

royal or Secretary of State's warrant, a number of patients who had committed petty crimes, and were labouring under imbecility or dementia—persons by no means violent or dangerous. Why should not such cases be placed in pauper asylums rather than in a State asylum, perhaps for life, under a royal warrant? I am aware that there had been a selection made from the criminal lunatics before Broadmoor was opened, but it did seem that a re-selection was required.

In Ireland the state of matters, owing partly to the distracted state of the country, was still more anomalous. By the Acts 2 Vict., cap. 27, and 8th and 9th Vict., cap. 107, insane persons, when duly certified to be dangerous lunatics, were committed to prison. The results were, disturbance of the prison discipline and defective care and treatment of lunatic prisoners. When I visited, in 1864, the central asylum at Dundrum, the inmates amounted only to 128; whereas, according to the report of 31st December, 1862, the number of dangerous lunatics was 378, those not in Dundrum asylum, being scattered over the various metropolitan and county prisons, often very ill-cared for. The increased asylum accommodation, we hope, has remedied this.

In Scotland the term criminal lunatics does not extend to all criminals insane, but has been carefully restricted to those committed for violent and grave crimes, and whose liberation would be dangerous to the lieges. In this respect Scotland is better than England. The criminal insane of Scotland are not, as in Ireland, detained in prison cells like common criminals, but placed in the lunatic department, a branch of the General prison, yet having all the comforts of an asylum that are compatible with the safe custody of a class regarded as unfit to be at large.

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*The Asylums for the Insane in St. Petersburg and Copenhagen.* By  
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THE labours of the reformers of lunatic asylums in England have been beneficially felt in the remotest countries in the world. While in France, where the humane method of treatment was initiated, and in certain other continental countries, the amelioration in the condition of the insane has been less conspicuous than could have been desired or expected in nations which have attained a brilliant development in most of the other arts of civilisation, Russia and the Scandinavian kingdoms have exhibited an earnest desire to avail themselves of the advantages of the most enlightened treatment.

It should be a source of just pride to England that in the treatment of the insane she has become a model to the rising, and the envy of some of the older, nations of the world.

In the north of Europe the "English system" is the prevalent one; and in the erection of new asylums, well-known buildings in England have been adopted as models.

In Russia, the public lunatic asylums are undergoing a thorough reorganization; a new asylum on an improved English model is to be built in each government, where the existing structures are insusceptible of sufficient improvement to meet the enlightened views of the authorities.

The Imperial Government has appointed a central commission, composed of medical men, to superintend the new organization, and has wisely accorded them full discretionary power in determining the plans and arrangements of the new edifices.

In the mean time great efforts are being made to render existing accommodation as efficient as possible; and as certain interests, and the views of particular *administrateurs* have a tendency to deprive these measures of their temporary character, it is desirable they should be criticised freely, though in perfect good faith.

The severity of the climate in Russia, and the long duration of the winter, increase immensely the requirements of an asylum, and the expense of its maintenance.

In St. Petersburg there are four public asylums: the "General Asylum," situated about seven versts from the city, on the road to Peterhoff; the asylum at the "House of Correction of St. Petersburg;" the asylum at the "First Military Hospital;" and the asylum at the "Second Military Hospital," connected with the "Medico-Chirurgical Academy," and under the superintendence of Dr. Blinski, the professor of psychology in that institution.

The "General Asylum of St. Petersburg," in which both public and private patients are taken, is, in more senses than one, an imposing-looking edifice, and is surrounded by extensive grounds, originally intended for and laid out as gardens, but which are at present in such disorder that all trace of their original purpose is lost.

The building consists of one front and two lateral detached blocks. It is said to have been built after an English model, and in many of its internal arrangements it resembles Bethlehem Hospital. The corridors are long and spacious, but painfully dark, the only direct light being derived from a window at each end.

The dormitories and day-rooms are situated on each side of the galleries, the former containing for the most part two beds; an arrangement contrary to a received principle in asylum arrangements, viz., that two patients should not sleep alone in the same room.

There are no pictures or busts to relieve the monotonous appearance of the wards ; but the furniture is of a plain though substantial character. There is a beautiful chapel, but a remarkably small proportion of patients appear to attend Divine service. The cushions in the padded rooms are stuccoed with a material which renders them so hard, as to impair very considerably their suitability for those peculiar and rather rare cases for which they are required. Though the use of mechanical restraint is not professedly abolished in this institution, it appears to be so practically.

