PART III.—PSYCHOLOGICAL RETROSPECT.

1. *Russian Retrospect.*

(*Concluded from p.* 140.)

Address to the Medico-Psychological Association in Moscow by the President, Professor Mierzejewsky, on the "Mental and Nervous Diseases in Russia."

No doubt all the above-mentioned circumstances, which predispose and contribute towards the progressive development of mental and nervous diseases, require certain measures, which do not pertain solely to the *medical profession;* the healing of social calamities is a work of society at large—a tardy work of several ages. Owing to this, the solicitude of society, directed towards the judicious care and treatment of the insane, will at the same time serve in the light of formidable measures towards the decrease of mental diseases; by increasing the percentage of curability from insanity, and by preventing its transition into an incurable state we, at the same time, lessen the amount of individuals affected by chronic mental diseases which become a burden to mankind. However, to crown our endeavours with success it is of the utmost necessity to be aware of the extent of the evil and to investigate it in detail; otherwise our endeavours may prove very deficient. In reality, do we even possess efficient statistical statements by which we can ascertain the condition of the insane in our country? Are we thoroughly acquainted with the exact number of the insane in Russia? No exact registration of our insane has ever yet been made. The reports of our Medical Department for recent years present only indistinct reference to the number of the insane under care in our hospitals. Thus, by the reports of the Department for 1878, we ascertain that the number of beds for the insane in our hospitals and lunatic asylums was 9,074, excluding the Governments of Archangelsk, Wladimir, Wolinsk, Grodno, Eniseisk, Kowno, Orenburg, Smolensk, Twer, Toula, Esthonia, and the town of St. Petersburg (where the patients admitted to the temporary police-office asylums were included in the above-mentioned report). The most accurate census concerning the insane for the year 1878 was received from the Governments of Courland and Livonia, where the total number of lunatics, imbeciles, and epileptics was 2·5 per 1,000 of the population. In Courland the total number of individuals of the three above-mentioned categories was at the ratio of 2·3 per 1,000 of the population. There also exist some fragmentary statistical reports of the insane which had been examined by the medical staff of the Conscription Court, but these figures had reference only to

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the males of a certain age, after the summoning of them as recruits in the years 1876, 1877, and 1878.

Although such information cannot solve the question concerning the general number of the insane in Russia, nor even of the number of our insane of a certain age, however they demonstrate that out of 754,362 individuals of the same age, which had been examined for recruits at the Conscription Court, during the three above-mentioned years, there were 3,072 imbeciles, idiots, and insane, or, on an average, out of each 1,000 of the individuals which had been examined, four were mentally affected. In the report of the Medical Department for 1882 we find the following information: In that year in 54 Governments there existed in all 69 lunatic asylums, with the ratio of 6,172 admissions, while the accumulation of patients under treatment in the lunatic asylums and hospitals for the insane had amounted in that year to 22,394 patients.

This report, much more complete than the former one, and in which are included the Governments not mentioned in the report of 1878, demonstrates the remarkable fact that though hospital accommodation for the insane exceeded in 1882 that of 1878 (it amounted to a difference of 772 individuals, in other words to one-seventh of the total number of beds in 1878), still the total number of cases of insanity was greater than in 1878 by the number of 13,320 individuals; that is to say, by double the total number of the insane in 1878. Lastly, the report of the Medical Department for 1886 demonstrates that the number of the insane in Russia amounted in that year to 9,304 (8,729 of them being civilians and 305 military). If we were to admit that the amount of hospital accommodation for the insane in 1886 amounted to 10,000 beds, still it is proportionately in Russia 12 times less than in Switzerland, where out of 866 of the population *one* lunatic is provided for; while with us in Russia only *one* lunatic out of a population of 10,000 is under proper treatment.

