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PART I.—ORIGINAL ARTICLES.

Stray Notes on Foreign Asylums, &c. By W. CARMICHAEL
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In the following stray notes and remarks, the writer details a trip to various places of medical and psychological interest which he made, in company with Professor Laycock, through some parts of France, Savoy, and Switzerland.

The thirtieth Meeting of the "*Congrès Scientifique de France*," at Chambéry, in Savoy, on the 10th of August 1863, presented features of considerable interest medically, in that, at the very headquarters of the disease, there was to be a discussion on "*Crétinisme*." Matters, however, rendered it impossible for me to be forward in time for this; but Chambéry, the ancient capital of Savoy, must needs have an asylum for the care and treatment of the lunatics of the 543,000 inhabitants scattered throughout the various *arrondissements*, and accordingly this was early visited.

"*L'Asile départemental de Bassens*" is situated at a short distance (two kilomètres) from the city, and reached by a curious drive through narrow lane-like streets, which have many goitrous persons lounging in the doorways, while in the outskirts the road is shaded by fine walnut trees, and bordered by a profusion of vines. The Asylum lies in the valley, surrounded on all sides by lofty hills, yet placed at such a distance from them as to afford a magnificent view of rugged peak, cultivated slope, or, it may be, golden, sunlit summit. From the information kindly afforded by the physician, M. le Dr. F. Fusier, as well as from his Reports, the following would seem to be the history of the institution.

VOL. X.

1

The old Asylum, "*L'Asile des Aliénés du Betton*," being situated in an unhealthy locality, badly constructed, and liable to severe epidemics of marsh fever, a determination was come to by the administration to erect a new one. The conclusions of the physician, M. le Dr. Duclos, being—(1) That intermittent fevers were endemic in the Asylum. (2) That the great majority of the patients (1 in 1·71) were attacked with the fever during the first year of their sojourn. (3) That on account of the pestilential atmosphere of the locality, the inherent unhealthiness of certain parts of the house, and the excessive damp of the ground-floor, the inmates were prone to bronchial and rheumatic affections, to œdema and scurvy. Accordingly, M. Duclos undertook a trip at the expense of the government to various French Asylums in 1843, for the purpose of arriving at the most enlightened information on the subject; publishing as the fruits of this opportunity of observation a work entitled '*Etudes médicales sur quelques établissements d'aliénés de France*;' * and in the same year a more special one, '*Mémoire pour servir à la création d'un asile d'aliénés en Savoie*.' While busy arranging the plans of the new asylum with the architect, poor Duclos fell a victim to the deadly intermittent of the Betton, which had proved fatal to his predecessor. The greater part of his life had been devoted to the alleviation of the condition of the lunatics of Savoy, and that too in the most praiseworthy and generous manner; and, when he had but a few hours to live, his final effort was expended in writing to the architect as to whom he should consult. Fusier, his junior and successor, adds, "*Le sacrifice de sa vie aux aliénés n'a pas satisfait Duclos, il a encore voulu leur léguer une partie de sa fortune, en assurant à l'asile une rente perpétuelle pour l'entretien d'un malade.*" The administration of the insane of the Duchy of Savoy testified their regard by erecting a memorial to him in the cemetery of Châteauneuf.† After his death, Fusier was elected physician, having also made a tour through various asylums, and embodied the results of his observations in a very interesting pamphlet on the construction of the internal and other fittings of such institutions.‡

The new building, which has been open for the reception of patients only for a few years, is surrounded by appropriate grounds and enclosed by a stone wall. There is a substantial lodge, with a ponderous walnut door, evidently made with an eye to the safe

* 1 vol. in 4to, 400 pages, Chambery, 1846.

† The medallion bearing the following amongst the rest :

" Père et Providence des aliénés,
Il leur prépara un nouvel asile,
Leur consacra sa vie entière
Et son dernier mot fut pour eux."

‡ '*Etudes médicales faites dans les asiles d'aliénés—les mieux organisés—de France, d'Allemagne et de Suisse,*' &c.

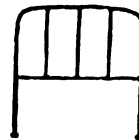
custody and keeping of the inmates. It needs but a glance to see that the grounds are well cared for, and the clean sward, tidy walks, and vigorous young trees speak for more than themselves.

The drive turning to the left brings us through an archway into the quadrangle. The general form of the building is a parallelogram, having in the centre the business rooms, the male division on the right, and the female on the left, each separated from the first suite by a court.

The day rooms are spacious, each having long walnut tables and forms, and generally rather defective in means of recreation and amusement, a want, however, on the male side partly compensated by the extensive engagement of the patients in out-door labour. They were dining when we visited—chiefly on rice soup or vegetable broth and bread, and the men sat at table with their large broad-brimmed straw hats on their heads, just as they had come in from field labour. They politely uncovered, however, on our entrance, most of them rising to their feet.

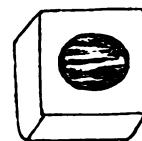
The dormitories are rather large apartments, with the beds somewhat close to each other, but separated from the wall by a space of several feet to promote free ventilation. The beds generally are made of iron, of good and substantial formation, an end view being seen in the accompanying woodcut,* Fig. 1. They are painted of a yellowish stone or "cane" colour. The coverlets of these beds are of a white downy cotton stuff, which felt heavy for the warmth of the season; sheets of linen, and all the bedding of snowy whiteness. The mattresses for the ordinary beds are stuffed with the broad blades of the common grain of the country, *Zea mais*, maize, or have straw. The former makes a somewhat rough mattress to the touch (not more so than cork shavings), but it is stated to be a very comfortable bed to lie on, and it has the virtue of cheapness.

FIG. 1.



