Dr. Brosius. Heilanstaltern für Nervenkranke, Bendorf a. Rh., Villa Sayn, und Waldesruhe.

We have received this description of the private asylums of Bendorf, Villa Sayn, and Waldesruhe, which have been under the charge of the veteran Brosius for more than a quarter of a century. It may not be generally known to our readers that so long ago as 1860 this physician translated Dr. Conolly's work on the Treatment of the Insane without Mechanical Restraints, and he has himself endeavoured to dispense as much as possible with their use. Indeed, his asylum was the first in Germany in which they were disused. Now other physicians in much larger institutions have introduced the non-restraint system, more or less completely.

Dr. Brosius's institutions are pleasantly situated on the Rhine, not far from Coblenz, and have recently been enlarged by the addition of a small villa, fitted out with every comfort and convenience. During a recent visit we paid to Bendorf, the doctor took one of the gentlemen patients out hunting with him in the neighbourhood. The patients of both sexes take their meals with the family, unless their mental condition renders it absolutely unsuitable. We are sure that English alienists visiting the Rhine will be warmly welcomed and hospitably entertained by Dr. Brosius should they be disposed to spend a few hours in visiting the asylum. T.

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4. *English Retrospect.*

Asylum Reports for 1884.

Through the abundance of more important matter, the notice of the reports has fallen somewhat behind. It is, therefore, our intention to be exceedingly brief on the present occasion, and to compress this abstract into such small dimensions that it can be published conveniently in one number of the Journal. It will thus be possible to notice the reports for 1885 in the course of the present year.

We would again beg the medical officers of asylums to favour us with a copy of their annual report. From England we receive an almost complete set, but from Scotland and Ireland the number forwarded is small.

Aberdeen.—Various structural alterations have been made in the older buildings, thereby increasing comfort and bringing the accommodation up to the requirements of the day.

The report of Dr. Arthur Mitchell is a most thorough production, and should greatly assist the managers in deciding various questions as to their relations with the guardians of the poor. The asylum is already overcrowded, and from its position incapable of enlargement, yet the managers seem to have been on the point of agreeing to receive 400 pauper lunatics instead of 350 as heretofore. Dr. Mitchell's report has saved them from committing such an error.

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In order to ascertain the extent of the overcrowding referred to, three of the more crowded day-rooms were measured, and it was found that they gave respectively 19·2, 18·8, and 16·8 square feet of floor space to each occupant. These figures represent a serious overcrowding, especially if it be borne in mind that the occupants, in consequence of there being no general dining-hall, take their food as well as live in these rooms. They are occupied by 188 patients in all. At 25 feet of floor space for each patient, which is the lowest space allowed, the number would require to be reduced to 137; and at 30 feet, which is now usually recommended, the number would require to fall to 115. That is, 51 or 73 patients would require to be withdrawn according as 25 or 30 feet were given.

There are other paragraphs in Dr. Mitchell's admirable report which, did space permit, we would gladly reproduce. All engaged in lunacy administration may profitably consult it.

Abergavenny.—The new accommodation, provided at a cost of £50,000, is now in use, and there are 790 patients in residence. It is proposed to make a small addition to the estate. The weekly charge is now reduced to 7s. 3½d. How is it done?

The Commissioners point out that —

In none of the wards is the staff too strong, and in wards 5 and 6 on the female side, where the more turbulent women are placed, two nurses for 28 and 26 patients respectively seem to us barely sufficient, and we think these wards ought never to be left with less than two nurses in them. In No. 6 on the male side there are collected 30 patients, several of whom are disposed to be violent and aggressive, and in charge of them are three attendants, a number only sufficient, in our opinion, when all are on duty in the ward.

These criticisms appear judicious. Dr. Glendinning reports that no fewer than 11 male attendants were dismissed during the year. Two male and two female attendants were dismissed summarily, and their wages forfeited, for ill-treatment of patients.

Barnwood House.—Signs of progress continue undiminished. A mansion in the Forest of Dean, 900 feet above sea level, combining the advantages of a perfect sanatorium with the most beautiful surrounding scenery, and providing for all the patients to whom it might be beneficial, a constant change of air and scene, has been rented for eight years. It can accommodate from 15 to 20 patients. All special restraints of every kind are removed, and the patients live as if at home in a country residence.

The applications for admission continue to exceed the vacancies. The flourishing financial condition of the establishment enables the committee to extend its benefits to many persons whose pecuniary means do not correspond to their social position.

We are glad to find that Dr. Needham succeeds in inducing a few gentlemen to work in the garden.

Bedford, Hertford, and Huntingdon.—In December a serious outbreak of small-pox occurred. In many cases the disease was most malignant. In all 56 persons were attacked; of these 14 died. Mr. Swain has prepared a special report on the subject. The emergency seems to have been met with great promptitude, and he and the staff are worthy of all praise. Should a similar epidemic occur in another

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asylum, the superintendent could not do better than consult him as to the construction of a temporary hospital. The one at Arsley was put up in a week, at a total cost of £140, provided accommodation for 27 patients, and appears to have been thoroughly efficient in every respect.

Berkshire, &c.—The sanitary condition of this asylum is receiving attention. During the year there were five fatal cases of diarrhœa and one of typhoid fever.

A large number of patients hitherto confined to the airing courts now exercise in the general grounds. The next step is to encourage walking beyond the estate.

The report of the Commissioners is not given.