The report of the Medico-Psychological Association for 1881 addressed to the Society for the Protection of Public Health, plainly shows the state of provision made for the insane not only in the provinces of Russia, but also in the town of St. Petersburg. This report demonstrates that the total number of the insane under treatment in the 11 hospitals of St. Petersburg amounts to 1,885 out of 927,000 of the town population; in other words there is accommodation for *one* insane to each 544 of the population of St. Petersburg. Most certainly, if such accommodation for the insane was taken relatively to the total number of our urban and rural population, we could be justly proud of our efforts to provide for the insane, and flatter ourselves that our institutions for the insane are placed quite on an exceptional footing. Indeed, looking upon the matter from a theoretical point of view and conformably to the statistics of any known population, it is a generally acknowledged fact that, in the civilized countries of the present day, out of a population of each 1,000, at any

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rate, three are insane (including the idiots). Therefore, one-third of this number, viz., one out of each 1,000 of the population, stands in need of hospital care. However, we must take into consideration that there is an immense disparity between the facts as regards a whole nation, or as regards the population of any known town; further, we must remember that St. Petersburg presents a quantity of peculiar and exceptional anti-hygienic conditions, owing to which, as we learn from the weekly returns of the Town Council, the amount of deaths in St. Petersburg exceeds the amount of births; the average of the population being, therefore, kept up and augmented only owing to the influx from the provinces. The hypothesis stated in the above-mentioned report of the Medico-Psychological Society, that in St. Petersburg of each 300 of the population one is mentally affected, may be considered not only as a correct and very probable one, but also may be considered very moderate. Therefore, the above-mentioned approximate calculation and the latest statistical returns concerning the population of St. Petersburg, lead us to the conclusion, that the total number of the insane in our capital amounts to 3,000 individuals.

Further, we must acknowledge the fact that this calculation cannot be adapted to great towns; the above-mentioned calculation that only one-third of the total number of insane can be considered unconditionally requiring hospital accommodation, referring only to the population of a whole country and not only to that of our great towns. On the contrary, we think we will not be wrong in surmising that in our great towns, at any rate, two-thirds of the total number of the insane are provided for by the community. As a proof of this fact we can point to England, where the number of great towns is so considerable, and where one to each 440 (and not to 1,000) of the population is under hospital care. In St. Petersburg generally one mentally affected patient to each 544 is provided for; but if we only consider the number of patients more or less rationally provided for (1,000-1,100) we find that of a number of 836-927 of the population, only one is provided for, a number greatly deviating from that which we observe in England in reference to the whole of its population. We conclude that in St. Petersburg, most assuredly, a considerable number of insane remain without care at all. What becomes of them, who provides for them, how they manage to struggle on through life, and how they perish in that struggle—all these are questions which have not yet been solved by any statisticians. That our hypothesis of the insane in St. Petersburg is not exaggerated we can be convinced by comparing this latter town to Paris, where, to a population of two millions in 1881, the total amount of the insane, as seen by the reports of the Prefect of Paris, was 8,260; in other words, one insane to 242 of the population.

All the above-mentioned facts may serve as a proof: 1. That the total number of the insane in Russia is even approximately unknown; 2. That the hospital accommodation for the insane in Russia is in

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number 12 times less than in other civilized countries, in proportion to the population, as, for instance, in Switzerland; 3. That even in such a large town as St. Petersburg the accommodation made for the insane in the hospitals specially adapted for them is not suited to their special requirements and exigencies.

Now that the care of the insane is entrusted to the municipality, we notice a considerable improvement in the various lunatic institutions. Many of the provincial municipalities endeavour to secure the services of enlightened medical psychologists—medical men thoroughly competent in their specialty; the result is, that beneficial reforms have already manifested themselves in many of those provincial districts, where these psychologists have been appointed. New asylums have been erected, the colonial system of provision for the insane has been introduced and accepted as an ideal type for municipal lunatic institutions. The lunatic asylum in the village of Bourasheff (Government of Twer) can be pointed out as an example of the noble endeavours exercised by the municipality towards improvements in the management of the insane. To these endeavours we are most certainly indebted for the considerable increase of accommodation lately introduced in the hospitals for the insane; the endeavours have also served to instil in the minds of the populace a feeling of confidence towards the various institutions for the insane inaugurated by the rural municipalities. Indeed, we can most certainly affirm that the system of providing for and treating the insane has greatly progressed lately, owing also, most assuredly, to the help of the Government and its contributions of funds for the erection of new lunatic asylums. Notwithstanding these facts, however, many of the rural municipalities and the institutions for the insane, in their efforts towards improvement, possess no general plan of activity, no solidity. This can be easily noticed in the reports issued by the medical staff of these institutions. In these reports the very classifications of mental diseases are at variance; also there is a great disparity in the classification of cases of convalescence, and the etiological tables, in many respects, very widely differ one from another. Thus, for instance, the returns of the various hospitals in Russia exhibit the following number of patients recovered from insanity:—In Kazan hospital, 13 per cent. (in 1882) and 15 per cent. (in 1884); in the Moscow Preobrajensky hospital, 18 per cent. (in 1882); St. Nicholas in St. Petersburg, 9·4 per cent. (1885); and in the hospital in Charkoff, 48·9 per cent. (in 1882). The number of cases of morbidness caused by abuse of alcoholic liquors amounts to 7 per cent. in the hospital of St. Nicholas in St. Petersburg, while the number of similar cases in Charkoff amounts to 42 per cent.