Notwithstanding the vast extent of the building, in consequence of each sleeping apartment containing but two beds, the greatest difficulty is experienced in providing accommodation for patients ; and recently some temporary wood houses have been erected to relieve the main building.

Unlike what obtains in other asylums in St. Petersburg, the patients are here clothed in ordinary dress.

The diet in this establishment is of a very superior description, many of the patients having meat two or three times daily. About 100 male inmates are reported to be habitual workers ; but the state of the grounds, and the size of the workshops, convey the opinion that their labour is rendered less available than is desirable, either for its own sake or for its salutary influence on their bodily and mental condition.

Though land is tolerably cheap in the neighbourhood, no farm is attached to the institution ; there are no airing-grounds, in which during summer patients might stroll at pleasure ; and the garden is so situated that only the less troublesome patients can avail themselves of it occasionally, vigilant surveillance on the part of several attendants being moreover rendered necessary by the absence of railings, boundary walls, or hedges.

The mechanical appliances in connection with the beds for wet and dirty cases are numerous and ingenious ; but in this, as in every Russian asylum the traveller may visit, it will be found that no steps whatever are taken with a view to *prevention*. In Great Britain it is by no means an uncommon circumstance to find, that in an asylum containing 500 or 600 patients, not more than two or three pairs of sheets have required changing during the night. This result is accomplished by advantage being taken of the power of habit, and its influence over the natural functions. Among some people this power is very considerable ; with the insane, who are so often the subjects of a paralysis of volition, it is irresistible.

Many patients in whom the routine of asylum life has cultivated the habit of walking in a particular direction, sitting in a given situation, or sleeping in a certain room, have been known to jeopardise and even sacrifice their lives, when a fire, the falling of a wall, or

other accident, have rendered it necessary for them to break through their accustomed automatic habits.

Some physiological functions are almost completely under the sway of habit, and an immense experience in England has now proved that patients who have lost control over their excretory functions, may be kept dry and clean by being afforded the opportunity, and encouraged, to relieve themselves at fixed and regular periods during both night and day.

Though throughout the whole Russian empire there is not a single establishment for the improvement or care of congenital imbeciles, no attempt has been made in the St. Petersburg asylum to provide any of those special means of treatment which in England and elsewhere have been attended with so much benefit in such cases.

There is one feature in this institution, in common with other asylums in Russia, which is well worthy of imitation in England. A committee of charitable persons of rank superintends the arrangements for the amusement of patients, and, with a view to prevent relapses in recovered patients who are friendless, or in pecuniary distress, undertakes to assist them in procuring employment, and to re-establish them in life, the attendant expenses being defrayed from a special fund, the produce of voluntary contributions.

These benevolent labours have in practice been found to work admirably, and the Russian physicians attribute to this co-operation an immense influence in promoting the cure of the resident, and perpetuating the recovery of the discharged, patients. In England, the physicians to asylums find great difficulty in organizing sufficient and regular amusement for patients; and but too often have to lament the recurrence of insanity in patients who, had they received a little kind guidance and support during a short period following their discharge, would have retained their restored reason, and continued useful members of society.

It must be confessed that the structural arrangements of the principal asylum of St. Petersburg render it ill suited for the treatment of the insane, however secure it may be as a place of detention. Under the management of an expert experienced in the details of asylum architecture, it is susceptible of adaptation to what should be considered the most important object of the institution, viz., the cure of its afflicted inmates, while at the same time accommodation for an increased number of patients might be secured. The alterations most urgently required are, that the partition walls of many of the two-bedded sleeping apartments should be pulled down, associated dormitories to contain ten or twelve beds being substituted in their stead; that airing-grounds, in which during summer patients might walk about at pleasure, should be laid out, and surrounded by ornamental railings; also, which is of great consequence in the treatment of the insane in a country like Russia, that

abundance of sunlight and opportunities for exercise should be provided during the long winter, by the erection of some spacious glass houses.

Under present arrangements, many of the unhappy inmates might with equal prospect of benefit be immured in a dungeon, for all the light they receive during the winter. The attendants in this asylum are selected from a public institution in which they have been educated, and are characterised by some degree of refinement, and are animated by an *esprit de corps* which is quite unique in the asylums of Europe, and immensely facilitates the labours of the physicians. Ladies of station superintend the nursing in the female wards, the beneficent influence of whose labours is brought into more striking relief by the difficulties which the professional visitor perceives the defective structural arrangements must entail on the management of the house.