Bethlem Hospital.—Much of Dr. Savage's report is taken up with the questions of discharging on parole and the kind of cases suitable for more or less liberty whilst under asylum treatment. As he very correctly remarks —

> Risk has to be run, and it is only after long and often painful experience that a physician learns whom to trust, and how much, and even with the best experience one may be mistaken.
>
> During the past year hundreds of patients have been on short or long leave, and a fair number have been allowed to go out alone on parole. One only broke his word, and instead of returning enlisted. He remained a short time in the army, and was then bought out by his friends. The present unsatisfactory state of the lunacy laws, or rather the unsatisfactory result of foolish, misguided opinion on the lunacy law, was well shown by two cases during the last year. In one case the friends removed the patient, who was temporarily sane, against my direct advice; they seemed to think that he was being kept unduly in the hospital. He became worse, and after a redevelopment of his old dangerous homicidal symptoms, endeavours were made to obtain fresh certificates, but the dread of prosecutions and lunacy vexations prevented the certificates being signed, and the patient killed himself. In a second case the wife insisted, in spite of warning, in taking out her husband during a sane interval, and the result in this case was that she was murdered by him during the succeeding outbreak of violence.

In some cases where progress to recovery is slow, or at a standstill, Dr. Savage would recommend removal to another asylum. This, no doubt, does very well sometimes, but not unfrequently the change of residence is followed by relapse.

The suicidal patients are now under constant supervision at night.

Birmingham. Rubery Hill.—A portion of the estate has been set apart for use as a cemetery, and a mortuary chapel has been built therein.

Many of the cases being of a feeble type, a warming apparatus has been introduced into several additional single rooms.

There was a slight outbreak of typhoid fever.

Winson Green.—Mr. Whitcombe has introduced the educational form of treatment in a modified form. As the result of a visit to the Richmond Asylum, he has begun drill and calisthenic exercises, and singing classes, and he reports that they have met with general approval. Will not more follow his example?

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The comments of the Commissioners on these asylums are not included in the annual report. It is of no use for the Visitors to say that they may be seen at the Asylums' Office in the Council House.

Bristol.—Lands adjoining the asylum estate have been purchased, and plans have been prepared for the enlargement of the buildings.

The Commissioners notice that —

> In no ward on either side is the staff too strong, and in some decidedly weak, *e.g.*, "new 4" male side and "12 new" female side. In the former are warded 67 patients, 30 being epileptics, with three attendants; and in the latter ward 54 patients, 21 epileptics, with three nurses.

The general condition of the patients, wards, dormitories, &c., was, however, as satisfactory as could be expected.

The report by the Commissioners contains some remarks as to the means of raising an alarm in case of fire. Dr. Thompson evidently considers these (the remarks) very far from reasonable, and gives his official visitors a sound wigging. It should be remembered that in official as in private life, silence is golden.

Cambridgeshire.—In consequence of the large annual increase in the number of patients, 76 in three years, the Visitors obtained a return of all those in the asylum whose maintenance was partially or wholly repaid by friends, and of the weekly amounts paid in each case. In 25 cases it was wholly repaid, and in 37 partially. It was found, however, that only six had friends who could afford to make additional payments, and in respect of these six 14s. per head per week is now charged.

The Commissioners point out that —

> The minor casualties appear to be numerous, after the perusal of the medical records, and the fact that so many bruises have happened from "causes unknown" points to rough treatment or neglect by the attendants, if they be sufficiently numerous.

The Visitors take notice of this, and report that, two female attendants having left in the meantime, they have been unable to discover, against those remaining, any grounds for the complaints of ill-treatment. We would, however, remark that if bruises are frequently discovered and cannot be accounted for, there is urgent need of increased supervision, and probably of a more numerous staff.

Carmarthen.—A chapel is in course of erection, and will be paid for out of the surplus profits from out-county patients.

The prevailing feature of insanity in this, as in the other asylums of Wales, seems to be morbid depression of spirits, connected with religious views.

Dr. Hearder is evidently much interested in the beer and wine question. About beer we have nothing more to say, but we may reproduce his remarks about wines and spirits.

> In the same year (1879) it was reported to you that "the use of wine and spirits in the management of disease has now been practically discontinued in your asylum for a period of three years;" and the further experience since acquired of the non-alcoholic treatment has confirmed me in the belief of its efficiency. There can be no doubt that this belief is steadily and irresistibly

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gaining ground with the medical profession. Evidence in support of this statement may be difficult to obtain as regards the body of general practitioners, and reliable statistics could scarcely be procured; but as regards asylum practice it admits of easy and full proof. In the report of the Commissioners in Lunacy, published in 1876, we find that the average weekly cost per head for "wines, spirits, and porter," in county asylums was 1½d, and in borough asylums 1⅛d.; and in their report for 1883, the last published, the average weekly cost for "wines, spirits, and porter" in county asylums was ¾d., and in borough asylums ½d. Thus in eight years the consumption of "wines, spirits, and porter" as medical extras has decreased in county asylums by 50 per cent., and in borough asylums by 73 per cent. In your asylum these medical extras have been almost entirely replaced by eggs and milk, at an average cost of 1¾d. per head per week. The change has not effected any money saving, but it has replaced alcohol by the easiest digested of foods, our types of nutrition.

Cheshire. Parkside.—On the retirement of Dr. Deas the Visitors unanimously passed a complimentary resolution.

Cornwall.—The statistical tables are not those recommended by our Association.

Crichton Royal Institution.—An intermediate department has been established, into which patients from all parts are admitted, at rates of board of £40 and £52 per annum. This most excellent arrangement has already been largely taken advantage of.

A large country house has been leased. To it patients are sent for change of scene and amusement. There is shooting over 3,000 acres, and fishing in both loch and stream.

Thirty-six acres have recently been added to the asylum estate.

The reports of the Commissioners in Lunacy are not published.