In some beds there were two mattresses, both of the same material. Fig. 2 is the central portion of one of the mattresses for the dirty, having an oval space in its middle uncovered, so as to expose the neatly packed stuffing of straw. The other two portions of the mattress are as usual. For such cases, the bottom of the bed (wooden) is covered with zinc, and slopes to a funnel in the centre. The *modus operandi* is stated to be as follows:—The urine of the patient passes readily through the straw central portion to the zinc funnel without forming a pool about the hips, for the straw acts as a strainer; but the complete covering in of the straw with the coarse canvas packing would not

FIG. 2.



* I owe my woodcuts to the *amateur* hand of a lady.

have interfered much with this, and would have been more comfortable. In the single rooms, the beds are of wood, and the garden labourers occupy many of these by way of promotion. A little walnut stand is at the bedside of each of the quiet and clean patients in the dormitories, for holding his effects.

Throughout the institution, a very firm cement, *ciment de Grenoble*, is used for paving passages, &c., and it seems as hard as marble on the polished surface, and mottled grey like the Brussels flagstones. Diagonal stripes of a brownish tint divided the surface into lozenges, and gave it a less monotonous look, and, according to our guide, increased its firmness.

The windows are of two kinds: the most prevalent one has a narrow horizontal sash at the top, opening inwards on hinges, with two lower divisions which fold laterally on the swing principle, and secured by a key which in turning shoots a long bolt into a socket at the bottom. The bars are of iron. The second form is more ornamental, and is chiefly in use at those portions of the establishment occupied by officers; the bars are of flat iron, crossed, and the junction secured by a neat knob of brass; they also open laterally on the swing principle. A third form was observed on coming down a stair (which had ordinary flights of steps and moderately wide), viz., a single frame about three feet wide, and more than a foot in depth, and swung entirely open, so that a patient, if so disposed, had a ready means of abbreviating the descent; but little fear was entertained on this score by the physician. He stated that there was one attendant to about fourteen quiet patients, the proportion amongst excited patients being much greater.

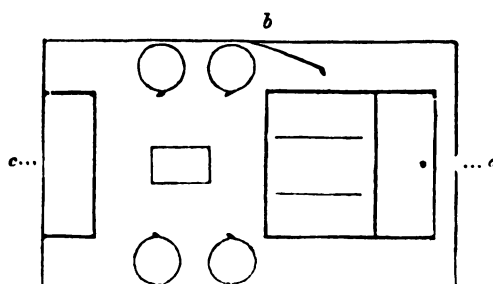
The doors are large, and open in two halves, and the mats are very similar to those manufactured by our fisherwomen from the "bent," which thrives so well amongst the sandy hillocks of the coast line.

The store-rooms showed that admirable order in the arrangement of clean linen, new goods, patients' clothing, &c., often so characteristic of foreign asylums. The shelving consists of simple horizontal boards with perpendicular divisions at moderate distances, so that the order is due mainly to the care and tidiness with which the articles are placed thereon.

The washing-house is in a detached building along with the artizans' shops, and has the arrangement seen in the woodcut Fig. 3. The entrance is at *a*, immediately opposite which is a large stone washing-trough about eighteen feet long, divided by a transverse stone belt (parallel to the entrance wall), and in this compartment a jet of water enters at the dot opposite the doorway. The larger or inner space is further divided by two longitudinal bars of wood (triangular in section), which do not rise to the level of the stone belt. Besides the jet on the bottom of the compartment next the doorway, water can be supplied by the long pipe *b*, which moves on a hinge joint. Four

large circular wooden tubs occupy the lateral walls beyond this, and were filled with steeping clothes, the water trickling away through

FIG. 3.



the stop-cock at the bottom. The small oblong in the centre is an iron clothes-boiler of this unusual shape, with a fire underneath: *c* marks the situation of the hot-water apparatus, which is warmed with charcoal.

The male patients were for the most part clad in bluish coats, vests and trowsers, or else in grey, and almost all had on the large and coarse white straw hats, whose broad brims clouded the swarthy complexions of the Savoyards. On the whole, the patients seem cheerful enough, and to have plenty to eat; but the impression of the moment was that we have here agricultural labour carried to an extreme degree, to the detriment of those amenities and varieties within doors, which now are to be found in many French and Belgian as well as in almost all our British institutions. M. Fusier, in his Report for 1863, enters at length into the reasons for the prevalence of the agricultural element in his moral treatment, and certainly a more healthy and praiseworthy mode is not to be found, especially for those who previously followed sedentary occupations. It is to be marked, however, that it is mainly by "necessity" that in this Asylum "Agricultural labour is carried out on so large a scale," since a great majority of the aliens are bred to a country life. The women again are, for the most part, employed in the laundry and in spinning. It is stated that no canisoles are used in this Asylum, nor was any form of restraint to be seen. There were several goitrous females, and the enlargement was mostly developed on the right side.* Only one female cretin was seen, but there were several cases of general paralysis amongst the same sex.

On the male side, the attendants are laymen; on the female, the entire staff consists of Sisters of Mercy (*Sœurs de Charité de St. Vincent de Paul*), in recording whose praises Fusier's pen is ever eloquent. If these do not make the best of nurses for the insane according to British ideas, they at least look very tidy in their

* A fact first pointed out to me by Professor Laycock.

enormous white butterfly-winged caps, and many are handsome. The *sœurs* sleep in couples in separate apartments, which communicate, by means of a small aperture on each side, with two adjoining dormitories; but the walls are thick and the apertures protected by a grating and blind, so that it would be rather a difficult business for a sleepy *sœur* to be awakened.

