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## PART I.—ORIGINAL ARTICLES.

*On the want of a Middle Class Asylum in Sussex, with Suggestions how it may be established.* By C. L. ROBERTSON, M.B. Cantab.

(Read before the Brighton and Sussex Medico-Chirurgical Society,  
December 4, 1862.)

"I must own, that the more I reflect on the subject [public asylums for the middle classes], the more it grows upon me, and the more am I inclined to wonder that this idea, which has been contemplated so long by great and good men, has not been embodied into a reality. Should it ever exist, and should good results spring from it, it will only be another instance of how continually we are on the verge of finding a treasure, and pass it by unconsciously."—"*Public Asylums for the Middle Classes*," by Henry Monro, M.B. Oxon, 'Journal of Psychological Medicine,' October, 1851.

THE subject which I am permitted to-night to bring before this Society is one I have long had at heart, and one which the daily experience of my practice at Hayward's Heath prevents my passing by merely on account of the difficulties which evidently attend the realisation of my hopes, should such an issue be granted to them. I refer to the want in our county of an asylum for the care and treatment of the insane of the middle class—a class with which, while separated by education and calling, we, in our profession, are, on the other hand, too often linked by the common bond of narrow means and pressing daily cares.

Hardly a week passes over without bringing me letters from the medical attendants of patients of the middle class, or from their relatives, asking if they can be admitted at Hayward's Heath as private patients; and if not, what steps I can advise to meet their urgent requirement of good asylum accommodation, at such cost as their limited means will permit them to defray. My reply is a statement of the painful truth that I cannot help them, and it is thus week by week pressed home to me that I must not allow so grave a social

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want to continue unredressed in my daily path without making an effort to supply the same.

And in looking around to see whence help was herein to come to those thus afflicted, and whom I am obliged to leave unaided in their distress, I have felt that to none should I with more hope of help bring my case than to my professional brethren in the county, and more especially to you practising in this influential and wealthy town of Brighton. With this view I spoke to your late President, Mr. Hollis, who, from his official position at Hayward's Heath, is familiar with the want of which I am speaking, and he kindly arranged that this evening should be given up by the Brighton and Sussex Medico-Chirurgical Society to the discussion of the want of an asylum in Sussex for the middle class, and of the means by which, perchance, it may be provided.

You all know how liberally the county of Sussex and this town of Brighton have provided at Hayward's Heath for the care and treatment of their insane poor. Were I myself, in the wise providence of the Most High, afflicted with so terrible a trial as mental disease, I should desire no better home than that Asylum affords. A wise liberality has there provided all that science has hitherto devised as tending to the cure of insanity and of the relief of its sufferings.

When, in 1859, the asylum there was opened, the Visitors, acting on my advice, determined to admit patients of the middle class to the benefits of the asylum on a weekly payment of 16s., the Lunacy Act permitting such an arrangement so long as spare beds are in the asylum, not required by the pauper patients of the county. This permission is, however, granted only, and most wisely, on the further condition that they be treated exactly as the parish paupers, and this in order that in such a hospital for the cure of mental disease the classification and other elements of moral treatment continue to be based solely on the mental condition of the patients, and remain uninfluenced by social restrictions.

When I so advised the Visitors, I was fully aware of the trouble which this restriction would bring to me from the complaints and dissatisfaction of the friends of private patients, nor was I deceived in my reckoning. Rather the contrary. Indeed, it was matter of much personal comfort to me when, in the spring of this year, the crowded condition of the wards obliged the Visitors to close the doors against the admission of private patients, and to require the removal of those already there.

I can hardly spare time, and perhaps it is as well unsaid, to tell you of the practical difficulties, not to speak of the personal worry, attending the mixing in one house and under one system of treatment of pauper and private lunatics. Dr. Campbell records a similar experience when the trial was made in the early history of the Essex Asylum. "The admission," says the visitors in their report of 1860,

“of private patients into the Essex Asylum was inconvenient and inconsistent with the quiet and the good management of the great body of pauper lunatics.”

As, however, the asylum at Hayward's Heath is closed against the admission of private patients of the middle class, and as there is, from the increasing demand on the part of the unions, for beds there, no prospect of its ever again being opened for their reception, we may here dismiss the further consideration of the county asylum as a place for the treatment of the insane of the middle class in Sussex and Brighton.

Lord Shaftesbury, in his evidence before the select committee of 1859, and which I shall have occasion again to quote, recognises the evil of this mixing of private and pauper patients in county asylums. “The receiving of private patients in some of the county asylums is,” he says, “a very bad thing; it is not right, for they are classed with the paupers. And yet,” he justly adds, “to recognise a distinction would be the very worst thing that could be done. There we have found that the combination of differing classes has always been the cause of the greatest jealousy; the paupers have thought that they were pushed into nooks and corners, and that their interests were made subservient to the interests of others.”

So likewise Dr. Bucknill, in his evidence before the same committee, condemns the mixing in the same asylum of pauper and private patients, and refers to the experience at Gloucester, where the two classes have been separated, and a middle class asylum for the county instituted.

