1701-2 might be taken as evidence that it was strong, and perhaps excessive before Howard's time. This view would, of course, detract from Howard's originality and precedence, which might not suit such a blind admirer of him as my critic. But, in any case, I maintain that my general contention is just and true. I am, Sir, yours &c.,

HOKOR,

Melbourne, 4th October, 1870. Author of the paper on John Howard.

The author of the short foot notes appended to the "Essay on John Howard," printed in the "Journal of Mental Science," July 1876, p. 189, has forwarded to us the following explanation and remarks:—

In the first place, he wishes it to be distinctly understood that his notes were written as a short running commentary on the original MS.; that they were not intended for publication; that he did not see them again till the essay appeared in print; and that, consequently, he had neither the advantage of seeing his notes in type, with the text to which they referred, nor the opportunity of modifying or correcting them. (For two of the foot notes the Editor is responsible.)

A running commentary, made under these circumstances, cannot need any apology; and, on referring to the notes in detail, their author finds little to alter or to add. He cannot even take blame to himself for misunderstanding the words at p. 188.—"Emperors he kept standing for hours in deference to his unbending humour;"—for he failed to recognise in them Hepworth Dixon's account of the "singular interview" between Howard and the Emperor Joseph II. at Vienna. The facts, as recorded by Dixon, are these—Prince Kaunitz, having arranged that an interview should take place at nine o'clock on the morning of Christmas day, Howard kept his appointment with his usual punctuality. But he had peremptorily refused to be bound by the "servile etiquette" then enforced at the Austrian Court of approaching the Emperor on bended knee. This appears to have been the only difficulty Howard raised. The arrangement that the interview should take place standing, seems to have been entirely due to the Emperor himself; and, though obviously made out of consideration for Howard, does not appear to have been at his instigation. It was, therefore, in an indirect, not in a direct sense, that Howard kept an Emperor (not Emperors) standing for hours (two hours, the length of the interview), and his refusal to conform to an objectionable piece of Court etiquette, is surely not rightly designated as an "unbending humour." A conscientious feeling led him to decline the invitation of an Empress (the infamous Catherine of Russia); a like feeling forbade him to take part in a Court ceremonial which implied a degree of reverence due to no human being, but only to his God.

There is one point on which the Author of the notes desires to say a few words. Hokor speaks of *the survival of the fittest* as a *natural law*. If for *fittest* we substitute *strongest*, we give expression to the only natural law which has really been established. The application of that law to human beings in the modified form of the survival of the *fittest* is rendered difficult, if not objectionable, by the obvious necessity of defining the word *fitness*. The laggard in a herd of antelopes is the fit prey and food of the lion. Here the natural law applies itself. In the case of man living in a state of civilization the work of destruction would be found to be surrounded by very serious difficulties.

THE TRAINING OF ASYLUM ATTENDANTS.

To the Editors of the JOURNAL OF MENTAL SCIENCE.

GENTLEMEN,—The emphatic and eloquent Paper by Dr. Clouston, in the July number of your Journal, on "Getting, Training, and Retaining the Services of Good Asylum Attendants," must have called forth a response and an aspiration

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in the mind of every Medical man who is or has been intrusted with the care or cure of the insane. We have favoured and fortunate fellow-labourers, who have by intuition secured, or have manufactured, a staff from the ordinary materials offered, with the assistance of which they are satisfied and successful. It may be that their standard is too low, or ours too high, that they are content with custodians, while we crave curators, companions, co-operators: but, whatever may be the cause of the discrepancy, there prevails a general complaint of the absurdity, the cruelty, and the failure which must, and does, attend the employment of rude instruments in the manipulation and re-construction of the most fragile and delicate of fabrics, and an equally general desire and demand, we cannot believe that it will be altogether Utopian, for trustworthy, teachable, intelligent and humane assistants, through whose instrumentality much that is now left undone would be effectively done; for upon the guardians of our patients must ever mainly depend the execution of our schemes and suggestions, even our medical treatment, as well as the application of the varied means vaguely comprehended under the term Moral treatment. My impression is, that the getting and retaining suitable attendants must, in some degree, be commensurate with the influence of the "immortal dollar," and some modification of Dr. Lauder Lindsay's plan of retiring and rewarding allowances. In reference to "Training," I have not one word to say in addition to what has been already so well said by your contributor, and my present purpose is chiefly to record that similar wishes and proposals have been propounded, and more than once carried practically into effect, by humble individuals who must now rejoice that what was inchaste or incomplete in their hands is now likely to be carefully formularised and applied upon a large, if not upon a Catholic, scale. It cannot for a moment be suspected that I cherish any *arriére pensée*, any quiet intention of seeking the fame of priority, in submitting to you the following extracts, as the want which I felt, and the design which I cherished, must have been felt and cherished long before and since my days of work by many "worthier sons" in our specialty than I can pretend to be; but I conceive that the subjoined quotations may serve as contributions to the history of the progress of our department, and may swell the consensus of convictions in support of Dr. Clouston's project.

