

wasteful extravagance consists in a fictitious economy which sees no further than the saving of so much money.

It is greatly to be hoped that there will be no wide departure from the principles and practice of the past, which have borne the test of a long experience, and can point to not unsatisfactory results.

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*Thirtieth Annual Report of the General Board of Commissioners in Lunacy for Scotland. Edinburgh, 1888.*

This Report may have more interest for English readers than usual in consequence of the recent meeting of the Medico-Psychological Association in Edinburgh, and the visitation of the Scotch Asylums by many of the members. The reviewer can speak in favourable terms of those institutions which it was his privilege to visit. It is not necessary to discuss in this place the merits of this or that idea, which from time to time is brought prominently into view and becomes known as the "Scotch system," although it by no means follows that all the Medical Superintendents of the institutions for the insane in that country adopt, or desire to be held responsible for what passes under that name. Extremes are proverbially apt to meet, and of this there occurred a singular illustration only a few years ago, when we felt it our duty to animadvert in strong terms upon the extraordinary advocacy of the systematic punishment of the insane by the superintendent of an asylum in Scotland, who was understood to advocate the open-door system and the like. Illogical principles, and still more illogical practices and doctrines which in religion would be thought to savour of fanaticism, may be regarded, however, when viewed philosophically, and with the charity that hopeth all things, as indications of a desire to grapple with the great difficulties which must ever beset the management of the insane and as the results of individual thought and action. The moment, however, individualism becomes stereotyped into a system which it is expected all shall adopt, a sort of inquisition is established which at once destroys all the characteristics of individualism. A "plan of campaign" is set on foot, and those alienists who have the courage to pursue the course which they believe to be best for the patient, are stigmatized as heterodox and are (metaphorically) committed to the flames. Unfortunately it is but too true that there is an

*odium psychologicum* as well as an *odium theologicum*, and the existence of a walled airing court, a locked or barred door, a strait-waistcoat, or even a strong dress may excite resentment and severe reflection in the breast of some psychological purist. That which strikes us as a symptom of good omen in the various departures from the beaten track which have marked the course of asylum management and non-asylum management of the insane in Scotland is the evidence which it affords of life. Of this no one will feel any doubt who has visited the excellent institutions of which the Blue Book under review is a report. In several of these, new buildings are in progress, and every effort has been made to introduce modern ideas and the improvements which the experience of other institutions in Great Britain has found to be desirable. Thus at Montrose Dr. Howden is erecting on the grounds of the asylum a carefully-designed hospital of which we have a description in this number of the Journal. At the Murray Royal Asylum, at Perth, Dr. Urquhart is engaged in making additions to the old building, planned with the greatest care and judgment. The comfort of married attendants at the Gartnavel Asylum, Glasgow, has been greatly increased by the building of a number of cottages for this class outside the asylum gates, at the instance of Dr. Yellowlees. Lastly, the plans for a building to accommodate 150 patients have been carefully studied and worked out by Dr. Clouston, who has visited the best institutions in Britain in order to incorporate all that is good and avoid all that is evil in existing asylums. Of this plan Dr. Clouston gave an elaborate description at the Psychology Section of the British Medical Association at Glasgow. When completed it ought to be a model for similar institutions.

Turning now to the movements of the insane in Scotch asylums during the last year as shown by the statistics prepared by the Lunacy Commissioners, we find that in the Royal and District Asylums there is an increase of 32 private patients and 82 pauper patients between January 1st, 1887, and January 1st, 1888. In private asylums there is an increase of 20 private patients. No pauper patient is provided for in this class of institutions. The same cannot be said in England. In Parochial Asylums there is an increase of 16 pauper patients. In lunatic wards of Poor Houses the increase is 22. In the lunatic department of Perth Prison there is a decrease of four. In training schools for imbeciles there is an increase of four in the

number of private inmates and a decrease of four paupers. In private dwellings there is an increase of two private patients, and, what is noteworthy, an increase of 130 who are paupers.

The whole increase of registered lunatics, exclusive of training schools and the Perth Prison, was, during the year of 1887, 304, there being an increase of 54 private and 250 pauper lunatics.

The table, which records the number of admissions into establishments after deducting transfers, shows (1) That the number of private patients admitted last year was 501, being 58 more than during the preceding year, and being 51 more than the average for the quinquennial 1880-84, and (2) That the number of pauper patients admitted was 1,997, being exactly the same as the number during the preceding year, and 63 less than the average for the above quinquennial.

