

book would seem to be well adapted to meet the requirements of the student; it is illustrated by some fifty wood cuts, which for the most part appear well executed. We must, however, make an exception in respect of the cut representing the teeth of inherited syphilis as described by Mr. Hutchinson. In conclusion, we must express our regret that the nature of the subject-matter has precluded more detailed examination of a work written by a Corresponding Member of our Association, sent to us for review.

H. S.

---

---

### PART III.—PSYCHOLOGICAL RETROSPECT.

#### 1. *English Retrospect.*

##### *Asylum Reports.*

(Continued from p. 129.)

*Ipswich.*—Out of 67 admissions, no fewer than four were found by Dr. Chevallier to be not insane. One of these was a re-admission, and was discharged the next day; but in the others their condition “was such as to justify the belief, on the part of those instrumental in depriving them of their liberty, that they were of unsound mind.”

When the Commissioners paid their official visit there were 118 males and 152 females resident; 98 of the former and 100 of the latter were confined to the airing-courts. Only 52 men go weekly beyond the grounds, and 35 women take exercise in them. The Commissioners appear to be justified in considering this amount of exercise, especially for the women, quite inadequate.

*Kent, Barming Heath.*—It is very creditable to the management that in every case of death an examination of the body was made. How Dr. Davies succeeds so well must be a mystery to many asylum-superintendents, who, charm they never so wisely, receive the necessary permission in from 50 to 75 per cent. of the deaths only.

The admissions were very numerous, and included many incurable cases from workhouses. In connection with this subject, Dr. Davies says:—“I am convinced that, apart from overcrowding, these patients exercise an injurious influence upon those whose disorders are of an acute and consequently more curable nature. I think, therefore, that, in the long run, it would be cheaper for the Guardians to provide suitable accommodation for them in the workhouses, and forego the present advantage of the grant in aid, when in an asylum. It is, however, almost impossible to get this view adopted in the right quarters, so that the only hope left is that the Government will, at no distant date, reconsider this grant, and dispose of it in a less objectionable

way. If a change of some sort is not made soon, the question of providing increased asylum-accommodation will once more force itself upon your notice, as, despite every care upon my part, we are unduly full."

Two male attendants were seriously assaulted by patients who had been considered harmless up to the dates of the attacks.

*Kent, Chartham Downs.*—The information contained in this report is not burdensome. It has no report presented by the Visitors to the Court of Quarter Sessions, no report by the Commissioners, and but one by the Medical Superintendent, which is very brief indeed when it is remembered that there were 771 patients resident during the year.

*Killarney.*—It is satisfactory to find that the statistical tables recommended by our Association have been largely adopted by the Irish Commissioners and Superintendents.

The following remarks by Dr. Woods are interesting :—"While referring to the causation of insanity, I cannot help noting the return, as shown in Table XII., of the social condition of the admissions, discharges, and deaths ; for while 58 per cent. of the admissions are single, only 36 per cent. of the recoveries are single ; and while only 36 per cent. of the admissions are married, 55 per cent. of those discharged are married ; or, in other words, at this rate 77 out of every 100 married patients would be discharged recovered, while there would be only 36 out of every 100 single. This result I have noticed for some years, but I will not at present draw any definite conclusions. Some will think that there are far more single people in the population than married ; the reverse, however, is the case, the last census returns showing that Kerry had a greater population of married people than any county in Ireland, 43 per cent. of the people between 15 and 45 being married, while only 24 per cent. never married. I believe that early marriages have of late years been much more frequent, and it is quite possible that regular living and other causes may combine to make the social condition have a greater effect on insanity than some are at present inclined to think."

