may require; and for this purpose the hospital block in the Fife Asylum is connected to the old building by a corridor on both the male and the female side. For example, we have a patient suffering from congenital imbecility with epilepsy, who, in connection with the fits, is subject to attacks of acute excitement with intense irritability and violence. During these attacks he is placed in a small ward in the old building reserved for the management of noisy and excited cases. In the confused and exhausted state following the excitement—a time when he is best in bed—he is in the sick-room, and can be suitably nursed; while in the quiet stage of his mental round he goes to one of the ordinary wards.

I wish to guard against giving the impression that I consider the step taken at the Fife Asylum as something entirely new. I have been informed that in the Worcester Asylum twenty years ago several of the male wards were partly supervised by females; and I know that in a number of asylums female nursing has for several years past been more or less in use in the male sick-room, though usually in combination with some assistance by attendants. The points on which I wish to lay stress are: (1), the advantage gained by having the male sick-room so placed that it can be suitably administered by the female staff; (2), the proof that it is possible to manage an asylum male sick-room successfully with female aid alone, just as is done in the male wards of an ordinary civil hospital; and (3), the great benefit, both to the patients and to the staff, of utilising female nursing as much as possible in the care of our sick male insane cases.

The Cairo Asylum.—Dr. Warnock on Hasheesh Insanity.
By. T. S. Clouston, M.D., Edinburgh.

In the year 1879 Dr. Urquhart and Mr. W. S. Tuke each wrote an account in this Journal * of his visit to the asylum at Cairo, which was then, and is now, the only institution for the treatment of the insane in Egypt. Their impressions were most unfavourable. Dr. Urquhart says, "there is" in Cairo "no more melancholy and degrading fact than the common madhouse." "The Conolly of Egypt has still his work to do." "The whole place is so utterly beyond the ken of civilisation that it remains as hideous a blot on the earth's surface as is to be found in the Dark Continent."

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Mr. Tuke said:—"The place looked intensely squalid;" "with regard to the means employed in Egypt for the cure of insanity, I find that bleeding is the chief therapeutic remedy." No statistics could be obtained by either visitor. Since then the institution has been removed from its old site in a suburb of the city out to a palace and stable of the late Khedive Ismail at Abbasiyeh, about three miles north of Cairo. The weakness for palace building of his late Highness was one well-known feature of that sumptuous ruler's character. What to do with those gorgeous buildings was one of the difficulties of the English Government when it assumed the control of the country. One in which 200 of his wives and concubines had been magnificently housed is now turned into the zoological gardens. Where the fair Circassians lounged is the habitation of fierce beasts of prey. The marble walks laid out for the delicate feet of those ladies are now trodden by the gaping crowds of holiday Cairene visitors. Another palace has become a most sumptuous hotel. Another contains the priceless treasures of Egyptian antiquity at Gizeh. Several have been turned into soldiers' barracks, and many more are mouldering to decay. The insane of Egypt were not thought worthy of the best of those palaces. What was good enough for his Highness's horses was surely good enough for Egyptian lunatics. So to them was assigned the stable palace with its accessories. No doubt it was a great improvement on its predecessor, but under Egyptian management and control it was far from being an ideal hospital for the insane. Soon after Rogers Pasha was put at the head of the Sanitary Department, in which the treatment of the insane is merged, he saw that native management of the asylum was wanting in initiative, in honesty and in intelligence. So he got permission to appoint a British Medical Superintendent, and he has succeeded in investing him with large powers. Fortunately he secured the services of Dr. Warnock for the position. That gentleman's first Report, for 1895, now lies before us, and a most interesting document it is. We know from a visit we lately paid to the institution that the facts are true, and that the revolution from psychiatric darkness into light that has come about is very modestly understated. No man who has the welfare of the insane at heart but must rejoice that a great work is being thus carried out in behalf of the most helpless of mankind. Dr. Warnock's difficulties were at first enormous. He found dirt, disorder,

