2. *English Retrospect.*

Asylum Reports for 1883.

Abergavenny.—After a service of twenty-five years, it has been necessary for Dr. M'Cullough to resign on account of ill-health. His Visitors paid a very high tribute to his ability and devotion to work, and they assigned him a retiring allowance of £730 a-year. Dr. Glendinning has been promoted to be medical superintendent.

The additions and alterations have been completed, and are now in use. These include accommodation for 320 patients, a chapel to seat 508, a dining hall for 500, an administrative block, and large additions to the laundry.

Barnwood House.—This hospital is quite full, and 60 patients were refused admission during the year. "The Committee believe that the reputation the institution now enjoys is such that very large additions to the existing accommodation would be immediately filled. It is doubtful, however, how far such increase would be expedient. Hitherto the patients in Barnwood House have been so comparatively limited that it has been possible for the superintendent to be in continual intercourse with them, and they have been treated more as members of a large family than as inmates of an institution." It is proposed, however, to increase the accommodation, chiefly for wealthier patients, so that more extended charity may be dispensed to the poorer class. During last year 61 patients received assistance. Five were maintained gratuitously.

There is every indication that this asylum is most successfully directed.

Bedford, Hertford, and Huntingdon.—The Visitors report that "the increase in the number of patients under treatment in asylums has been ascribed by her Majesty's Commissioners in Lunacy as the result, during late years, of the Parliamentary grant of 4s. paid to unions for each patient in a county asylum, through it having induced the Guardians to send cases to an asylum which might have been treated in workhouses. This view is not generally adopted by asylum authorities, and certainly does not correspond with the opinion formed by your Committee, after a careful enquiry in the matter. There have been certain cases which, in the opinion of the Medical Superintendent, might have been retained in the workhouse, but these are exceptional. It should also be taken into consideration that the required accommodation does not exist in workhouses for the proper treatment of other than the very harmless cases of lunatics; and even cases which are often pointed out as such as might be retained in the workhouse, as being imbecile from age, &c., are often of a very troublesome class, and require a great deal of care and attention. It has been cited that when a certain number of apparently harmless cases had been trans-

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ferred from an asylum to a workhouse they had soon become so much deteriorated in health and habits from the absence of that careful treatment bestowed upon them in an asylum as to become quite unmanageable. The increase might more properly be ascribed to the change in public opinion with respect to the treatment received in asylums, and thus creating a desire to send those to an asylum who would otherwise be treated by friends or perhaps left totally neglected, and also to the decrease in the death-rate."

A slight fire broke out in one of the water towers through an accumulation of soot being ignited by a spark from a chimney. Through the energy and bravery of the staff it was speedily extinguished.

An unexpected attack was made by a patient on an attendant, by striking him on the head with a mallet, causing fracture of the skull. The attendant was not expected to survive, but he ultimately recovered, and has been pensioned.

Berkshire.—In consequence of the occurrence of an abnormal number of cases of diarrhœa and erysipelas, the drainage is being examined, and it is proposed to ventilate it. The water was examined, and found very satisfactory.

Dr. Gilland's report is full and satisfactory. It contains an extract from the Commissioners' report, but that document is not given in full. This, we think, is a mistake.

The attendants and servants are now provided with uniform, but the changes in the staff continue numerous.

Birmingham, Winson Green.—Here we would again note the absence of the Commissioners' report.

Out of a total of 329 admissions 55 were suffering from epilepsy, 31 from general paralysis, five from phthisis, and 29 from other active organic diseases.

Birmingham, Rubery Hill.—The proportion of epileptics appears to be unusually large. Of 502 patients no fewer than 176 are epileptic. The total deaths for the year were 61, and of these 28 were due to epilepsy. Yet only one death was attributed to general paralysis.

Much attention is said to be paid to the exercise of the patients beyond the asylum grounds. All whose bodily health permits it, enjoy this privilege.

It is reported that a scheme has been prepared and sanctioned for providing accommodation on the estate for the burial of pauper lunatics dying in the asylum and not removed by their friends. This, though a very common arrangement, is, we think, an unfortunate one. There is no more reason for an asylum than for a hospital having a special grave-yard, and we are strongly of opinion that it is much better in every respect that the pauper lunatic should find a resting place in the parish churchyard rather than in some obscure corner of the asylum estate.