Notwithstanding all disadvantages, and in consequence, probably, of the easy *abandon* and natural amiability of the Russian character, the patients in this asylum appear more cheerful and happy than their brethren in misfortune in most asylums in England. This gratifying state of things is, doubtless, powerfully contributed to by the genial personal qualities of Dr. Laurentz, the director, whose system of government is of the paternal order, and whose kind sympathy and concern for his patients is reciprocated by an affection on their part which intense affliction in many cases only stimulates into more evident expression. There is a sprinkling of patients of superior station and education in this asylum.

There are three medical attachés; the superintendent receiving a lower, and the junior officers, a higher salary than obtains in England; the latter also not being on duty the entire week. It appears suicidal melancholia occurs less frequently in Russia than in other parts of Europe; mania, dementia, and general paresis being the more common forms of insanity observed in that country.

The excessive consumption of wotky, induced by its unprecedented cheapness, has, in the opinion of the medical profession, contributed most powerfully to the increase in the number of cases of general paresis observed during the present reign. There can be no doubt that an increased duty on the native brandy is urgently called for by considerations of public health and morality, as well as by the increasing financial necessities of the Imperial Government.

The asylum at the House of Correction of St. Petersburg is for the reception of criminal lunatics. Unfortunately, the institution at present contains an unusual number of patients of Polish nationality; the recent political troubles in Poland having, as is so often observed, developed tendencies among many which, during happier

periods might have remained latent, or have exhibited themselves in less dangerous forms.

It is consolatory to know that the Russian Government, in its behaviour towards these afflicted persons, is practically oblivious of their previous career, treating them with the utmost consideration and kindness.

The asylum is situated on a floor of a vast prison, and contains nearly 300 patients.

It consists of a series of corridors, with bilateral chambers.

Though the galleries are spacious, they are dark, receiving direct light through but one window situated at each end.

Some borrowed light is afforded through a few side windows.

The lateral chambers consist of handsome dining- and sitting-rooms, associated and single dormitories.

The furniture is substantial and in good taste, nearly equal to what is found in Russian houses of good class.

Graceful exotic plants are placed in convenient situations in both the rooms and galleries, imparting an air of elegance to the apartments, and contributing to the purity of the atmosphere.

The associated dormitories are lofty, spacious, and well-ventilated, containing each about ten beds.

The bed-linen is of a very superior description, and the padded and other single rooms are well appointed.

The asylum contains a painfully large proportion of severe cases of melancholia and mania.

Mechanical restraint is highly disapproved of by the superintendent, Dr. Dinkoff, and his coadjutor, two Polish physicians of unusual accomplishments, and is only resorted to under very rare and exceptional circumstances.

An English lady is resident in the establishment.

There are no airing-grounds or gardens.

Fortunately the present asylum is not destined to be permanent, but is only intended to be devoted to the detention of criminal lunatics until a more suitable edifice in the country has been erected.

It soon becomes evident to the visitor that the majority of the patients in this establishment originally belonged to a station in society above those classes who recruit most criminal asylums. Notwithstanding the gloom and unsuitability of the building for the purposes of a lunatic hospital, and the consciousness of many of the inmates of the nature of their position, the institution is conducted with singular success. A degree of mirth and contented resignation pervades so many of the patients that the visitor with difficulty realises the fact of its being a prison. This fortunate result arises from the circumstance that the asylum is exclusively under medical management and control, and that the resident physicians are men experi-

enced in the treatment of lunacy, and are animated by that spirit of sympathy for their suffering fellow-creatures which is the characteristic of generous minds.

The in-door recreations in this asylum are more numerous and more systematically carried out than in many reputed asylums in England.

The cubical and superficial areas per patient are in excess of what is considered necessary in England.

The number of cases, and the severity of some, render it of great consequence that out-door exercise should be afforded to a few even in winter. A walk or a drive beyond the precincts of the prison might certainly with perfect safety be afforded to such feeble creatures as many of the inmates appear to be, and would undoubtedly be attended by most salutary results.

As many of the patients are educated people, a suitably and liberally selected library should be provided them; and the walls of the galleries and rooms require to be freely adorned with pictures; not for the sake of additional decoration, but with a view to their value as means of diverting the attention of patients.

As the afflictions of many of the inmates, particularly those of Polish origin, was induced by irregular habits, the natural result of want of occupation, no convalescent or recovered patient should be discharged until she or he have been taught some useful art. It has long been notorious that the perpetual strife in Poland, so prolific a cause of insanity, has been in very great measure caused by the indolence and ignorance of the useful arts, of the petty nobles, who, being too proud or too idle to learn a trade, are unceasingly plotting against a beneficent government, in the hope of ultimately acquiring what they deem the necessary support of their titular rank, viz., the possession of serfs. Taking into consideration that the present asylum is but an expedient, it reflects great credit on its resident physicians for the skill displayed in adapting a most unpromising building to a very difficult purpose.