I.—The first extract is from the Annual report of the Crichton Institution, for 1854:—

"A course of lectures upon mental diseases and their management has been commenced, and will be continued during the winter. It is addressed to the officers, and to all members of our community engaged in the treatment of the insane. A certain amount of education and experience is expected in every artizan, is demanded from those entrusted with the care of even domestic animals; but for those to whom the happiness and tranquility of the human mind is consigned, no training is provided, no instruction accessible. A guardian is appointed who may have no higher qualification than physical strength and courage, who never saw a case of insanity, who may attribute the errors he is expected to correct, the propensities he is compelled to control, to the manifestation of perversity, malice, or to demoniacal possession, and who may remain for a quarter of a century in daily contact with these ebullitions, in utter ignorance of their real character, and with no guide as to the mode in which his duties are to be performed, except a series of brief regulations associated in his mind with fear of punishment. No means are taken to remove ignorance, and we punish the ignorant. The errors and offences of the attendant upon the insane are less frequently the offspring of deliberate cruelty, of cold indifference and neglect, or of self-sufficiency, than of want of knowledge of their line of duty, and mistaken views as to the mode in which that duty should be discharged. Since the diminution or discontinuance of physical restraint, since the introduction of education and amusement as remedies, these officers are called upon for greater intelligence, higher motives, and a clearer comprehension of what that human and morbid nature is which they are required to guide and

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govern; and instruction of some kind is obviously essential. To these persons is in great measure committed the management and moral treatment of the insane. They pass the whole day with their charges, whilst the visits of the officers are necessarily brief, at distant intervals, and are less social than supervisionary; the former cheer, repress; grant or withdraw indulgences, execute the plans which the other suggests: they are literally the companions, and ought to be the friends and teachers, as well as the nurses and guardians of the patients. Yet, for this class there is no normal school, no golden road, no road at all to knowledge. These instructions will embrace a very full discussion of the subjects embraced; but they will be so modified as to rise to the level of the educated minds addressed, and yet to fall within the grasp of the shrewd and sensible, though illiterate, individuals who compose the class of attendants. It is probable that the whole scope of the subject will not be embraced—it is obvious that the scientific details must be directed to one portion of the auditors alone; but it is believed that no one will retire from the investigation without some clearer conceptions of the great work in which they are engaged, and higher views of their own responsibilities."

II.—The second extract is from the Annual Report of the Crichton Institution for 1855:—

