

fering with the other. 2nd, That acute mania and melancholia are diseases arising from some abnormal action affecting only one hemisphere of the brain; the other, usually remaining in a healthy condition; the effect of this, producing in the patient so circumstanced a rational and an insane mind, having alternate influence upon all his thoughts, words, and deeds, and that this last peculiarity is the essential fact in the diagnosis of these diseases.

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*On the Condition of the Insane, and on the Treatment of Nervous Diseases in Turkey.* By R. F. F. Foote, M.D., Member of the Imperial Medical Society of Constantinople; lately Second Class Staff Surgeon, Her Majesty's Service, attached to His Highness Omar Pasha; formerly Physician Superintendent to the Norfolk County Asylum, England.

Continued from April, 1858.

No. II.

The English Hospital at Constantinople, is a good one, and situate near the Tower of Galata, overlooking the ancient Chalcedon, the modern Kadeköi, the ancient Byantrum, the modern Stamboul, with its elegant minarets, and well proportioned mosques; in the distance is the snow-clad Olympus, and within a few hundred yards, the Golden Horn, crowded with ships from all parts of the Globe. What a magnificent site, as far as view is concerned, would this offer for a hospital for the insane. But the ground is too valuable to afford any opportunity to enclose proper courts for exercise, and gardens for occupation.

Although we have spoken of the general arrangements being very good in this hospital, yet we are surprized to find that there is no adaptation of its internal economy for the insane, or for the treatment of persons who may suffer from temporary mental derangement, and whose early attention produces so much benefit. The necessity of such arrangements we think indisputable, as not unfrequently cases of mania occur here among the English community, requiring immediate attention, and if these cases are neglected, chronic insanity, or a fatal termination may result. A case came under

our observation, two years since, which will serve to illustrate the necessity of some arrangements being made. An Englishman in the employ of a gentleman in Pera, as groom, suffered from a fall from a horse, and received severe concussion of the brain; immediately after the accident, when seen, he was in a state of insensibility, with a feeble pulse and contracted pupils, he was ordered to be carefully watched, and that, did any change take place, the attendants should immediately inform us. At twelve o'clock at night, six hours after the accident, he was again visited, and reaction had commenced slightly; cold applications were ordered. An officer present, asked if the patient had been bled; he was answered in the negative, upon this he said: Is it intended to bleed him? The reply was: No. He said: Why not, as in this country, it is the practice with all the surgeons and physicians to bleed in the case of a man receiving any injury in the head? The answer was: That as it did not seem necessary, the patient would not be thus treated. The next morning he was seen early, and was more conscious, and at one p.m., he was removed to Pera, where, through the kindness of his nurse, he received proper care and attention, and rapidly recovered. But why has not this man been bled, said his master; I have heard that medical men of late, treat apoplexy different to what they used to do, but when a person suffers from an injury to the head, I have always heard it expressed, that bleeding is absolutely necessary; we could only inform the gentleman, that, formerly, such was the idea in England, but, latterly, the medical profession have discovered that blood-letting very rarely relieves mental affections or nervous disorders, but more often is the great exciting cause, and that men could only point to such authorities as Liston, Cooper, Guthrie, &c., who would not consider it necessary to order a man to be bled because he had received a concussion of the brain, any more than they would consider it necessary to bleed a patient because he had suffered from epilepsy.

In a few days, the patient recovered, and, notwithstanding strict injunctions were laid down that proper rest should be observed, yet, within three weeks he was allowed to go again on horseback, and had fallen off thrice, he was also at liberty to take wine, brandy, or ale, *at libitum*; shortly after, hot weather having suddenly commenced, he suffered from constipation of the bowels, congestion of the liver and brain, which was accompanied with excitement, it was considered necessary to send him to the English Hospital. There were no arrangements to receive people, although alienated and Englishmen.

A few days afterwards, the patient made a determined attempt at self-destruction, by cutting his throat, and, of course, no farther delay took place, he remained for some weeks at the hospital, and, subsequently, left for England a lunatic. There can be but little doubt, that, had the early symptoms been treated by removing him to the hospital, the nearly fatal result would have been prevented; had a little discretion and forethought been used, and a little additional expense been incurred, ample provision could have been made for cases of insanity whose temporary detention here is absolutely necessary, until such arrangements can be made for their removal to England, but the practice of placing them in the gaol as common felons, or sending them to Yiedy Koly, to be left to the tender mercies of the persons there, scarcely appears in accordance with English views. Three cases have occurred during the past twelve months, viz., two females, and one male; the Consul refused to admit the women into the hospital, but the male was admitted.

During twelve months a vast number of vessels under English protection arrived here, upon which a tax is laid for the support of the Hospital; during the year ending December, 1857, no less than 13,529 men in 1351 ships under English protection entered the port of Constantinople; among these men, ardent spirits when indulged in, produce much excitement and mental derangement, we are not however surprised to find the objection which the medical officer has to receiving these cases into the hospital, in the absence of any architectural arrangement for their proper care and attention.