A clinical assistant has been appointed.

Bristol.—Although about ten acres have been added to the estate,

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it is still small for the size of the asylum. The average number resident was 433. The Commissioners advise a further purchase of land before they can recommend any enlargement of the building.

Dr. Thompson has given way on the subject of continuous night supervision of epileptics, and the Commissioners report, with much satisfaction, that it is to be introduced immediately. In this matter we are sure that Dr. Thompson has done right in yielding, and he will find even in such things that discretion is the better part of valour.

The staff of attendants and nurses appears to be small. There are only 14 men and 15 women for day duty. From these must be deducted say one of each sex per day on leave or sick.

The beer question is now nearly exhausted, and we may take farewell of it by reproducing Dr. Thompson's remarks. He says: "On the 1st September last, in accordance with the resolution of the Visitors, beer ceased to be an article of ordinary diet. This change was not made in haste, but after much deliberation. From every point of view it has been beneficial. The beer given was much better than that usually supplied in asylums, and I had long maintained that it had no dietetic value whatever, or, if it had any, that that value was counterbalanced by the deleterious effect, moral and physical, which it had. The patients drank the ordinary amount allowed as a matter of course, and were not benefited by it. Those who were expected to do work got an extra allowance, and were all the more discontented with their lot. No extra work could be got out of anybody unless extra beer was allowed. The nurses and female servants seldom drank it, but received no compensation for their abstinence; while the male attendants were often the worse for what they had consumed. It is only fair to these to say, however, that they had frequently expressed a desire to be allowed money instead of beer; but I need hardly say that there was a difficulty in that matter so long as beer was sent to the wards. Now each paid man receives £4 and each paid woman £2 per annum in lieu of the allowance of beer, and insobriety is now very conspicuous by its absence."

Cambridge.—The Visitors express their regret at Dr. Bacon's death, and voted an addition to a fund raised by the staff to place a window in the chapel to his memory. Poor Dr. Bacon! Now that he is dead he is greatly missed, though whilst he was alive he had a sad time at the hands of his Visitors, who interfered in the pettiest details of the management, and seemed rather to retard than facilitate official business.

The report to Quarter Sessions should include only important matters; this is an almost universal rule, but Cambridge is an amusing exception. Everything is put in it; nothing is too minute or mean. A special paragraph is devoted to the announcement of a hall porter being appointed *vice* so-and-so resigned. This servant's appointment is mentioned as a change in the staff of officers, and

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comes immediately after the record of Mr. Rogers' appointment as Medical Superintendent. From this it is quite clear that the Visitors of the Fulbourn Asylum are determined at every risk to exalt the dignity of the Medical Superintendent, and it is not improbable that they take off their hats to the hall porter.

The Commissioners report that they observe with much satisfaction that several subjects formerly giving occasion for adverse comment have been remedied. They call attention to the fact that there is no system of daily extended exercise beyond the airing-courts.

Carmarthen.—Plans for a large detached chapel are in preparation. When the building is used for worship both officers and patients will appreciate the advantage—that is if the building is handsome and genuinely ecclesiastical in character, and the services musical and well rendered.

The following paragraph would seem to indicate that the views of the Commissioners have undergone some modification in regard to restraint. *Inter alia* they report: "The employment of seclusion or use of mechanical restraint is not recorded in any case, but we saw two patients in whose case mechanical restraint was only avoided by manual force—one woman was kept in bed by a nurse sitting in the bed, having the patient's head between her knees and another nurse holding her arms down to her side; whilst another woman was struggling with one nurse who held her arms for a time, but she ultimately broke away, and then was kept down by two nurses holding her arms on either side of a bed. We give no opinion as to the advisability of mechanical restraint in either of these cases, but we wish to state that cases must often arise when restraint by means of the jacket would be proper, as tending not only to irritate the patient less, but also as rendering bodily injury to the patient more unlikely." Shade of Conolly!

If we may be permitted to make a further remark on this paragraph, it is this—that for one case in which restraint is necessary there will be a hundred where rest in bed or seclusion will be beneficial. Although a patient's arms are tied up, his legs are free, and he can get into a lot of mischief; but if he is allowed to remain in bed whilst excited, the causes of irritation will be mostly absent.