The daily want felt in Sussex of a house for the care and treatment of the insane of the middle class is one which thus has been felt, and which has engaged much attention in different parts of England. In 1857 the Earl of Shaftesbury, the chairman of the Lunacy Board, made, in a published letter, the following observations on this subject:

*“It is of real importance to the happiness and comfort of persons and families in a superior condition of life, but with small fortunes, that they should have the means, in case of mental visitation, to obtain for themselves or their relatives the best treatment at a moderate cost.*

*“Nothing worthy of the name of treatment or accommodation can now be obtained, except at a cost which is ruinous to clerks, tradespeople, and hard labourers in various professions.*

*“The misery that follows infictions of this kind in families such as I have mentioned is indescribable.”*

In 1851 Dr. Henry Monro published, in Dr. Forbes Winslow's ‘Journal,’ a paper on “Public Asylums for the Middle Classes,” in which a strong sense of the same want is expressed. “What,” he says, “can the father of a family, the possessor of an income ave-

raging £150 or £200 do when one son out of five becomes insane? or what can the children do for that father? What can the clergyman, the medical man, the man of small business—I may say the great majority of the middle classes—do? . . . . For the wealthy all conveniences are open, whether private asylums, lodgings with medical men, or their own houses, and it is the fault of their friends more than their circumstances if all is not done for them which can be done. For the poor or labouring classes the county lunatic asylum, the hospitals of Bethlehem and St. Luke's, afford great and suitable accommodation. But what is there for persons of habits as refined as their richer neighbours, and education often superior? They cannot afford the former alternative, and are too often compelled to accept the latter, and this at a cost which none but those who witness their sufferings can at all appreciate."

Mr. Gaskell, one of the Commissioners in Lunacy, whose knowledge (to quote Dr. Bucknill's words) on the whole subject of lunacy is unsurpassed, in a paper which he contributed to the 'Journal of Mental Science' for April, 1860, bears similar testimony to the urgent want of asylum accommodation for the insane of the middle class. "For the pauper," he says, "attacked by insanity, asylums are required by law to be opened in every district, and on behalf of this class little further is needed, except a more satisfactory recognition of the intention of the legislature, the abolition of certain restrictions attributable to an incomplete abandonment of obsolete views and practices. But for those not included in the list of paupers there is a lamentable want of proper means of treatment and care in this portion of the United Kingdom. Benevolent individuals have, indeed, from time to time endeavoured to supply the deficiency; nevertheless, the few charitable institutions scattered over the country are quite inadequate, the amount of hospital accommodation for mental affections being far below the demands made for accommodation and relief, presenting, as it does, a striking contrast to the abundant provisions made for bodily ailments in every district.

"The question naturally arises, how are the unfortunate individuals who belong to the labouring and middle classes accommodated and treated? It is too notorious that many are detained at home, causing sad disasters, confirmation of the malady, and reduction of the family to pauperism by the expense incurred; others, again, are sent to private asylums, where, the cost of maintenance being necessarily great, a like pauperising result ensues, and in numerous instances admission is obtained into the county asylum, which, being strictly instituted for the reception of paupers, involves an evasion or infraction of the law."

Again, Dr. Maudsley, in a paper in the current number of the

'Journal of Mental Science,' "On Middle Class Asylums," makes the following observation:

"It seems to admit of no question, amongst those who have a knowledge of the matter, that some provision is yet needed for those insane who are poor, but not poor enough to be paupers. Many cannot pretend to pay what would be necessary for their admission into a private asylum; and others, who by the utmost shifts contrive to do so, do it at a sacrifice which cannot be justified, save by its necessity. In the latter case it often happens that those who are growing, and have to take their places in life, are deprived of important advantages for the sake of one who is, perhaps, for ever dead to the world. Now, it is plainly bad philosophy to expend power on a dead past and to starve the future of power, and, therefore, bad policy on the part of society to put any man in the position of being obliged to do it.

"The resource which is afforded by the few county asylums which do admit these unfortunately placed insane, on payment of the usual charge for maintenance, is but a partial, uncertain, and ineffectual remedy; nor is it by any means certain that even when there is room in the county asylum it is advisable to admit private patients. Passing by other grounds of objection which might well be urged against such a course, it may be maintained, on just principles of treatment, no less than on amiable grounds of benevolence, that it is not well to place any one who has become insane in very different social conditions from those of his or her former life. If it be most dangerous, as it certainly is, to the mental health of a sane person to be placed in entirely changed external conditions, without his inner life having been gradually adapted thereto, how much greater must the danger be to the unsound mind which has lost that very controlling force of reason whereby it might adapt itself to the unwelcome change. To demand such an adaptation from the diseased mind is to put a strain on the cracked links of reason which they will scarce bear when quite sound. And that is really to begin treatment on the homœopathic principle of doing that which would be most likely to produce the disease in a sound person. County asylums have been built with a certain design, and the accomplishment of that design must be their duty. However valuable, then, their assistance may be as a temporary expedient, they cannot be considered as affording a permanent provision for the poor insane who are not paupers."

