

tained, and a most persevering search was continued for many days, he was not recaptured. On examining the attendant he was found to have sustained a scalp wound about an inch in length, and also to be suffering from the effects of concussion of the brain, which rendered rest for several weeks necessary before he was sufficiently restored to be able to resume duty. The patient W. B., who thus escaped, had been tried with another man in the year 1868 for murder, and, in the first instance, both were convicted and sentenced to death, but W. B. having confessed that he alone was guilty, the other man was released, and the sentence of W. B. was commuted to penal servitude for life. He was afterwards certified to be insane, and was admitted into this asylum in January, 1869. During the early part of his detention he displayed a considerable amount of violence of conduct and language, but after a time a gradual improvement in this respect took place, and for eighteen months before his escape he had been permitted to go out for exercise from time to time in the grounds of the asylum outside the walls. On these occasions he had always previously conducted himself well. The attendant who had charge of him when he escaped had often accompanied him for exercise in the grounds in a similar manner; he also had the charge of the ward of which W. B. was an inmate, and he has been seven years in the service. But, notwithstanding his general experience, and his special knowledge of the patient, the latter behaved in so quiet and orderly a manner on the occasion in question, up to the moment of attack, as to entirely disarm the attendant of all suspicion. This occurrence has conveyed a warning to all more immediately concerned in the management of the asylum which will not soon be forgotten.

A Good Example.

It would hardly be possible to use higher terms of commendation than those in which Sir James Coxe and Dr. Mitchell, the Scotch Lunacy Commissioners, describe the condition and management of the Argyll District Asylum. This satisfactory result they attribute mainly to the beneficial employment of the patients. "Industrial occupation here," says Sir James Coxe, "means really active employment, and is very far from being a mere matter of pretence." On the day of his visit, though the weather was wet and boisterous, there were out 129 male patients, 86 at work in the grounds, garden and farm, seven with the artizans, and ten in house-cleaning; so that only 26 remained unemployed by means of idleness or sickness. "One of the most marked results of the system of sending all the patients in small parties to various occupations," Dr. Rutherford says, in his Report of 1874, "is

that airing courts are unnecessary: no patient has been confined in an airing court for about five years." As Dr. Mitchell puts it, "there are no walled airing courts, and the *formal walk* is practically unknown." Another result has been that seclusion is rendered unnecessary. Patients who might have required seclusion in close asylums are sent out into the open fields under the care of one, or, if necessary, of two attendants. And a third result has been that narcotic drugs have not been found necessary to subdue excitement. On this subject Dr. Rutherford makes the following remarks:—

Again, narcotic drugs have not been resorted to during the past year to subdue excitement, and the amount of alcoholic stimulants employed has been very small indeed. Comfortable apartments, an abundant dietary, with medicinal treatment, chiefly of a tonic character, have been mainly relied on. In every case where a specific bodily disease was discovered, the patient received the recognised medical treatment for such disease; but where no such disease or disorder was discovered, the experimental administration of drugs was avoided. In other words, soothing and nourishing influences, and not narcotic and sedative drugs, were relied upon to subdue mental excitement. Alcoholic or other stimulants were not given to overcome mental depression.

It would appear then that, with suitable means of active out-door employment for the patient, it is possible to treat insanity successfully without seclusion, without airing courts, without narcotic drugs, and without alcoholic or other stimulants.

PART II.—REVIEWS.

The Lunacy Blue Books.

1. Twenty-Eighth Report of the Commissioners in Lunacy. 1874.
2. Sixteenth Annual Report of the General Board of Commissioners in Lunacy for Scotland. 1874.

The English Report begins with an account of the death of Mr. Lutwidge from the effects of a blow on the head with a nail which he received from a criminal lunatic at Fisherton House. Every asylum officer who knew him will most cordially join in the following resolution. We once heard a patient in the asylum, who was not ordinarily given to paying