A second assistant medical officer has been appointed. None but infirm and feeble patients are denied exercise beyond the airing courts. The men are frequently taken for walks in the country; but Dr. Hearder cannot manage to take the women in like manner, as they are troubled by a number of idle loafers who amuse themselves by shouting out ribald remarks. This is an annoyance which need not last long. The police should be informed of the state of affairs, and they will prosecute a few for annoying the patients, and the nuisance will speedily disappear.

Cheshire, Chester.—Fish is now given for dinner once a week, and it is stated that the patients enjoy the meal.

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The Commissioners report: "We were sorry to see that no plants or shrubs were in the female airing-courts, and Dr. Davidson told us that he had tried often to get the patients to take care of the plants; but as soon as they were planted they were uprooted. We have so often seen the continued efforts of medical superintendents, even in asylums where a worse class of patients are collected, successful, that we hope renewed exertions will be made in this matter, as the female airing-courts contrast unfavourably with those on the male side."

The true secret for allowing the shrubs to grow is to keep the women out of the airing-courts. This we say in earnest, as we firmly believe female patients should exercise in the gounds or beyond them. The very worst patient, if fit to go out at all, can be sent into the grounds. Women rapidly degrade if allowed to loiter about an airing-court. There is nothing to interest, nothing to amuse them, so they take to working mischief, for Satan finds some mischief still, &c.

It would appear that very few men are taken beyond the airing-courts for exercise.

Cheshire, Macclesfield.—In this report Dr. Deas takes farewell of his visitors after a service of nearly fifteen years.

In this asylum all patients physically able have extended exercise beyond the airing-courts.

Cornwall.—This asylum is quite full, and the visitors have been obliged to place restrictions on the admission of fresh cases. This is very much to be regretted. The new buildings are making satisfactory progress.

Denbigh.—A great many structural alterations and additions have lately been made. It is feared that at no distant time it will be absolutely necessary to increase the accommodation.

Erysipelas attacked several patients on the female side, and two died. In the same wards cases of typhoid had previously occurred. The cause was found in a cesspool into which the sewage of these wards flowed, and which had been neglected.

Derby.—It will be necessary to build accommodation for female patients unless some of the chronic harmless cases can be removed to workhouses or boarded with their relatives. Relative to such patients Dr. Lindsay says: "In the last Annual Report for 1882, at page 13, I pointed out that our experience of the removal of harmless chronic and imbecile male patients from the asylum to workhouses had not been satisfactory (an experience not peculiar to Derbyshire, but agreeing with the general experience in Nottinghamshire, Staffordshire, Lincolnshire, Lancashire, Yorkshire, Northamptonshire, Essex, Hants, Devonshire, and many other counties), that the Committee had not received the assistance from Boards of Guardians and workhouse authorities that might have been expected, in their own interests and in the interest of the ratepayers, and that relief to the

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asylum from this source cannot be relied on. Some relief to the asylum accommodation might perhaps be obtained by boarding out suitable chronic and imbecile cases with relatives and friends, or other proper custodians, provided the Guardians would make them some money allowance for their maintenance—an allowance less than the asylum charge.

"As an exception to the general experience, it may be stated that by these means relief has been obtained at the Sussex Asylum, the Guardians readily receiving such cases into the workhouses, and granting an allowance not exceeding 5s. per week to the custodians of boarded-out cases.

"But the difficulty in obtaining relief to the accommodation from these sources may be threefold. In the first place, to overcome the indisposition on the part of the Guardians and workhouse authorities to receive and keep in workhouses harmless chronic and imbecile cases sent from the asylum; in the second place, to induce the Guardians to encourage the boarding-out system by contributing towards the patients' maintenance when boarded out; and, in the third place, to find proper custodians who are willing to undertake the care of such patients for a moderate sum.

"There might, probably, be other difficulties connected with their supervision when boarded out, and with their return to the asylum if proved unfit cases for such boarding out."

For remarks on the beer question and the use of stimulants in asylums, we would especially refer to Dr. Lindsay's report.

Devon.—Extensive drainage work has been completed, and the sewage is distributed over the farm with very profitable results. Alterations and additions are to be made to the laundry at an estimated cost of £2,000, and £1,500 for machinery.