In a paper read before the Association for the Promotion of Social Science in 1859, my revered friend, Dr. Conolly, makes the following remark on the difficulties in which persons of the middle class afflicted with mental disease are, from the want of asylums suited to their means and requirements, now placed:

"Their situation," he there says, "if their resources are very

limited, is indeed pitiable. The public asylums (of England), with a few happy exceptions (Bethlehem Hospital, St. Luke's, the Hospital for the Insane near Northampton, and the Coton Hill Asylum, near Stafford), and the private asylums where the terms are not more than can be afforded, do not offer the advantages enjoyed in the county asylums by the more fortunate pauper. *Institutions adapted to the insane of the poorer of the middle and educated classes are yet unhappily wanted.*" And repeatedly, in conversation with me, has Dr. Conolly lamented this great want in the provision in England for the care of those mentally afflicted. I say in England, for in Scotland the want is not felt, owing to the admirable provision made for this class of patients in the seven chartered asylums built by private benevolence, and since their erection self-supporting.

In 1859 the Earl of Shaftesbury, in his evidence before a select committee of the House of Commons, points to these chartered asylums of Scotland as the type on which provision for the insane of the middle class in England should be formed. "I now speak," he says, "with reference to that large class of society which begins just above pauperism, and goes on to the highest in the land. All the difficulties in legislation arise out of that particular class. . . . If you had establishments of that kind, asylums or public hospitals, I should like to say chartered asylums, you would find that they would be precisely the reverse of those I have mentioned. First of all, there would be a total absence of that motive which constitutes the vicious principle of the present licensed houses, there would be no desire or view to profit of any sort.

I have no doubt that a certain number of those licensed houses would continue, and I dare say that persons, from peculiar notions of their own, would resort to such asylums. I would allow them to continue, and I would also have, as you have public asylums for paupers, houses on a public footing for persons in a better condition of life.

"The example which I principally should follow would be the example of Scotland. In Scotland the chartered asylums have existed for a certain number of years, and they have been productive of the very greatest benefit. We have a certain number of institutions similar to them in England, and they are called hospitals. Hospitals in England are founded upon private funds. The chartered asylums in Scotland are also founded upon private funds."

Eleven such institutions already exist, affording accommodation to about 500 persons of the middle class. Some, like the Friends' Retreat near York—and a blessed, calm retreat for the weary and troubled in mind it has indeed proved—have now been in operation for many years.

In the ninth report of the Commissioners in Lunacy (1855) will

be found in Appendix B a detailed history of these middle class asylums, some of which are in possession of considerable funded property. The following is a list of these hospitals, with the mean population (average number of patients resident) during the year 1861 :

Name of Middle Class Asylum.	Year in which founded.	Mean population, 1861.
1. St. Thomas's, Exeter . . .	1801	59
2. Barnwood House, Gloucester . . .	1860	15
3. Liverpool Lunatic Hospital . . .	1792	55
4. Cheadle, near Manchester . . .	1849	79
5. Lincoln Lunatic Hospital . . .	1820	75
6. Northampton „ . . .	1838	96
7. The Cōppice, Nottingham . . .	1859	45
8. Warneford Asylum, Oxford . . .	1826	56
9. Coton Hill, Stafford . . .	1854	122
10. York Lunatic Hospital . . .	1777	146
11. Friends' Retreat, York . . .	1796	122

These middle class asylums are all situated far away from Sussex ; indeed, there is not one in the home counties. The wants of the most populous part of England for middle class asylum accommodation have yet to be met.

The expense of erection of these eleven middle class asylums has, in most instances, been the result of long years' accumulation of funds the gift of private benevolence. It must, however, be borne in mind that these offerings were made previous to the Lunatic Asylum Act, which compelled counties to erect asylums for the care of their pauper patients, and that appeals to the benevolent for such funds were responded to before ratepayers became practically acquainted with the lunatic asylum rate, which now permanently figures as an additional charge of the county rate.

I have thought long and carefully over this question, and I have endeavoured to view it in its several bearings. While daily more convinced of the urgent want of a middle class asylum for Sussex—an opinion shared, I know, by several of the visiting justices of the county asylum at Hayward's Heath—I have also arrived at the conclusion that it would be fruitless to endeavour to raise the necessary sum (£20,000) by any appeal to the charity of the county. That charity has already, as regards the insane, been wisely and liberally exercised in the construction of the county lunatic asylum ; and in my opinion, no further claim could herein be with justice raised.

“The voluntary principle,” said Lord Shaftesbury in 1859, “has its limits, and I think that the voluntary principle on this head has reached its utmost limits in England. It has founded eleven hospitals that have worked well, but the voluntary principle has not gone any further, and I do not think it is likely that any more will

*be founded. I believe you will get nothing done by relying any more upon the voluntary principle.*

“In the year 1845, when there was great sympathy excited with respect to lunacy, we held a large public meeting, and we got all the best names in the medical profession to assist us. We had a long debate, and the greatest sympathy was expressed; there was not a human being who did not admit that it was a crying evil, and I never received more expressions of congratulation in all my life, but I was obliged at last to say that a little less praise and a little more support would have been more acceptable, for, notwithstanding all the sympathy that was expressed, the voluntary principle was so dead that we only succeeded, after a great deal of trouble and anxiety, in raising £1200. That £1200 we kept for a long time, hoping that it would increase, but nobody seemed inclined to assist us, and we were obliged, after two or three years, to give it back to the subscribers, a break at the whole thing.”