Taking into consideration the incompleteness of the official returns of the insane in Russia, and also the great disparity in the classification of the insane, according to their curability and to the ætiology of alienation, we propose the following measures which will be of use

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in procuring more substantial and exact information concerning the provision made for the insane in Russia:—

To organize a general census of the insane in Russia, whether under hospital or private care. For avoiding the difficulties of the task of regulating statistical statements of insanity in Russia, the Medico-Psychological Association has wrought out certain statistical tables for recording cases of insanity under treatment in the hospitals of St. Petersburg, and otherwise provided for in that town. It would be of great importance if such tables were sent out to all the rural and urban municipalities, to the lunatic asylums, and to all similar institutions in Russia to obtain exact statistical information.

Statistical statements concerning the insane in hospitals being intimately connected with the systematic classification of psychoses adhered to in any known hospital or asylum, the Medico-Psychological Association of St. Petersburg has prepared special nosographic tablets,* which are to be used as models for the hospital reports in our country. These tablets will serve to introduce a more strict identity between the various hospital returns of our country, and are founded on clinical principles and those of anatomical pathology. The Medico-Psychological Association is of the opinion that the so-called Schüle and Krafft-Ebing's classification of the various forms and minute varieties of insanity, which is generally accepted in the present day, cannot serve as a model for recording statistical statements, it being deficient in a practical point of view, owing to the variety of its items and the narrow margin in which the different groups of insanity have to be ranged. This classification, being so complicated, presents great difficulty in carrying out of all statistical labour. To avoid these difficulties, the Medico-Psychological Association proposes a shorter and easier nomenclature, which comprises all the typical clinical forms of insanity, strictly specified in our clinics. These tables will be amplified by ætiological tables which are not yet completed. It is of the utmost necessity, besides the above-mentioned general inventory of the insane, also to introduce a strict revision of the hospitals and asylums for the insane in our country; these duties should be carried out by persons belonging to the medical administration with the aid of competent experts in psychiatry and architecture; it will then be possible to judge with precision of the necessity to introduce various useful and practical reforms in the system of providing for the insane of any known district. Investigations made on the spot, statements gathered from statistical reports of any known district, and the personal experience of the medical staff, as also of the members of the municipality, will afford considerable help in forwarding such reforms. Most assuredly, such a revision can only be introduced gradually, taking into consideration the dimensions of the Russian Empire, the small number of competent experts who are able to undertake this task, and the unfavourable circum-

* See "The Messenger of Clinical and Forensic Medico-Psychology and Neuropathology," IV, 1 Section, pp. 297-299.

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stances towards gaining statistical information, added to the limited propagation of instruction in the rural districts.

An experience of several years' practice in Russia, the investigation of facts concerning the system of providing for the insane in other countries, as also a thorough knowledge of the general system of providing for the insane in our country, leads me to the conclusion that it is of the utmost importance to organize three different types of institutions for the insane, as, for instance, university clinics, institutions for the insane, organized by the rural municipalities, and those organized by the urban administration.

