

movements which are more moral than intellectual. There has been during the past fifty years a great awakening of the public conscience to the responsibility of society for the welfare of its constituent members. There has been a general quickening of philanthropic movement. Benevolent action in every direction has been developed and made more efficient; and in such a movement the insane could not fail to be benefited. The era of that great reform in hospital administration, and in the nursing of the sufferers from bodily disease, with which the name of Florence Nightingale will ever be associated, must needs have been a favourable time for improving the treatment of sufferers from mental disease.

I have ventured on this occasion to refer to the improvement that has been made in the condition of the insane, because it has fallen to my lot to be one of those who have endeavoured to promote that improvement; and I am glad to have lived at the time when it and kindred triumphs of beneficence have been achieved. These triumphs have, no doubt, been mingled with much failure and imperfection. The benevolent work of the time has been often ineffective, often misdirected; and it leaves much misery and evil still untouched. Yet we may claim for the last half-century that in spite of tragic episodes, such as that which at present weighs upon our hearts, it has been the greatest period in the history of philanthropy. And I think that we may, not unfitly, while thinking of the past and hoping for the future, adopt the words of the apostle who, having reached the last stage of his journey to Rome, "thanked God and took courage,—*gratias agens Deo, accepit fiduciam.*"

Dr. CLOUSTON.—Master of Polwarth, ladies and gentlemen, this function is not quite over. We have yet something to do before we part. You, Sir, said you looked on it as a privilege and pleasure to preside here and speak of Sir John Sibbald. Now it is a still greater pleasure, if that is possible, for me to stand and speak in name of this meeting in regard to Lady Sibbald. Dr. Yellowlees has spoken entirely of Sir John. I give to Lady Sibbald a good deal of the credit which has been accorded to him. That being so, his friends have done me the great honour of making me their spokesman in asking Lady Sibbald if she would be good enough to accept at our hands those bowls, so that in her future life and at her own table when she sees them she will feel that she and her husband have had many friends, and by means of that little present she will remember us with kindness and affection, I hope. I now ask Lady Sibbald in your name to accept those bowls that stand on the table. (Applause.)

SIR JOHN SIBBALD having returned thanks for Lady Sibbald, and a vote of thanks having been accorded to the chairman, the meeting separated.

OBITUARY.

WILLIAM WHITNEY GODDING, M.D.

We regret to have to record the death of Dr. Godding, who was elected an honorary member of the Medico-Psychological Association in 1886. The following notes are taken from the memorial written by Dr. Witmer, his distinguished colleague and senior assistant physician.

With but a few days' illness, death came suddenly to Dr. William Whitney Godding, late Superintendent of the Government Hospital for the Insane at Washington, D.C.

He passed away quietly in the early morning of May 6th, in the midst of his labours, and within the walls of the institution over which he so zealously presided for twenty-two years. The best record of his splendid career as an alienist, and of the spotless integrity of his life, are embalmed in the annals of the great hospital which was but *in embryo* when he undertook its superintendency, and its development was still advancing when death removed him from that office.

An only child, he was born in Winchendon, May 5th, 1831. From early manhood with singleness of purpose he devoted himself to the study of mental diseases, both in theory and practice. His preparatory education was begun in Andover. His named is enrolled among the alumni of Dartmouth College. Crowned with the academic bays of his *alma mater*, Dr. Godding attended the medical school of Castleton and, after graduation, the College of Physicians and Surgeons in New

York, and in due time entered professional life. In June, 1859, he became assistant physician in the Concord (New Hampshire) Asylum for the Insane. Here were laid the foundations of his future study and work; and in September, 1863, he was called to Washington as a member of the medical staff of St. Elizabeth—the Government Hospital for the Insane—then under the superintendency of Dr. Charles H. Nichols, its builder and founder.

Called in April, 1870, to the superintendency of the asylum at Taunton, Mass., he for seven years managed its affairs with the same conscientious zeal and enlightened wisdom which afterwards characterised his matchless administration at Washington. When the late Dr. Nichols resigned, to become medical director of Bloomingdale Asylum, Dr. Godding was appointed his successor at St. Elizabeth. His recall found him in the full maturity of his intellectual and moral powers, and in a wider field of usefulness with which he was not unfamiliar.

In making this announcement of his death, it seems hardly proper that I should attempt any detailed account of Dr. Godding's splendid career at St. Elizabeth as superintendent. This has already been done in a careful memorandum prepared by the Board of Visitors, at a special meeting called in consequence of his death, the concluding words of which are as follows:

"Dr. Goddard was learned, wise and strong; a man of large cultivation and grasp of mind; earnest and patient; singularly free from bias and hasty judgment; a man of thorough integrity, conscientious and devoted to duty; he ceased from his labours only to obey the call which has taken him from us. No single incident of difference or disagreement occurred between the Superintendent and ourselves during all the years of our association. Courteous and attractive in personal intercourse, he exerted a strong influence in the communities in which he resided."