Moreover, the middle class of England neither require nor desire alms. What they want in this and many other similar instances is organized co-operation. The law of the land has already supplied the insane poor of Sussex liberally and amply with all that they require; the law of demand and supply has furnished the insane of Sussex of the wealthier class with an asylum unequalled in the land for the quiet, comfort, privacy, and luxury, which it offers. But the ready supply of its every want which wealth always has commanded comes more coyly to those of humbler estate. It is only in our own day that the many are learning the power of numbers and co-operation to supply the advantages of wealth. Our fathers could not dine as we do at our clubs, with all the luxury and state of a peer, for half-a-crown, and this not from any charitable contributions of the wealthy to increase our comforts, but simply by the power of co-operation. The history of the model lodging-houses is a similar illustration. I believe that herein will be found the means of supplying the want, which we all acknowledge, of a middle class asylum for the county of Sussex.

Lord Shaftesbury, in his evidence before the select committee to which I have already referred, thus states the remedy which he recommends for these evils, viz., *legal encouragement for the endowment of hospitals for lunatics*. These hospitals “to be founded in two ways, either, as in Scotland and in some parts of England, by private contributions—and we have eleven hospitals in England also so founded—or, as in England, in respect to borough and county asylums, upon the public rates. . . . I would give in the bill a permissive clause to counties for the purpose of founding these asylums entirely for the reception of the middle class patients. . . . It would not require that the county should do more than give the guarantee of its rates; it would not be necessary that



the county should expend a farthing; in fact, it would incur no hazard of its own whatever. But then it should have power to erect an asylum of that description; I would leave the governing power, the initiating power, just the same as with regard to the county asylums, with the magistrates in quarter-sessions, or it might be vested in the visiting justices of the present county asylums, who, having considered all matters, might, with the consent of the magistrates in quarter sessions, if they thought it desirable to institute such an asylum, merely take the guarantee of the rates to raise the sum of money at  $6\frac{1}{2}$  per cent., the whole interest and principal being thus paid off in thirty years. The thing would be self-supporting, and the moment the asylum was opened it would be filled with patients, some of a higher class and some of an inferior class, who would pay the whole expense; their payments would cover not only the  $6\frac{1}{2}$  per cent., but the whole expense of carrying on the institution, the care and maintenance of the inmates, and all the salaries and everything else."

Every word of this I believe would have come true; and had such powers been given in this county to the justices, I feel certain that a well-ordered middle class asylum might be erected, which would return 10 per cent. on the capital invested, and so, after the repayment of the loan, form a fund for the reduction of the rate of charge in deserving cases.

Unfortunately this wise suggestion has not been adopted in subsequent lunacy legislation, although similar permissive powers have, without entailing any loss on the ratepayer, erected in London, and many of our large towns, baths and wash-houses of which rich and poor alike reap the benefit. Through the guarantee of the rates of the London parish in which I formerly resided (St. George's, Hanover Square), I had, without any loss to the ratepayers, and at a remunerative price to the undertaking, a morning plunge-bath for 4*d.* or 6*d.*, and a tepid swimming bath better than Brills' for 6*d.*, while as yet private enterprise alone leaves the cost of a cold bath in Brighton at 2*s.* and a swimming bath at 1*s.* 6*d.* If I mistake not, I paid 3*s.* at the Bedford Hotel for a tepid bath in no way better than I got for 6*d.* at the St. George's Baths and Wash-houses.

Had the application of this principle of the permissive guarantee of the rates, at the discretion of the justices, for the erection of middle class asylums, been sanctioned by the legislature as Lord Shaftesbury desired, the want which we all feel of an asylum in Sussex to which to send our patients, who neither require the luxury nor are able to meet the cost at Ticehurst, would already have been provided, and would in thirty years have repaid interest and capital, leaving subsequent profits to form a fund for the reduction of the cost of maintenance in individual cases requiring such aid. Failing such legislative aid, the obligation to help ourselves becomes the greater.

The success of recent joint-stock hotels, under the security of the Limited Liability Act, points the way to the solving of the question of how an asylum for the middle class in Sussex may best be provided.

The effort of getting such an undertaking afloat, if only heartily taken up by the members of this Society whom I have now the honour to address, would not be great, while the benefit it would confer on their patients, if afflicted with mental disease, and hence on the whole community, would be incalculable.