Cumberland.—The Commissioners remark that they consider the staff in some of the wards hardly equal to the duties placed on them. For instance, on the female side in the infirmary there were 21 patients, 19 in bed, and only two nurses; and in No. 8, on the same division, 20 patients, five in bed, and only one nurse. In the male infirmary, 40 patients, 14 of whom were in bed, were in charge of two attendants. They recommend an extra attendant in each of these wards.

Apropos of diet, Dr. Campbell says:—

That the diet is ample, I think that the following will go far to show. Seventy patients were discharged during the year as recovered. With one exception they were weighed on admission and before discharge; 61 gained an average of 14lbs. each, the greatest gain in one individual was 46lbs. Seven lost weight, an average of 5lbs., and one patient's weight remained stationary. Though the diet scale here is ample and excellent, it might, I think, be altered in some respects with advantage. I think asylum dietaries generally should have a greater difference in the heat-producing foods given during the summer and winter months, and there is also room for improvement in changes which would relieve monotony without diminishing real nutritive value.

During the gale of 26th January extensive damage was done to the building. Fortunately no person was injured.

Denbigh.—The death-rate has been remarkably low for about 10 years. This is more noteworthy as the wards and dormitories are seriously overcrowded.

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The Commissioners remark :—

Wards No. 1 (the private patients' ward), 2, and 6 have sufficient floor area per patient. No. 4 ward affords only 25½ superficial feet per patient, and No. 5 only 31 feet; the minimum required by our Board in all new buildings being 40 feet. Secondly, as to dormitories, the cubic space per patient which we require in associated dormitories is 600 feet. Here in No. 5 dormitory there are only 430; in the special observation dormitories, 453; in No. 4 dormitory (the bedroom), 381; in the hospital ward, 507; in the so-called church dormitories, 444; and in No. 4 dormitories, 532 cubic feet. From the above figures it will be obvious that the female division of this asylum is much overcrowded; and as there is evidently a strong tendency to increase in the number of females to be provided for, the question of extension cannot be postponed.

Derby.—The Committee of Visitors have taken the precaution to cover their legal liability under the Employers' Liability Act of 1880. They have effected a policy of insurance for £700, being the annual amount of salary and wages paid to the engineer and workmen. The premium is at the rate of 3s. 3d. per cent. per annum. So far as we know this is the first asylum in which this has been done, and it appears to be a very wise precaution.

Dorset.—In consequence of a notice served on them by the Local Sanitary Board, the Visitors had under their consideration the disposal of the asylum sewage. They adopted the process of upward-filtration. It is said to be satisfactory.

The Commissioners point out that in some of the wards the number of attendants is not sufficient.

Dundee.—It is to be regretted that this asylum is still in financial difficulties. The staff has been increased by the appointment of a female head attendant. The accommodation is so deficient that from December to April no female patients could be admitted. Seventy patients have been transferred to the wards of workhouses, and boarding out is adopted wherever possible.

We note the omission to publish the reports by the Visiting Commissioners.

Earlswood.—The financial state of the institution appears to improve. Large legacies were received and the debt extinguished.

Eastern Counties' Asylum for Idiots.—In reading such a report as the Governors present, it is impossible to avoid surprise and thankfulness for the abounding charity of the public. The institution has been enlarged, so that it can now accommodate 200 patients. There is now a resident medical officer. After a service of 24 years, Mr. Symmons retires from his post of visiting physician; and after the long period of service of 37 years, the superintendent, Mr. Millard, retires from bad health. It is pleasing to find that the great services rendered in past years by these gentlemen are cordially acknowledged by the Governors.

Edinburgh Royal Asylum.—The following is the only extract we have room for from Dr. Clouston's admirable essay; we wonder how he finds time, in the midst of his abundant work, to devote to the preparation of such a report. We congratulate him most sincerely

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on the great work he has done at Morningside. If he has done nothing else, he has earned the undying gratitude of the Scottish public.

The completion of wards 1, 2, and 3 marks the end of the reconstruction of the whole establishment that has been going on for the past eleven years. Our 25 wards of both houses have been so modernised, that one who knew them before would scarcely know he was in the same place. We have managed to get light, ventilation, colour, and cheerfulness everywhere. Our two cottages, our mansion-house at Craig House, our seaside house, our workshops and laundry, have also been improved. Two new wings at the East House, and four large dining-rooms at the East and West Houses have been put up. And now we are at last out of the mortar-tub. It has all cost up to this time about £57,000, not including the land at Craig House, and there will be some money yet to be paid for the work in process of completion. About £29,000 of that has been spent for the comfort and cure of pauper patients, and £9,000 for the poor private patients at the West House. It is a large sum, but I maintain it has been well-spent money, and that the results are worth the cost, and more. It has undeniably been a noble effort thus to do all that could be done for that portion of afflicted humanity that has been committed to the care of the managers and officers of the institution, without having the direct security of any public rates or any private endowments for the repayment of the money expended. No one can say that we have done better by the rich than the poor. And that we have done what has been done up to the requirements and knowledge of the time, is attested by the Reports of the Visiting Commissioners in Lunacy, as well as in a less formal way by many skilled observers who have come to see the institution, and published their observations both on the Continent and America.

Glamorgan.—Amongst the admissions, the proportion of melancholic and suicidal patients continues to be very large.

Glasgow Royal Asylum.—A spirit of active benevolence characterises the administration.

In his report Dr. Yellowlees mentions two interesting cases. Among the admissions were two sisters, maiden ladies in advanced life, who deemed themselves the victims of plots and persecutions, and whose eccentric and reserved habits had gained for them the name of the Hermits. They were brought to the asylum together, and their cases were very interesting, as it seemed evident that the insanity of the one sister had gradually—through close association and constant anxiety—induced that of the other.