A second assistant medical officer has been appointed.

No fewer than five women were discharged as not insane. Relative to these cases Dr. Saunders says :—

"There is little to note among the admissions, except that five patients were discharged, not having been found insane; the year before there were seven. It is difficult to say how and why these patients found their way to the asylum; but it is fair presumptive evidence that they were sent on insufficient grounds, as, with two exceptions, they have not been re-admitted on fresh certificates. Of these two, one is a prostitute of low degree, mentally and physically, who from drunkenness or disorderly conduct is sent to prison, and from thence gets transferred to the asylum as a criminal lunatic; the other is an 'incorrigible rogue and vagabond,' who has been some fifty times in gaol, was sent by a philanthropic society to New Zealand; but the amiable bishop, in pity for the natives, transhipped her to her native country. This is not the place to discuss the abstract question of the difference between crime, vice, and insanity; but your Superintendent ventures to express his opinion that county asylums were not originally intended for patients of this class."

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Dr. Saunders records a good example of the value of the monthly weighing of patients. A change in the diet was made, and in a month 75 per cent. had lost weight. We cannot too strongly recommend the monthly weighing of patients to all superintendents who have not adopted it, if there are any such. Its advantages are obvious.

Dorset.—This asylum is also full. The Visitors report that although they have attempted to relieve the wards by sending harmless cases to workhouses, their efforts have not hitherto met with much success.

In answer to the Commissioners, Dr. Symes stated that four males and four females might be treated in special lunatic wards in workhouses; 21 and 35 respectively being suitable for infirmary wards with paid nurses; and five males and nine females requiring no more care than can be obtained in ordinary workhouse wards. In making this return he guarded himself by stating that everything would depend on the arrangements actually made in the union houses whether his list would require modification or not. He adds—"No doubt there are now many and great difficulties existing to prevent patients being satisfactorily cared for in unions amongst the ordinary paupers; yet, on mature reflection, in houses where there is plenty of room, there ought not to be any obstacle which could not be easily overcome. Increased cost to the union must of necessity be, for a time, the inevitable result, but few patients would then be in the asylum, where the costs are necessarily higher; and another important advantage would accrue, that all recent and ofttimes curable cases would be admitted here, with, it is to be hoped, every fair chance of recovery and early return home. This is an advantage which cannot be over-estimated."

Even granting that the accommodation is sufficient in workhouses, superintendents should make enquiries as to the employment, exercise, amusement, general treatment, &c., &c., of paupers therein.

Dundee.—It is to be regretted that the financial condition of this asylum continues to be highly unsatisfactory. In answer to an appeal for help, subscriptions to the amount of £2,192 have been received and £1,550 promised. The sum received enabled the Directors to declare a dividend of 6s. Various changes have been made in the hope of reducing the working expenses of the asylum.

The reports of the Commissioners are not given.

Durham (1882).—Relative to the insane in workhouses the following paragraph in Dr. Smith's report is valuable:—

"It may be interesting to note that Gateshead Union, with a population of 223 insane persons, sent 60 patients, while Sunderland, with an insane population of 301, sent only 40. Further, that Gateshead Workhouse contained on the 1st January 29 insane persons, or an increase on the previous year of three; while Sunderland Union had 93, or an increase of 23; consequently it is not to be wondered at that while Gateshead shows a recovery-rate of almost 14 per cent., calculated on the total number of insane persons in the Union, Sunderland shows only 9 per cent."

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In their report the Commissioners note that one woman had died of typhoid fever, and that this disease had attacked 22 women and five nurses. The cause was considered to be due to the fact that someone had placed a cap on the top of the ventilating pipe from the closet. This has been remedied, and the fever has stopped. The whole of the patients affected occupied contiguous wards.

Durham (1883).—A new chapel is in course of construction. It is estimated to cost £3,380, or about £5 per sitting. Two cases of small-pox occurred, the disease having been imported by the friends of patients.

Earlswood.—The following paragraph relative to epileptic children draws attention to the lot of an unhappy class for whom little is done. It is with pleasure that we observe that they are received at Earlswood, and that efforts, though not very successful, are made for their education. Even though they received no benefit in that direction, it is evident that they are more favourably placed in such an institution than with insane adults in an ordinary asylum.

