year. A villa residence is nearly ready for occupation. This building is to be lighted by electricity, and arrangements have been made for extending the same system to the other parts of the building.

*Wiltshire (1889).*—The accommodation has been increased by the construction of two dormitories of 25 beds each. A hospital for infectious diseases has been built at a total cost of £2,581 17s. 7d.

The committee entertain some doubt as to whether or no its power of granting pensions has been taken away by a resolution of the County Council.

Dr. Bowes is of opinion that much relief would be afforded to the asylum if the Boards of Guardians would more readily cooperate with the Asylum Committee, by encouraging the removal of harmless and incurable cases to workhouses.

*Berks.*—The new irrigation works are reported to be working well, and it is believed that a wise course was adopted in removing the sewage to a piece of ground more remote from the asylum.

Five cases of typhoid fever occurred during the year. Further steps have been taken to improve the sanitary condition.

Concerning the supervision of suicidal cases Dr. Douty makes remarks which we most highly commend:—

It seems only fair to asylum nurses and attendants that I should call attention sometimes to the numerous attempts at suicide in which a fatal result is averted. Hard and foolish things are publicly said and written about asylum nurses and attendants when, as must be the case from time to time, an attempt at suicide is successful; the public, however, have no knowledge of the frequency of the attempts frustrated in an asylum, or they would cease to express surprise at the occasional fatalities. The whole question of the management of suicidal patients is one which causes us more anxious care perhaps than any other, and hence this special reference to it. As you are probably aware, "caution tickets" are issued with all cases known to be actively suicidal. These tickets are kept on a file, and every nurse or attendant taking duty in any ward has to sign his or her name upon each ticket before commencing duty. All cases in which such tickets are issued receive extra supervision; this, however, can only be of a general and not of a special nature; to make it special would require an enormous increase of the nursing staff. Our plan, therefore, is to obtain a medium amount of supervision for suicidals, and not to allow any fear of fatalities to deter us from allowing such patients to go for walks, to employ themselves with the mechanics, upon the lawn, or in the garden and grounds, or from attending entertainments, etc. Such things all tend to vary the monotony of asylum life, and to improve the physical condition of the patients, although naturally each is attended with opportunities for escape and for suicide. I confess I would rather run such risks, as I do daily, than attempt to render the occurrence of suicide an impossibility. The knowledge on the part of a patient that we are beginning to trust him is, as patients have often told me, a powerful stimulant to cheerfulness and self-reliance; I therefore take the responsibility of withdrawing suicidal caution tickets as

soon after the admission of each case as appears to me to be possible; and I aim at having in each ward a minimum number of these tickets, because I think that a familiarity with a large number of them must produce, to a certain extent, a contempt for their individual importance.

*Worcester.*—It has been decided to provide at once accommodation for 140 male patients. When occasion requires the same will be done for 140 women. This will bring up the total accommodation to 1,200 beds, beyond which it is not considered advisable to go. The water supply continues to give much trouble. No case of typhoid has occurred during the year. A Roman Catholic chaplain has been appointed.

*Devon.*—Both divisions of the building are much overcrowded. A block for about 50 male patients has been completed, and one for females is progressing rapidly.

The Commissioners suggest that the number of attendants and nurses should be increased, and that a third assistant medical officer should be appointed.

Dr. Saunders reports that a markedly increased number of melancholic and determinedly suicidal patients was admitted during the year.

*Hull.*—The wages of the attendants and nurses have been increased, as has also the amount of leave of absence.

Dr. Merson's report is largely devoted to a consideration of the circumstances which influence the death-rate in asylums. His remarks are full of interest, but are too long for reproduction, and do not admit of curtailment.

*Cheshire. Chester.*—A Roman Catholic chaplain has been appointed at a salary of £60.

An electric tell-tale clock is now in use for testing the vigilance of the night attendants. It is reported to act satisfactorily. The recovery rate was unusually high—57·63 per cent. on the admissions, transfers being excluded.

