

in which it was suggested that the breaking of several ribs was due to auscultation.

Dr. ROBERT JONES.—I think it has been established beyond all doubt that the bones of old people are soft. I believe also from considerable experience that the bones of certain cases of general paralysis are very much softened. I have twisted them and broken them one after the other, and it is a question to me whether these fractures do not occasionally occur spontaneously. I have a case now in my memory of a patient who was an epileptic. He never went out of the attendant's sight, night or day, but after a very severe fit one day he was discovered to have five or six ribs broken on each side, which probably occurred from muscular spasm, and he made a good recovery.

Dr. CROCHLEY CLAPHAM.—I have seen a case as regards the long bones. The patient, a woman, broke the humerus of one of her arms on two occasions during an epileptic fit.

The PRESIDENT.—I would like to bear witness, after the remarks made by Dr. Richards, to the fact that I have on more than one occasion observed great softening of the bones without fracture in male and female general paralytics, and that I have been able to break them across with the greatest ease. That condition of bone, however, is more frequently seen in senile cases.

Mr. BRISCOE.—I have to thank you very much for the kind attention you have given to my paper, and for the remarks which have been made thereupon. When one considers the mechanical arrangement of the thorax, one knows that when one strikes a man he immediately if possible seizes his opponent, draws his chest up, and takes an inspiration so as to fill his chest. Mr. Ward in his *Osteology* says "it is easy to explain the altered condition of the chest, it is like hitting a barrel." Dr. Mickle in his book on *General Paralysis* lays stress upon it, so that he is rather inclined to believe that the ribs of insane people are liable to fracture, and in this he agrees with the late Dr. Sankey. The fact is that the nervous system is blunted, the thorax becomes placed disadvantageously, and the ribs correspondingly more liable to fracture than when the chest is fully distended. My experience has been limited, and I cannot give you any practical information. I, however, do believe that it is quite possible that these friable ribs, as has been mentioned by Dr. Newington, are not uncommonly to be found in the post-mortem room. We know that fat is one of the commonest products after the taking to pieces as it were of the various higher organic constituents of the body. When degeneration runs to absorption excessive fat is always to be found.

Reminiscences of "After-care" Association, 1879—1898.

By the REV. H. HAWKINS, Colney Hatch.

As far back as 1871 a paper named "A Plea for Convalescent Homes in connection with Asylums for the Insane Poor" was admitted by the Editors, Drs. Maudsley and Sibbald, into the *Journal of Mental Science*. In 1879 an article called "*After-care*," by the Rev. H. Hawkins, Chaplain of the Colney Hatch Asylum, was allowed a place in the same Journal. The then Editors were Drs. Clouston, Hack Tuke, and Savage. On the 5th June of the same year a meeting

was held at the house of Dr. Bucknill, 39, Wimpole Street, to consider the subject of the "After-care of Poor and Friendless Female Convalescents on leaving Asylums for the Insane." There were present Dr. and Mrs. Bucknill, Miss Cons, Dr. D. Hack Tuke, Mr. W. G. Marshall, Dr. Harrington Tuke, and others. A paper on the above-named subject was read. It was moved by Dr. C. Lockhart Robertson, and seconded by Dr. Hack Tuke—"That this meeting do form itself into an Association." The names of Dr. S. Duckworth-Williams and of Dr. Savage were added to those already given. It was moved by Dr. Robertson, and seconded by Mr. W. G. Marshall—"That Dr. Bucknill be invited to take the office of President." Also moved by Dr. Harrington Tuke, and seconded by Dr. Bucknill—"That the Rev. H. Hawkins take the office of Secretary." These resolutions were unanimously carried. Later in the summer a meeting of ladies to consider the same subject was held at 84, Portland Place. Miss Cons consented to accept temporarily the office of Ladies' Secretary. Later in the same year another meeting was held at Dr. Bucknill's.

1880 is specially memorable as the year in which the late Earl of Shaftesbury kindly consented to become President of the Society. He had previously expressed his cordial approval of its objects. Referring to the paper mentioned above, he had written, "Your letter entitled 'After-care' has deeply interested me. The subject has long been on my mind, but, like many other subjects, it has passed without any effectual movement on its behalf. Tell my friend Dr. Bucknill that I shall be happy to serve under his presidency in so good a cause."