One death was due to a very singular cause. The patient had been an inmate for some years, and at some unknown period of her excitement had swallowed the needle and thread with which she had been sewing. The needle had stuck in the lower part of the gullet, but did not obstruct the food nor cause pain, so that its presence was quite unsuspected—until it was found, after death, to have perforated the largest blood-vessel of the body, and thus occasioned fatal vomiting of blood.

Gloucester.—A second asylum has been built, and is now partly occupied. In equipping this building some novelties have been introduced. The most important seems to be the extensive use of gas. The whole of the cooking, the motor power of the gas-engines used

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for the pumping of the water into the water-tower, and moving the laundry machinery, heating water for washing and bathing, heating the drying closets and baking ovens, have been effected by the employment of Dowson's gas, and by this means great economy is exercised in the consumption of coal. The application of this power to so extensive an establishment has been somewhat of an experiment, and the various apparatus used will probably require slight modification, but the Committee believe the inconveniences which have arisen will be overcome, and that this new power will prove a great success.

Many important improvements have been carried out, and the management appears to be energetic and enlightened.

Hereford.—An outbreak of severe diarrhœa occurred, but it disappeared when various defects in the drainage were rectified. Two cases ended fatally.

Dr. Chapman is of opinion that in a rural district, such as Herefordshire, where workhouses are small and have few paid officers, and are therefore very doubtful places for the reception even of mild cases of imbecility, the true solution of the difficulty is to be found in placing suitable cases in private dwellings (their own homes where possible), with adequate safeguards for their proper care and treatment there.

Hull.—The patients have been removed from their old and dingy quarters, and lodged in the new asylum at Cottingham. As always happens when an asylum is first occupied, a great many matters require attention and alteration, but it is evident that efforts are being made to get the place into good working order as soon as possible.

An assistant medical officer has been appointed.

Isle of Man.—So far as we know, this and Broadmoor are the only British asylums where an inquest is held in the case of every death.

Strenuous efforts are made by Dr. Richardson to promote rational and profitable occupation among the patients. Two spinning-wheels are in use, and all the yarn required in the asylum is home-made.

Kent. Barming Heath.—Attention continues to be devoted to sanitary matters. During the summer there was a serious outbreak of enteritis, causing eight deaths, and necessitating the closure of a ward.

An attendant was convicted and fined for assaulting a patient.

There is now an electric fire-alarm. In this and other departments Dr. Davies believes the electric arrangements leave little to be desired.

Kent. Chartham Downs.—The Commissioners point out that more than half the insane population of the asylum are confined to the airing courts for exercise.

Post-mortem examinations were made in little more than half the deaths. In the other asylum in the same county they were made in every case.

Killarney.—It is quite evident that several matters call for amendment connected with Irish asylums. Concerning admissions Dr. Woods reports—

I have referred to this subject so often in my annual reports that I do not wish to dwell on it this year. It is sad to see the poor uneducated friends of

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patients wandering about the country—sometimes for days—endeavouring to have a lunatic committed, and often giving it up in disgust. All this might be remedied by the adoption of the English form.

As to chronic, harmless cases, he says—

At your last meeting you asked me to select some harmless patients to be sent to the workhouses, but in this I have considerable difficulty; none but feeble-minded patients can be so transferred, as the more sensible would demand their discharge from the workhouse, and soon become a burden on society, and an enemy to themselves. Those who would remain in the workhouses would, I fear, fare badly there; there being no provision made for their comfort or care, most of them, when handed over to the tender mercies of pauper inmates, would in all probability become troublesome, possibly dangerous. The history of my former transfers does not encourage another trial.

During the summer there was a slight outbreak of typhoid.

The control exercised by "The Castle" seems to be very arbitrary and troublesome. What would the superintendent of an English or Scotch asylum think of such a system as is disclosed in the following paragraph?

It is a great pity that most of the increases so strongly recommended by you during the year to deserving officials were refused by the higher authorities. If those in authority could only realise the dreary life of those living amongst the insane, the responsibilities of the duties, and the absolute necessity of procuring trustworthy asylum officials, they would at all events put them on a par, in the way of salary, with other public servants of the same class After long correspondence the salary of the head laundress was increased by £5, it being found impossible to procure a competent person at the salary allowed. The loss in clothing for the past few years, from the want of a competent person to take charge of the laundry department, has been considerable.

Lancashire. Lancaster.—The unsatisfactory sanitary condition of this asylum is in process of remedy; but not before time. During the year there were 10 fatal cases of typhoid, and five of diarrhœa.

The Commissioners remark that in no ward is the staff of attendants too strong; in one ward 31 patients are in charge of one nurse. This is obviously inadequate.

The associated gatherings are numerous. On Sundays there is a sacred concert; on Mondays a social gathering, with songs, &c.; on Tuesdays a small dance, &c.; on Wednesdays the weekly ball in the recreation hall in winter, and on the green in summer; on Thursday there is music in the Annexe; and on Friday and Saturday the patients themselves give entertainments, either unaided or with assistance from attendants and nurses.

The airing courts are not used, but all patients are exercised in the grounds of the asylum.

Lancashire. Prestwich.—The duties devolving on the staff, in connection with the opening of the Annexe must have been very onerous. Six hundred and sixty-two men and 756 women were admitted. The total accommodation is occupied, and the influx of patients continues uninterrupted. No less than 70 per cent. of the admissions were from the various workhouses—to the great indignation of the Commissioners.

