

favorable opinion of Superintendents also. He imputes to the writings of all of them the qualities of "cant and false sentimentality;" and although he pays to his friend, the Superintendent of the North and East Ridings Asylum, the somewhat dubious compliment of being lowest in the list of these sentimental canting writers, it appears that he cannot find one of them who, in his estimation, is not tainted with this snivelling infirmity.

This accusation of sentimentality made against all Superintendents by this reviewer, is it true? and is it to be lamented if it is true? This sentimentality for the possession of which we are arraigned, would it not on the whole be greatly to the disadvantage of our patients could we part with it? What does it mean but the exercise towards them of the finer feelings; of pity, gentleness, sympathy? And what would the reviewer have us to substitute for it? Restraint and "common sense." The accusation of sentimentality is a stone certain to be cast at the promoters of every new mode of philanthropic action, or at the antagonists of any established brutalities. Howard was accused of sentimentality when he improved prisons; and Mr. Thomas Carlyle, in his "Letter-Day Pamphlet on Model Prisons," re-echoes the taunt. He advocates common sense and the briefest disposal of scoundrels by "tumbling them over London Bridge," and as for attempting to improve them by model prisons and the like, why all that is but "the rotten carcass of Christianity; the malodorous phosphorescence of *post mortem* sentimentalism." We may be wrong, but as a matter of opinion and of taste, we prefer Howard's sentimentality to Mr. Thomas Carlyle's cynicism; we may be wrong, but we greatly prefer the new method of treating the insane to the common sense, punishment, and hard work, advocated by our reviewer.

It is not the easiest task in the world to make a daily professional tour through the wards of an asylum assume all the characteristics of a sentimental journey. An asylum is the place in which, if the finer feelings are not carefully watched and cultivated, they will easily cease to exist, even in the least degree. It is a place in which common sense stands a fair chance of being converted into common selfishness. And the mind-physician who does not constantly strive to treat his patients on principles dictated by the finer feelings of pity and sympathy, will not be long before he finds himself actuated by coarser ones. So much for this reviewer's scoffing accusation of sentimentality. We trust and we believe, that there are few Medical Superintendents who do not desire to possess this refined mental attribute as far as the adverse circumstances under which they are placed will permit them to do so.

It would be unpardonable to omit the reviewer's estimate of treatment in lunatic asylums. It is compressed in a sentence: "*The public asylums are virtually workhouses, and labour is the great means of cure, diversified by occasional amusements.* In the private establishments, labour is subsidiary only to amusement, and is itself used only as a recreation." There is not another word about treatment.

In conclusion, we must express a hope that the writer of this review will not allow himself to be annoyed with our observations. We have dealt much

more indulgently with his article than we should have felt it our bounden duty to have done had it been written under other circumstances. Had not its tendency been most mischievous, we should have passed it by altogether. We entreat him to study and to profit by the interesting letter he has inserted from Southey. The Laureate's cautions will apply to prose as well as to poetry. It needs a firm mind to write safely and truthfully in either on the subject of insanity.

#### *The Psychological Journal.*

The last number of the *Psychological Journal* contains an article on the *Asylum Journal*, dictated by so much liberality of spirit and such entire absence of the petty rivalries which too often influence journalists, that we cannot satisfy our conscience without tendering our thanks to the learned Editor, and assuring him of our appreciation of that generosity which sees a fellow-laborer in the great field of mental science where a less unselfish person would only have recognized an antagonist. He says, with perfect truth, that the Association, of which this Journal is the organ, disclaimed from the first any intention of establishing a periodical in rivalry or opposition to his own, and we can assure him that the desire to avoid the appearance of such opposition has even actuated our choice of the form and mode of publication. The establishment of this *Journal* is but the development of one of the original objects of the Association, expressed in its earliest regulations, namely, the publication of papers written by the members on subjects connected with insanity. The execution of this primary object of the Association was commenced in the year 1843, but was soon discontinued; probably for want of some one to take a lead in its development.

At the meeting of the Association, at the Retreat, York, in 1844, a letter was presented from Dr. Julius, of Berlin, stating that he had been commissioned by Professor Dammerow, of Halle, the Editor of the *Journal of the German Psychiatric Society*, to present to the Association a copy of their first number, just published, as a token of the high respect of the continental Association, and to express the desire of the members of the latter that the English Association would follow their example by publishing a periodical devoted to mental diseases, by which means a mutual and beneficial exchange of publications might take place. At that time the Association resolved that the question deserved their best consideration, but postponed any attempt to carry the suggestion into effect. From so early a period was the publication of a *Journal* contemplated and desired by the members of our Association.

In 1848, Dr. Forbes Winslow commenced to publish that journal which has made for him so high a reputation. His labors contributed greatly to attract the attention of the Medical Officers of Asylums to psychological literature, and to remind their Association that it was neglecting one of its most vital and important functions.

"Willing to rouse the younger wret he came,  
And fired their souls to emulate his fame."