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and dishonesty rampant, neglect of the patients the rule, and modern scientific treatment of mental disease conspicuous by its absence. The patients were severely drugged, badly fed, insufficiently exercised, and vigorously restrained by means of the camisole. In and about one bed—a fair specimen of the rest—he counted 3,000 bugs, lice, and fleas, and now he fines the attendant in charge a piastre for every bug that is seen! In the year 1894 the death-rate was 33 per cent.; in 1895 it fell to 16½ per cent. on the average numbers resident, and in the last half of 1895 it fell one-third as compared with the first six months of that year. It must be kept in mind that the death-rate of the city of Cairo is about 40 per 1,000, or more than twice that of London. Organisation and order has been introduced everywhere. An almost entirely new and better staff has been engaged. When Dr. Warnock went there no female nurse could read the number on her ward door nor tell the time of day from the clock. Punctuality was unknown. There was no employment for either sex. Now we saw a very large number of men and women usefully at work. Noise by night and day has vastly diminished. Dr. Warnock says:—"Regularity and order are of slow growth, but in the end must prevail." Parasites and the tubercle bacillus and the diseases they cause, have afforded the subordinate medical staff their chief employment, but Dr. Warnock looks hopefully forward to the time when a thorough mental and bodily examination of each case, systematised case-taking and the use of scientific methods, will bring his hospital up to the level of the British standard. The dietary has been improved in quality and service. There were 526 patients admitted in 1895, while the average number resident was only 465. We believe no such proportion of new cases to resident population exists in any asylum in Europe. This is not one of the least of the difficulties of proper treatment and management in the Cairo Asylum. Few of us would like to face such a yearly influx into our institutions. There is far too little land attached to this asylum, and it is too close to a public road. The structure and arrangements of the building fall far short of our European modern standard. Yet Dr. Warnock works on hopefully and successfully. He has to be doctor, steward, architect, clerk of works, and general manager. And all this with a staff of semi-civilised Arabs, scarcely one of whom he can trust as we trust our kitchen-maids! Let

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any man in Great Britain who is discontented with his asylum and his staff go to Cairo and spend a day with Dr. Warnock, and he will become profoundly thankful for his privileges. In his isolation from professional stimulus, with his stable-palace and its glaring structural defects, with his stolid Arab staff and his Arabian desert without a blade of grass as an outlook, he deserves our sympathy and admiration for what he has accomplished in his year of office, and for the pluck with which he faces his task. No one but an enthusiast could have done as much. All English officials in Egypt need to be young, healthy, hopeful, and tough. Their work takes a lot out of them.

Dr. Warnock has some interesting facts in regard to hasheesh and its mental effects. Of his 253 admissions in the *last* half of 1895, 40 were put down to the abuse of hasheesh, and 40 more to the combined effects of this drug and alcohol. Of 80 cases only five were women. In 41 per cent. of all his male patients hasheesh alone or combined with alcohol caused the disease, while in only seven per cent. of his female patients was this the case. After stating that the habit of smoking Indian hemp is widely prevalent in Egypt, he asks: "Is there a form of insanity produced by this habit so frequently occurring or of so peculiar a type that it can be demonstrated by asylum statistics? And is hasheesh a potent factor in the production of insanity in Egypt?" His conclusions are: "1. I have no doubt that in quite a considerable number of cases here hasheesh is the chief, if not the only, cause of the mental disease. 2. I doubt very much if hasheesh insanity can be at present diagnosed by its clinical characters alone. Many hasheesh cases recover almost immediately on their admission, an abstinence from the drug being in such cases followed by a cessation of the morbid symptoms." This sudden and rapid recovery is the most pathognomonic symptom. He classifies the usual types of hasheesh insanity as being:—

"*a. Hasheesh Intoxication.*—An elated, reckless state, in which optical hallucinations and delusions that devils possess the subject frequently exist. Sometimes the condition amounts to a delirium, which is usually milder, more manageable, and less aggressive than that of alcohol, and exhibits none of the ataxic phenomena of the latter. Recovery takes place in a day or two or less, and the patient usually recognises the cause of his excitement." In con-

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nection with this "intoxication" Dr. Warnock asks if the subject of it is to be held responsible for crimes committed in this state or not?