With regard to the treatment pursued in the "Bassens," it is seen to consist, from his last Report, of a rigorous observance of the laws of hygiene; of an abundant dietary; of a liberal and judicious use of baths in their various forms; a scrupulous watching of all the physiological and pathological features which present themselves in the course of the malady, and their skilful treatment; and, in short, of many other points concerning which it is much more easy to speak than to write. He also mentions the occasional engaging in vocal and instrumental music of all who will take a part, and the existence of the nucleus of a library for the winter evenings. In commenting on the great development and beneficial influence of out-door labour, he remarks that many physicians, especially the writers, hold forth Gheel as the *Ne plus ultra* in the treatment of insanity, and adds that M. Vermeulen* paid the following compliment to the "Bassens" and its system: "L'asile de Bassens, avec l'organisation du travail telle qu'elle est, et les autres ressources de traitement, possède tous les avantages de Ghéel sans en avoir les inconvénients," a conclusion which some will think not particularly flattering.

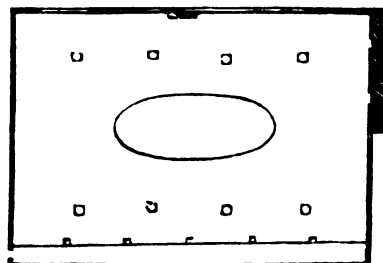
At present the Asylum is mostly peopled by pauper patients, hence rural labour is carried out with ease and suitability. On the 1st of January, 1863, there were 364 patients, of whom 186 were males and 178 females; 19 private patients and 345 paupers; and, as occurs in most asylums, the numbers are yearly on the increase. In both of the last annual reports, the great preponderance of the admissions traceable to hereditary origin is striking; for in 1861-2, of 114 admissions there were 28 cases, or nearly double the highest number under any other known cause, while in 1862-3, of 76 admissions there were 25 in that predicament, whereas none of the other known causes rose above 9. As regards the form of the mental alienation, mania holds the pre-eminence, melancholia second; monomania, dementia, idiotcy and cretinism follow *en suite*, but of the last there was only a single admission within a space of two years. Fusier, seeing that of the 114 admissions in 1861, 80 (44 males and 36 females) were unmarried, and of the 76 in 1862, 51 (32 males and 19 females) were in like condition, moralises thus: "Le *Vœ soli* de l'Écriture a-t-il des conséquences plus étendues?"

The grounds generally are very nicely laid out and as well kept; while the tasteful arrangement of Carolina poplars, walnut trees, arbutus in berry, &c., showed a considerable attention to the finer

* One of the most accomplished Belgian alienists.

feelings of the inmates, as indeed was explained by M. Fusier. There is a single airing-court of similar construction on each side, a sketch of which is seen in Fig. 4. In this there are eight

FIG. 4.



or ten vigorous young trees (chiefly Carolina poplars) planted at regular distances on each side of the central elliptical flower plot, and guarded by woodwork as shown by the small squares of the woodcut. A covered porch runs along one side of the court next the building, and a pump is in the centre of the opposite wall. In one corner of this court are the privies (marked by the shaded portion of the sketch), after the plan of those at Auxerre, this situation of all others, according to M. Fusier, being the most suitable in continental asylums. The defective state of the water-closets in most of the latter appears to have driven him to this plan, which no doubt most effectually rids the establishment proper of some of the evils, but, on the other hand, unfortunately makes fresh ones. The walls surrounding the courts are of a good height, and most substantially built, as indeed is the entire establishment. The edges of the walks in the service courts, &c., are bordered by the fine hard granite of the neighbourhood, very solid, and it is apparent that neither care nor expense have been spared to make the institution worthy of the ancient Duchy.

There is a resident chaplain, who lives in a detached house situated in the luxuriant garden near the laundry; the religious element would therefore seem to be well attended to.* The chapel is just building, and is a very handsome affair, of solid construction, and with considerable architectural pretensions. The garden is cultivated by the patients, and it bespoke good guiding; vines, gourds, beans, cab-

* In the naming of the galleries, however, there is only one saint of Savoy (St. Anthelme) mentioned; the rest, with the exception of Amédée IX, Duke of Savoy, who raised an hospital for the insane at Geneva in 1468, and de Boigne who left a sum of money to the Institution,—are all alienists of greater or less renown, viz., Daquin (of Savoy), Pinel, Esquirol, Fodéré, and Duclos.

bage, flowers and shrubs, all seemed most vigorous, and, thanks to a recent thunder shower, fresh.

In a detached range on each side are the baths, each of which is made of firm cement, a material much used here for large and heavy coping, etc., and, according to M. Fusier, better and more economical than marble. With the exception of one or two at the ends, most are situated in one apartment and without any divisions. For 378 patients, they do not seem numerous. Each has the usual hot and cold pipes turned on by long iron keys (Fig. 5), and the water enters at the foot. At the head of each bath, there are

FIG. 5.

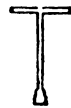


FIG. 6.

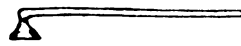


FIG. 7.



FIG. 8.

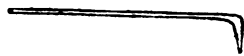


FIG. 9.



various pieces of apparatus for different kinds of douche. Besides the ordinary tube for continual application, there are the *arrosoir* or rose (Fig. 6, and face of rose Fig. 7.) and a curious pipe with a flattened and expanded nozzle Fig. 8, and the latter on a large scale and seen in front Fig. 9, which is calculated to throw a sort of knife-edge stream on the head of the unfortunate beneath. The latter instrument seemed to me to be suited rather for testing the condition of the brain in the post-mortem room, than for effecting a functional change on this organ through the living scalp and cranium. The floor of the bathroom is sparred over for dripping purposes, but this must render it exceedingly cold in winter.