Dr. Cobbold writes :—" One-fourth of our inmates are the subjects of epilepsy. When the decision was originally taken to admit certain cases of epilepsy to the benefits of the institution, it was considered that some such cases were curable, or at least improvable. So far as it relates to patients eligible for admission to Earlswood, this is true only with regard to cases of recent occurrence in young subjects. I gladly welcome such cases here, but they are very rare. Epilepsy in children tends to be associated with idiocy or varying degrees of imbecility. Later in life, however, the mental condition most often seen as a result of chronic epilepsy is one of dementia with liability to paroxysms of maniacal excitement. Such cases can only be properly treated in the wards of a lunatic asylum. Any patient becoming thus dangerous would, of course, be removed from here as soon as the necessary forms could be complied with. Not a few of our inmates, however, who were admitted here years ago as epileptic children are now upon the borderland of the condition indicated.

Edinburgh, Morningside.—As usual, this report is full of interest—an admirable record of excellent work done. Strong efforts continue to be made to limit the number of pauper patients and to extend the benefits of the institution to the poorer middle classes.

The following interesting cases are recorded :—" The delusions of insane people often come to be looked on as not so absurd after all by people counted sane. One of our patients had possessed so much native vigour of mind that she had persuaded a sane sister, with whom she lived, that her own delusions were true, and not fancies at all. For instance, the insane sister believed that an imaginary Donald McKechnie came up through the floor, or through the key-hole, and stole her sugar, of which, poor soul, she hadn't a great store. And she reiterated this so often and so earnestly that the sane sister came to believe it too, though she admitted McKechnie was so clever a thief that she had never seen him.

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"A female patient nearly succeeded in committing suicide by transfixing the heart with a long needle. Being very suicidal, she was under constant supervision. Just as she went to bed one night she suddenly became very ill. She was seen in a minute or two by a medical officer, who found that with the long pin she had just taken out of her cap she had transfixed her heart through and through. She had felt for the point where its beat was most directly felt, and had done this so quietly that her attendants, though within two yards of her, looking at her, had not noticed the act. If a medical officer had not been at hand she certainly would have died within a few minutes. As it was, she was none the worse after a few days."

Having completed 10 years' work at Morningside, Dr. Clouston has examined the results medically and financially. In these 10 years the place has been almost rebuilt and completely remodelled, and it has been possible to defray most of the cost, some £68,000, out of ordinary income. In comparing the medical statistics with those of an equal period at Garlands Asylum several interesting points are brought out, but for these we must refer to the report.

Fife and Kinross.—As the disposal of the harmless and incurable insane is a question of the greatest importance, we make no apology for reproducing the following paragraph from Dr. Turnbull's report. We are inclined to attach importance to his statements, he being young in office as superintendent, and new to the boarding-out system.

Concerning the 21 patients boarded out during the year he says:—"To what was said in last year's report I may be allowed to add that further experience has confirmed my belief in the great utility of the boarding-out system. In a certain number of cases the trial does not prove successful, because in insanity there is very markedly a tendency to relapse into periodic exacerbations, more or less acute, of the symptoms; and when such relapses occur it may be necessary to have recourse to asylum treatment. Or the choice of patients or of guardians may not have been happily made. Of the five cases sent back last year, one was, after a short trial, considered unsuitable, from her age and other circumstances, for remaining under private care. Another had to be replaced in the asylum on account of his persistent habit of wandering away from his guardian's home. A third, when boarded out, showed violent tendencies, of which he had given no sign while in the asylum. In the remaining two an attack of acute excitement came on, rendering asylum control again necessary. But in the great majority of cases the results are very gratifying. Through the kindness of Dr. Fraser, Deputy-Commissioner in Lunacy, I had the opportunity at different times, of seeing most of the cases that were sent out during 1882. In nearly all of them the care and guardianship were satisfactory; and when such was not the case steps were at once taken for removal to other guardianship. In a large number of cases the change of surroundings and mode of life, with the

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consequent individualization, had had a distinctly beneficial effect on the mental condition. The patients were brighter and more contented, showed a more active interest in the concerns of their daily life, and occupied themselves more usefully and steadily. And with the development of these healthy characteristics their insane proclivities had become less prominent. One case had improved so much that the guardian said there was nothing wrong with her mind at all. Many of the patients had likewise benefited distinctly in bodily health by the change."