"It is somewhat interesting that the very time when the necessities of vast armies developed unequivocally as principles what had long lurked in the human heart as hopes and aspirations, that a higher motive than gain is required to secure suitable nurses for the sick and wounded, and that the educated as even the refined mind, is a more useful instrument amid dangers, and disease and difficulty, than ignorant obedience; there was made in this remote province the first attempt to educate the attendants upon the insane, to expose and explain the nature of their duties, and to raise them at once to a due appreciation of their responsibility, and to a capacity to discharge the duties imposed. A course of thirty lectures was commenced in October, 1854, and continued weekly until May, in which mental disease was viewed in various aspects; in which the relations of the insane to the community, to their friends, and to their custodiers, were described; in which treatment, so far as it depends upon external impressions, the influence of sound minds, of love, and fear, and imitation, was discussed; and in which it was attempted to impart attraction, by illustration and narrative, and to convey instruction by examples drawn from the actual inmates. The descriptions were powerfully aided by portraits of patients familiar to the auditors, most graphically executed by a patient who had lost, but regained, his genius as an artist. The grand objects were to impress the understanding, and to rouse the affections, by the demonstration that mental aberration was a malady, a misfortune, a misery, which was to be relieved, which it was, so far, within the power of every kind word and consoling look to mitigate; and that it was not a brutal passion that was to be opposed, a perversity that was to be resisted or resented, or a strife that was to be prosecuted until victory was obtained. Secondly, to distinguish the various forms under which alienation might be presented; what was to be apprehended and hoped in each; what was to be guarded against; and what might be accomplished by a judicious selection and adaptation of the means of alleviation. And thirdly, to show that every individual with whom the insane came into contact might, and must be instrumental in increasing or diminishing happiness; in building up or destroying the fabric of mind, and in guiding those to or from light and knowledge, who may literally be said to have eyes and see not, ears and hear not; and that this influence must be proportioned to the intelligence and humanity of the agent, to his sense of the high and holy mission intrusted to him. It is possible that much was said which met no response nor assent; which was unsuited to the previous training of the auditors; or that all might have been clothed in a more pleasing and useful garb; but it is certain that interest of some kind was awakened and sustained. The class consisted of the officers, the male and female attendants, some of the patients who belonged to the

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medical profession, and occasionally a visitor. The attendance, although perfectly voluntary, was numerous, attentive, and grateful; and the conviction is believed to be general, that although these inquiries and suggestions may have fallen infinitely short of the objects contemplated, they elevated the tone of those engaged, formed a pleasing communion between the different members of the Staff, and have left many recollections of intellectual enjoyment."

N.B. That these prelections were not altogether inefficacious, may, I think, be fairly concluded from the facts that eight of the number of attendants who listened to them are still in harness, are still trusted and efficient workers, and several of them have already received Sir A. Morrison's good conduct prizes; although I attribute their continued trustworthiness and usefulness chiefly to their original goodness of heart and head.

III.—The third extract is from a letter by my colleague, Dr. Gilchrist, dated 6th Oct., 1876:—

"My efforts at Montrose were real though not prolonged, and not to be mentioned alongside of yours. I met the attendants there on more than one occasion, and explained to them their duties, and the specialty of them, as based on the nature of insanity. It was soon after I went. 1854."

(Certain alienists in America have had recourse to precisely the same mode of instruction.)

IV.—The following is taken from an article on Lunacy in the United States, in the July number of the "British and Foreign Medical Chirurgical Review," and is from the pen of an anonymous, but evidently veteran expert:—

"We have before us the evidence of a Superintendent that, failing in transforming mere hewers of wood and drawers of water into gentle, judicious, self-denying agents, he first engaged self-educated and thinking artisans, but they turned out philosophers; secondly, pensioned soldiers, but beer proved more fatal than the enemy in the field; then the communicants in the several churches attended, but their religious impressions failed to regulate their temper or passions; and, lastly, he organised a school, in which he taught, lectured, illustrated, and with greater success than had crowned his previous attempts." (P. 68.)

I am, &c.

W. A. F. BROWNE,
Now a Septuagenarian Superintendent.

Crindau, Dumfries, N.B., 21st Nov., 1876.

The following letter appeared in the "British Medical Journal:"—

"DISEASE OF THE BONES IN THE INSANE.

"SIR,—You will, I trust, allow me to observe, in reference to your interesting and instructive comments on the case of the late Mr. F. W. Wimberley, in the 'Journal' of this day, that the peculiar liability of the bones of the insane to disease, and consequently to fracture 'even when no extraordinary violence is used,' has been long known. You have written thus: 'Numerous observations on the subject have been made in *recent* years. Certainly to Drs. Clouston, Rogers, Brown, Sankey, and others, are due the credit of teaching, in 1870, that the osseous system of the insane is especially liable to undergo certain chemical changes, 'approaching that observed in osteomalacia.' Much credit is due also to Dr. Morselli, of Florence, for his article entitled 'Fractures of the Ribs, and a Peculiar Form of Osteomalacia in the Insane.' Let me add, however, that long years before either one of the several gentlemen named in your editorial of August 19th, 1876, had so taught, I wrote thus, in 1857: '*One word more; osteomalacia may be confined to one or more bones, or even to a portion only of the same bone. In the examination of patients who died insane—inmates of the Middlesex Asylums at Hanwell and Colney Hatch—I have met with six examples of this affection of the skeleton: the greater number of the patients alluded to were afflicted with general paralysis. An interesting fact*