In 1881 Lord Shaftesbury presided for the first time at the Anniversary Meeting held at the house of Dr. Andrew Clark at 16, Cavendish Square. Lady Frederick Cavendish had kindly interested herself in securing this reception. Among other ladies present were Lady Lytton, Lady Brabazon, Mrs. Gladstone, &c. Dr. Andrew Clark, in effect, remarked that, in the case of convalescents in hospitals, it was often sad to become well, when the fostering care of the wards had to be exchanged, without intermediate preparation, for the privations and roughness of home life. Convalescent treatment for a while would be very valuable.

1882.—In the following year Dr. John Ogle, now one of its Vice-Presidents, was good enough to receive the members of the Association at its Annual Meeting, at 30, Cavendish

Square, when Dr. Hack Tuke called attention to the need of some house or room in which business could be transacted.

1883.—The next Anniversary was kept by kind invitation at Lord Cottesloe's, in Eaton Place. Lord Shaftesbury stated his belief that the "After-care" Society was required to supply a real want, and that it was (in his own phrase) a "seed-plot," from which in time good results would spring.

The Annual Meeting of 1884 was memorable as being the *last occasion* when Lord Shaftesbury (who had presided at the Society's Anniversaries since 1881) was in the chair. The tryst was Lord Brabazon's, at 83, Lancaster Gate. Though himself absent from home, he kindly placed a room at the service of the Association. The President remarked that he considered a "Home" a necessity, and did not see how such a resort could be dispensed with.

1885. *Bethlem Hospital*.—The 'genius loci' of Bethlem Royal Hospital afforded appropriate tryst-room for two meetings in the summer and autumn of 1885, by the kind arrangement of Dr. Savage. On one occasion J. Copeland, Esq., the Treasurer, was in the chair.

Bazaar.—Earlier in the same year a Bazaar, lasting two days, was organised by Mrs. Ellis Cameron. It was held in the Kensington Town Hall. The proceedings of the first day were opened by the Rev. C. Carr Glyn, Vicar of Kensington, the present Bishop of Peterborough. The pecuniary result was a handsome addition to the funds of the Association.

Death of the Earl of Shaftesbury.—The death in the autumn of this year of the veteran philanthropist, Lord Shaftesbury, was the cause of sorrow to very many, among whom were the members of the "After-care" Society. The great Earl was buried on the 8th October in Westminster Abbey in the presence of a large concourse of friends, among whom were Drs. Bucknill and Hack Tuke.

Lord Brabazon, President.—Later in the year an interview with Lord Brabazon, at 83, Lancaster Gate, led to his acceptance of the vacant Presidentship. Though he was seldom able to attend meetings, yet the prestige of his name and permission to hold occasional meetings in his house—the resort of many charitable gatherings—were no slight advantages. He once remarked that he accepted his position as a legacy from Lord Shaftesbury.

1886.—An important event in the annals of the Society, and very advantageous to its interests, took place in 1886. At more than one of the Annual Meetings the Hon. Secretary

had stated his opinion that it was *essential* to the progress of "After-care" that a secretary should be appointed who could devote a substantial portion of his time to promoting the objects for which it was founded. The work was not of a kind that could be a 'πάροργον,' that could successfully be taken up merely at bye-times. It needed fostering care and continuous work.

H. T. Roxby, Secretary.—The Committee selected for the post Mr. H. Thornhill Roxby, whose appointment has been entirely justified by results. Previously to his connection with the Association its existence was kept in evidence by occasional meetings (such as have been referred to), and in some other ways, and a few practical cases of "After-care" were not wanting; but when Mr. Roxby joined the Society's work a new and vigorous departure became manifest. A "constitution," which before had been almost non-existent, was formed; Committee meetings were appointed, subscriptions invited, cases requiring convalescing "After-care" were brought forward for investigation by members of the Committee (partly composed of ladies), and dealt with according to the circumstances of each case. It is due to the Secretary to mention that his preliminary inquiries into applications for "After-care" have been of great assistance in Committee. The number of cases which have come before them since 1886 have exceeded 979; "some have come up for help two or three times, relapsed, and are counted as fresh cases. Besides work in his office and at Committee meetings, the Secretary has brought the subject of 'After-care' under the notice of many in the suburbs and the provinces as well as in London."

1886. *Princess Christian, Patroness.*—It was also in this year that the Princess Christian conferred the great honour on the Association of becoming its Patroness. This favour was obtained through the kindly offices of the Rev. Edgar Sheppard, Sub-dean of the Chapels Royal, and son of Dr. Edgar Sheppard, for many years Superintendent of the Male Department of the Colney Hatch Asylum.