At present, except in the case of a rich man who can afford his two to three hundred a year for care and treatment at Ticehurst, there is no place in the county where an insane patient can be sent, an attendant procured in cases of emergency, or the wants of the profession in the treatment of mental disease in any way met. The consequence of this is, as I have before said, weekly appeals to me to admit private patients into the county asylum, and which I am obliged to refuse; and subsequent subterfuges between the patient's friends and the parochial authorities to evade the law, by certifying and sending as pauper patients to Hayward's Heath persons who are not paupers, and who, while repaying the parish the charge made there for their maintenance, would infinitely rather pay the cost of a middle class asylum, were such open to them. I am violating no official confidence—the question already having been before the late West Sussex Sessions—in referring to these subterfuges to evade the law, and to the practice of thus getting private patients admitted at Hayward's Heath. I may also say that the Visitors entertain a strong feeling of the legal obligation that rests on them to prevent the admission of such cases into a house built exclusively for parish paupers, and for the right use of which they are responsible to the ratepayers. I may, therefore, confidently state that the increasing demand for beds at Hayward's Heath made by the union authorities of the county will render it more and more difficult for patients of the middle class—wives of Brighton tradesmen and such like—to be, by a good-natured evasion of the law, admitted as patients there. And while, for the sake of those afflicted and of their sorrowing relatives, who know not where else to turn in their distress, I regret this state of things, we must, powerless as we are to alter the existing law or to increase the responsibilities of the ratepayers, yet admit its force, its unanswerable force, as an argument for the necessity of that middle class asylum for Sussex whose establishment I am to-night here to advocate. If the Visitors enforce, as they are determined to do, the strict requirement of the statute—that each patient admitted at Hayward's Heath should *bonâ fide* be a pauper, maintained at the cost of the union sending him—then the facilities which, for the past three years, by the admission of private patients and of others surreptitiously added to the union lists, have come to an

end, and it is for the public, advised as they will herein be by the profession, to take steps for the establishment of a middle class asylum, of whose sheltering care no one can say how soon the object of his dearest love may not stand in need. Like pale death, and yet more to be feared in its visitation, mental disease—

“Æquo pulsat pede pauperum tabernas  
Regumque turres.”

This question of a middle class asylum for the insane is really a personal matter, coming home to every household of the great middle class in the county, and needs not that I further weary you by urging its, alas! too obvious necessity.

I would rather pass on to the second part of my subject—to a brief sketch of how and at what cost I would propose, in the establishment of the middle class asylum I am advocating, to supply this pressing social want.

1. I would suggest that the Sussex Middle Class Asylum begin with offering accommodation for 100 patients, fifty male and fifty female. It is much better in every way to begin with such arrangements as will at once place the institution on a self-supporting and profitable basis. Most probably, within twelve months of the opening of the asylum these 100 beds will be filled. It will then be an easy matter to extend the accommodation as the demand arises.

2. *Form of construction.*—It is beyond question, I think, that a house such as we propose should be devoid of all architectural pretensions whatever. There are, it is true, two or three architects in England who can build palaces where ornament and use meet, and where the stately structure is furnished well without and within.\*

\* *Architecture as distinguished from Building.*—“Architecture,” says Mr. Ruskin, “is the art which so disposes and adorns the edifices raised by man, for whatsoever uses, that the sight of them may contribute to his mental health, power, and pleasure. It is very necessary to distinguish carefully between architecture and building. To build—literally to confirm—is, by common understanding, to put together and adjust the several pieces of any edifice or receptacle of considerable size. Thus, we have church-building, house-building, ship-building, and coach-building. That one edifice stands, another floats, and another is suspended on iron springs, makes no difference in the nature of the art, if so it may be called, of building or edification. The persons who profess this art are severally builders, ecclesiastical, naval, or of whatever other name their work may justify; but building does not become architecture merely by the stability of what it erects, and it is no more architecture which raises a church, or which fits it to receive and contain with comfort a required number of persons occupied in certain religious offices, than it is architecture which makes a carriage commodious or a ship swift.

Let us, therefore, at once confine the name (of architecture) to that art which, taking up and admitting as conditions of its working the necessities and common use of the building, impresses on its form certain characters, venerable or beautiful, but otherwise unnecessary. Thus, I suppose, no one would call the laws architectural, which determine the height of a breastwork or the position of a bastion. But if to the stone facing of that bastion be added an unnecessary feature, as a cable moulding, *that* is architecture. It would be similarly unreasonable to call battlements or machicolations architectural features, so long as they consist only of an advanced

Such men, however, do not in our day build our lunatic asylums or other Houses of Mercy. These are too often, I might say always, built by second-class architects, who may be at once recognised by their unanimous sacrifice of comfort and use to debased external ornament. We need not travel twenty miles from Brighton to view an imposing illustration of such architectural skill (so called). County gaols built in miserable imitation of a baronial keep, the handiwork of these second-rate artists, are also to be found in every county town.

I disclaim the wish to have the Sussex Middle Class Asylum built by such architects as these. The cost is, moreover, beyond the subject, and would, indeed, be misplaced. Such a house of refuge from sorrow and disease cannot be too quiet and unpretending in its externals. A staring structure of gaudy pseudo-Gothic or Lombardo-Venetian is a painful burlesque on the pain and suffering within its walls, and on the care fretting those whom business brings to its gates.

The old skill that built our colleges at Oxford and Cambridge, and such hospitals as St. Cross at Winchester and other of our ancient almshouses, has fled the land. We can afford no experimental trials at its recall, and must therefore content ourselves, and shall best do so, with a plain, square, three-story building, devoid of all architecture, and built of the bricks made in the locality. I think the quiet effect of the Friends' Retreat at York, thus simply built and adapted to its required use, decides, for our purpose, the question of any attempt at modern architecture in our building.