*Lancashire, Lancaster.*—Dr. Cassidy again expresses his determination to try the open-door system. He says :—"The principal addition has, of course, been the Annexe Asylum, which is now being rapidly got ready for occupation ; and I may take the opportunity of stating that it is fully adapted and equipped for the most recent modes of treatment, those, namely, so ably and forcibly described by the Lunacy Commissioners for Scotland in one of the most interesting of their always valuable reports—the 23rd. No one, I think, can read this account of the open-door and industrial system, and of its results in Scotland, without feeling that there would be a failure at least in courage and energy, if not in duty, not to give it a fair trial in England. The scale on which we shall try it is a greater than has yet been applied to it, and the difficulties to contemplate and,

perhaps, encounter, are, I fear, greater in this country than in Scotland. It will be time enough, however, to enlarge on this aspect of the question when the occasion comes. In the meantime there are no airing-courts, all the doors have ordinary handles, work is abundant and close at hand; and these, with careful supervision and willing assistants, seem to be the essential requisites for carrying out this system."

We acknowledge to a feeling of impatience to learn the result of this experiment, honestly judged in all its bearings; and in the meantime willingly admit Dr. Cassidy's courage and enterprise in taking it in hand.

*Lancashire, Prestwich.*—The official report on the condition of this asylum is again exceedingly favourable; the Commissioners remarking that it is, in the way of ward-decoration and embellishment, in advance of most, if not all, other English asylums. It is suggested that the amount of exercise beyond the airing-courts should be increased.

*Lancashire, Rainhill.*—The larger portion of Dr. Rogers' report is devoted to the consideration of the improvements effected in asylum-management during the 25 years he has had the direction of Rainhill. These remarks will interest lay readers especially and physicians not engaged in our speciality.

*Lancashire, Whittingham.*—The following paragraph from the Commissioners' report is very instructive:—"Among recent admissions is a man named John Ward, received here on the 13th instant from Preston Prison by order of the Secretary of State, and suffering from mania with general paralysis, and having well-marked delusions. He complained to us of having been flogged in Lancaster Castle, after his conviction at Lancaster on January 2nd ultimo, and the marks on his back, now becoming faint, show that his story is true. We can only suppose that the prison surgeon failed to recognise the man's insanity, some of the characteristics of which are now, and no doubt were then, dirty and destructive habits." Such an occurrence shows how necessary it is that prisoners, especially those whose mental condition should be the subject of accurate observation, should be under the supervision of medical officers thoroughly familiar with mental disease. It cannot be doubted that insane prisoners are sometimes most unjustly punished for breaches of discipline; but what is worse, others, awaiting trial, are not subjected to that thorough examination which would lay bare the mental disease which ended in crime, and thus wretches are condemned for offences for which they are not responsible. The suggestions made by Dr. Orange in his Presidential Address derive additional force from such occurrences.

The admissions during the year were 631. One half of these were transfers from other asylums or from large workhouses, and they probably constituted, Dr. Wallis remarks, the worst collection of

cases, as regards their curability, ever admitted into a public asylum in a similar period. Among them were 135 epileptics, 76 general paralytics, 31 idiots, and many cases of senile dementia and other forms of incurable brain-disease. These figures are sufficient to show the extremely arduous charge Dr. Wallis has, and it is greatly to his credit that he has his asylum in such excellent order as appears from the Commissioners' report.

*Leicester and Rutland.*—The charity connected with this asylum appears to do really useful work. One patient was boarded at 1s. per week, four at 2s. 6d., one at 3s., one at 4s., 12 at 5s., 15 at 10s., and four at 15s.

Of 469 patients, 237 males and 232 females, only three were general paralytics. This number must be regarded as very small.

For the present all intention to build a new asylum appears to be abandoned.

In pointing out the dreariness of the airing-court in which the more turbulent women exercise, the Commissioners recommend the experiment of taking even the worst inmates into the front grounds. Of the 46 inmates of the ward, some 30 at least never go beyond the airing-court. This is a most important point in asylum-management, yet too often not thoroughly attended to. For female patients especially airing-courts are most injurious.

*Leicester, Borough.*—This asylum is being enlarged by the addition of accommodation for 60 male patients.

Four of the female wards are now heated by steam.

Beer to a great extent has been discontinued as an article of diet, and tea and coffee substituted. The change has worked well. Application was made by the nurses to have a money-allowance in lieu of beer. The Committee decided to allow any attendant, nurse, or servant to have either the ordinary allowance of ale or an equivalent in money, and 31 members of the staff immediately availed themselves of the money-allowance.

