

It may be well to point out how great is the practical bearing of a physician's beliefs in matters of this kind. Let loose the proposition that a sudden wide-spreading mental emotion may cause mania, and many maniacs will be looked on as the victims of circumstance, and neglected accordingly; put forward the proposition that a physical factor in the person affected is the really important antecedent, and many attacks of mania are put in the way of being prevented or materially modified in their course; for through how many channels the nervous tissue may be strengthened it is unnecessary here to state.

P. N.

(*To be continued.*)

Lunacy: its Past and its Present. By ROBERT GARDINER HILL.
London: Longmans and Co.

THE object of this work, though including a slight sketch of the past system of treatment of lunatics, and some suggestions and remarks on the general management of the insane, is mainly to assert Mr. Hill's claim to entire priority in initiating the non-restraint treatment in England, his perfect independence of all aid in the matter from others, his exclusive right to all the merit and honour of the work.

We fear that Mr. Gardiner Hill's tone and style are not calculated to prejudice people in his favour, whatever the merits of the case may be. The following extract from his preface affords a fair representation of the spirit of the book:—

“To have been an instrument in this great achievement ought to satisfy the ambition of any ordinary mortal, and so undoubtedly it would in the present case had not some unjust and ungenerous criticisms lately appeared, the effect of which was not only to deprive the author of his laurels in the long-sustained fight, not only to discredit the institution of which he was the representative, but actually to pervert the current facts of history. Under such circumstances silence would have been culpable. He is necessarily obliged, therefore, to assume the part of the historian by placing before the public the *gravamina* of the case, with all the materials of dates and figures, as they appear in the records of that institution—everything than can enable them to form a just judgment as to whom the palm of merit should be awarded. The details may appear to be disproportionately

tedious, but as they are essential to the clearing up of the controversy, the reader is requested to extend his indulgence by kindly remembering that the stake at issue is whether others shall be permitted to share in the triumph which he emphatically proclaims is *his* and *his* alone. 'Divide et impera' may be a safe political maxim, but it is no rule in his code; he would rather exclaim on such a vital and historical point, 'Aut Cæsar, aut nullus.'

To these words two objections may justly be made:—Firstly, that he does not lay before the public a full and impartial statement of facts, and does not furnish them with all the materials for judging of the case; on the contrary, by presenting partial, and in some instances misleading, extracts from the records, he actually misrepresents the facts, and, in describing the details of one exceptionally bad case, gives an erroneous impression of the general system in operation at Lincoln Asylum prior to his entering on his duties there.

Secondly, it is proper to state that although now Mr. Gardiner Hill so strenuously repudiates all claim of others to any share in the work that was accomplished, this is not in accordance with the records extant, and is likewise at variance with what Mr. Hill himself said many years ago.

In proof of both these objections, we have only to cite from the records on which Mr. Hill grounds his assertions, and to quote his own former words. The best comment, in fact, upon Mr. Gardiner Hill is Mr. Gardiner Hill himself, and the best comment on the exaggerated claims which he now puts forward are the records of the Lincoln Asylum before he had anything to do with it.

In his preface to a lecture, published by him in 1839, occur the following words:—

“ It may be proper to state here, that the principle of Mitigation of Restraint to the utmost extent that was deemed consistent with safety, was ever the principle pressed upon the attention of the Boards of the Lincoln Asylum by its humane and able physician, Dr. Charlesworth; at his suggestion many of the more cruel instruments of restraint were long since destroyed, very many valuable improvements and facilities gradually adopted, and machinery set in motion which has led to the unhoped-for result of actual abolition, under a firm determination to work out the system to its utmost applicable limits. To his steady support, under many difficulties, I owe chiefly the success which has attended my plans and labours. He originated the requisite alterations and adaptations in the building, and threw every other facility in the way of accomplishing the object.”

Further on in the same preface he speaks of the memoranda of the proceedings of the Boards and Officers through a long course of years, from the opening of the Asylum in 1820, saying :—

“ These Memoranda are peculiarly valuable, as not being merely wild and exaggerated views of the moment, but matters of practice, slowly, gradually, and perseveringly worked out from point to point, as experience and an indefatigable spirit of benevolence directed the course. The author is proud to have learned in such a school, and gladly owns the obligation.”