The number of voluntary patients admitted into asylums in 1887 was 55, while the number resident on the 1st January, 1888, was 42. The Commissioners continued to regard the provision of the law which allows of the admission of patients without certificate as satisfactory. Precisely the same words are employed on this subject in the Reports of this and the previous year.

With regard to discharges of patients recovered, there were in 1887, 209 private cases so discharged. Of pauper patients, 876 recovered. The table below gives the recoveries per cent. of the admissions.

| Classes of Establishments.         | Recoveries per cent. of Admissions. |       |       |       |
|------------------------------------|-------------------------------------|-------|-------|-------|
|                                    | 1880-84.                            | 1885. | 1886. | 1887. |
| In Royal and District Asylums ...  | 41                                  | 37    | 42    | 40    |
| „ Private Asylums ... ..           | 38                                  | 50    | 26    | 27    |
| „ Parochial Asylums ... ..         | 42                                  | 41    | 44    | 39    |
| „ Lunatic Wards of Poor Houses ... | 6                                   | 7     | 6     | 6     |

Eighty-eight private patients died in asylums during 1887, and 596 pauper patients died. Subjoined is a table showing the rate for private and pauper patients in asylums

per cent. of the average number resident in the years 1885, 1886, and 1887, with the corresponding death-rates for the quinquenniad 1880-84 :—

| Classes of Patients.    | Death rates in all Classes of Establishments per cent. of the Number Resident. |       |       |       |
|-------------------------|--|-------|-------|-------|
|                         | 1880-84.   | 1885. | 1886. | 1887. |
| Private Patients ... .. | 7.0  | 8.0   | 6.7   | 5.8   |
| Pauper Patients ... ..  | 8.1  | 8.1   | 7.9   | 8.1   |

In regard to escapes during 1887, the proportion per 1,000 of patients is below that which obtains for the last 10 years. In 1878 this proportion was 38 ; in 1887 it was 25.

In regard to accidents, it is noteworthy that one death was due to a fall during a struggle with an attendant who was trying to prevent the patient injuring himself. Of 45 accidents involving fractures or dislocations, 19 were due to falls, four to assaults made by fellow-patients, and 15 to struggling with fellow-patients or attendants.

There is a valuable table given at page 21 showing the progressive history of patients in establishments in the year 1868.

From this it appears that of 1,319 cases newly-admitted in that year one recovered in 1887, eight were removed unrecovered, 12 died, 11 were readmitted, and 178 remained at the end of the year. The recoveries during the first two years represent 36 per cent. of recoveries calculated on admissions and readmissions of the whole period, while the recoveries of the succeeding 18 years amount to 15 per cent. Many readmissions are drawn from recovered patients. As to deaths, it is stated that the annual death-rate among patients who have been less than four years inmates of asylums is from about 12 to 25 per cent. of the number resident ; and that among those who have been more than four years and less than 20 years inmates of asylums the annual death rate is only an average of five per cent. of the number resident—a difference important as showing the necessity of taking into account the period of residence of the patients when calculating the death-rate of an asylum.

During the last 12 years of the 20 years (1868-87) the re-admissions have been about balanced by the discharge of patients, were they recovered or unrecovered.

The Reports of the Commissioners with regard to the Royal and District Asylums are extremely favourable. The Larbert Institution is stated to fully maintain its high character as a Training School.

As usual, ample statements are made in regard to the condition and location of patients in private dwellings. The number so provided for on the 1st January, 1888, was 2,402, of whom the vast majority (2,270) were pauper; the remainder (132) were non-pauper lunatics.

There are, of course, a large number of private patients residing in families who are not under the jurisdiction of the Commissioners. In Scotland a patient may be kept for profit without being under the authority of the Board, if a medical practitioner certifies that "he is afflicted with a malady which is not confirmed, and that it is expedient to place him for a temporary residence, not exceeding six months, in the house in which he is so kept." This is a much more sensible provision than the unwise restrictions of our postponed Lunacy Bill in regard to single patients. We are not aware that this liberal and judicious exception to the general rule has been definitely brought under the notice of those who have prepared the ill-advised English Bill.