The following paragraph from Dr. Mitchell's report is highly important, dealing, as it does, with the results to the patients who remain in the asylum after the discharge of the best and useful patients to private dwellings :—

"It is satisfactory to be able to record further that the removal of quiet and useful patients has not led to any diminution of the number either of men or women who are actively engaged in profitable and healthy work. It appears, indeed, that the presence of a large number of patients in an asylum who are easily induced to engage in useful occupations, and who are able to undertake the whole work of the institution, may, and does, lead to some weakening of the efforts to get those patients to work who are less willing and seemingly less able to do so. The laundry experience here seems to prove this, the washers and dressers being as numerous and efficient as they ever were. The place of those long employed in the laundry, and now gone, has been supplied by patients who were formerly accepted either as unfit to engage in such work or as incapable of being induced to engage in it. At no visit made to this asylum were so many women found actively employed in the laundry; and it was stated that the successful efforts to get unpromising patients to work had been productive of so much good to them that it was felt to be very desirable to have a still further increase of their number. Accordingly it is strongly recommended that an additional line of tubs be erected on the east side of the wash-house."

As to the numbers actually employed, it would appear from Dr. Sibbald's report that of 164 men and 175 women resident, there were 132 and 127 employed. Of these, 72 men were employed in active outdoor work, and 29 women in the laundry.

Friends' Retreat.—The estate has been increased by the purchase of three fields, at a cost of £7,650. This admirable institution appears to be doing a great charitable work by affording assistance to patients of the poorer middle classes. The Commissioners remark :—"It is satisfactory to notice that though structural improvements continue to be observed by the various members of our Board at each succeeding visit, we never have to call attention to a reduction in the number of patients received here. It runs much below the cost of maintenance, but this hospital continues to be really a charitable institution for the insane, though it is not called by any such title."

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Glamorgan.—Dr. Pringle is to be congratulated on the substantial increase of £300 to his salary. It is not every day that such a handsome addition is made to the income of a medical superintendent.

Most extensive alterations and additions to the buildings are in progress, at an estimated cost of £62,800.

(*To be Continued.*)

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3. *Retrospect of Mental Philosophy.*

By B. F. C. Costelloe, B.Sc.M.A.

"Revue Philosophique," Nos. 85-108. (Jan., 1883—Jan., 1885.)

In the Retrospect which appeared in April, 1883, we promised to give some account of the "Revue" for the early months of that year, in which, as it happened, there were certain articles of much importance to the psychological student. The January number opened with the third instalment of M. Ch. Lévêque's discussion of "The Musical Æsthetics of France," dealing with "The Psychology of the Orchestra and of Symphony," which is very fresh and attractive. He begins by recalling the general conclusion to which his researches of the January and March numbers of 1882 had led him—that each instrument *is* a kind of *quasi-human voice*. This, he maintains, is not a metaphor, but a scientific fact, confirmed for example by the work of Helmholtz, "A musical instrument is a voice singing without words; and a voice singing without articulate words is simply a musical instrument." In confirmation he quotes from a criticism of M. Blaze de Bury on a passage of Weber's "Euryanthe." "You call that an orchestra, Monsieur: you are wrong: it is the voice of elements in anger." And he goes on to cite some interesting passages of Berlioz. Instrumental music is an "abstraction" of the music, or some part of it, from the words, analogous to humming or whistling; and by consequence it has a "psychology" of its own, It is an artificial larynx, in fact. Having established this, with much of that literary discursiveness natural to a French essayist, he passes to the history and character of the Symphony, noting, to begin with, that its three main sections, the *allegro*, *andante*, and *finale*, are descended directly from the three sorts of vocal music favoured by the Italian singers of the time, the *aria*, the *cavatina*, and the *rondo*. From this basis, with the aid of his already established conception of the orchestra as a chorus of artificial voices, he leads up to the view that the true criticism of a symphony is not the ordinary disquisition on the technical skill by which certain rhythms and phases are complicated and interwoven in the orthodox compositional form, but that which in this country is associated with the school of Wagner—the criticism, namely which sees in the instrumental voices a story, a movement of emotions

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