"*b. Acute Mania.*—In this type terrifying hallucinations, fear of neighbours, outrageous conduct, continual restlessness and talking, sleeplessness, exhaustion, marked incoherence and complete absorption in insane ideas are the prominent symptoms. Such cases last some months, and do not always recover."

"*c. Weak-mindedness*—with acute outbreaks after each hasheesh excess. These cases are very numerous. While in residence such patients are quiet usually, and well-behaved, and only betray the impaired state of their brains by being over-talkative, easily pleased, lazy, anergic, excitable on small provocation, unconcerned about their future, and willing to stay in hospital all their lives. They show no interest in their relatives, and only ask for plenty of food and cigarettes. After being discharged such cases soon return in a condition of excitement—in fact in a mild form of type *b*. They then talk rapidly and rush about, pouring torrents of abuse on those near them; curse and rave on slight provocation; are sleepless, and for ever moving in an aimless way; are urgent to be released. They deny the use of hasheesh at one moment and boast of its wonderful effects the next. Besides these types there are numbers of cases of chronic mania, mania of persecution, and chronic dementia alleged to be produced by hasheesh, but I have no means of verifying these allegations." Dr. Warnock then quotes some of the conclusions of the "Indian Hemp Drug Commission" of 1893-94. "Its moderate use has no physical, mental, or moral ill-effects whatever." "Its excessive use injures the physical constitution, and may cause dysentery and bronchitis. It tends to weaken the mind, and may cause insanity sometimes. It induces mental depravity and poverty, but rarely crime. The injury caused by excessive use is confined almost exclusively to the consumer, and scarcely affects society." The Commission thought that careful inquiry reduced the proportion of real hemp drug cases. "Of 222 cases of insanity ascribed to hemp drugs in the Lunatic Asylum statements of 1892, only 98 are found on careful inquiry by the Commissioners to have any connection with them. The result is that of the whole number of cases admitted to lunatic asylums (in India) in that year only 7·3 per cent. can be ascribed to hemp drugs, and if

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cases in which hemp drugs have been only one of several possible causes are omitted, the percentage falls to 4·5. . . . Hemp drugs cause insanity more rarely than has popularly been supposed, and the resultant insanity is usually of a temporary character and of shorter duration than that due to other causes." Such are the latest words in regard to hasheesh and its insanity.

Torquato Tasso and his Biographers. By William W. Ireland, M.D., Mavisbush, Polton.

(*Continued from page* 493.)

While at Belriguardo Tasso wrote a letter to the Cardinal, who directed the Inquisition at Rome complaining that the Inquisitor at Bologna had made too little of his confessions, and that he had granted him absolution rather as to a lunatic than to a heretic. He actually proposed to come to Rome to be accused in serious form. And not only did Torquato suspect his friends of denouncing him to the Inquisition, but he also accused them of heretical opinions, perhaps founded on some expressions they had used in familiar conversation. The Duke of Ferrara had, indeed, reason not only to be annoyed, but even to be seriously alarmed, for, though the Inquisitor at Bologna took a sensible view of Tasso's revelations, it was by no means certain that the Inquisition at Rome should look upon the matter in the same light. To a shrewd man who took Tasso's whole conduct into consideration he might seem deranged; but the poet possessed a wonderful power of vivid letter writing, and could make his fancies wear plausible shapes. Then the Duke's own mother was known to have been a favourer of the doctrines of Calvin, and some of the taint of heresy might be supposed to cling to Alfonso himself. He had enemies at Rome, and nothing is more credulous of evil reports than hatred. Perhaps they might favour the accusations in the hope of dispossessing him of his principality and causing it to revert to the Papal States, as was actually done after his death. About the same time Torquato wrote to his friend Gonzaga, "Either I am not only of a melancholy humour, but as it were mad, or I am too cruelly persecuted." After ten days' stay at Belriguardo Alfonso sent Tasso back to Ferrara to be treated by his own physician. According to the pathology of the times melancholy was owing to humours rising to the brain. To expel these purgatives were the proper remedy. The poet was far

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