Next, as to arrangement. The block system offers for such an asylum the greatest facility, both of management and subsequent extension. Thus, in the first instance, one central block, containing the kitchen, general mess-room, offices, stores, &c., of a size sufficient to meet the gallery, supported on projecting masses, with open intervals beneath for offence. But if these projecting masses be carved beneath into rounded courses, which are useless, and if the headings of the intervals be arched and trefoiled, which is useless, *that* is architecture. It may not be always easy to draw the line so sharply and simply, because there are few buildings which have not some pretence or colour of being architectural; neither can there be any architecture which is not based on good building; but it is perfectly easy and very necessary to keep the ideas distinct, and to understand fully that architecture concerns itself only with those characters of an edifice which are above and beyond its common use.—*The Seven Lamps of Architecture*.

*My meaning thus is to BUILD the Sussex Middle Class Asylum, but not to try any ARCHITECTURE on it, and this for the simple reason that, in the present transition stage of English art, there are few men who deserve the name of architect, and that, moreover, these few are so engaged on buildings, public and private, that they do not undertake to build lunatic asylums. And as for the men who do so, I repeat that I personally would prefer the workmanship of the village builder, in its native absence of beauty, to their pretentious designs—designs which, contrary to all true art, sacrifice internal comfort and use to debased attempts at external effect. I could unfortunately write pages in practical illustration of this assertion.*

ultimate requirements of the asylum is a work once done and requiring no further enlargement or expenditure. Then a second block with day and sleeping accommodation for the fifty male patients, and a third for that of the fifty female make the necessary beginning of the asylum. A detached laundry follows, and to which a general bath-house would be attached. Should subsequent experience, as I believe it will, render it desirable to extend the accommodation, the cottage asylum system, now so much debated, is exactly the means at our hand for doing so. A few simple cottages for two or three patients, built on the grounds, yet drawing their supplies from the central stores, is a suitable and economical means of extending both our accommodation and classification.

Of the central block, I need say little. Kitchens, dining-rooms, stores, and offices, are much alike everywhere. Only a word as to the general mess-room. I would have all the patients and officers of the house to take their meals there. The separation of sitting-rooms and the solitary meals, too common in private asylums, urged as this plan is by the unwise kindness of friends, are serious impediments to the cure of mental disease, and too often lead to depraved habits and practices. The society of other patients is an important element in the curative process, paradoxical though it may appear. The patient who has the least chance of recovery is the one for whom the expensive private lodging, under the auspices of some London physician of high fame, away from all sympathy and social relations, is hired by his ill-advised friends.\*

Except in cases of illness, I would have all the meals of the establishment—not of course at the same hours—both prepared and served in this central block.

In the detached blocks for male and female patients I would observe the same simple style of building and arrangement. I propose that the patients of each sex be divided into two classes, the first consisting of twenty patients, and the second of thirty patients, at a charge, the first of £2 2s. and the second of £1 1s. a week.

The ground floor of the block on each side would thus be devoted to the second class, the first floor to the first class, while the third story would afford the additional sleeping-rooms required. The furniture and fittings in the second class I would have as simple as those at Hayward's Heath. In the first class, additional furniture and ornament would be introduced, so as to assimilate the apartments to those of a private family. Each floor would also have a bath-room,

\* Lord Shaftesbury, in his evidence before the select committee (1859), which I have already had occasion to quote, says, "In a vast proportion of cases, I should say, in every possible respect, both with a hope of cure and with a view to the security and comfort and general happiness and enjoyment of existence, that the best way is to send the patient to some good private asylum; because we find now, and all our experience goes to show, that *association is one of the best means of curing lunacy; a well-managed association is one of the best modes possible.*"

water-closet, scullery, and attendants' room. The day-rooms in the male block would include a library, billiard-room, and smoking-room on each floor (fitted according to the class of patients), and in the female block a sitting-room, music-room, and needle-room, would occupy the same space. There would thus on each side be three day-rooms for the twenty first-class patients, giving thus as much privacy as one gets in a large country house. The thirty second-class patients would in the same space have ample room for the necessary classification and employment. There would also on each first and second floor be a six-bedded dormitory for the infirm and sick, with an attendants' room adjoining.

The third story in both blocks would consist of associated dormitories, with three and six beds each, and single rooms. These dormitories I would fit and furnish in the most simple way. Cleanliness and quiet would be my chief study. The attendants would sleep in the dormitories.

3. *Cost of fabric.*—I have spoken with our excellent county surveyor, Mr. Card, of Lewes, of this plan, and I am satisfied that such a series of block buildings for 100 patients as I now sketch could be built for £75 per head, while another £75 would furnish all the necessary fittings and furniture. I am willing to pledge my professional reputation on the building and furnishing, to the entire approval of the Commissioners in Lunacy, such an asylum for 100 patients at £150 per head = £15,000, this sum to include an ample margin for the laundry and bath-room and all the necessary domestic offices.