The asylum attached to the "First Military Hospital" contrasts unfavorably with the other departments of the institution.

The wards devoted to lunatic officers here are simply disgusting, being dark, utterly devoid of pictures, ornaments, plants, or even decent-looking furniture. The sleeping and sitting-rooms are used indifferently during the day, and they all bear a cheerless appearance, sufficiently accounting for the discontent and gloom observable among the unhappy inmates, who mope about, partially clad in sombre-looking grey dressing-gowns, apparently without any other means of diversion than smoking. Though hardly thirty in number, they distress the visitor by their very natural clamours and excitement, and painfully impress him with a sense of their forlorn and pitiable condition.

There is no book or newspaper to divert their thoughts, or to relieve the monotony of their existence. The triumphs of Russian literature might have had no existence, for all the pleasure or benefit it confers on them. The inimitable wit and humour of the fabulist Kréloff, the curious research and graceful diction of the historian Karamsin, and the beauty and originality of the poet Pouschkine, may meet with as keen an appreciation in an asylum as out of one, and afford as much relief to the subject of mental disease as to the sufferer from bodily disorder.

The first military hospital is surrounded by extensive, though ill-kept, gardens; practically, however, they are not for its insane inmates, who are confined within-doors with a rigour which must be disastrous in its effects on their mental and bodily health, and certainly ill accords with the enlightened wishes of the Imperial Government.

The lunatic soldiers confined here fare better than the officers, having a spacious gallery to walk about in, whereas the wards previously described are comparatively small rooms.

Not the slightest attempt has been made to adorn the wards by pictures or other means, nor are any amusements provided. There is absolutely nothing to divert the melancholiac from his distressing thoughts, or to rouse the dement from his stolidity and mental inanition.

As in other asylums in Russia, the food here is superior in quality, variety, and quantity, to what it is possible to afford public patients in England, where the necessaries of life are so much dearer.

The visitor leaves the lunatic department of the First Military Hospital of St. Petersburg with a heavy heart, impressed with a conviction that its managers have ill prepared themselves for their vocation, and devoutly praying that that Government in whose service the poor soldiers, among whom (as has been unhappily the case in England) is many a Crimean hero, lost what is far dearer than life—their reason—may soon transfer them to quarters more suitable to their condition and commensurate with the sacrifices they have made in the pursuit of duty.

The asylum attached to the "Second Military Hospital" is connected with the "Medico-Chirurgical Academy," and has been designed, or rather adapted, by Dr. Belinski, the Professor of Psychology in that Institution, with a view to instruct his very numerous pupils.

Other than military men are received; and persons of both sexes may enter as private patients. There are in all about two hundred, the high reputation of the Professor rendering the Institution the favorite asylum in the city.

The building is of quadrangular form and rather extensive; behind it are several large and small gardens.

It having been instituted by the Government for the special purpose of educating young physicians in the treatment of the insane, with a view to their subsequent employment as managers of asylums in course of erection, it is unique in its appointments and structural arrangements. There are six paid medical officers, the superintendent receiving about £150 a year more than his subordinates. The attendants are in the proportion of one to four patients.

The building is constructed in numerous apartments for the purpose of affording accommodation to patients belonging to different ranks of society, and to facilitate clinical study without inconvenience to the inmates.

Classification of cases is carried out to a greater degree than obtains elsewhere. All medical students who contemplate adopting Psychology as a specialty are required to do duty as ordinary attendants during six months.

All the patients are under constant observation night and day, this practice being facilitated by the internal plan of the building, which is that of passages about six feet wide, into which open the common day-rooms, the dormitories, and the apartments for the wealthier private patients.

Attendants walk up and down these corridors like sentinels, and are enabled to see the interior of the rooms without being seen ; this advantage being gained by keeping the patients' apartments much lighter than the passage, and placing wire blinds behind the inside windows of the room, which also furnish light to the passages.

This arrangement also offers opportunities for the delivery of short clinical lectures to a small party of quiet students without disturbing the patients, though with many of the public patients who are demented and unexcitable no particular precautions nor ceremony are exhibited.