Here also the Commissioners advise exercise beyond the airing-courts for all patients who are not too feeble in bodily health. They find that 80 male and 64 female patients never go beyond the airing-courts.

*Limerick.*—Various improvements continue to be effected in this asylum.

As an illustration of either national or religious prejudice, it may be noted that out of 32 deaths Dr. Courtenay succeeded in only two cases in obtaining permission to make a post-mortem examination.

*Lincolnshire.*—The recent additions to the accommodation are fully occupied, and the Visitors find themselves called upon to consider further enlargements.

We may reproduce Dr. Palmer's remarks on the effects of the Capitation Grant—that vexed subject about which we hear so many and so contradictory statements.

“As having a direct bearing on the increase of admission, independently of cases sent directly from workhouses, it should also be stated that the number of patients whose maintenance is defrayed wholly or in part by friends has become much larger since the Capitation Grant in 1874, and that many patients who would formerly have been taken care of at home are now maintained in the asylum without any charge on the poor-rate, or, as may possibly occur in some cases, with an absolute gain of the four shillings a-week allowed by Government. The county rate, however, has to bear an increased burden out of all proportion to the relief thus afforded to the poor-rate, in consequence of the increased demand for asylum accommodation which necessarily follows. Moreover, as the weekly rate charged to the unions includes only the maintenance-expenses, the cost of lodging (constituting the fabric expenses) becomes a needless gratuity to the friends in all cases where they can afford to pay both. Such patients form an intermediate class between the pauper and private, and at present the charges in lunatic hospitals are not sufficiently low to divert them from the county asylums. At the same time, as the population of the county grows very slowly, and as the returns from other unions show that the total number of its pauper lunatics has increased but little for some years past, it may be inferred that if a liberal and suitable dietary, with a good sound system of nursing, prevailed in the imbecile wards of the workhouses, and if a judicious amount of properly-selected and properly-applied outdoor relief were allowed amongst the poorer class for the home-care of persons of weak and unstable minds, the admissions would be so far diminished that there would be no urgency for extensive additions to the asylum.” These practical remarks are well worthy of attention.

Dr. Palmer reproduces some of the suggestions made by our Association, in prospect of the introduction of a County Government Bill.

*London, City of.*—The percentage of deaths on the average number resident is again remarkably low, namely, 4.2.

In his report Dr. Jepson mentions a case illustrating a fact sometimes lost sight of, that chronic patients are not always to be trusted, and that we may be deceived by the apparently most trustworthy and harmless. “A patient—one of the first admitted in April, 1866—who had for some years previous resided in one of the Metropolitan private asylums, being chargeable to the Corporation of London, and who was the most trusted inmate in this institution, attempted to commit suicide by cutting his throat, while in bed, with a portion of an old jagged knife he had in some way obtained possession of. The act was observed by another patient, who raised an alarm. The incision severed the anterior wall of the windpipe, but no important vessels were injured. The wound soon healed, and the patient made a good recovery. The reason he gave for making the attempt upon his life was that, ‘after thinking about it for some time, he had come to the conclusion, if he could not have a better head than the

one he possessed, he had better cut it off, since it was good for so little.' He had some little time before lost the use of an eye through a violent attack of iritis, and this illness was followed by a very short attack of excitement, the first manifested during the 16 years he had been in the asylum."

The Commissioners direct attention to the frequent changes in the staff, and suggest that the wages are insufficient. They say :—" Including laundrymaids and the head-attendants on each side, they number 32 in all ; more than half have not yet been in service here for 12 months, whilst only 10 have been here for more than two years. There are 11 day-nurses, two night-nurses, and three laundrymaids, and yet since our colleagues inspected this asylum last year no less than 22 nurses have left." Such a state of affairs must be a constant anxiety to the medical superintendent.

*Middlesex, Banstead.*—This great asylum has been further enlarged by the opening of two blocks for 78 patients each. The total accommodation is for 1,882—710 men and 1,172 women.