In addition there is always a large portion of residents, consisting of English, Ionians and Maltese under British protection, amounting to upwards of 4000 people. But we must not expect to find protection in public arrangements; deficiencies will, and we suppose must exist, and with the Turks shrug our shoulders, and say "Kysmet" it is fate.

The general want of nervous energy among the natives is apparent to every one who visits Turkey. "Put off until to-morrow that which you can do to-day; never do that which you promise; or punctuality the thief of time; procrastination the soul of business;" these ideas are indelibly written upon all the movements of the Turks, Greeks, and Armenians.

In some parts of Pera, the atmosphere always retains a purity, an elasticity, and an exhilarating force, not to be met with elsewhere than on the shores of the Bosphorus; to a great extent its beneficial effect on nervous disease may be described to the noble view in the distance, with its many reminis-

cencies. In passing towards Tophane to take a caique we have this beautiful view behind us, and soon become entangled in the purlieus of Galata, where all Hygienic rules appear to be entirely disregarded, and where the atmosphere produces a depressing effect from its impurity. Indeed, in certain localities I have noticed that fever with considerable mental excitement appears to be always present, and although the older residents are more or less affected by it, yet the new-comers very soon suffer; we are not, therefore, surprised to find that the plague made such sad havoc formerly in certain parts of Constantinople. The effect of the mechanical power of steam imported from England has, however, done much to remove many of the inhabitants to the shores of the Bosphorus, and thus to distribute the population over a large area.

On the 22nd May, 1858, having taken a caique at Tophane we passed Seraglio Point, Kani Kapii, Yeni Kapii, Somatiak, and soon arrived at the small pier near the village of Yiedy Koly, and landed at Beylik Kassab, or the government butcher's depot, a collection of wooden buildings, placed close to, and in some parts overhanging the sea, where animals are slaughtered for the supply of the Commissariat of the Porte. Numerous wolf like dogs received us with open mouths and fierce salutes, but offered us no personal violence. We passed through the little village consisting of a few badly built houses inhabited by Greeks, and noticed as we passed through the large ancient Turkish cemetery, the ever existing want of mechanical arrangements, which may be said to be found not only in many relations of social life, but in the forms of the tombs erected to the dead.

On visiting the asylum we were received with much courtesy by the governor in a room adjoining the Hospital, an institution at some distance from the building before described, and which is specially devoted to the reception of sick patients of the Greek religion, and from all we can learn is well conducted. It is under the medical care of Dr. Omloff who has also the medical care of the lunatics.

The governor very politely, in the true Eastern style, offered us pipes and coffee, without which, in this country, no business can be commenced, and subsequently informed us that he knew of no other means of repressing violence but by restraint, that they had at present very bad resources for supplying the necessaries, but that poor insane people came there and were allowed to eat their bread as quietly as possible, that when a man was violent by night they had no other appliance at con-

mand but to place him under restraint and to fix him by chains to his bed ; recently however they had had some straight jackets, but at times even chains were not sufficient to allay the violence. He stated that there were no printed rules, no accounts were kept of the condition mental or otherwise of the patients, there were no night watches, no single rooms for seclusion ; they found low diet was the best treatment, and that they allowed the patients to walk out in the garden when they wished, and although some were wanting in proper clothing, yet they had only recently ordered new dresses.

Not being a qualified medical man, he seemed much surprised when we informed him that in the best conducted asylums in England, mechanical restraint was seldom or ever used, and that as regards the "recoveries in asylums," which have been established during considerable periods, say twenty years, a proportion of much less than 40 per cent. of the admission is under the ordinary circumstances a low proportion. From our enquiries it appears that no properly organized homes exist for persons of the middle classes, nor any private asylum for their reception, but we have been informed that some of them are sent to Princapo, an island in the sea of Marmora, where they are placed in care of the monks, who by means of chains, ill-ventilated cells and bad food, soon knock the devil out of the people one way or the other, as they either become very calm and quiet (demented), or die from their excitement (acute mania).

On going into number one we were much pleased to find that all the large chains had been removed, but the odour of the apartments was rather unpleasant, owing to the proximity of the water closets, but as there was a free current of air passing rapidly through, the effect was not very disagreeable.

1. The first patient who attracted our attention, J. B., was an Italian by birth, a man of thirty years of age, of thin form, nervous temperament with an anxious countenance. The pulse was feeble, 90, head cool, tongue clean, his limbs, which he uncovered, exhibited marks of recent bruises ; he stated that he was very badly served, worse than a beast, that his food was very scanty and inferior in quality. He talked incoherently of having been employed during the war by His Majesty the Sultan, and that he had been sent to the asylum because some of His Majesty's household had been jealous of him."