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this, and one which bears me out in the views here taken of both osteomalacia and of this specific form of paralysis so common to the alienated. (See my '*Ganglionic Nervous System*,' chap. iii., 'Pathology,' p. 265.) It was in 1842 that I detected, at the Hanwell Asylum, the existence of osteomalacia in those dying insane. Furthermore, in the 'Medical Times,' No. 170, vol. vii. p. 195, *et seq.* (1842), is seen recorded by me a highly interesting example of the *co-existence of osteomalacia and insanity* in a female patient who died under my care at Hanwell, in whom six spontaneous fractures of the long bones—femur, humerus, and so on—were found *post mortem*. In this case I have described the skeleton as 'CONVERTED, IN GREAT PART, INTO A DARK SEMI-CALCAREOUS GRUMOUS MATTER.'

"Under the circumstances, then, you will, I trust, afford me this opportunity to make a prior claim—one of no less than twenty-eight years' standing—to the recognition of a 'condition of the bones of the insane,' of so much importance both to the jurist and pathologist.

"I am, sir, your obedient servant,

"JAMES GEORGE DAVEY, M.D., M.R.C.P., Lond., etc.

"4, Redland Park Villas, Bristol, August 19th, 1876."

Appointments.

BATEMAN, F., M.D., has been appointed Medical Visitor of The Grove, a house licensed for the reception of Lunatics at Catton, Norfolk.

BREE, C. R., M.D., M.R.C.S.E., has been appointed Medical Visitor of Essex Hall Lunatic Asylum, Colchester.

BRUSHFIELD, T. N., M.D., has been appointed Medical Visitor of Houses licensed for the reception of Lunatics in the County of Surrey.

CASE, Mr. H., has been appointed Medical Superintendent of the Metropolitan Asylum, Leavesden, vice Shaw, resigned.

COATES, W. M., M.R.C.S.E., L.S.A.L., has been appointed a Medical Visitor of all Houses licensed for the reception of Lunatics in the County of Wilts.

DAY, H., M.D., F.R.C.P.L., has been appointed a Medical Visitor of all Houses licensed for the reception of Lunatics in the County of Stafford.

HARLAND, J. T., M.D., has been appointed a Medical Visitor of all Houses licensed for the reception of Lunatics in the County of Stafford.

KEMM, W., M.R.C.S.E., L.S.A.L., has been appointed a Medical Visitor of all Houses licensed for the reception of Lunatics in the County of Wilts.

KINGLAKE, J. H., M.D., has been appointed Medical Visitor of Amberd House, and all other houses licensed for the reception of Lunatics within the West Division of the County of Somerset.

PAXTON, F. V., M.B., M.R.C.P.L., has been appointed Medical Visitor of Houses licensed for the reception of Lunatics in the Western Division of the County of Sussex.

RAWSON, J., M.B., L.R.C.S.I., has been appointed a Medical Visitor of all Houses licensed for the reception of Lunatics in the County of Stafford.

SHAW, J. C., B.A, M.D., M.B., M.R.C.P.L., M.R.C.S.E., & L.S.A., has been appointed Medical Superintendent of the Middlesex County Lunatic Asylum, Banstead.

WAYLEN, G., M.R.C.S.E., L.S.A.L., has been appointed a Medical Visitor of all Houses licensed for the reception of Lunatics in the County of Wilts.

WYBRANTS, J., M.D., F.R.C.S.E., has been appointed Medical Visitor of Downside Lodge, and all other Houses licensed for the reception of Lunatics within the East and Middle Divisions of the County of Somerset.

In the List of Members published in the October Number of the Journal, Dr. Bucknill's address should have been 39, Wimpole Street, London, W.

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