there would be a rise of temperature. The rash did not occur after maniacal excitement.

Dr. EUSTACE wished to know if bromides had been administered, as he had seen purpuric rashes appear after the exhibition of this drug in small doses, and whether the rash had the appearance and characteristics of urticaria?

Dr. REDINGTON said that in two cases of mania in his practice he had observed a rash of a purpuric character.

Dr. GAVIN was of the opinion that the eruption was not caused by alcoholic excesses in the patient, but was due to a vaso-motor disturbance.

Dr. GREENE thought the paper was of great interest. He said he was not a pathologist, and therefore he spoke with reserve on a very difficult question, but it appeared to him that the symptoms described all pointed to an affection of the arteries of the skin. If the internal blood-vessels were affected, those of the brain would undoubtedly have suffered by the disease, and have produced apoplexy, thrombosis, etc. The hæmorrhagic spots he assumed were caused by effusions from those blood-vessels which were especially supported by the musculature. He believed the condition of Dr. Donelan's patient to be due to toxæmia, to which was added the mechanical influence of muscular action in the superficial blood-vessels, causing extravasation and increased blood-pressure in this individual case. He contrasted the symptoms of cases of *purpura hæmorrhagica* under his care with the symptoms present in Dr. Donelan's case.

Dr. LEEPER said that from the history of the case it appeared to him that, owing to the alcoholic origin of the mental conditions, the patient's blood-vessels were diseased, and that a hæmolytic action was set up which produced the extraordinary rash described.

DR. DRAPES contrasted the symptoms of *scorbutus* with those of *purpura hæmorrhagica* with reference to Dr. Donelan's case.

Occasional Notes.

The Annual Meeting.

THE Annual Meeting, held in the ancient and historic city of Norwich, will rank amongst the most pleasurable memories in the minds of those members who were fortunate enough to be able to attend. The full literary programme it was found impossible to carry out, partly from lack of time, and partly because they were glad to exchange the task of intellectual effort, owing to the rather oppressive atmosphere which prevailed indoors, for the more alluring social amenities which were so generously provided for them by the kindness of their hospitable friends of Norwich.

There are abundant features of interest to be found in the old city and its neighbourhood. It is particularly rich in buildings of architectural beauty, its magnificent cathedral taking the lead, with its adjoining close, which were visited by probably all the members. There are also many other churches of great beauty, and the "Strangers' Hall" was a centre of general interest, with its wonderful collection of relics of a

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distant past, many of them grotesque and with weird and grumous associations. Norwich is a wonderful rose country, and one of its special attractions in the summer season is the wealth of bloom and the delicious fragrance with which the whole region is permeated. It might well take the Duke of Richmond's motto as its own—*En la Rose je fleuris.*

The presidential address was worthy of the occasion and of the man. The selection by the Association of the chief officer of the Norfolk County Asylum as President, and its county town as the seat of the Annual Meeting, was an appropriate way of celebrating the centenary of the foundation of its asylum. Dr. Thomson has for many years taken an active part in the proceedings of the Association, of which he is one of the most honoured members. He has raised the institution with which he has been so long connected to a position of one of the best managed asylums in the country. Over and above what may be called his ordinary work he has interested himself largely in the promotion of the further education of those who purpose taking up psychiatry as their special branch of medical practice, and has served on a committee having that object in view, particularly as regards the granting by universities of diplomas in psychiatry. Efforts in this direction have been attended with very substantial success, a result which Dr. Thomson and those who co-operated with him deserve to be heartily congratulated upon.