*Eastern Counties' Asylum for Idiots and Imbeciles.*—From Dr. Roberts' report it would appear that the general health of the inmates had not been very satisfactory during the year. Ten of the sixteen deaths were due to tubercle. Two cases of typhoid fever, two of septicæmia, and one of erysipelas occurred. Defects in the drainage were detected, and at once rectified.

*Roxburgh, Berwick, and Selkirk.*—Further improvements have been effected in the sewage drains outside the asylum buildings, the majority of which have been overhauled, trapped, and ventilated. The internal sanitary arrangements, however, have been reported by the Edinburgh Sanitary Protection Association to be in an unsatisfactory condition, and the Board are taking the necessary steps for their thorough rectification.

*Leicester. Borough.*—The Nonconformist Evangelical ministers of Leicester having volunteered to conduct a service each week at the asylum, the offer was thankfully accepted.



A new wing on the female side has been occupied. It contains a dormitory, 58 beds for epileptic patients on the ground floor, with a large day room upstairs. Twenty-three single rooms have been provided.

The following paragraphs from Dr. Finch's report are of interest:—

Notwithstanding that the population of Leicester has increased during the last ten years from 123,000 to 142,000, it is a remarkable fact that the number of patients admitted from the Borough of Leicester has not only not increased in proportion to the population, but has absolutely diminished during the last five years, as the subjoined table will show:—

1881	...	...	...	...	108
1882	...	...	...	...	86
1883	...	...	...	...	104
1884	...	...	...	...	83
1885	...	...	...	...	87
1886	...	...	...	...	81
1887	...	...	...	...	67
1888	...	...	...	...	72
1889	...	...	...	...	67
1890	...	...	...	...	74
					—
					824

From some points of view this diminution is very satisfactory, though somewhat difficult to account for. I think, however, having regard to the fact that there were 17 cases of suicide in Leicester last year, it is very doubtful whether more patients might not have been admitted with advantage to themselves if their mental condition had been earlier recognized.

*Ennis.*—Twenty-one male patients were transferred to work-houses, thus affording sufficient accommodation for the treatment of recent cases.

*Argyll and Bute.*—Several important improvements have been effected in the kitchen, the supply of hot water for baths and the heating of the wards.

*Dundee.*—Dr. Rorie continues to devote much care to the training of his nurses and attendants.

The proposals of the London County Council to establish an asylum on new lines have been discussed *ad nauseam*. We must, therefore, reproduce only Dr. Rorie's concluding remarks:—

The past thus affords ample evidence of steady and satisfactory progress, and, above all, of confidence in medical treatment, and this leads us to the second consideration, namely, what further steps can be taken to keep the asylum abreast of the continued advances of medical science, for an institution such as ours cannot remain stationary, when it ceases to advance it begins to retrograde; and here two problems have of late years received much, and deserve further, attention, but to which we can refer only briefly. In the first place, the question has arisen whether asylums, as at present constituted, and the valuable materials accumulating in their case-books, might not be more thoroughly utilized and rendered more available than they are for clinical instruction and educational purposes. In this direction progress has already, to a certain extent, been made in this asylum in the more extended medical records and the addition of a clinical assistant to the medical staff. It is satisfactory to be able to report that the latter appointment has been so much appreciated that during

the past year four gentlemen have availed themselves of the opportunities thus afforded, and there is little doubt that the number of such appointments might be increased with advantage. Greater facilities for the study of insanity would thus be afforded, and increased benefit would result to the patients from the more careful consideration of the individual cases which would be received. The other problem is that of the better training and higher education of the nurses and attendants, etc., etc.

*Earlswood.*—It is Dr. Jones's belief that were the work carried on at Earlswood better known to the public, the State would soon be persuaded to see the necessity of providing suitable and proper homes for the poorer classes of imbeciles who are disqualified from or are unable to gain admission there.

The death-rate was unusually small. This is partially attributed to the introduction of additional steam radiators into the section for infants.