With the view of improving the system of providing for the insane, it is essential to organize for that purpose a staff of experienced men, well prepared for the duty before them. This staff ought to be strictly composed of able specialists, taking into consideration the fact that the domain of psychiatry, and of the various nervous diseases which are so closely related with each other, is so extensive that its study requires, besides a general medical treatment, special information and culture. Such a study and such special knowledge of psychiatry can be obtained only under the guidance of professors who are specialists, and also after serious practical occupation in really well-organized hospitals. It may well be said that the clinic for the insane at St. Petersburg has particularly proved itself to be a nursery for forming such well-instructed and competent specialists as were mentioned above. This clinic was also the first institution of the kind in Russia, and was founded in 1859 by my honourable teacher, Professor Balinsky, whose name, crowned with fame and respect, ought to occupy one of the first places in our present assembly. Professor Balinsky, with the aid of his pupils, has greatly contributed towards placing the duty of providing for the insane of St. Petersburg, and also of all Russia, on a solid foundation. Owing to their beneficial endeavours an exemplary hospital for the insane was established at Oudelnaja, where were introduced admirable agricultural occupations. Another proof of these beneficial endeavours can be found in the inauguration of the spacious hospital of St. Nicholas at St. Petersburg, and the reforms in the hospital of Misericorde.

Many of the pupils of the above-mentioned clinic are highly respected by our provincial municipalities, and have already accomplished useful reforms in their sphere of action in the towns of Twer, Kazan, Cherson, Odessa, Limferogwl, Nowgorod, Lamara, Poltawa. Some of the pupils of the Clinic for the Insane at St. Petersburg fulfil at the present moment the duties of professors in the recently-founded Clinics of Psychiatry at Kazan and Kiew.

Now that more than 28 years have elapsed since the clinic for the insane at St. Petersburg was founded, and since it began to exercise its beneficial functions in promoting the advance of psychiatry, the present Minister, General Wannofsky, and the President of the Medico-Chirurgical Academy, Bikoff, have decided to remove the

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clinic into a new building, specially inaugurated according to the latest scientific improvements. It is to be hoped that this institution will in time be classed amongst the best clinics of the insane in Europe. Also a number of useful practitioners in the domain of psychiatry have received their clinical instruction under the guidance of the late Professor Freze (former director of the Kazan clinic for the insane), amongst them the well-known Professor Kovalelewsky. Finally, very shortly, thanks to the experienced and humane efforts of Professor Kojernikoff, we shall be able to assist at the opening of the first exemplary psychiatrical clinic at Moscow.

According to the increase of the number of establishments for the insane there will be a still greater demand for specialists, and very probably the existing schools will prove insufficient. Therefore, for the culture of these specialists, there ought to be inaugurated model clinic institutions for the insane at the universities of our large towns, where the students of these universities—the future doctors—who wish to devote themselves to the study of psychiatry would be able to acquire all the knowledge which their special culture demands. Most certainly the inauguration of such clinics will be more expensive than that of other institutions for the care of the insane, because these clinics require to be scientifically organized, to possess their own laboratories, cabinets for microscopical and chemical analysis, and special libraries. Shortly, such clinics ought to be provided with all the latest scientific materials, serving not only for a model mode of treatment and care of the insane, but at the same time for the accomplishment of scientific investigations which lead towards the progress of science. Admission in these clinics ought to be accorded to patients suffering under various forms of insanity which offer scientific interest, as also to such individuals whose mental capacities have to undergo a medical examination; also to those patients who have to be placed under medical care for the solution of disputed psycho-legal questions. These clinics must contain such patients which offer all the modifications of insanity, and especially acute forms, which exhibit a tendency towards curability. These clinics ought, therefore, to be free from the access of patients with chronic or incurable diseases, those last being transferred to other establishments for the care of the insane which do not pursue a strictly clinical aim.

Institutions of the Rural Municipalities.—The problem of the municipal institutions is less complicated than that of the clinics. Leaving apart the higher exigencies of science, their aim is to afford shelter for the insane and to provide proper management and treatment for the mentally-affected, which are confided to the care of the municipalities of the rural districts.

The model of such an institution of the municipality ought to consist of a central building with properly-adapted sections, according to the best contemporaneous methods as regards the classification of such patients and their treatment. Adjoining to the central building is

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attached a farm or colony to afford to the patients the means of devoting themselves to agricultural occupations in the fields. The accommodation of the rural municipality establishments for the insane is much simpler than that of the clinics. In their organization it is necessary to pay particular attention as regards the proper management of agricultural labour, and of the cultivation of the fields by the patients, a matter which, being of the utmost importance in the treatment of the insane, at the same time brings immense profit to the asylum where such labour has been introduced. Indeed, it is a known fact that properly-organized agricultural work affords great help towards defraying the expenses laid down by these asylums.