For we cannot without untruthfulness deny that so far as our paths lie in the same direction, the spirit of emulation must exist between us. But emulation directed to the increase of knowledge, efficiently serves the wise purposes of Him who made it one of the strongest motives of human action. Of rivalry, in the sense of opposition, we have none; and we hope and believe that, by exciting interest in our common subject in new quarters, we may even be the indirect means of extending the circulation and increasing the usefulness of the *Psychological Journal* itself.

It will, however, be obvious to the readers of both Journals that our paths do not run parallel for any length. Our Journal does not contain a single article which can be truly called *psychological*. Its character is strictly *psychiatric*, and the matters discussed in its pages are restricted to such as have immediate reference to the pathology and therapeutics of insanity, to the construction and management of asylums, and to the diseases, accidents, and difficulties likely to arise therein.

We aim not at the discussion of those higher branches of metaphysical science, the able and learned treatment of which has so long distinguished the pages of our contemporary. Our desire is to be the collectors of facts, the active practical pioneers in the march of mental science; and for this purpose we earnestly desire that our publication could be issued at shorter intervals, that it should at least be monthly. In Germany the *Journal of the German Association of Psychiatry and Judicial Psychology*, is published once a fortnight. It is even more unassuming in its appearance and mode of publication than the *Asylum Journal*. The whole contents, however, of each number are useful and practical; and in these days when one is so overwhelmed with Journals, that the table of contents is often the only portion which we find time to read, the brevity and unassuming character of this little German periodical is not likely to be objected to.

Where questions arise fraught with difficulty, and upon which much can be said for and against, it is certainly an advantage to the truth-seeker that they should be discussed by two parties. The same object often presents a different aspect from different points of view, like a piece of shot silk, which is of different colors according to its position. That such questions will arise in a field of scientific enquiry so extensive and difficult as our own there can be no doubt.

When on such questions our opinions differ from those of the Editor of the *Psychological Journal*, we shall feel pleasure in discussing them in that liberal and courteous spirit which he has evinced towards us; feeling the while that we have, as a common end, the advancement of human knowledge and the diminution of human suffering.

*Third Notice of the Eighth Report of the Commissioners in Lunacy, by JOHN COLLIX, M.D.*

Among the most miserable asylums for the insane, the asylums for *boroughs* were until lately conspicuous. Inconvenient buildings, unfavorably situated, and regarded as only inferior appendages to hospitals for the sick, were assigned to the insane poor both of

*boroughs* and some of our largest towns, and presented examples of every evil that could be accumulated on mental affliction. In some instances, as at Birmingham, Liverpool, and Manchester, new asylums have now been erected, better situated, superintended by medical men devoting their whole time to them, and ranking among the most improved asylums in the country. A few of the old examples, however, yet remain.

The new asylum for the important borough of Birmingham, opened a few years since, and containing three hundred patients, is excellently situated not far from the town, and possesses all the resources of a county asylum. Mr. Green, the superintendent, has never employed mechanical restraint in it; not even in surgical cases, although he thinks it might have been beneficial in some instances of that kind. All the exigencies of acute maniacal cases appear to have been efficiently met by resort to seclusion.

The Bristol lunatic asylum, better known as St. Peter's Hospital, has long retained an unfavorable character as respects its general arrangement. Even in the present Report of the Commissioners it is characterized as a place totally unfit for the supervision and treatment of the insane. Distressing casualties are alluded to as having recently occurred among the patients. "Not only," say the Commissioners, "is the building, in point of accommodation, quite inadequate to the wants even of that portion of the lunatic paupers in the population living within the ancient boundaries of Bristol, for whom alone, indeed, it was originally intended to make provision, but, from its close and confined site, the want of any proper means of separating, classifying, and, when necessary, secluding the patients, and the absence of suitable airing grounds for daily exercise and recreation, it is vain to expect that the good order, tranquillity, and repose, which are essential to the successful treatment of insanity, can ever be permanently maintained within its precincts."

In such a building, so little honourable to the wealthy city of Bristol, the superintendent has to contend with every disadvantage; and Mr. Stansbury says: "With regard to restraint, constituted as the asylum is, owing to the limited portion of the hospital set apart for the accommodation of lunatics, and the space being inadequate for proper classification, it could not, we think, with safety be wholly discontinued." He adds: "Of seclusion, our experience is but limited, having only recently had constructed two small rooms on the male, and one on the female side, for this purpose. These have been found very useful to isolate a noisy or a violent patient, until the paroxysm shall have passed off, who would otherwise have been intolerable in the wards, and thus have materially interfered with and disturbed the comfort of many others." Mr. Stansbury seems to do all that is possible to mitigate the condition of the patients in their inappropriate habitation. Carriage and foot excursions, winter balls, and music, and a certain extent of employment, are found to produce good effects among the inmates. The Commissioners truly state that, "a new and well constructed asylum, placed in an airy and spacious site beyond the smoke