The kitchen has the usual central boilers and oven, of rather limited size, but stated to be sufficient for the wants of the establishment, and the adjacent scullery showed good arrangements for utensils of all kinds. Most of the vessels are of copper.

In many respects this Asylum for Savoy surpasses more pretentious French institutions of the same nature.

The excursion of the *Congrès* to the tunnel of the Alps at Mont Cenis afforded an opportunity for seeing many bronchoceles. From Saint-Michel they swarm all along the valley to Fourneaux. Some have large smooth swellings, others small and flat, and some nodu-

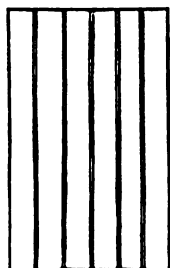
lated or botryoidal, and they occur both in males and females. In this wild and beautiful district the inhabitants are evidently of a degenerate type, which is often exaggerated in those much affected with bronchocele. Such have a short, squat figure, with a squarish face, and occasional obliquity of the eyes, which are frequently also in a state of general ophthalmia or ophthalmia tarsi. Their figures are often badly formed, legs bent, and a want of symmetry and grace is apparent. Like the rest of their neighbours, they have usually a dark, tanned complexion, with dark eyes and straight hair. Between Chamousset and Bourg St. Maurice, cretins and cases of bronchocele abound; scarcely a woman is met but who has some enlargement of the thyroid, and it is also common in men. The cretins seen would have been called "idiots" in Britain, but for the enlargement of the thyroid. Many of the children are very poor specimens, pale and degenerate, but few or no cases of bronchocele occur amongst them. The women have short crinolineless dresses, small shawls and remarkable headdresses. Many of the young married females with children have thyroid enlargement. Their villages are constructed with little regard to the laws of hygiene, and abound with bad odours, though the supply of water is plentiful from the numerous streams and cascades. The colour of their domestic cattle never varies past Moutiers, being of a uniform dun hue, like that of a wild animal; their goats lean, active, and short-haired; their sheep curiosities, and their pigs grotesque, dog-like animals, with pendent ears, lean bodies and long legs. It would appear to be a true saying that France will draw few soldiers from Savoy.

The *Cantonal* Asylum of Geneva is evidently much behind the times, and stands strongly in contrast with the Cantonal Hospital for ordinary maladies; for the latter is a fine new institution fitted up for 250 beds, and with many recent improvements of a superior order. The former lies about three-quarters of a mile to the west of the city, surrounded by a wall with lodge and iron gate, and having a curved avenue of fine walnut and cherry trees to the north or entrance front. A porter in blouse conducts the visitor to the office of the *Directeur*, who obligingly takes him through the house.

The building is of two stories and evidently very old, with low ceilings, defective ventilation, and cement-floored corridors. The female division is on the east, the male on the west. The day-rooms are small, and in one used as a work-room sat more than a dozen women, sewing and knitting in an atmosphere oppressively hot and suffocating, for the windows were closed. Several of these, and many more throughout the house, suffered from bronchocele (a disease, our worthy conductor said, that was aggravated by excessive crying!), and the external and anterior jugulars were sometimes immensely swollen; appearing like large rolling tubes under the projecting skin. The furniture in these day-rooms consists of one

or two tables, forms with green painted backs and a few chairs; a stove with a securely fastened door occupies the centre of the apartment. Near the work-room is an airing-court for the tranquil, pleasantly shaded with acacias and other trees, shrubs, and flowers; it is surrounded by high walls. In another airing-court there was a large pump in the centre, with padlocked handle, and a large marble trough, the gift of a private gentleman. For the convenience and comfort of those females who choose to work in the open air, there was a verandah with tables and seats.

Most of the windows, both in the upper and lower stories, were guarded by formidable iron bars, stretching perpendicularly from lintel to sill. The sashes open on the swing principle, and are fastened by a key and screw. A glance at the woodcut, Fig. 10, will show the very alarming appearance these windows present, even when the sashes are flung open.



The stoves for warming the house in winter are placed in the corridors, and covered with the white or marbled porcelain tiles, which give them always a cleanly aspect, further heightened by two circular brass doors which close the grated apertures in the side. In some of the bed-rooms for private patients these glazed stoves project only a few inches from the wall, and have no aperture whatever in the rooms, an arrangement which certainly gives warmth without danger, but of course one much inferior to an open fireplace.

In the day-room for the excited, two of the females (out of a dozen or so) had on *camisoles de force*. One, a young Savoyard, was moving about, talking rapidly and incoherently, pallid and thin from exhaustion, and apparently more in need of good nourishment than straps. The court for this class is less carefully laid out than the foregoing, having only a few trees and little grass, and the occupants did it no credit as regards tidiness. Almost invariably in these continental asylums where *camisoles* are much used, we have a corresponding want of cleanliness, care, and comfort in the persons of the excited patients.

Most of the beds are of iron, somewhat like those at the hospital, but with large wooden knobs on the feet to protect the floors, as seen in Fig. 11. Some in the chambers for the *agités* had circular plates at the foot for fastening the occupants, but the apparatus was quite loose, and had not been lately in action. The mattress for the dirty was a hempen bag filled with straw. In the new infirmary in the city, the



beds for such purposes have a single mattress, with a portion of the straw stuffing uncovered in the centre, as in the middle piece of that

shown in describing the beds of the "*Bassens*" (Fig. 2). In the private apartments, the beds are very comfortable, with white curtains and a few luxuries of an inexpensive nature. Attendants occasionally occupied beds along with patients, but generally they slept either in their own rooms or in a dormitory. The *Directeur* also pointed out that in a room where the iron bars had been removed from the window, two patients slept, and, moreover, that they could shut or open the window at pleasure. The furniture of some of the single rooms for private patients consisted of a bed, chair, a corner press for clothes, and a row of three clothes pins, not too firmly secured to the wall. Several of the strong rooms were occupied on the female side, and had shutters up, so that the light and fresh air in this sultry weather could not have been very plentiful. One of the unfortunates, however, had made her escape by tearing the iron bars out of their fixings and scaling the court wall. A patient, if really determined to escape, generally finds the means. The floors of these strong rooms are of oak.