We so constantly use and hear used the phrase "harmless lunatic"

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that it is advisable to utter a word of warning by reproducing the following paragraph from Mr. Ley's admirable report :—

I am happy to say there have been but few accidents during the year. The most serious was a sudden and unprovoked attack by a supposed harmless patient upon a female attendant. The attack was most unexpected, and might have been attended with fatal consequences had it not been for the interference of another patient. The constant dread of such occurrences as these, and others of a kindred nature, makes the care of the insane a very harassing responsibility. These warnings also bring home to all who have to do with lunatics the fact, often overlooked or forgotten, that all insane persons are dangerous to themselves and others, and that the phrase "a harmless lunatic" is simply a contradiction in terms. In a very large number of cases an insane person is one who has little or no control over his impulses, and whom the law relieves from the ordinary consequences of yielding to those impulses when they are of a criminal kind. Such a one can hardly be otherwise than dangerous, because his conduct can rarely be foreseen.

This asylum appears to maintain its high standard of excellence in all its departments.

Lancashire. Rainhill.—No fewer than six persons admitted were found to be not insane.

One of these was suffering from peritonitis, from an injury received in a drunken brawl, which was probably attended with some delirium, which, however, had passed off when admitted. Another had been drinking heavily, but any maniacal symptoms had subsided before admission; and a third had received an injury on the railway, which was said to have been followed by epilepsy and maniacal excitement, of which, however, he showed no symptoms whilst in the asylum. Two others were suffering from epilepsy, but displayed no mental infirmity whilst under observation; and the last appeared to be a wayward girl.

Leicester (Borough).—A considerable number of minor structural improvements were effected during the year.

Leicester and Rutland.—

For the purpose of economising fuel, "discs" (two feet in diameter) made of fire-baked clay have lately been placed in the flues of the two boilers. There are three or four of these "discs" standing vertically in each flue, and they are intended to spread the flames and heated gases circumferentially, and thereby to increase the generation of steam, and also to cause a more complete combustion of the smoke which impinges upon their hot surfaces. The boilers will now readily burn slack, and grey smoke may be seen issuing from the mouth of the chimney instead of the former usual dense black clouds. These "discs," called "economisers," have been introduced by Messrs. R. Gosling and Co., of Ipswich.

Limerick.—The sewerage is far from satisfactory. It has been somewhat improved, and continues to engage attention.

Lincoln.—The question as to how this asylum is to be enlarged is still unsettled. Dr. Palmer very justly points out that provision should be made for patients belonging to the poorer middle classes.

London.—The percentage of deaths was remarkably small—only 3·8 on the average number resident. A post-mortem examination was made in every case. Plans have been prepared to provide accommodation for 31 male patients. As an inducement to the nurses

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to remain longer in the asylum service, the scale of wages has been increased.

Middlesex. Banstead.—Dr. Shaw's salary has been increased to £1,000. The asylum continues to receive acute cases, although not originally intended for such.

The Commissioners report that letter-boxes have been placed in the wards, but the patients as a rule prefer giving their letters to the medical officers on their rounds to posting them in the boxes. This is what might have been expected. We have always considered the proposal to have letter-boxes in the wards the veriest folly, bad in every respect.

Middlesex. Hanwell.—A male patient when proceeding with a party of patients from his ward to the airing court in the afternoon, appeared to have placed some cinders in the pocket of his trousers, which it is supposed he took from one of the fireplaces in passing, although he was not seen to do so. He then went into the airing court, where he was under the close observation of an attendant. In about forty minutes he was seen to be in flames, and immediate steps were taken to put them out, but before this could be effectually done he was so severely burnt that he died from the effects two days afterwards. Careful experiments since have proved that the cinders must have set fire to his clothing, which smouldered like tinder until exposed to the outer air. There is no reason to think that this patient intended suicide, but rather that he secreted the cinders thinking they would keep him warm.

Montrose.—Forty-seven per cent. of the deaths were due to phthisis. Ten of the cases had the disease on admission, but even making allowance for this fact, Dr. Howden rightly concludes that the rate is too high, and he attributes it to over-crowding.

Murray's Royal Asylum, Perth.—This institution continues to pursue its useful course under the able management of Dr. Urquhart. During the year there was but one entry of restraint and seclusion. It was found necessary to resort to the use of gloves in the case of an extremely suicidal woman. She bit the bowl off an egg-spoon at breakfast and swallowed it there and then, the buttons of her dress disappearing in a similar way.

Newcastle.—This asylum is over-crowded, and plans have been prepared for its enlargement. Thirty-five acres have been added to the estate.

Mr. Wickham reports an increase of general paralysis among women. Relative to drunkenness he says —

> My attention has occasionally been called to a case of the following nature: —A man has practised this degrading vice for a number of years, and has been known to his acquaintances as an habitual drunkard. Then some one with more influence than others over him successfully awakens him to a sense of his shame, and points out to him how he is pauperising his family and lowering them to the depths of misery and privation by his sensuality. He then becomes a total abstainer, and in the course of time he goes insane; and such

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cases of this kind as have come under my notice are generally incurable. Mentioning this matter to a friend, who has done much good in advocating total abstinence among the weaker brethren, he suggested that if such a man had not given up drinking he would probably have died; but this is assuming that the advantages of continuing to exist are indisputable.

Northampton.—To remedy over-crowding and other defects, various structural alterations and additions have been effected during the year.

The deaths numbered 47, but in only 20 of these was a post-mortem examination made.