*Enniscorthy.*—On account of the increased number of patients resident it has been necessary to add one female and two male attendants to the staff. The governors have under consideration an increase of wages. This, if approved by the inspectors and sanctioned by the Privy Council, it is hoped will attract a better class of applicants, and retain the tried, experienced, and efficient hands in the service.

*Exeter.*—The want of a suitable boundary walk is much felt. It is noted that only 49 men and 24 women walk beyond the asylum grounds once a week, and only 13 men and no women daily beyond the airing-courts.

*Ipswich.*—The staff has been increased by the addition of one nurse. It is still small. No fewer than 17 deaths, out of a total of 36, were due to phthisis.

*Kilkenny.*—This asylum is overcrowded. Many structural alterations and additions are required to bring it up to modern requirements. The farm consists of 26 acres only. The number of attendants is inadequate. During the day there are ten male attendants in charge of 176 patients, and seven nurses for 148 patients. The rate of wages appears to be very low.

*Lancashire. Rainhill.*—The record of work accomplished during the year or still in progress justifies the remark of the Commissioners:—

We were well satisfied that there is no standstill in the management of this asylum after we had inspected it throughout.

A more liberal rate of pay for the attendants has been adopted, and has occasioned much satisfaction.

Dr. Wigglesworth says:—

Next to heredity there is no more frequent cause of insanity than over-indulgence in alcoholic liquors. The two causes are, indeed, very frequently associated. Out of 357 male and female cases in which reliable personal histories were obtained, drink was the cause assigned in 128 instances, a percentage of 35·85 (males, 42·85; females, 30·54). Unfortunately the evils of drink do not end with the individual, but are often passed on to the offspring,

who thus have a terrible curse laid upon them on account of the sins of their progenitors. In not a few cases the only cause which could be detected for the patient's insanity was the intemperance of the parents; thus this was so in 28 out of 186 female cases. The influence of the habits of one generation in moulding the character of the next one is probably nowhere more clearly shown than in such instances as these. Although drunkards are not generally regarded as insane, it is a question whether the habitual tippler might not, with advantage, be considered an irresponsible being, and treated as such. On the other hand, insane persons may themselves beget children who become dipsomaniacs; another fact which might lead one to consider habitual intemperance as a species of insanity.

*Lancashire. Whittingham.*—The estate has been increased by the purchase of 186 acres. The total acreage is now 516, of which 412 are freehold, and 104 leasehold.

A pathologist has been appointed. As the time for providing further asylum accommodation has arrived, Dr. Wallis, in his report, explains to his visitors how this should be effected. He details the difficulties and drawbacks inseparable from such a huge establishment, and though he gives ample credit to Mr. Holland, the designer of the asylum, he clearly shows that the structural arrangements for the treatment of recent cases are defective. He, therefore, expresses his firm conviction that

The erection of an acute hospital block, with not less than four suitable subdivisions on either side, together with the necessary offices, laboratory, and officers' rooms, is requisite as a complementary addition to supply the deficiencies on which I have been compelled to enlarge, and that such an addition would make this asylum in every respect one of the most complete and finest public hospitals for the insane in the United Kingdom.

(*To be concluded.*)

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## 2. *American Retrospect.*

By FLETCHER BEACH, M.B., F.R.C.P.

*American Journal of Insanity*, April, 1891.

*Alienist and Neurologist*, January, 1891.

*Journal of Nervous and Mental Diseases*, January, 1891.

*Proceedings of the Annual Congress of the National Prison Association of the United States* for 1889.

The "American Journal of Insanity" opens with the continuation of an article entitled "The Mechanism of Insanity," by Edward Cowles, M.D. In the observation of the phenomena which result from putting the normal mechanism into use, manifestations of the regular operation of forces and conditions that work under certain physiological laws constantly appear. These laws are important, not only in the development of the human organism, but are potent in evolving and fixing disordered activities when once disorder is begun. He treats of the law of habit, the