The doors throughout are not of a very substantial description, and would readily be smashed by any violent patient. Those for the rooms of the tranquil had a central lock, without handle; an additional couple of bolts were placed on those for the excited. A very old-fashioned square inspection aperture existed in many, opening and shutting by key and spring, but apparently out of use, since no key could be got to fit. The water-closets are of the usual simple form, but, exceptionally, without any disagreeable odour, possibly because they were not in use. We saw the dinner of the patients in the kitchen, and the viands and cooking thereof appeared to be far in advance of the building. Few or none of the patients have knives; their spoons are of pewter, of which also most of the dishes observed in the galleries were constructed.

The matron's room has no less than six apertures of observation, viz., four glazed doors and two small windows, by which she overlooks respectively several portions of adjoining galleries and two airing courts.

This institution of the Genevese is not in keeping with the present age, nor with the enlightened principles of the Swiss physicians, who, I dare say, have frequently urged the erection of a new establishment on a similar scale to the Cantonal Hospital. It is badly ventilated, badly constructed, and the power of applying restraint, seclusion, or anything else, rests in the hands of a non-medical director; Dr. Olivet,* the physician, visiting only twice a week, and he, I think, is quite alive to the defects of the old institution. It is to be hoped that before long the authorities will see the necessity of

* Dr. Olivet is also assistant-physician to the Cantonal Hospital, and as one of the *Commission d'expertise*, appointed to report on the new hospital, shows a valuable practical acquaintance with the construction of such Institutions.

improvement, and that the shabby appearance of its lunatic asylum will no longer be permitted to mar the landscape (physical and moral) of the beautiful Geneva.

L'Hospice d'aliénés de la Waldau, Berne, stands at a distance of fully two miles from the ancient city, on the road to the village of Bolligen. The drive from Berne under the shady walnut trees is very grateful in the melting heat—so favorable to grasshoppers, butterflies, and lizards. The building is rather extensive, a feature which is not to be wondered at in a canton which can afford such fine quarters even for bears; but it has a common-looking appearance at a distance, from the brownish red tiles on its roof. It is flanked on two sides (west and north) by the forest of Schermen, whose green firs throw it boldly forward as it is approached from the south, while in front it has a clear view of the Bernese Alps. It is reached by an embanked branch road, at right angles to the highway, and so narrow that a carriage requires to back out or enter the gate in order to turn, a state of matters which probably has its advantages in some respects.

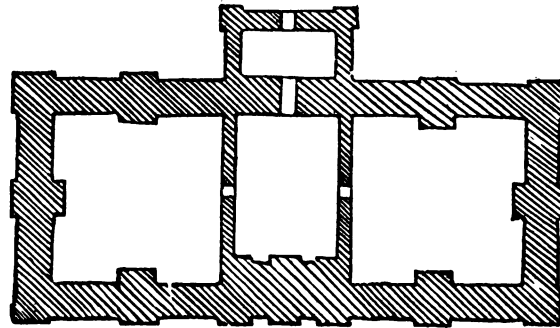
A report,* published in 1855, on the then new asylum, gives us some insight into its origin, and shows how far advanced the Bernese are, *in this respect*, to the Genevese and the people of Zurich, and how they carry out the modest remark about the honorable position of Berne among the Swiss cantons. So early as 1841, the inadequacy of the old hospital was felt, and the building of a new one urged. In 1845, Professor Tribolet, in conjunction with an architect, prepared a plan of the intended edifice, but it was not until 1850 that operations were commenced. We are told in the chronicle of construction that 370,000 tiles were used; and that, when the building operations were stayed by the inclement weather, a protection of wood was given to all the walls. The cost of its erection was 952,823 francs, of which 311,053 were contributed by the town of Berne, the rest by the State. It is built for 230 patients, and the staff consists of a medical director (an officer corresponding almost exactly to our medical superintendent), two medical assistants, a chaplain, and steward; head attendant for males, and head attendant for females, a housekeeper, a male attendant for the infirmary, and female ditto, two bath attendants, chief and assistant cooks (female), two kitchenmaids, a valet, housemaid, porter, gardener, *commissionaire*, and one attendant to about ten patients. It is a rule that the salaries and wages have a rise of 6 per cent. after five years' service, 12 per cent. after ten years', and 18 per cent. after fifteen years' service. The salaries and wages amount annually to about £800. The first physician or medical director was Dr. Tribolet, who had taken so active an interest in the origin of the establish-

* 'Rapport sur le Nouvel Hospice d'Aliénés de la Waldau dans le Canton de Berne.'

ment; and the present one is Dr. Schärer, who, like his predecessor, is also Professor of Psychology in the University of Berne.

At the gate are two lodges, one of which is occupied by the gate-keeper, the other is the stable of the two chief officers. Within this is a handsome court, laid out with flowers and shrubs, and a bowling-green, and having a powerful jet of water playing in the centre, to the height of twenty feet or so. The building has the form of a rectangle, as seen in the woodcut, fig. 12, and the principal entrance is in the centre of the front range. On the sunk

FIG. 12.



flat are the cellars, storerooms, kitchen (where a number of patients assist), apartments for the domestics, &c. Entering on the ground floor by the main door, we have on the left the porter's room, the office of the director, and behind these a parlour and the chief cook's apartment; on the right are the housekeeper's rooms, and others connected with her department. Stretching over the entire front beyond these business rooms, on the same flat, are ranges of galleries for private and convalescent patients, with appropriate courts in front, the arrangements being symmetrical on the two sides of the house—that is, in the western or male division, and the eastern or female division. The water-closets occupy the projecting portions behind, about the middle of each division, the private being separated from the convalescent ones.