2. A. of Crite, educated at Pera as a medical student, spoke Italian fluently, was standing on the cold stones without shoes or stockings, his dress being simply a shirt and a pair of

cotton drawers ; the circulation appeared feeble, countenance pale, haggard, skin cool, he was very excited. He wished that we would apply to his consulate to remove him as he had been sent there without proper cause ; he threatened that the attendant should be tied to two horses and torn to pieces for his cruelty to him, he said he had nothing but a morsel of bread to eat, that we should call upon his friends at Pera to send him some clothes as he had none.

He warned the attendant, and said that he should tremble when he passed him. The attendant considered that no attention should be paid to his conversation, and walked off quietly laughing, leaving us to pursue our enquiries.

3. A. Talked Greek and Italian fluently, and, in addition, a little English ; said he would tell us all the truth, but was afraid of the keeper, who threatened to kill him ; he had been brought to the asylum on account of some mistake he had made in going and knocking at a Turkish house, where there was a harem, that the women were frightened, and the police brought him to this place.

4. D. Was covered by a sheet, stated that he had been brought from Bayakderéh, where he was employed as a gardener, and that he had arrived there for what reason he knew not ; he was seated in a restraint chair, with a strap around his body, and both feet encircled with leather ; he was constantly crossing himself after the Greek religion ; that his companion, who had forced him to come thither, had also accompanied us there.

5. S. B. Dressed as a Greek priest, with a closely fitting cossack stretching to his ankles ; a high hat, rounded at the summit ; said he had been brought from Balakly, he appeared morose, and had come thither for peace and quietness.

6. G. became very excited, said he did not know his name, how do you call yourself, one has one name, I have another, does not know why he is put where he is. He was very much annoyed that Vassili had been brought to the asylum ; his countenance appeared haggard, pulse feeble, head cool ; he was sitting up in bed.

7. N. had on his head a turban, fancied himself a Mussulman ; on his breast various decorations ; would not talk ; thought the whole building belonged to him.

8. N. D., a man of 50 years of age, appeared very feeble ; he had effusion into the cellular tissue of the face, gums were spongy and ulcerated, countenance very anxious, the body was covered with spots of petechiæ ; pulse feeble ; he presented all the appearance of a patient suffering from

scurvy; he complained loudly that he had no medical attendant, and very little food.

9. G. A man of small stature; anxious countenance; tolerably well-developed head; stated that he had great belief in the Russians, he hoped they would soon take possession of Constantinople, as he had been engaged by the Emperor of Russia to put all the Mahomedans in prison, and that 60,000 Russian troops were to land at Prinsapo, in May next, and that the Sultan was to be sent to Scutari in a ciauxe, and that several hundred Russian gun-boats, as merchant steamers, had passed lately into the Black Sea.

The other cases presented no peculiarities, there appeared to be less restriction than previously noticed; indeed, one of the female patients was walking through the male wards, unattended by any male or female person. The males could readily pass into the garden, no means being taken to prevent them.

The male attendant stated that the Doctor visited the wards twice a-day; the patients say that such took place once a week; whilst the Governor informed us that he went only when required.

There appeared no means for occupation or amusement furnished, but the lunatics stated that some were so much beaten that they were prevented working; the Governor said that every effort was used to employ them, and that every facility for taking exercise in the open air during any time of the day.

Their food, which we saw, consisted of three meals daily. The servant stated that meat was given them once in two weeks, about four ounces of cooked boiled beef, owing to the very high price prevailing of late. The food consisted of bread, with rice and water, forming a soup, whilst others were supplied with green French beans cooked with oil; in the morning, they have for breakfast bread and cheese, without coffee. At noon, the same; and no wine, tea, or sugar, appears to be allowed them. It appears that those who have friends, who can give money to the attendants, are treated better; tobacco is supplied to them.

We entered the female apartment, being accompanied by the nurse, who is the only one employed; we found No. 1, the Refractory Ward, in a wretched state.

*Sophia R.* was fixed to a bedstead, with an iron collar around her neck, and her arms fixed; she took no notice of us, but it was stated she had been thus treated on account of her violence in breaking the windows; she appeared perfectly quiet and orderly.

*Maria N.* became very excited, and demanded why I dared to write in her presence, what I had to write about. She wished all Governments to be called to judge me; she appeared feeble and weakly. She said God is the first, I am the second; there is a land and a sea, a sun and a moon; I warn you do not forget God. Do you keep Thursdays and Fridays, do you fast on those days? I am the cashier of the Emperor of Russia; every day I am married to a husband, and every morning I cut off his head. The nurse stated that when the patients are sick the doctor visits them.

There are no knives, or forks, table cloths, or chairs; the patients take their food with their fingers; a habit not peculiar in Turkey. The court-yard, in which a few were walking, was small, surrounded by a paling. The clothing was slovenly, the bedding scanty but clean; the nurse stated that five or six females had died since January, and some discharged who had recovered. All the food is carried from the hospital to the asylum, a distance of several hundred feet; there is no covered way or means of retaining heat in winter, so that their food is always cold.