In every large town there ought to be organized two different kinds of establishments for the insane—a central hospital with its admission-wards for acute cases, and the rural division provided with a farm and with properly-organized manual (professional) workshops. The rural establishments must be in direct communication with the central hospital, and between the two establishments there ought to be carried on a continual reciprocal interchange concerning the transportation of chronic, incurable patients, or of such as require for their treatment the country air, occupations in the fields, or in the professional workshops. The regulating of professional workshops in the rural hospitals for the insane near large towns is of great importance also, because a large contingent of patients treated in the hospitals consist of artizans and workmen from the factories, who are, while nearly always very loath to occupy themselves with agricultural labour, very pleased to take in hand their accustomed professional work. Besides, in our climate agricultural work is very precarious, while professional work can be carried on in the workshops all through the year.

The organization of the admission-bureau in the central hospital is a matter of paramount importance. This bureau is destined principally for the admission of indigent patients or in cases of utmost necessity; also of other inhabitants of the town. The whole system of providing for the insane, the speedy and appropriate psychical treatment of the same, is rendered in a great measure easier by a strictly precise and efficient investigation of the morbid state of each patient, and that after subjecting some of these patients to an inspection of several days, after which these patients undergo strict classifications according to the morbid state of each. This classification decides the question as to their being placed either in the central hospital or in the colonies, or as to their dismissal in the case of their illness being of a transitory nature and requiring only further inspection, which may be continued at the ambulance.

The expenses for the maintenance of the patients are in this manner greatly diminished, owing to the fact that after such a strict investigation there may be noticed such forms of insanity which can be benefited exclusively by ambulance treatment, without

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it being necessary to place such patients in the hospitals; very often this is also the earnest desire expressed by the relations and friends of the patient. Inhabitants of great towns, prone to exhibit a tendency towards neurasthenia and other mental affections, are often subject to temporary and transitory morbidness, which is very often brought on by the influence of sudden, unexpected casual events of life, which are in time often erased from the memory of the patient. An attentive inspection of such patients during several days is sometimes sufficient to show that the mind is not alienated, and that they may be allowed to retain their liberty. The merit of such well and humanly-regulated ambulatory-bureaux lies in the fact that they save many unfortunate victims of mistaken conduct, or of excesses of despair, from the necessity of being locked up in lunatic asylums. Often timely help—the bounty of some benevolent society—can in great measure assuage the pangs of sharp despair, prevent suicide, or the development of a morbid transitory state into a real psychical disease. However, such a bureau will only be able to bring into action its highly humane functions if at its head will stand a physician, who is not only an able diagnostician versed in the science of psychiatry, but also a kind-hearted man, who is able to interpret the slightest modulations of human sorrow, to disperse the intensity of such sorrow by the kindness of his demeanour towards these sufferers, and to suggest some allotment to assuage the sharpness of their sorrows or woes. It is of the utmost necessity that such a bureau should be independent, and not under the control of the central hospital; it should not be stinted in the liberty of its actions; further, these bureaus should be supplied with a spacious ambulance, and be in direct connection with our benevolent associations, which have in view the care of the convalescent insane.

The care and treatment of the insane are confided to the municipality, and the town administration under the control of the Government. Although many of the rural and urban municipalities have had recourse to the services of competent physicians and able specialists, and aided by their guidance and help have organized in their districts proper provision for the insane, still, however, the same cannot be said in reference to all the numerous rural and urban municipalities in Russia. Further, the staff of each municipality not being permanent, the views and opinions of its new representatives concerning the system of providing for the insane very often widely differ from those of the former staff; owing to this fact the beneficial undertakings of the previous staff undergo a thorough change, and the whole system is underrated or entirely thwarted. Lastly, it must be confessed that in all measures tending towards the providing for the insane which are undertaken by the various municipal administrations, there is no unity of purpose, no solidarity, and no logical following out of any given principles which alone warrant the success of each undertaking.