Though so many attendants are on duty here night and day, no *preventive* measures have been systematically adopted in wet and dirty cases, the natural result being that instances of this kind are common enough every day. Dr. Belinski, however, with that readiness to adopt a good suggestion so characteristic of a well-disposed mind, intends immediately to remedy this defect in the manner adopted in well-regulated asylums in England.

Mechanical restraint is professed, but rarely adopted, the battened, padded, and strong rooms being found equal to most emergencies.

Now and then it is resorted to in certain destructive cases, but Dr. Belinski entertains the hope of soon being able to dispense with it in these instances, the difficulty at present being the excessive cost of sufficiently strong clothing material, which is imported from England.

In the treatment of certain forms of lunacy, and its general

hygienic influence on all classes of patients, Dr. Belinski is a believer in water. Hence, he has fitted up in this asylum an elaborate system of baths of various kinds; and, though water is a dear commodity in St. Petersburg during winter, he can afford each of his two hundred patients a bath of fresh water any day of the week, a necessity which only the very best asylums in England can supply.

Dr. Belinski has had a miniature crystal palace constructed for winter promenade and recreation; it is well ventilated and adorned with a superb fountain in the centre and numerous exotic plants, which impart to it an aspect at once refreshing and elegant. Among a people so partial to social intercourse and fond of amusement abundant means of recreation are indispensable in the treatment of the insane. Dr. Belinski recognises this necessity, and has met it in a more complete manner than has been accomplished in England. In addition to billiard-rooms, well stored reading-rooms, and a variety of gymnastic apparatus, balls, parties, and entertainments of various kinds are given throughout the year, on a scale and with a degree of regularity their incalculable importance as curative agencies calls for. At these réunions, always conducted with becoming decorum and ceremony, benevolent persons of rank frequently take part. Attempts are made to draw out particular patients, and all are gently encouraged to contribute to the common amusement by a display of their individual gifts.

The history of the asylum, though short, has satisfactorily proved the compatibility of clinical instruction with successful domestic management and medical treatment. It has been observed that the majority of the public patients soon become accustomed to the few students who accompany the medical officers on their professional visits, when the young gentlemen comport themselves with ordinary discretion; indeed, many of the unhappy creatures appear to derive benefit from the intercourse.

Instruction is afforded on a definite plan. Each physician delivers, in a leisurely manner, short clinical remarks to his small class, in illustration of the lectures previously delivered by the Professor. A knowledge of diagnosis, prognosis, and the details of treatment, is imparted at the same time. Each student has one or two typical cases allotted to him, which he is required to observe and study minutely, taking extensive notes of their progress, recording all evident changes in their bodily and mental condition, the results of a quantitative and qualitative analysis of their urine, &c.

After having attended the University course of lectures on Psychology, and passed through the clinical ordeal, including the six months' residence as an attendant, a student is considered eligible for the position of resident medical officer in a lunatic hospital.

The asylum for the insane connected with the "Second Military Hospital" of St. Petersburg is the most interesting feature in

that extensive Institution, and reflects equal credit on the Imperial Government for its liberality and wisdom in according *carte blanche* to competent medical authority in all that concerns its structural arrangements, and domestic and general management ; and on Dr. Belinski for the masterly manner in which he has acquitted himself of his onerous task.

The Asylum for the Insane of Copenhagen and the Island of Zealand is situated at Bistrupp, about fourteen Danish miles from the capital.

It contains about 500 patients, public and private ; and is under the management of Dr. Woldemar Steenberg.

The main building has a handsome elevation, and in its external appearance leaves little to be desired. It consists of a central block and two retreating wings. The interior does not realise the anticipations formed on a view of its handsome exterior and its lovely gardens.

It appears that the evident decadence of Danish power of late years has so afflicted the national sentiment as to induce a general gloom and melancholy. The traveller may walk through Copenhagen without meeting a single smiling countenance.

A conviction pervades the Danish nation that it is doomed to absorption by Germany ; and this feeling has induced a settled melancholy, which the universal well-being of the people and the excellence of their Government only contribute to make more conspicuous. In social intercourse the destiny of the nation is constantly discussed and lamented. One result of this painful feeling is an increase in the proportion of lunatics to the general population.

The predominating form of mental disease is melancholia, characterised in the majority of instances by a distressingly strong tendency to suicide.