How far what Mr. Gardiner Hill said in 1839 is from agreeing with what he says in 1870, it is unnecessary to point out. The foregoing extracts show what he then thought; the extract which follows contains what he now says :—

“ As to Dr. Charlesworth, I think it necessary to state that he *never* made any experiment on any patient for the *abolition* of mechanical restraint. He *never* suggested the possibility of doing without it; he *never*, more than any other governor or physician, seconded the slightest approach to any experiment of mine; he never eulogised me, except if saying what is simply true be eulogy. The Report in which he accords to me ‘ the bold conception,’ was not, indeed, his Report alone, but that of a whole board, over which he *occasionally* presided. The fact that he signed a Report, recognising the originality and success of my work, is sufficient evidence that he was conscious of my claims, and that the Board recognised them at the time. In short, the Reports of the Board in reference to me were acts of simple truth and duty. Here lies the strength of my case. The Reports, spontaneously written, recording matters of current history, cannot be corrupted, nor can the most cunning sophistry distort the facts declared in relation to me.

“ I must repeat that I was not subordinate in any sense to Dr. Charlesworth, that all instruments of restraint and moral management were in my hands, and that between Dr. Charlesworth and myself there was the same relationship as between myself and every other visiting physician of the Institution—no more, no less.”

With regard to the relative position of Dr. Charlesworth and Mr. Gardiner Hill at the Lincoln Asylum, we may remark that the latter gentleman held the appointment of House-surgeon to the Institution. That the Visiting-Physician did exercise a controlling supervision is sufficiently manifest from the form of a Resolve bearing date 1828 :—

“Ordered,—That the use of the strait-waistcoat be discontinued in this institution, except under the special written order of the physician of the month.”

Mr. Hill says that on entering on his duties he found every necessary and unnecessary instrument of restraint,* and that he abolished them all. We fully admit that most happily he did so, and we believe the credit of this has never been denied him; but it would be most unjust to ignore the merits and efforts of those who had preceded him. It is impossible to deny that the whole spirit in the management of Lincoln Asylum tended not only to mitigation, but *abolition*, of restraint. Many tentative measures had been adopted, and so early as 1830 the freedom from restraint, for a time, of every patient, is recorded; though it was afterwards fallen back upon again. It is ungenerous and uncandid to pass over in silence this event having occurred in Mr. Henry Marston's time, and also in Mr. Hadwen's; the more so as Mr. Hadwen's tenure of the appointment of House-Surgeon was especially noticed by the Board, as marked by the very small proportion of instances of restraint that occurred through that time.

Mr. Gardiner Hill, in commencing his duties at Lincoln Asylum, cannot be considered as entering a field where all was hostile to him, but rather one in which all pointed to reform in the direction in which he fully completed it. It would be easy to multiply proofs from the records of Lincoln Asylum to show that from the very first Dr. Charlesworth's views had been humane and enlightened beyond his time. As early as 1821 we find him anxious to establish more thorough classification of the inmates, regretting the insecurity of the fences as necessitating the patients being more restrained than they otherwise need be. Animated possibly in the first instance by Dr. Charlesworth, we find the governors generally expressing their desire and anxiety that a main object kept in view should be the lessening, as far as possible,

* It is impossible to pass over the mention of “boot hobbles, called quarter-boots, invented by Dr. Charlesworth.” This is twice said, and in one instance so emphasized by letters of a larger type as certainly to convey the false impression that Dr. Charlesworth, so far from endeavouring to mitigate and dispense with restraint, had actually set himself to devise fresh instruments of coercion. Who, in fact, from reading Mr Hill's book, would suppose that, as the Lincoln Records teach us, these quarter-boots were actually suggested by Dr. Charlesworth expressly to try to obviate the use of a more cruel instrument of restraint in the hobbles formerly used? The light in which this fact is put by Mr. Hill cannot fail to produce a feeling of distrust in those who know the real facts.

the use of restraint, saying that a fair measure of a superintendent's ability may be found in the small number of restraints employed by him—even going so far as to say that an unceasing object in the institution was to dispense with or improve as much as possible the instruments of restraint. This, be it remembered, was in 1833, two years before Mr. Gardiner Hill's appointment; while as early as 1829 they could speak of having had destroyed some of the worst instruments of restraint, and of the strait-waistcoat having become almost useless.

The subjoined extracts from the Reports of the Lincoln Asylum fully substantiate what has been said as to the views entertained by the governors, and the principles which guided them in the management of the Lincoln Asylum before Mr. Hill entered on his office :—

October 13, 1828.