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The control of the Government over the various establishments for providing for the insane is very limited, and manifests itself principally in approbation or nonapprobation of the medical projects and plans presented to the Government by those municipalities which have recourse to the aid of Government subsidies for the carrying out of their projects. The control of the Government uncontestably demanding special knowledge concerning the system of providing for the insane, and the range of its activity being so extensive it is obvious that our medical administration, owing to its present limited staff, cannot possibly obtain any successful results.

Taking into consideration all these facts, and with the view of raising the system of providing for the insane in Russia to a more stable basis, of imparting to the measures which are taken towards its improvement more solidarity and unity of purpose, of inspiring Government control over the establishments for the insane with more importance and widening the circle of its activity, it is essential to organize a special faculty, the duty of which would be to serve in all matters concerning the insane, in the quality of an arbitrator between municipality institutions and the higher medical administration, having especially in view the realization of the above-mentioned aims. The duties of such a faculty might be carried out by a Committee of the Central Medical Administration, formed of experts respectively in medicine, administration, architecture, and jurisprudence. The duties of the Committee will be to afford energetical support and active help towards the judicious provision for the insane in Russia; this Committee should, therefore, superintend and guide all the efforts tending towards improvements in the judicious maintenance and treatment of the insane. The duties of this Committee lay in the revision of architectural plans, the estimation of the budget of the establishment and of its administration; also the Committee superintends the working out of the statutes concerning the staff of officials in service in the various establishments, and the instructions pertaining to these staffs.

The Committee is entrusted with the application to the Government for the granting of privileges for the inauguration of institutions for the insane by the urban as well as the rural municipalities, and also the inauguration of private asylums; it should also remove all obstacles and formalities which are connected with the granting of these privileges. Further, it is the duty of this Committee to solicit permission of the Government to revise the existing lunacy laws in the view of reforming the same, or introducing new statutory provisions of lunacy laws, if this should be deemed necessary by the administration of the various establishments for the insane. Finally, on the Committee devolves the duty of electing and presenting to the affirmation of the higher medical administration the special Government superintendents entrusted with the periodical revisions and control over the medical and economical management in the

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various establishments for the insane. The reports of these superintendents concerning the efficiency of provision made for the insane in the asylums revised by them are to be referred to the Committee, which annually publishes a general report of the provision made for the insane throughout the empire.

For to enable this Committee to carry out more efficiently its lofty aims, and to impart to it greater authority in the sight of all the various social establishments and the administrations which are entrusted with the management and the care of the insane, it must be composed of a staff of our best scientific specialists in psychiatry, jurisprudence, architecture, and so forth; and at its head there ought to stand a person who is universally revered and beloved.

With such a Committee the system of providing for the insane will be placed on a sound basis, and will obtain regular advancement and gradual efficient development in the future.

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2. *French Retrospect.*

By D. Hack Tuke, F.R.C.P.

L'Automatisme Somnambulique devant les Tribunaux. Dr. Paul Garnier.

Resuming our notice in our last number of this pamphlet we proceed to give a sketch of the interesting case which Dr. Garnier reports (*vide* "Journal of Mental Science," January, 1888, page 627). Prolonged and minute examination showed that a criminal act was committed in a state of somnambulistic automatism. The patient was twenty, a dentist's pupil, and one evening entered a curiosity shop opposite his own residence, and proceeded quietly to remove a number of articles in a leisurely manner, as if he was quite at home. He carried to his own house various articles of furniture, and was only prevented by the arrival of the shopkeeper, who easily apprehended him. Stupid and dumfoundered, he at once stoutly denied the charge, and acted in a very eccentric manner. At the police-station it was observed that he had momentary fits of absence. When spoken to he no longer replied. When his name was called he did not move, and the strongest appeals did not arouse him from his torpor. He had a succession of attacks of somnambulism, and when before the magistrate was in one of them. He had been subject to similar attacks. He was the only son of a neurotic mother, who was extremely impressionable and subject to hysteria. Healthy till eleven, he then manifested grave cerebral symptoms, which were attributed, rightly or wrongly, to sunstroke. For some weeks his life was in danger; he had several convulsive attacks, and for a long after this period he was subject to attacks of somnambulism. After a time, however, he appeared to have recovered, but he retained an unhealthy condition of the nervous

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