Northumberland.—The enlargement of this asylum is in progress. In his report Dr. McDowall says:—

The agitation for revision of the Lunacy Laws continues as active as ever, but as no Bill has as yet been introduced by the Government, I need not refer to other proposals which have been made. On only one point would I like to make a remark, and it is this:—Should the admission of lunatics into asylums be retarded and not facilitated by the new arrangements, great harm will be done both to the patients and the public at large. The number of lives lost every year through suicide is surprisingly great, and it might be at once reduced by the adoption of such care and treatment as an asylum affords. The truth is that instead of too many patients, pauper and private, being sent to asylums, there are too few. Violent cases, the noisy, destructive, and troublesome, are sent quickly enough, for the friends or officials in charge are only too glad to get rid of the anxiety and responsibility of such patients; but the quiet, as melancholiacs, though quite as curable and as urgently requiring treatment, are detained at home or in the workhouse. Much valuable time is lost, and the chances of recovery thereby greatly diminished; and it too often happens that when at length such cases can no longer be kept out of the asylum, they arrive absolutely incurable, and a burden on the rates for life. I would further remark that in my long official experience I never knew of an instance of *mala fides* in sending a patient to an asylum. On very rare occasions a mistake has been made, chiefly with drunkards. These men had drunk themselves into a state of wild frenzy, and were for the time certainly insane; but between the time of their apprehension and their transference to the asylum all their symptoms had disappeared. After undergoing observation for a week or two, they were accordingly discharged as "not insane." Such has been my experience of public asylums, and mine is not exceptional but universal. Whether threatened legislation will make any change in the administration has to me very little interest. County Boards, increased inspection by Commissioners and their Deputies, and all the other new-fangled proposals have no terrors for me. I would, indeed, regret if they brought to an end the official relations which have gone on so smoothly for so many years; but should they prove to be of any practical value they will be welcome. When the lunacy question is before Parliament, I hope that the Visitors of public asylums will come forward and place their knowledge and experience at the service of the Government. It is a matter of great regret that the important question of Lunacy Law Reform has hitherto been so much neglected by the well-informed and judicious, and has afforded such excellent opportunities for professional agitators and crotchet-mongers.

Norwich.—The statistical tables are not always those recommended by our Association.

Nottingham (*Borough*).—This asylum is already full, and fully 60 patients are boarded in other asylums.

An assistant medical officer has been appointed. Very few patients

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are confined to the airing courts. The majority exercise in and beyond the estate.

Nottingham (*County*).—Year by year it becomes more and more surrounded by buildings, and thus more unsuitable for its purpose. The Commissioners consider that its removal to a country site is inevitable, and hope that the question will soon be taken into serious consideration.

Nottingham Lunatic Hospital.—The management by Dr. Tate continues to receive high praise from the Commissioners. The charity carries on a good work by affording assistance to a large number of patients.

Perth.—A detached hospital for infectious cases is in course of construction. When not required for its special purpose, it will afford accommodation for about 12 quiet cases.

An addition to the estate is much needed.

Portsmouth.—Plans are in preparation for the erection of a detached hospital for infectious cases.

Efforts are being made to increase the number of patients usefully employed. With this view a ward specially fitted has been appropriated for the workers, and an attendant and some patients are about to be instructed in mat-making.

Richmond Asylum.—Dr. Lalor reports that he has at last effected the separation of the epileptic from the general insane, and the formation of a comparatively small class consisting of them and the very aged and infirm. These patients have now a building to themselves and free access at all times to the adjoining recreation grounds.

The asylum schools continue to prosper. Long may they do so!

Royal Albert Asylum.—Did space permit, we would reproduce the remarks by the Committee on legislation for pauper idiots, and on the necessity of altering the existing laws relating to non-pauper imbeciles. With the views expressed we cordially agree.

Roxburgh, &c.—Efforts continue to be made to keep down the number resident by boarding suitable chronic cases in private dwellings. Mr. Grierson seems to be rather doubtful of this method of dealing with such patients, and we cannot help thinking that he aims a shot at the Scotch Commissioners, when he says—

> Thus it may well be feared we have a long and painful journey to travel, as well as a bitter experience to undergo, ere we arrive at that higher and happier civilization some of our neighbours are boastingly said to have attained to, which regards the introduction of an alien and a lunatic into the family as an advantage and a boon.

Salop and Montgomery.—Some of the structural changes are complete, and many patients boarded in other asylums have been recalled.

A patient was murdered by one of his neighbours, but the circumstances do not call for special notice.

The Comissioners notice that a very large proportion of the inmates

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are confined to the airing courts for exercise. They also refer to an unfortunate circumstance—the seduction of a female patient employed in the kitchen, and a good deal trusted, by an employé.

A head female attendant has been appointed. In an asylum of such size, such an officer should have been on the staff years ago.

St. Luke's Hospital.—Extensive repairs have been carried out, and the waste pipes from the lavatories altered. The hospital received a legacy of £5,303 from Lord Henry Seymour.

A patient, who had been at home on trial for three months, committed suicide by hanging. A similar case occurred last year.

Somerset and Bath.—This asylum is now full. The reports by the Visitors and Dr. Wade are therefore largely taken up with the question of how to provide for the insane poor of the county. Dr. Wade believes that the true remedy for the existing state of things is to be found in the erection of smaller mixed asylums for smaller areas, not in the enlargement of present asylums, nor in the erection of separate institutions for chronic patients. He suggests that a small grant should be made by Government for lunatics in workhouses, or in small cottage buildings. He is very strongly of opinion that county asylums should afford accommodation for the poorer middle classes at rates from 15s. to 30s. per week.

The report by the Commissioners is not given. This is a serious omission.

Staffordshire. Stafford.—The recent additions to the buildings have been handed over by the contractors, and the male block contains 146 patients.

For the religious requirements of 70 patients, the Committee have appointed a Catholic priest at an annual salary of £20.

The Commissioners notice that in 106 cases of death only 39 were the subject of post-mortem examination.