Ordered and resolved,

That the Physicians be requested to consider whether it be possible to make any improvement in the means of restraint now in use, and especially for obviating the use of the strait-waistcoat.

Extract from the Fifth Report of the Lincoln Lunatic Asylum, 1829, April :—

The Governors have particularly directed their views to the subject of coercion and restraints, well aware of their injurious consequences to the patients.

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The construction of the instruments in use having also been carefully examined, they have destroyed a considerable proportion of those that were not of the most improved and least irritating description, and hope hereafter to introduce still further amelioration into this department.

Extract from the House Visitor's Report, 1829, August 17 :—

Every attention seems to be paid to the patients, whose general state has, I understand, for some time past, been so generally good that it is gratifying to say that the strait-waistcoat has almost become useless.

Extract from the Seventh Annual Report, 1831, March 28 :—

Heretofore it was conceived that the only intention of a receptacle for the insane was the safe custody of the unhappy objects, by any

means, however harsh and severe. These views are now passing away, and the fair measure of a superintendent's ability, in the treatment of such patients, will be found in the small number of restraints which are imposed. The new Director has answered this test in a very satisfactory manner.

The new Director here referred to was Mr. Henry Marston. The following note is appended to this report:—

“As early as the 24th day of November last (viz., Nov. 1830, five years before Mr. Hill's appointment), there was not any patient in the house under restraint, unless one wearing a collar, which leaves all the limbs quite at liberty, can be so considered. This gratifying occurrence has taken place more than once since that time.”

Extract from the Ninth Annual Report, 1833. April:—

It is unceasingly an object in this Institution, and should form a prominent point in the annual reports, to dispense with or improve as much as possible the instruments of restraint.

Extract from the House Visitor's Report, 1834. August 4th to 10th inclusive:—

I have much satisfaction in being able to state that not a single male patient has been under restraint since the 16th of July, and not one female patient since the 1st of August, and then only for a few hours.

At this time Mr. Hadwen held the appointment of House Surgeon.

Extract from the Governor's Memorandum Book, 1835. July 8th:—

Resolved,—That this Board, in acknowledging the services of Mr. Hadwen during the period of fifteen months that he held the situation of House Surgeon of this Institution, feel called upon to express their high approbation of the very small proportion of instances of restraint which have occurred amongst the patients under his care.

In his recently published book, Mr. Hill makes no reference to any of the above extracts, and yet he professes to place before the public “all the materials of dates and figures as they appear in the records—everything that can enable them to form a just judgment.”

There can be no doubt that Mr. Gardiner Hill, inheriting the excellent traditions of the Lincoln Asylum, animated with the humane spirit which had for some years inspired its

management, and having the advantage of the experience of others, did put the crown to the edifice by advocating, adopting, and carrying out in successful practice the entire abolition of mechanical restraint. The honour of this achievement has never been denied him; it is only because he has claimed too much, and has repudiated obligations which, for his own sake, he would have done well to have acknowledged, that he has gained less than some may honestly think him entitled to. The spirit which inspired Pinel when he struck off the chains from the wretched lunatics of the Bicêtre, which was evinced by the benevolent Quakers in founding the Retreat at York, which animated the Governors of the Lincoln Asylum, and more especially their enlightened physician Dr. Charlesworth, is that which really instigated, and is still working in, the humane measures now universally sanctioned in the treatment of the insane. The non-restraint system adopted in the Lincoln Asylum was but one instance—certainly a most important, though, we trust, it may not be the final instance—of the realisation of that spirit in practice.

C. M.

The Edinburgh Review on the Non-Restraint Treatment of the Insane.

THE "Edinburgh Review" for April contains an able article on "Non-Restraint in the Treatment of the Insane." Taking under review, firstly, the memoir of Dr. Conolly, by Sir James Clark; and secondly, "Lunacy: its past and its present," by Mr. Gardiner Hill, the writer of the articles enters very fully into the subject. After dwelling upon and describing in detail some of the horrors, happily now past, in the treatment of the insane, the reviewer says—

"We confess that it is painful, and perhaps unnecessary, to trace back so far the misery the insane have undergone; and we should not have continued the sad story, were it not advisable to show that the judicious treatment of the insane is a progressive science, nobly developed by our fathers and contemporaries, but yet capable of a still wider extension by our sons, labouring in a season when the fair humanities give promise of sweeping away like a flood all the old ideas which, in a modified form, still surround asylum life."