After twenty-two years daily intercourse, Dr. Godding comes before me now in all the freshness of his matured manhood, so admirably equipped for the work he had set before him. His was a completely rounded character, in which were united intellectual and moral forces not often found in the same man. He had the simplicity of heart of a child, the gentle tenderness of a woman, and the unyielding firmness of a strong man. Acts the result of mere impulse or caprice were certainly foreign to his nature. Practical in all the affairs of the important work committed to his charge, a realist in the conception and discharge of his high duties and responsibilities, Dr. Godding was, for all that, an idealist—he lived in a world of his own mental creation, which produced, when his work was done from day to day, the sweet flowerage of duty fulfilled, the solace of their nightly decline. This beautiful sentiment of our highest humanity pervaded his whole being, and, as some would say, had its origin in the altruistic spirit now dominating all great souls labouring for the betterment of their afflicted fellow-men. I prefer to think of it under another symbol of speech, and as taking its rise in the practical elucidation, or expansion if you please, into the daily routine of life of those great principles of conduct which the Divine Exemplar has embodied in the beatitudes recorded as part of His revelation to men.

Then, again, when I turn to the hard, dry details of common life, and the drudgery which his vocation entailed, I seem to see in clearer light the wonderful power enabling him to transform the veriest commonplaces into the sublimest duties. No routine ever became soulless to him, and the wear and tear of the flesh and spirit, which so lamentably exasperate the lives of men of all vocations, never tormented him. A pure soul like his, to use the language of Sainte-Beuve, "lives an invisible life; it is healed by its own balm, it is restored, it begins anew, it has not died out; it goes even to the tomb, and is there immortal."

From an intellectual point of view Dr. Godding was a strong man. The natural powers of his mind were refined with a literary culture which made him a peer even among men of letters who followed literary studies professionally. His pleasantries, his geniality, his sprightly fancy, made him when at leisure a charming man among men of his own and other professions; while his broad charity saw always the best in every character with whom he was brought in contact. In this respect he admirably illustrated the verses of Longfellow:

"We see but what we have the gift of seeing;
What we bring we find."

As I close this brief announcement of the departure of our beloved fellow-member, so worthy of this great name among his distinguished colleagues, there

crowd upon me the purest and tenderest recollections of happy association with him, and they shall only pass away when life itself shall be no more.

PROFESSOR LUDWIG MEYER.

Ludwig Meyer was the founder of the modern treatment of the insane in Germany. He was the first in Germany to initiate the non-restraint treatment, and that at a time, indeed, when a large number of the German alienists were directing their minds to devise very effectual means of restraint. His proposal was described then as foolhardy and impracticable; but to-day, after thirty years, the procedure has stood its trial with the most brilliant results. There are in Germany only a few asylums, and these certainly not the best, where the non-restraint method is not carried out.

In addition to his having done away with restraint, Meyer's constant effort was to treat the mentally ailing in the same way as other patients. This, according to his conviction, has also to be given expression to in the construction and management of asylums. A modern lunatic asylum, he asserted, requires to be constructed in no different way from any other hospital. Dominated by this idea, he has from the time specified endeavoured to allow the patients the utmost liberty, and has, with the courage necessary to carry out that object, never disclaimed the responsibility. Accordingly in Göttingen for more than thirty years the modern free method of treatment of the insane has been uniformly practised.

It was only with the commencement of this method of treatment that the scientific observation of the insane became possible, because struggling against means of coercion, which used to cause great exasperation in the patients, and restriction to a monotonous life, without work, behind closed and grated windows and doors, cause symptoms to appear and seem of importance although they have nothing to do with the psychoses in question. Meyer early recognised this. What the patients do of their own free will and what they say is of importance, but not the manner in which they react to an external coercive force.

With similar independence Meyer approached the scientific study of insanity, witness a long list of important publications, among which we specially mention his *Observations (researches) upon the Pathological Anatomy of Dementia Paralytica*, upon *Caput Progenium and the Scoliotic Skull*, upon the *Signification of Fatty Granules in the Brain and Spinal Cord*, upon the *Pathological Anatomy of the "Insane Ear,"* and upon the *Psychoses of Intention*.

Ludwig Meyer was born on the 29th of December, 1826, at Bielefeld. As a little child he came with his parents to Paderborn, and spent his youth in that city. He attended the school of the Jesuits, and passed the final examination at the age of seventeen years. His intention to become an architect caused him first to attend the technical school in Hagen, and then to turn his attention to land surveying. After these provisional attempts he approached the study of medicine, for which he was destined by his nature. In the spring of 1848 he entered the University of Bonn; but there he had little success. Like many of our most distinguished men he plunged with zeal into the political commotions of that restless year. He was arrested and kept five months in durance at Cologne. Virchow's star on the ascendant drew him next to Würzburg. There he became friendly with Tröltzsch and Biermer, and assimilated with eagerness the epoch-making lectures of Virchow and v. Kölliker.

In the year 1851 he proceeded to Berlin, became amanuensis to Reinhart and Meckel, and worked diligently with Johannes Müller. In the winter of 1852-3 he passed the Government and Medical Examinations. Really against his will, as he himself asserted, he became assistant in the Psychiatric Department of the Charité Hospital, to be in a short time called as second physician to Schwetz. In the year 1857 he returned as head physician to the Psychiatric Department of the Charité—then under the care of Ideler—and delivered in the summer of 1858 his first lectures on Clinical Psychiatry. In the autumn of 1858 he was elected Reorganiser of the Hamburg Lunatic Asylum, and entered on the office of chief physician of the Psychiatric Division of the General Hospital. This department was situated in the basement story of the building. It was here that he caused to be sold by public auction the whole collection of strait-jackets, after having convinced himself by one