The new edifice has been designed with a view to meet this difficulty ; but, unhappily, the structural arrangements adopted are calculated to intensify the depression of patients without affording the desired increased security ; the galleries, though spacious, are insufficiently lighted, utterly devoid of pictures or any pleasing object to delight the eye ; the windows are placed at six or seven feet from the ground, each frame being sufficiently large to admit the passage of a man's body. This arrangement imparts to the galleries an aspect of intense gloom ; and experience has proved it to be quite inadequate to effect the object it was designed to accomplish. Melancholiacs, of all patients, require an abundance of light, and the opportunity to witness cheerful and busy scenes, without being observed. Were the windows in these galleries on a lower level, and the panes of glass smaller, the wards would be lighter and more cheerful, and the attention of their inmates would

be frequently diverted by views of the surrounding beautiful scenery, and by witnessing the labours of their less afflicted companions in the grounds, increased security being at the same time afforded.

It is gratifying to know that Dr. Steenberg, the medical superintendent, whose labours on behalf of the insane have gained for him a high reputation in Denmark, recognises the defects in the building, and that the municipal authorities of Copenhagen are engaged, at his instance, in remedying some of them.

Among other improvements, pictorial scraps taken from the illustrated newspapers, and surrounded by a paper frame, are to be affixed on the walls of the galleries, as is done with such good effect in many public asylums in England. Mild mechanical restraint is occasionally resorted to during the day in particularly destructive cases, but Dr. Steenberg contemplates abolishing it entirely, substituting for it the use of clothes made of particularly strong textures, the English locked button, special supervision, and the other measures well known in Great Britain.

The sea-weed, which in our asylums is found so suitable as a stuffing for beds intended for inveterately suicidal cases, for whom other reasons render it necessary single-bedded sleeping apartments should be provided, is not used in Denmark, though it abounds on the Scandinavian coasts.

The main building does not contain more than half of the entire number of patients, the remainder being located in the adjoining castle (?), and in some lone huts surrounding a square yard. The ancient castle is not ill adapted for its present purpose, though the sheds would but make indifferent stables, and are so full of patients that the beds are but a few inches apart.

Amusements are not carried out in this asylum with the regularity and vigour their influence as therapeutic agents, and the singular preponderance of cases of melancholia, would lead the visitor to expect. Labour, however, being more in harmony with the national habits, is resorted to to an extent exceeding what is customary in nearly all asylums in England and elsewhere, the celebrated institution of Clifton, near York, excepted.

When the Copenhagen municipality have carried out some of the enlightened views of Dr. Steenberg, their asylum will bear a favorable comparison with the most reputed in Europe.

At present the traveller is spared the hideous scenes of mechanical restraint so frequently witnessed in the asylums of France and some parts of Germany; and plainly perceives that the defects of the building, which, by the way, was designed by a non-medical person, are sought to be counterbalanced by every device which the professional ingenuity and the keen Christian sympathy of the resident physicians can supply.

Our *confrères* in the northern countries of Europe are for the most part highly accomplished, and, enjoying a happy immunity from prejudice, are nearly always ready to adopt a good idea, from whatever source it may come.

Through the medium of special associations, they are kept *au courant* of the psychological literature of the day.

Recently an attempt was made to organize a psychological congress for the Scandinavian kingdoms, which, unfortunately, failed. A general wish, however, prevails among the medical superintendents that the forthcoming exhibition in Paris may afford the occasion for realising the object on a larger scale and in a more complete manner.

As at the present juncture so many countries are either reorganizing old or erecting new asylums, a congress could not fail to effect good.

The movement on the continent in reference to the treatment of the insane is in great measure due to the reputation of the public asylums in Great Britain.

The key of the English system is "non-restraint;" it is the cause of its success, and the secret of its difficulty and expense. The principle that mechanical restraint should be completely discarded in the treatment of lunacy is based on several most important grounds; among others, that the restless, violent, or boisterous conduct observed in many cases, acts as a safety-valve to the disordered system, and tends to restore the disturbed nervous equilibrium; that when patients, in consequence of mechanical restraint, are unable "to have their fling out," the duration of the nervous excitement is greatly prolonged, and its effects on the structure of the brain are of an injurious and more or less permanent character.

Bodily restraint discourages the restoration of the power of self-control, debases patients in their own estimation, develops the worst vices of attendants, has an unlimited power of growth, and in practice is found almost insusceptible of being restricted within moderate bounds. In Russia, where the most earnest desire exists to introduce our method, the severity of the climate offers increased difficulties. There can be little doubt, however, that the vigour and determination of the Imperial Government will overcome all obstacles, natural and artificial, and that throughout the vast empire institutions for the treatment of the insane will in a few years exist, which, for perfection in arrangement and the skill and humanity of its managing physicians, will be worthy of the new social career on which she is entering, and becoming her position among the nations of the earth.