The keynote of Dr. Thomson's address is to be found in his opening remarks: "The commemoration of a centenary is a hollow and useless proceeding unless, from a study of the period under consideration, we gather and apply the wisdom it teaches, and realise that it is merely a *point d'appui* for future advance and extension." In endeavouring to fulfil this object he set himself no easy task. Yet those who heard the address, and that larger audience who have the opportunity of reading it in the pages of this Journal, will be prepared to admit that he achieved his purpose admirably. The address is, in fact, a deeply interesting summary of the progress of psychiatry during the past century, at the commencement of which psychiatry can hardly be said to have existed, and it may be looked upon as almost the very youngest scion of the tree of medicine. The tough, obstructive soil and undergrowth which, in the form of baneful though time-honoured views as to the nature of

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insanity, prevented its emergence had first to be cleared away, and it was only when the doctrine of demoniacal possession as the cause of insanity was questioned, and ultimately abandoned, that psychiatry as a science became possible. The cruelties practised on the insane by way of treatment were mainly the result of the doctrine of possession. Men's actions, as a rule, conform to prevailing opinions, and, as Lecky, when speaking of witchcraft, finely says: "There are opinions that may be traced from age to age by footsteps of blood; and the intensity of suffering they caused is a measure of the intensity with which they were realised." However, it was the sufferings of the insane, rather than suspicion of the untenability of the popular doctrine as to the cause of insanity, which in the first place appealed to the kindlier feelings of compassionate persons. And so, as pointed out in the address, in this, as in other movements of social reform, the philanthropist preceded the scientist.

Dr. Thomson gives a concise but lucid *resumé* of the various important legal enactments bearing on the care and treatment of the insane, the most important of which was the Act passed in 1845 establishing the Lunacy Commission, an Act which he designates as the "Magna Charta" of the insane. And there are probably but few who would refuse to acknowledge the whole-hearted manner in which that important body has striven to develop the greatest efficiency in the management of our asylums. Dr. Thomson, in commenting on the provisions of the Local Government Act of 1898, which transferred the control of asylums from the magistrates to a Committee of the County Council, speaks of the apprehensions felt at first that "the management might degenerate to the Poor Law institution level," the falsity of which, he says, experience has proved; and concludes that "we can say that the people's representatives have governed our asylums at least as wisely, sympathetically, and generously as their predecessors."

In dealing with the progress in knowledge of the nature and treatment of insanity, Dr. Thomson makes a useful division of the century into four equal periods, each characterised by some special element of advance. The first of these witnessed the dawn of legal enactments for the benefit of the insane without any recognition of insanity as a disease of the brain. The second was characterised by the abolition of mechanical

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restraint and coercive measures generally, and in this connection he assigns the premier place to Mr. Gardiner Hill, assistant in the Lincoln Asylum. An important incident of this second period was the founding of the Medico-Psychological Association in the year 1840, which gave a great impetus to the then recently adopted view that insanity was the outcome of disease or disorder of the brain. During the third period asylums attained a very high degree of excellence, as Dr. Thomson says, "all reasonable perfection." The fourth period had for its distinguishing feature the institution, on the initiative of the Association, of an organised system of training of nurses and attendants, and the granting of certificates of proficiency in mental nursing; also the establishment of pathological laboratories in many of the large asylums, and, finally, the inducing of several of our universities to grant diplomas in psychiatry, in which Dr. Thomson himself took a great personal interest, and with which the name of Dr. T. W. McDowall will be for ever associated. This division into chronological periods constitutes a valuable aid when we endeavour to recall the successive stages in the progress of psychiatry.

One could not desire a better illustration of the march of modern ideas as to the treatment of insanity than to walk through the wards of Norfolk County Asylum. Especially noteworthy is the "Nurses' Home," not long erected, a really home-like snuggery, to which the nurses can retire when off duty. Perhaps there is no more striking mark of the progress of psychiatry than the modern asylum nurse or attendant, as contrasted with the old-time "keeper." Devoid of sympathy, brutalised by their surroundings, these latter were the very worst class of persons to whom any of God's afflicted creatures could be entrusted. The asylum nurses of the present day are, as a body, characterised by a humane disposition, reasonably and sufficiently educated, competent, and sympathetic towards their patients; their training is on the lines of that of a general hospital, modified, of course, so as to meet the special demands of asylum nursing, and altogether on a vastly higher plane than was even dreamed of less than a century ago. They are, therefore, well worthy of the kindest consideration, and the comparatively small outlay involved in making their position one of comfort and contentment is money well spent, and probably in the end economical.