Running from each extreme corner backwards are day rooms and dormitories for the quiet incurables, and the same for the noisy; the water-closets being similarly arranged, and projecting into the same court. Forming the northern boundary of the parallelogram for a third of the distance, at either end, are the single rooms for the furious, with a corridor on each side, and bath and water-closets in the usual position. The court for the excited stretches out from this, towards the north or forest side. Occupying the central

third of the same range are the artizans' shops, washing-house, drying room, post-mortem and dead-house; and projecting backwards, so as to form two sides of a rectangular court, are the bath-rooms, while the wood-stores, &c., close in the north end.

There are three large courts included in the great parallelogram, and they are well furnished with trees, flowers, and shrubs; in the service court in the centre, is a fine fountain, with four lateral jets, the supply of excellent water for this and the rest of the establishment coming from beyond the village of Bolligen. The fences around the main building consist of wooden stakes, of similar formation, though not so high, as those at Montrose.

From the front entrance, a handsome and wide staircase leads up to the third flat, the centre of which is occupied in front by the apartments of the medical director and the second medical officer; and above the corresponding parts of the flat beneath are the dormitories of the private and convalescent patients, with the attendants' rooms, and similarly placed water-closets. The dormitories for the quiet, incurable, and turbulent, occupy their respective positions; but instead of sleeping accommodation above the parts of the posterior range devoted to the furious, we have a series of ingenious trap-doors in small apartments, for observing the single rooms below, the attendants' room being situated in the centre, and communicating with the flat beneath by means of a staircase. The laundry, work-room, and store-rooms are situated over the washing-house, &c.

On the fourth flat, in front, we have rather a spacious chapel in the centre, with an infirmary at each side, library, music and billiard-room, and behind these the infirmary kitchen and some other rooms. The galleries on either side were taken up by dining-rooms, day-rooms for convalescent, and apartments for private patients. The receding wing had no fourth flat, and all present in the back range are large clothes-stores and two rooms at the extreme angle of the building.

The beds throughout the asylum are of wood, of somewhat quaint shape, with blocked ends, and set on castors; mattresses of the usual depth, the upper of hair and the under of straw. For the wet patients, Dr. S. mentioned that straw was used. The warming of the bed in winter is effected by a down coverlet, which even in this weather lay on most of the beds.

The single rooms for private patients differed only in quality of furniture, arrangements for washing, &c. The attendants' rooms communicated with the dormitories on either side by doors, and several panes were absent from the glazed portions of these to facilitate their hearing disturbances. Each of the attendant's rooms was supplied with an eight-day clock, and the neatness and order everywhere prevalent highly creditable.

In the day-rooms for the poorer classes, those who cared were

busy with the distaff and spinning apparatus. In those for the private patients, there are pianos and other amusements, while in both there are books, drawn from the library of the institution, and regularly changed. In the ward for the *agités* were two females with camisoles, besides those in the single rooms, who sat with strapped hands and feet in chairs, and at the moment were being fed by the attendants. So far as seen, all these single apartments were supplied with "the chair," and had a fixed privy in the corner, the corridors being on either side.

The clothes store under the rafters (fourth flat) consisted of a very large space, mostly occupied by one vast series of shelves, simply railed off from the lateral space or corridor. The female dresses were suspended. The baths are made of zinc, and have the usual appliances for douches; prolonged warm baths are used, and were in action at visit. All the floors of the corridors, entrance lobbies, &c., are laid with a very hard asphalte, tastefully enlivened by tessellated devices of white pebbles.

The number of females suffering from bronchocele in this institution was something extraordinary; in short, of those we saw, fully one-half were affected with the thyroid swelling in one form or other, some having enormous growths, generally most developed on the right side. Several of the best-developed young female attendants had bronchoceles also.

This asylum, but for the existence of mechanical restraint, would be, under the circumstances, an excellent one. Its ceilings are of a good height, and its apartments generally spacious. It is within a moderate distance of the city, with which it communicates by a good road, and yet quite removed from any troublesome proximity. It commands a fine view, and is protected from the cold winds by the forest, concerning the mossy walks under the shady firs of which its first physician, Dr. Tribolet, speaks most enthusiastically. The old hospital is still standing, a little to the east of the main building.

Guggenbühl's Institution for Cretins.—This was designed by its founder in order to remove the affected from the local influences supposed to reside in the deep valleys of the Alps, the endemic regions of cretinism, as well as to subject them completely to medical and moral treatment. We had heard much of this institution, and were prepared to see a vigorous establishment; but since the death of Dr. Guggenbühl, the whole affair has dwindled into insignificance, and it may be some time before another such as he devotes his energies to the Abendberg and its charges. It is reached by a road from Interlaken, winding to the south-west, where it enters the wood, and becomes only a rugged footpath, which creeps tortuously up the hill. In summer and autumn it is a very attractive journey upwards, for the wood is quiet, vegetation luxuriant, and the glimpses of the lakes of Thun and Brienz through the tall pines are charming.