Dr. Shaw gives an example, if such were needed, of the great benefit resulting from employment. The patient was a very powerfully-built man, sent from a workhouse, where he had been extremely violent and unmanageable. " When admitted he said he should be quiet if he had plenty of work to do ; so we set him to work at the gas-factory, and he has been since his admission as hard-working and well-behaved a patient as any in the place. Epileptics (of whom we have large numbers) would be much benefited by regular and laborious work ; but it is not so easy to find it for them, as they cannot always be trusted with spades and forks, and thus farm-work is to a great extent put out of their reach ; for them we find pulling a heavy roller, or hauling carts, the best exercise. It is a pity that the female patients cannot be employed in the same way, for their attacks of insanity are of longer duration than those of the men, and we have not the same means of withdrawing them from their morbid ideas."

*Middlesex, Hanwell.*—We agree with the Commissioners that the lot of foreigners in our county asylums is a hard one, and that the representatives of foreign Governments show unwillingness to exert themselves to get their countrymen sent home. This, in great part, arises from the fact that there is great difficulty in recovering the costs. We have even known a case where a Consul had to pay the whole expenses because of his omission of some technicality. Now that the subject has been taken up by the Association, we hope that something will be done.

*Mid-Lothian and Peebles.*—As this is an asylum where the open-door system has been in use for some time, we are tempted to give the following remarks by Dr. Cameron on asylum-management :—

" The open-door system has been in full operation for several years in this asylum ; but as it is yet on its trial, and by no means generally

accepted by asylum-superintendents as practicable, except under certain favourable circumstances, it may be well that I should say a few words regarding my experience of it. Naturally, the first question that is suggested is: Have escapes been more numerous than under the old system of locked doors? and I have to answer in the negative. Again, as regards accidents, while there have happily been comparatively few, I regret to have to record the death of two patients by suicide within the last few years. Reference is made to these accidents in the reports of the Visiting Commissioners. They were in no way due to the open doors, but were such as probably no precautions in the way of locks or walls would be likely to prevent. . . .

“There need not necessarily be more than the usual proportion of attendants to patients. But there can be no doubt that the responsibilities thrown on the staff are increased, and that the attendants are forced to be constant in their attention, and to do by irksome personal supervision what could be done in a much more simple and perfunctory manner by turning a key. The unremitting attention which they receive, taken in conjunction with a liberal dietary, and opportunities such as the farm affords for outdoor labour, produces a degree of contentment among the patients which is quite apparent, and the result of which is the rendering possible of an experiment in the reduction of restraint that might at first sight appear impracticable.”

*Montrose.*—The important alterations and improvement, begun some six years ago, are approaching completion.

This asylum has now been in existence 100 years. It originated in the benevolence and wisdom of the inhabitants of Montrose and neighbourhood, and was the first public hospital in Scotland devoted to the treatment of the insane.

*Apropos* of the changes which have occurred in the treatment of insanity during the last 100 years, Dr. Howden remarks:—

“No one, I imagine, will dispute the improvement which has taken place in the modes of treatment of the insane during the last 100 years; but in criticising methods we must avoid glorifying ourselves at the cost of our ancestors. We have every reason to know that the motives which dictated the use of the cell, the strait-jacket, and such like appliances, were pure and humane, and that these were as honestly thought to be the best means of treatment, just as we now think that ample occupation, exercise, fresh air, healthy surroundings, good diet, and the abolition, as far as possible, of all mechanical or even personal restraint are most conducive to the happiness and recovery of the mentally afflicted. In comparing the past with the present, we must likewise consider the totally altered character of the population of modern asylums. When there were only one or two asylums in the whole of Scotland it could only have been the most violent and unmanageable that found admission, and it is very probable that there were as many cases of this kind in the old asylum with its

30 beds as there are now at Sunnyside with its 500. The fact that we find often in the old minutes applications made, not for admission of a patient, but for 'a cell when there is one vacant,' speaks for itself. In the present day our share of maniacal excitement is, as it were, diluted by scores of quiet, industrious, and harmless persons, labouring under the milder forms of mental alienation, who, if they would ever have been admitted into an asylum 70 or 80 years ago, would certainly not have been placed in cells or strait-jackets. Thus it seems to me we are comparing two things totally different; and though no one holds more strongly than I do the advantages of our modern and more enlightened system of treatment, I cannot help thinking that it has to some extent been brought about and rendered more practicable by the milder nature of the forms of insanity of our average population; and I am not by any means sure that the Sunnyside Asylum could be conducted as it is now if it contained 500 patients of the same character as that of the small number who were in the house on the Links 80 or 90 years ago."