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In the discussion on Dr. Gettings' paper on "Dysentery Carriers," one or two points of interest were raised. Dr. Menzies called attention to the necessity for distinguishing between chronic cases of dysentery and actual dysentery carriers. "The true dysentery carrier was the person who always had normal-looking stools and showed no symptoms of dysentery, either during life or *post-mortem*. The chronic dysenteric case had loose stools, either always or generally; sometimes a little mucus, and, rarely, blood." He considered there was no positive evidence as to the spread of this disease by carriers. In this opinion the majority of the meeting seemed to agree. There was not quite the same unanimity as regards the usefulness of hyoscine in the treatment of the insane, which was the subject of a short paper by Dr. Daniel. The outcome of the discussion was to leave the impression that while in cases of very acute mania it was often of signal benefit, it is a drug which cannot be given for any length of time without producing dangerous symptoms. The discussion on the Report of the Status Committee was one of the most important and interesting items on the programme. Criticism took mainly the shape of doubts as to the feasibility of some of the proposals it embodied, but on the whole the report met with the warm approval of the members generally.

The entertainment of the members during their hours of ease was well provided for. Grateful acknowledgments are due to the President and Mrs. Thomson, who took the utmost pains to make the meeting the success it undoubtedly was; to the Chairman and Committee of the County Asylum, who very hospitably entertained the members to lunch; and to the Mayor and Corporation for kindly placing the Guildhall at their disposal for the holding of meetings. Dr. and Mrs. Thomson's At-Home on Tuesday, the 14th, was one of the pleasantest incidents of the occasion. The weather, on the whole, was on its good behaviour with the exception of Wednesday, the central day of the meeting. On that day Dr. and Mrs. Rice kindly invited the members to afternoon tea at the Norwich City Asylum, which, owing to the persistent downpour, had to be enjoyed indoors. Perhaps the most enjoyable episode was the trip on the Broads on Thursday, the unique and picturesque scenery of that part of East Anglia being quite a new experience for the large majority of the party. The

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day was perfect, and it was an unalloyed pleasure to laze at ease in a comfortable steam launch as it threaded its way along the labyrinthine meanderings and lake-like expansions of the river Bure. It happened that there was a regatta on Wroxham Broads on the same day, which added to the interest of the excursion. There was an ideal breeze for a yachtsman, and there could hardly be a prettier sight than the various units of the little white-winged fleet as they glided noiselessly along the yielding surface of the reed-bordered expanse of water. It was quite a merry party that sat down to lunch at the Swan Inn at Horning, brightened by the presence of several lady friends, wives of members and others, and when the little trip was over there was probably not one of the company who shared in it who was not conscious of having had a delightful experience not easily to be forgotten.

Will it be considered ungracious to suggest the existence of a fly in the amber? It is disappointing that, notwithstanding the efforts made to render attractive these annual meetings of the Association, such a comparatively small number attend. Out of a total of 747 members on the roll, but 43 registered their names as present, scarcely the odd number over 700, or about 5 *per cent.* Possibly many members, particularly our northern colleagues, were reserving themselves for the impending, and more imposing, meeting of the British Medical Association at Aberdeen, with its opulent programme of both business and pleasure.

As attendance at medical meetings for many days in succession involves a good deal of mental strain, and convivial gatherings considerable stress of another sort, many, no doubt, did not feel inclined to face the double event. Still, it is regrettable that so meagre a proportion of members found it convenient to attend. As years pass on we must be prepared to miss one after the other of the "old familiar faces" of those who, for the past generation or more, have done their part in keeping alight the torch of scientific psychology, and who have helped to create and maintain the prestige of our Association. Surely we may hope that a legion of worthy successors will be found to follow worthily in the footsteps of the old brigade, to the inestimable benefit of those whose lives, and the lives of those to whom they are dear, are clouded over by one of the most distressing calamities which can afflict humanity.

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