The following passage refers to the desirableness of discharging patients as soon as they can be safely removed from asylum treatment :—

An instructive illustration and effect of an earnest effort to diminish the number of pauper lunatics accumulated in a District Asylum—the weeding out of such patients—is afforded in the recent history of the District Asylum for the counties of Roxburgh, Berwick, and Selkirk. From January 1st, 1872, the year in which the asylum was opened, until January 1st, 1882, there had been an increase of 81 in the number of pauper inmates, which brought the total number resident up to 205. The rate of increase showed evidence of becoming higher rather than lower. It, therefore, seemed probable at that time, five years after, January 1st, 1882, that is to say about the date of the entry, there would be a further increase of 38, or 243 in October, 1887, if nothing had occurred to check the process of accumulation; but the number actually in the asylum at that date was only 174, which is 69 less than the number which seemed probable. The asylum was in 1881 so overcrowded that the immediate erection of additional accom-

## NUMBER OF LUNATICS AT 1ST JANUARY, 1888.

| MODE OF DISTRIBUTION.   | Male. |      | Female. |     | Total. | PRIVATE. |      |      | PAUPER. |     |     |
|---|-------|------|---------|-----|--------|----------|------|------|---------|-----|-----|
|   | M.    | F.   | M.      | F.  |        | M.       | F.   | T.   | M.      | F.  | T.  |
| In Royal and District Asylums ... ..  | 3155  | 3285 | 6440    | 684 | 709    | 1393     | 2471 | 2576 | 5047    | ... | ... |
| " Private Asylums ... ..  | 44    | 104  | 148     | 44  | 104    | 148      | ...  | ...  | ...     | ... | ... |
| " Parochial Asylums, i.e., Lunatic Wards<br>of Poor Houses with unrestricted<br>Licenses ... .. | 699   | 761  | 1460    | ... | ...    | ...      | 699  | 761  | 1460    | ... | ... |
| " Lunatic Wards of Poor Houses with<br>restricted Licenses ... ..                               | 442   | 437  | 879     | ... | ...    | ...      | 442  | 437  | 879     | ... | ... |
| " Private Dwellings ... ..  | 920   | 1462 | 2402    | 44  | 88     | 132      | 876  | 1394 | 2270    | ... | ... |
| " Lunatic Department of General Prison  | 5260  | 6069 | 11329   | 772 | 901    | 1673     | 4488 | 5168 | 9656    | ... | ... |
| " Training Schools ... ..   | 38    | 14   | 52      | ... | ...    | ...      | ...  | ...  | ...     | ... | ... |
| " ... ..  | 146   | 82   | 228     | 74  | 50     | 124      | 72   | 32   | 104     | ... | ... |
| TOTALS ... ..   | 5444  | 6165 | 11609   | 846 | 951    | 1797     | 4560 | 5200 | 9760    | ... | ... |

modation seemed to be necessary. It was pointed out to the District Board by the Commissioners that the accumulation was due more to a slowness in removing patients who had ceased to require asylum treatment than to an increase in the number annually sent to the asylum. Careful inquiry was made into the condition of every patient in the asylum with a view to the removal of all who might be suitably provided for otherwise. As the result of this inquiry a considerable number was discharged. Some recovered and became self-supporting after their liberation, and others were removed from the poor roll by their relatives; the ultimate result being that the number of pauper lunatics provided for in private dwellings in the district was only increased by 17. Thus, as the Commissioners observe, such removal is shown to be useful, not merely in avoiding the unnecessary enlargement of asylum buildings, but also in many instances in relieving the ratepayers altogether of the burden of maintaining the patients; and in some cases it is useful in effecting the recovery of the patients (condensed from Report, p. 35).

Possibly if in every County Asylum in England a similarly vigorous and systematic attempt were made, the erection of new buildings would be delayed for many years. We have never seen an explanation of the exceptional success of the Sussex Asylum Committee in this direction.

The general condition of the insane in private dwellings, under the supervision of the Board, is reported as satisfactory, and the system of providing for harmless and incurable lunatics in this manner is stated to be more and more a feature of the Scottish Lunacy Administration, and beneficial alike to the patients and to the ratepayers.

In conclusion we give the table (p. 566) showing the number and distribution of lunatics in Scotland on Jan. 1, 1888.

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*The Thirty-seventh Report of the Inspectors on the District Criminal and Private Asylums in Ireland.* Dublin, 1888.

On January 1st, 1887, the total number of persons registered as of unsound mind in Ireland amounted to 14,702, while at the end of the year an increase of 561 was found to have taken place, raising the return to 15,263, which is thus accounted for: In public asylums there were 10,077 at the beginning of the year, and 10,499, or 422 more, on the 31st December last; in poor-houses the numbers increased from 3,841 to 3,961; in private asylums 602 patients were