4. *Site.*—Then as to the site. Of course such a house ought to be in the country. About twenty to thirty acres of land to be laid out in grass and shrubberies, and flower and kitchen garden would be desirable. The purchase of this may be put at £70 an acre, the price we paid at Hayward's Heath. I would not, however, think it wise at once to purchase the land; a lease of twenty-one years, with power to purchase during the period, would be a better arrangement. I have a dream that, if such a site could be got near the county asylum, an arrangement to the advantage of both parties, in the supply of water and gas, and in the work of the land and of the laundry, and of the produce of the county asylum workshops, might readily be made—an arrangement which would reduce the preliminary outlay on the building by the cost of a well and engine and laundry, and the subsequent working expenses by the supply of water, of gas, of laundry and farm labour and artisan's work, at a moderate price, and at the same time benefit the county asylum by extending the means of employment for the patients there, and lessening the cost of water and gas, &c., by this increased consumption. The Artesian well at Hayward's Heath is equal to the supply of all Brighton, not to mention a small middle class asylum.

Such an arrangement would reduce the total working expenses of the new asylum by twenty per cent. at least, and yield also a profit to the county of the same amount.

5. *Total cost.*—Placing, then, the cost of the asylum building and fitting at £15,000, and of the land, if purchased, at £1500, and the preliminary expenses at other £1500, a sum of £18,000 would be required to fit the house for the reception of 100 patients. In addition to this, other £2000 would probably be necessary to meet the preliminary expenses of the first year, as, of course, a staff of officers and servants must be engaged to meet the first patient, and a few months would elapse before the house begins to fill. This gives a total of £20,000 as the first instalment of capital required to open such a middle class asylum as I have now sketched.

6. *Average weekly cost of maintenance.*—The charge for board, lodging, and medical care, I have proposed to fix at the relative rates of £1 1s. and £2 2s. per week; this charge to include all extras except clothing, which the friends of private patients usually prefer finding themselves. I calculate that the expenditure on such an establishment would average 24s. per week per patient, including repairs and wear and tear, and would thus leave a certain profit of 5s. a week per patient, making every allowance for the necessary repairs and refurnishing. I make this calculation, not on any theories of my own of the necessary expenditure, but on the authority of Dr. Maudsley, late medical superintendent of the Manchester middle class asylum at Cheadle, who, in a paper to which reference has already been made, in the 'Journal of Mental Science' for the current quarter (October, 1862), enters very fully into the financial arrangements of the existing middle class asylums the list of which I have already given. The average weekly cost (he says) of each patient for the year 1860 was, exclusive of repairs or rent—

	£	s.	d.	Average number resident.
At Coton Hill (Stafford)	1	1	10½	105
Nottingham	1	4	11	38
Manchester	1	0	10	74
Warneford (Oxford)	0	19	1½	56
Retreat (York)	0	18	9½	116

So that the average maintenance cost of five public hospitals (middle class asylums) is £1 1s. 1d. weekly for each patient. These figures are from the report of the commissioners, notwithstanding which we must not put too great faith in them. We know that there are certain doubtful expenses which may be put under the account for maintenance or the account for repairs, and the most satisfactory plan would be to call for the total expenditure during the year, and to estimate the average weekly cost upon that. *In the Manchester Hospital the total, and, therefore real, weekly cost of each patient for*

*that year was £1 5s. It is true that there were extraordinary expenses that year, and the average total weekly cost was £1 4s. for ordinary years.*

I accept Dr. Maudsley's figures, and estimate the cost per patient in the Sussex Middle Class Asylum at 24s. per week, although, according to my views of the requirements of such patients, I do not think that the cost ought to be so high, and that the total expenditure per week might be reduced in time to £1 1s. a head. However, it is better to have too high an estimate than the contrary, and I am content to form my calculations on Dr. Maudsley's figures.

A calculation made on this wide margin leaves for a dividend £25 a week, or £1300 a year, or 6·5 per cent. on the total capital of £20,000. Moreover it is self evident that this dividend would, by a further increase of numbers, soon most legitimately be raised. And to show you that this is no visionary scheme, allow me to quote from Dr. Maudsley's paper the following facts :

"In the year from July, 1858, to July, 1859, the income of the Manchester Middle Class Asylum of which I was superintendent, was £4652 15s. 5d., and the expenditure was £4589 4s. 6d.; so that there was a surplus of £63 10s. 11d. For 1859-1860 the income was £4977 15s. 1d., and the expenditure £5021 19s. 9d.; so that there was a deficit of £44 4s. 8d. Now, both these years, for reasons which it is not necessary to give here, were very bad years; the income was very low in the former, and though better in the latter, it was yet far below the average. However, on the two years there was a surplus of £19 6s. 3d. This was sailing very near the wind, but the just principle of squaring the expenditure to the income was not broken. From July, 1860, to July, 1861, the income was £5660 14s., and the expenditure £5223 16s. 1d.; so that there was a surplus of £456 4s. 2d. The accounts for 1861-1862 are not yet made up; but from an approximate estimate, which will not be far from the truth, the income may be stated at £6000, and the expenditure at a little over £5400, say £5500. There will be a surplus of £500; so that for the last two years there will be a gain of £936 17s. 11d. And yet these two years were exceptional, for in them extraordinary expenses were incurred, which amounted to about £1000. Now, as these will not occur again, but have now really become an addition to the capital, a surplus of from £800 to £1000 may be calculated upon every year."