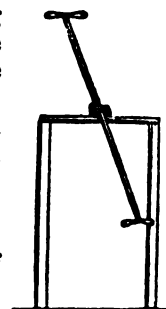
Animal life is scant, however, under such magnificent shelter; a lizard or two, a jay, and a few moths and insects, at the foot of the hill; and higher up a solitary squirrel (probably *S. vulgaris*, var. *alpinus*) nibbles the cones and darts out of and into a crevice in a gigantic pine. Plant life is more abundant and varied. Be the climber botanist, psychologist, or zoologist, however, it is a sufficiently warm ascent in such weather in spite of the shades of the forest; and he will have an earnest of the difficulty of transporting the necessaries of a large household up this mountain, especially when it is recollected that the backs of human beings or mules are alone admissible, and that there are such drawbacks as snow and ice in a Swiss winter. The place is certainly very inaccessible; besides, it is doubtful if the valleys alone are the cause of cretinism, and whether an institution placed in a more convenient position, and with equal medical and moral means, would not prove quite as successful.

Emerging from the wood, we at once come upon the somewhat flat or gently sloped clearance on which the institution stands, with the apparent entrance front of it facing us, as seen in the upper figure of Plate I. The edifice is a wooden one, and, of its kind, substantially fitted up. To go through it at present, we presume, is but to visit the wrecks of its former state; for there are but five inmates, exclusive of the countryman who looks after the house, his wife and family, and everything has an unused and stagnant look. To be sure, the principal apartments are kept somewhat better, it being customary for visitors to take refreshment here when climbing to the top of the hill to obtain the splendid view, &c.; but this savours rather of formal show than working order. There rest Guggenbühl's books on the shelves of the little study; his midwifery forceps, cranial goniometers, mapped and particoloured skulls, papers, pamphlets, &c., lie scattered about, or peep from corners, just as they might have done had he left them yesterday. The laboratory, with its modest stock of bottles and labelled drawers, still smells of drugs, and the pamphlets of many well-known British and foreign psychologists, &c., lie heaped *en masse* on the floor of an empty apartment, which was just being fitted by him before his death.

The business room, in unpolished walnut, is hung round with the various "diplomas" of its originator, and is that apartment into which visitors are ushered. The schoolroom still has its walls enlivened by coloured lithographs, plates of animals and plants, coloured squares and other geometric figures, plates of gymnastic exercises without machines, &c. Two *balanciers* (one of which is shown in fig. 13) occupy the floor, and many other articles of amusement, exercise, and instruction are seen; but the air of the place is desolate, notwithstanding the presence of a glazed case containing "the work of the patients," which appears to be the

object of most interest to our guide, and reminding us of the "bazaar," or other such receptacle, that is still to be seen in some British asylums, for the purpose of exciting the superstitious wonder and opening the purses of visitors. The dormitories had three or four ordinary-sized walnut beds. Towards the Brienz side of the house were two day-rooms, heated by a stove projecting through the partition in the centre, and having their walls decorated with zoological pictures, fruits, flowers, &c. The baths were loose, and apparently of zinc. At the west end of the wing shown in Plate I, fig. 1, is the chapel, which is neatly fitted up with rows of moveable benches of curious construction, the seat and book-board being united together at the ends; it has a suitable pulpit, &c.

FIG. 13.



Surrounding the Brienz (Plate I, fig. 2), Jungfrau, and entrance sides, is a wooden stake railing, enclosing what at present is one continuous court, but which would seem to have been formerly divided. In this space were several tables and accompanying forms, and at the end several gymnastic arrangements, which evidently are out of use. There were four idiot (cretin?) girls in the court; two sisters, with rather fair hair, contracted and sloped foreheads, grey eyes, and prominent lips and chins. They smiled and shook hands with the strangers, but did not seem to understand what their nurse said. Another had thyroid enlargement, fair hair, a stouter figure, and was aged nineteen. Her features were large and heavy, legs weak and touching at the knees, and gait straddling. The fourth was similar. They were all very much sunburnt, and not very clean in appearance. A social instinct was apparent in them, and they made signs to each other about an old knife. They do not suffer from confinement indoors at present, passing most of their time in the court, and making very discordant noises. Instruction of any kind did not appear to be forced upon them, and, indeed, the person in charge seemed little able for such an undertaking. The fifth inmate, the idiot boy, seemed an active specimen, well up to bringing in faggots from the forest, but dirty, tattered, and wild.

Without, the place looks untidy and in disrepair. That this was not always the case, however, the little arbour, the appearance of the weed-covered walks, and rows of cherry trees testify. On the clearance above the institution were flax, vegetables, and pasture. Close by it are large barn offices, and stabling.

It is very doubtful if this institution answered the purposes for which it was erected, either on physiological or psychological grounds.

Private Asylum (Prefargier), Neuchatel. This is reached by a long

drive from Neuchatel, by the side of the green lake, past flourishing vineyards, acacias, pines, gardens, and houses, and is quite hidden from view by mantling woods; so that, even for some time after the lodge and gate are passed, the asylum is unobserved.

The building was erected between 1846 and 1848, by a bequest from a private gentleman, and is one of the best asylums in the country, according to the Swiss physicians. It is in the form of a parallelogram, with projections behind, and solidly constructed. A large proportion of the patients are private.

The apartments for the first or best class of patients are very comfortable, and they are liberally supplied with many means of amusement and instruction, *e. g.* dominoes, cards, plenty of books, newspapers, and numbers of quaint coloured French engravings. The furniture of the apartments is substantial and abundant. The airing court connected with them is nicely planted with shady trees, shrubs, and flowers, and suitably supplied with seats; while there is a jet of water and a stone trough at a wall. A curious plan is followed in this and other courts, which were fenced round with a substantial wall and ha-ha, since a hedge is placed along the top of the latter, so as to shut out of view the wall and its climbing trees. This arrangement certainly modifies the guarded look of the courts, especially in summer, and shows how the feelings of the patients are consulted. Several of the other courts had jets of water like the former, and the patients amused themselves by watering the flowers in the plots. In a little arbour in one of these courts was a collection of fine beehives, where the interesting creatures might be seen at work through glass coverings, and nothing could afford more amusement to the inmates than the sight of these. The male patients have no uniformity of dress; and the attendants are of the ordinary kind—that is, not connected with any religious order.