1887. *Interview with Cardinal Manning.*—An interesting incident in our history was the reception of a deputation consisting of Dr. Hack Tuke, the Rev. Father Cox, Mr. Roxby, and Rev. H. Hawkins, by His Eminence Cardinal Manning at his house in Kensington. The twofold object of the interview was to secure the Cardinal's interest in the Association's work, especially in the case of Roman Catholics,

and to request him to become a Vice-President of the Society. The Cardinal's demeanour and reception were courteous and kindly.

1889.—With the sanction of the Earl of Meath a concert, organised by Mrs. Ellis Cameron, was given at 83, Lancaster Gate. The pecuniary proceeds, if any, were inconsiderable. But it was one amongst other methods by which the name and objects of the Association became gradually better known. On several occasions the lady named above has shown interest in the progress of After-care.

1891. *Dr. Rayner, Treasurer.*—On the resignation of Dr. Claye Shaw of the office of Treasurer, which he had held almost from the beginning, Dr. Henry Rayner kindly consented to keep the Society's accounts—perhaps a not very onerous duty, yet imposing some amount of trouble which many decline to undertake.

Office at Church House.—A useful suggestion by Mr. Roxby resulted in an initial occupation, in 1891, of very limited accommodation in the "Church House," Westminster, which was enlarged in 1895 by the acquisition of an "office," so that the Society has now the more independent status of being a tenant at will instead of on sufferance. Besides, the display of the word "After-care" on the office door imparts dignity to transactions within.

After-care in France.—Any supposition that the "After-care" Association was first in the field was dispelled by information, furnished by Dr. Hack Tuke, that one with a kindred object, and in some respects wider scope, had long been in operation. It is known as the "Asile Ouvroir, Sainte Marie, situated at Grenelle, near Paris." Its founder was Doctor Jean Pierre Falret, and it is managed by Sisters of the Order of St. Vincent de Paul. The Asile dates from 1841. The Society not only affords "After-care" within its walls, sometimes even to an inmate's life's end, but also keeps touch with mental convalescents at their own homes.

The "Réunions du Dimanche" are occasions when, under certain regulations, Sainte Marie receives as guests not only former inmates, but also husbands and children in company with some convalescent friends, or on a visit to wives and mothers still in residence at the Asile. In the course of one year more than 1400 persons took part in these gatherings. The English Society was not the originator of "After-care" treatment for mental convalescents, and perhaps could hardly do its work on the same lines.

1892. *Meeting at Colney Hatch.*—As an exceptional concession, the committee of the Colney Hatch Asylum granted the use of their Board for chiefly a local meeting of friends of "After-care." Dr. Hack Tuke was in the chair. Among others present were Drs. Seward, Savage, Rayner, &c.

1893. *Home discontinued.*—The experiment of a joint occupation of a house in Surrey for the purpose of the reception of mental convalescents proved unsuccessful. An *imperium in imperio* is not often of long duration. The house partnership was dissolved, and the plan of boarding out reverted to.

1895. *Death of Dr. Hack Tuke.*—A great loss and sorrow befell the Association in the spring of 1895, when death removed Dr. Hack Tuke, who had been its invaluable supporter and guide from the first. His grave, kindly face was regularly to be seen at committees, where, as chairman, his counsels were of much service. His experience and research in his branch of the medical profession secured for him a wide reputation. A distinguished alienist happily described him as the "Historian of his speciality." No doubt his laborious literary occupations overtaxed his constitution. In particular, his editorship of the *Dictionary of Psychological Medicine* must often have severely strained his mental and physical energies.

Dr. Rayner, Chairman.—The Association was most fortunate in being able to secure the valuable services of Dr. Henry Rayner as their Chairman in succession to Dr. Tuke. Great thanks are due to him for the regularity of his attendance, and for the kindly courtesy with which he presides.

Ladies' work.—Mention should not be omitted of help given to mental convalescents by ladies' working parties. One at New Southgate has, during many years, given parcels of clothing to female convalescents leaving the great asylum close at hand. Ladies have been valued friends to the Society from the commencement. Lady Frederick Cavendish, Miss Agnes Cotton, Miss Cons at the outset of its career, Mrs. Henniker, Miss Paget, Mrs. Hack Tuke, and others in later years have helped on its work. Although, as we have been reminded, the Society may never become popular, yet it has a good object in view, and work to do which, as years go on, may be helpful to many mental convalescents.

"'Tis not enough to help the feeble up,
But to support him *after*."