An asylum thus arranged and planned would be essentially a public asylum, with all those guarantees for good and liberal management which such an institution affords. The profit of the shareholders being fixed within a certain limit, there would be little or no inducement to augment these profits by unjust economy. The feeling rather would be, I hope, to found here in Sussex a middle class asylum, of which the reputation and the cures effected and



the misery relieved would greatly enhance the fixed value of this dividend even to those so blessed in God's mercy as not for one of their own family circle to need its care.

7. *How this capital of £20,000 is to be raised.*—The means by which I propose that this capital of £20,000 be raised is in shares under the provisions of the Limited Liability Act. From what I have just said, I believe such an undertaking would return about £7 per cent., on the lowest calculation; while, should its operation be successful, and further numbers seek admission, an extension of the plan by the erection of detached cottage-asylums would readily and legitimately raise the dividend to £10 or, it may be, £20 per cent. I should, however, be extremely unwilling to see such a plan become a mere means of profitable investment, and I certainly should take no part in bringing such a speculation forward. It is of the essence of my suggestion (and hence I address myself in the first instance to this society, and not to the Stock Exchange) that the undertaking should not be a mere pecuniary speculation. I believe, as I have just said, that, if well worked, a middle class asylum thus established in this county would ultimately yield a return of £10 to £20 per cent. My proposal is, *that the interest on the shares be limited to 7 per cent., and that any subsequent dividend be applied to forming a fund, to which further charitable contributions and legacies be invited, for the reduction of the cost of maintenance in deserving cases.* It is my firm belief that in the course of years a large sum would thus from these two sources accumulate, and so a fountain of charity to the most needy and sorely afflicted of men be opened up. I should indeed feel thankful were I permitted, with your support and co-operation, to begin this work in the county of Sussex.

In so limiting the profits of the shareholders to a fixed dividend, I am only following the practice recognised in most proprietary insurance offices, where the proprietors and the insured mutually share the profits. In this instance I think it better to divest the undertaking of everything of a speculative character, and to leave the rate of dividend on the capital sunk at a fixed per-centage. Farther, as an inducement to take the shares, it may be added that, as this capital must be sunk in freehold land, in buildings, and furniture, there is thus a tangible security for a large proportion of the funds, even should failure attend the undertaking.

I have strictly confined my remarks to-night to the wants and requirements of our own county, and with which my practice at Hayward's Heath has made me familiar. I am not in a position to deal with the whole question of asylum accommodation for the middle class in England, nor have I to-night attempted to do so. I find that in Sussex there is no asylum in which our patients above the class of paupers can be received and healed, except the very high-class house at Ticehurst, adapted only for persons of rank and wealth,

and which, for such patients, is the best asylum of the kind I have seen. But for the large body of the middle class I find there exists in Sussex—and this remark applies equally to the neighbouring counties of Kent and Hants—no asylum accommodation whatever. I have, therefore, come here to-night to ask you, as the most influential body of medical men in Sussex, to consider with me the means whereby this daily want in our practice may best be supplied. I have stated my regret that the remedy which I conceive best fitted to supply the same—a legal power to mortgage the security of the rates for the repayment in thirty years of the building, as suggested to the select committee of 1859 by Lord Shaftesbury—has not been sanctioned by the legislature. I have farther stated my doubt of the wisdom of applying to the voluntary system for aid, as also (which is, perhaps, more to the point) my certainty as to the failure of such an appeal. Lastly, I have suggested a plan rendered practicable by the Limited Liability Act, by which I believe that this acknowledged want of a middle class asylum in Sussex may be supplied, and at the same time a good dividend on the capital thus raised secured; and should my statements have carried conviction with them, I can hardly doubt that in this wealthy town of Brighton a large share of the capital required will soon be forthcoming, nor that the members of the Brighton and Sussex Medico-Chirurgical Society will be backward in aiding the work by their counsel and support.

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*Considerations with regard to Hereditary Influence.* By HENRY MAUDSLEY, M.D. Lond.

“The fathers have eaten sour grapes, and the children’s teeth are set on edge.”—*A Proverb in Israel.*

“Fortes creantur fortibus et bonis  
Est in juvenis, est in equis patrum  
Virtus, nec imbellem feroces  
Progenerant aquilæ columbam.”—*Horace.*

“Τὸ τῆς Ἀνάγκης ἔστ’ ἀδύμιτον σθένος.”—*Æschylus.*

ALTHOUGH the axiom *ex nihilo nihil fit* may unquestionably in strict logic be pronounced to be a pure assumption, forasmuch as it is not impossible that an enlarged experience may sometime furnish us with an *instantia contradictoria*, yet it is plainly necessary within the compass of human knowledge to consider it an established truth. Within human ken there is, indeed, no beginning, no end; the past is developed in the present, and the present in the prediction of the