This is just one of those speculations which it is impossible to either prove or disprove.

*Monmouth, Brecon, and Radnor.*—The extensive additions to this asylum make satisfactory progress. Blocks for male and female epileptics have been completed, and are in use.

The Commissioners point out that the staff in several of the wards is insufficient. Seventy males and 40 females do not go beyond the airing-courts for exercise.

Dr. McCullough reports that after a year's experience the disuse of beer as a diet has certainly had no bad effect on the patients, whilst he has no hesitation in saying that the effect on the attendants and servants has been good. Amongst the lesser advantages, it has relieved the officers from the perpetual requests for beer on all sorts of pleas. The new dietary, which was settled after many trials and long and careful consideration, has given great satisfaction, and has proved to be ample.

*Murray Royal Asylum, 1882.*—The administration of this asylum continues to be marked by energy and ability. Numerous important changes have been introduced—among them the open-door system. Concerning it, Dr. Urquhart reports:—"By a combination of watchfulness and trustfulness I think the best results are to be obtained. Thus we had a case constantly requiring supervision, the watchfulness of the night-nurse being tested by a tell-tale clock. Yet we have found a most satisfactory outcome from the extended freedom granted to a large proportion of the inmates. Two galleries are now open as an ordinary house, and I hope to extend this system to the whole of the north block in the course of this year. It is surprising how little trouble this revolutionary policy gives, and most gratifying to hear the encomiums bestowed on it by the patients themselves. The liberty has not been abused since it was granted, some twelve

months ago. The single escape which occurred during the year was not in consequence of increased liberty. Of the 81 patients to-day in the asylum, nine gentlemen and eight ladies go about unattended beyond the grounds; while 12 and 16 respectively are on parole within the walls. Nine gentlemen and eight ladies have liberty to go to church in Perth with and without attendants; while one gentleman has a seat in one of the churches in town, and is a communicant there."

Several of the gentlemen are now actively and usefully employed in outdoor work. This is a method of treatment which might be adopted in many asylums where gentlemen are received. In this respect paupers are better off than their social betters.

1883.—It will be sufficient to notice that Dr. Urquhart again reports most favourably of the open-door system.

A house has been leased at the sea-side, and small parties are sent thither for change of air and surroundings.

(*To be continued.*)

---

## 2. *American Retrospect.*

By Dr. HACK TUKE, F.R.C.P.

*Report of the Pennsylvania Hospital for the Insane, 1883, with Memorial of Dr. KIRKBRIDE.\* Philadelphia. 1884.*

Although our Obituary of last Quarter contained a short sketch of Dr. Kirkbride's life, we avail ourselves of the above Memorial, which has been subsequently issued, to present a more extended notice of one who was regarded by his fellow alienists, and most justly, with the greatest esteem.

Dr. Kirkbride held strongly the importance of the medical superintendent having the supreme command in an asylum. His relations to the managers were, however, of the most friendly character, and he valued the help they accorded him, and the responsibility they shared with him. Writing in 1859, he says:

"I cannot well refrain from repeating what has been said on another occasion, that with all these changes of men (on the Board) there has been no change of principle, no abatement of interest in the good cause, and that I have steadily received a degree of support and confidence for which I shall always feel the deepest gratitude, and without which much that has been accomplished would probably never have been undertaken. Such support and confidence may often make a pleasure of what would otherwise be heavy toil, and help to secure what no pecuniary consideration could purchase."

\* The great freedom taken in condensing this Memorial must not be attributed to dissent from the passages omitted, but simply to lack of room.