Staffordshire. Burntwood.—As much attention is at present paid to all matters relating to the extinction of fire in asylums, it may be well to note that here there is a very complete electric apparatus for giving the alarm. The Commissioners point out that from the top floor on the male side to the lower floor an escape ladder has been ingeniously contrived; it might wisely be taken as a model for a fire escape stair in many buildings.

Suffolk.—Although much has been done to improve the structural condition of this asylum, it seems to be still very far behind the average county asylum. Plans for its enlargement have been prepared; we hope that the new work will be quite up to date.

Mr. Eager's report is of unusual length. A considerable portion of it is devoted to objecting to the class of cases sent to his asylum. His remarks about workhouse masters are far from complimentary, and not very discreet.

The average weekly cost was 9s. 9¼d., whilst the charge made to the Unions was 11s. 3⅜d. It is explained that the charge is thus

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high because of the patients boarded in other asylums at 14s. to 16s. per week. The Visitors are not justified in making such a charge. They are bound to provide accommodation for their patients, and when they fail to do so the county is obliged (within certain limits) to defray the extra cost. Certainly the Unions should not be asked to pay it.

Surrey. Cane Hill.—This great asylum is now in working order. Much of course requires to be done in the way of detail, but if we may judge from what has already been effected, the whole establishment will be speedily completed in a most liberal and enlightened manner, and then carried on in the same excellent spirit.

Dr. Moody's report is chiefly an account of the structure, position, arrangements, &c., of the building.

Although liberal wages are given, and great attention paid to their comfort, the changes amongst the attendants and nurses are frequent. To prevent this evil as much as possible, Dr. Moody suggests that there should be an understanding between medical superintendents not to engage any attendant or nurse who had previously served in any asylum for less than two years. Some superintendents go further by never engaging any attendant or nurse who had previously been in asylum service. In so doing we think they generally act wisely.

Surrey. Wandsworth.—The sanitary condition of this asylum is receiving attention. Several cases of typhoid, diarrhœa, erysipelas, and enteritis occurred during the year.

A patient complained to the Commissioners that he was a pensioner from the Royal Navy, in receipt of £27 7s. per annum, but that his pension was entirely applied to his maintenance. Such cases are very hard, and we think unfair. When a pensioner has a wife and family, we consider it nothing short of robbery (legalised) to seize his income and leave his wife and children to do the best they can for themselves.

Surrey. Brookwood.—Here, as in the other Surrey asylums, the movement of population has been very great during the year, consequent upon the opening of Cane Hill. The work thrown upon the staff thereby must have been excessive.

Sussex.—As there is no urgent pressure on the accommodation at Haywards Heath, the question of building a second county asylum is postponed for the present.

The whole drainage system has been renewed at great cost, and on the most approved principles.

Warneford Asylum.—During the year 60 patients received assistance from the charitable funds. Some pay as little as 5s. per week, although the actual cost is 26s.

Warwick.—We gladly embrace this opportunity of again expressing our feelings of sincere regret at Dr. Parsey's sudden death, by which our Association lost an honoured and valued member, and the asylum a most efficient officer. During his 32 years of official life he did much good work.

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Wilts.—As a result of the improvements effected in the sanitary arrangements of the asylum the health of the inmates has been greatly improved.

A second assistant medical officer has been appointed.

From the report of Mr. Bowes it is quite evident that much is being done to bring this asylum up to modern requirements.

Wonford House.—It must be very satisfactory to Dr. Rees Philipps to learn that the improvements effected by him during his tenure of office were striking.

The charitable assistance afforded to needy patients continues large.

Dr. Deas appears to have the usual troubles endured by a newly-appointed medical superintendent. The resignation of several superior officers is a great difficulty for a time ; but in the end it is often an advantage.

Worcester.—The new buildings are completed, and are expected to be ready for occupation in a few months.

Two patients suffered from typhoid fever, but the origin of the disease could not be discovered.

Dr. Cooke again gives, in the form of an appendix, some details of interesting cases treated during the year. We would again suggest that these records, given perhaps somewhat more in detail, would form valued contributions to the Journal, as "Clinical Cases."

York.—Dr. Hitchcock reports—

> During the winter months I have been giving a course of lectures on elementary anatomy, physiology, and the immediate treatment of injuries and accidents, &c., to the nurses and attendants of the asylum. I was much gratified by their regular attendance and the interest manifested in the subject; the more so that several, not specially enaged in attendance on the patients, were amongst my class; even some of the patients asked if they could attend, but I drew the line there. I shall not mind if the knowledge they gained is not tested by practice; but at all events the subject was right and necessary for them to be instructed in, and if all's well I shall give a similar course next year.

Yorkshire. East Riding.—During the months of March, April, July, and August, typhoid fever prevailed in this asylum, no fewer than 48 cases occurring, with six deaths. The cause of the outbreak is disputed. Dr. Macleod attributes it to the escape of sewer gas into the buildings. Dr. Page is of opinion that it was due to the water containing sewage matter.

Means have been taken to prevent the disease recurring through either of these causes.

York Retreat.—Various alterations have been made in this institution during the year, including that of the central partition in one of the ladies' galleries, by which it can be folded back against the walls or used as a partition as occasion arises, a small but not unimportant point of detail suggested to Dr. Baker by the practice of some of the American Asylums. Another change consists in setting aside a special room for dining purposes in almost all the galleries. It is evident that the general comfort of the house has been increased, and

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the Superintendent refers more than once to the "larger liberty" enjoyed. Dr. Baker was much struck with the disuse of alcohol in the American Hospitals for the Insane, and highly approves of this course. He also approves of the non-appointment of a stated chaplain, preferring the custom of ministers of various denominations taking the service in turn. English critics pity the patients who listen to the utterances of pastors holding such different religious views as Episcopalians, Congregationalists, Unitarians, and Universalists. "As far as I could learn, this exemplary and practical carrying out of a spirit of large-hearted Christianity answered perfectly."