I saw several of the tables laid out for supper, and great order and taste prevailed. They use the common knives—sharp throughout, in ordinary cases. The diet seemed liberal.

A very pleasing feature in this institution is the possession of a good-sized schoolroom, wherein are located the library and a tolerable collection of stuffed birds and other zoological specimens, which are used at lectures, &c., for the instruction and amusement of the inmates.

The quarters for the excited are by no means of agreeable memory, and the recollection of them throws a shade over the enlightened principles seen carried out in other parts of the establishment. Sitting in a chair opposite the door of entrance to this ward was a male patient, firmly bound by camisole and straps, the chair being pierced for the passage of urine and fæces. If any argument was needed against the use of these means in such weather, surely it was apparent here—in the total incapacity of the poor patient to

drive away the swarms of flies which revelled on the remnants of food on his lips and face; under the circumstances, this must have been a torment. In each of the single rooms of this suite was a chair, with belts and conveniences for strapping; a bed, straw mattress, and in most cases a patient (amongst others, a general paralytic) securely bound down, hand and foot, in bed—and likewise at the mercy of the flies. The sole attendant present was giving the helpless prisoners their supper, since of course they were prevented from assisting themselves. These single rooms were lighted from the roof, and in the same way as those at Waldau (which were probably copied from this asylum, or other such) had a row of small chambers of observation above, on a level with the attendants' rooms, the latter opening into three corridors. By lifting up the glass trap-door over the refractory room beneath, and opening the skylight of the little chamber, the former apartment can be ventilated. All these complicated arrangements seemed rather absurd.

The bed-rooms for the quiet patients are comfortable, and many of the beds have curtains; in those for the troublesome, straps accompany the bed-clothes. Some of the dormitories are large, and all are very tidy. Hair and straw compose the mattresses; beds generally of iron, the outline of the end being similar to that in fig. 1. The windows fasten by sliding bolt and key, and most have the Venetian shutter outside. The ceilings are of a good height; the floors of the corridors of the usual hard grey cement, glistening with polish.

One lavatory was shown, having a long zinc trough, with the pipes protruding at intervals from the wall above. The water is set through the entire series by means of a lever in one corner; the jets are very tiny. Opposite the trough are a series of presses for clothing. The baths are of metal (zinc), and tolerably deep. Several male patients were undergoing prolonged warm baths at the time of visit, and one had cold applied to his head by the contrivance of a small cistern placed over the end of the bath, and supplying a constant dripping along a cord to a cloth placed on the scalp. No attendant was supervising the process. Water-closets of the usual simple construction, and badly ventilated. There are special closets for the shoes of patients.

The chapel (Protestant) is a very good one, and it was stated that a large majority of the patients attended. There is a spacious and handsome drawing-room for amusements and social meetings, in a line with the physician's office and the business rooms in the centre of the house.

The physician to this institution is Dr. Borel, and the assistant, Dr. Willener, who, amongst other qualifications, is an excellent geologist. I cannot agree, however, with my friend Dr. Borel in his notions of the treatment of the insane; for he cannot understand

how we get on in Britain without camisoles, &c., and he doubts the whole system of non-restraint. I can only again advise him to seek British shores and be convinced.

The grounds about the asylum afford one lovely sylvan retreat, and have evidently been laid out with much care, so as to make an agreeable mingling of shady walks, arbours, grassy lawns, fruit trees, climbers, and flowers. Winding footpaths lead tortuously amongst the trees to the border of the lake (Neuchatel), where there is a wooden house, a small jetty, and three boats. Suitable patients have permission to sail on the lake, to fish, and to bathe; and, for the better convenience of those fond of the latter, a bathing-house is seated amongst the trees, a little to the west of the jetty. Close by the bathing-house is a mound of earth, with a monument to the founder of the institution. The garden is equally rich in vegetables, flowers, and fruit, and the latter vied in size and beauty with any seen in France and Switzerland. Its walks converge as radii to a central circle, in which a fine fount plays.

To the interesting account of the *Private Asylum at Clermont-on-the-Oise*, by Sir James Coxe, in the 'Journal of Mental Science,' for January, 1862, I can add but little. That the farm is pitched in a situation well suited to repay the cultivator is very apparent the moment the eye rests on the rich fields and splendid cattle. My impression of the colony was favorable enough in general, and so far as relates to the agricultural department. It is just such, however, as we would expect to see in every enlightened asylum, only on a larger scale; and whereas in Britain it is usual to send the convalescent and harmless incurables to work at the farm and garden, and to bring them back to the main building, here quarters are fitted up for them at the scene of their labours, and apart from the usual disagreeables of excited or troublesome companions. The laundry, &c., at the *Beccel* might, so far as regards "*air libre*," have been as well at the asylum proper, except for the supply of water from the sluggish stream called *La Béronnelle*, since the establishment is carefully walled in and guarded; it likewise only lodges the workers. The "*Petit Château*" is a dwelling-house for the lodgment of private females, situated at the north-west corner of the farm, and surrounded by luxuriant vegetation, fine lawn, &c. Considerable order prevailed in the mode of serving the meals at the farm and *Beccel*; not so much, however, as is to be witnessed at the Imperial *Charenton*. Their table furnishings are of modern construction.