The usual statistical tables of the Association are appended. It may be as well to point out that in Table III. the percentages of Recoveries on Admissions, which are given for females and for the total as 21·42 and 23·33 respectively, should be 28·6 and 26·7. The error has evidently arisen from the addition of a female discharged recovered after the percentages had been worked out. The mortality is stated in the body of the report to be at the rate of 8 per cent. on the average number resident, whereas in the tables it is given as 6·37. It will be observed that both in regard to recoveries and deaths the Superintendent's report fails to do full justice to himself. We are always ready to excuse those who under-value themselves, although in the realm of statistics we think it better not to allow even a praiseworthy modesty to take the place of accuracy.

Yorkshire. North Riding.—The Visitors have purchased the estate of a Stud Farm Company about a mile from the asylum, and consisting of a large dwelling-house, four cottages, 120 loose boxes, cow-sheds, and other buildings, and about eight acres of land. To these premises they propose to remove the whole farm stock, and to use the present farm buildings for the accommodation of patients.

Yorkshire. South.—Six cases of typhoid occurred in December, two of which were fatal. In consequence, a thorough examination of the entire drainage by Mr. Rogers Field has been ordered.

A special pathologist has been appointed. There are now four assistant medical officers—not too many for an asylum where the movement of patients is so great. Five hundred and fifty admissions and 159 deaths represent a great deal of work for the medical staff.

Yorkshire. West Riding.—

The general health of the patients during the first half of the year was far from satisfactory, and the Committee have to report an outbreak of typhoid fever, in which fifteen male patients and two attendants were attacked, resulting in three deaths. A special investigation into the causes of the outbreak revealed a condition of the drainage which, while satisfactorily explaining the insanitary state of the inmates, called for immediate interference.

By the advice of Mr. Rogers Field the whole system of drainage is to be altered at a cost of £8,000.

Whilst we heartily congratulate Mr. Bevan Lewis on the position he now so worthily holds, we cannot but regret that bad health removed Dr. Major from the direction of the Wakefield Asylum.

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It will be seen from the extracts given that the sanitary condition of asylums is receiving much attention, and it is satisfactory to observe that there is a decided effort in most to keep up with modern requirements in every respect. It must be admitted that in one or two instances the Visitors seem disinclined to effect improvements on account of the cost, but fortunately such weakness is exceptional.

PART IV.—NOTES AND NEWS.

MEDICO-PSYCHOLOGICAL ASSOCIATION.

The quarterly meeting of this Association was held at Bethlem Hospital on Wednesday, 24th February, 1886, Dr. H. Rayner in the chair. There were also present Drs. G. Amsden, H. A. Benham, D. Bower, P. E. Campbell, R. W. Dalzell, Wilson Eager, F. C. Gayton, J. S. Grubb, Robert Jones, Moody, W. J. Mickle, H. C. MacBryan, J. D. Mortimer, J. Neil, H. Hayes Newington, F. Needham, S. Rees Philipps, J. H. Paul, W. H. Platt, G. Revington, H. Stilwell, C. D. Sherrard, Percy Smith, J. B. Spence, H. Sutherland, D. Hack Tuke, C. M. Tuke, T. O Wood, H. F. Winslow.

A letter was read from the President, Dr. Eames, regretting his inability to be present at the meeting.

The following gentlemen were elected Members of the Association, viz. :—

W. R. Dalzell, M.B.Edin., Colney Hatch Asylum, Middlesex.

Jno. Maye, M.R.C.S. and L.S.A., Burntwood Asylum, Lichfield.

Allan MacLean, L.R.C.S.Ed. and L.S.A., Harpenden Hall, Herts.

J. Strangman Grubb, L.R.C.P.Ed., &c., Silsoc Villa, Uxbridge Road, Ealing.

S. Hollingsworth Agar, jun , B.A.Camb., M.R.C.S., Hurst House, Henley-in-Arden.

F. W. Pilkington, L.R.C.P.Lond., M.R.C.S., County Asylum, Littlemore, Oxford.

Dr. MICKLE read a paper on "Some Abnormal Forms of Breathing." (*See* Original Articles).

Dr. RAYNER, in expressing the thanks of the meeting to Dr. Mickle for his very interesting paper, said that probably all present had often noticed peculiar variations in the rhythm of the breathing of the insane, even in some cases where there had been recovery ; but, for his own part, he had never taken the trouble to note them with the careful accuracy with which Dr. Mickle had done it, nor had he observed them sufficiently to have any theory as to the conditions under which they arose. He had no doubt that Dr. Mickle, having observed them so carefully, and having noted many cases, had probably formed some theory, and therefore, without wishing Dr. Mickle to commit himself to any definite theory, the meeting would be glad to know his views in the matter.

Dr. MICKLE said that, in his anxiety not to trench too much upon the time of the meeting, he had omitted more of his paper than he had supposed. The typical Cheyne-Stokes's respiration itself was a matter with regard to which there had been a very great deal of discussion, and as many distinct theories as one had fingers on both hands. It was a very difficult subject, and he would not, under the circumstances, like to advocate a cut-and-dried theory in regard to the cases now in question ; but one of the passages in his paper which he had omitted to read was as follows:—"Although I found distinct microscopical change in the elements of the medulla oblongata in one case, I felt scarcely justified in absolutely connecting this change with the production of Cheyne-

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