Menstruation in the Insane. By T. C. MACKENZIE, M.B., F.R.C.P.Ed., Senior Assistant Physician, Royal Asylum, Aberdeen.

THE following notes are the outcome of observations made during a recent period of six months upon ninety-two patients in the Royal Aberdeen Asylum.

Age.

15–20 years.	21–25 years.	26–30 years.	31–35 years.	36–40 years.	41–45 years.	46–50 years.	51–55 years.
2	15	14	19	15	18	7	2

Disease on Admission.

Mania	49
Melancholia	32
Secondary dementia	4
Dementia præcox	3
Congenital imbecility	2
General paralysis	1
Nervous depression (voluntary)	1
Total	92

Of the 49 cases of mania 20 showed no change during the menstrual period, 22 showed increased excitement with impulsiveness and general exaggeration of their maniacal symptoms, 5 showed excitement during some periods and no change during others, and 2 showed depression.

Of the 32 cases of melancholia 19 showed no change, 7 showed increased agitation or depression, and 6 showed depression during some periods and no change during others.

In 2 cases of mania, 1 case of melancholia, and 1 case of nervous depression it was noted that there was an increase of excitement specially before the commencement of the menstrual period.

In 3 cases there was a marked degree of sexual excitement during the period.

Frequency of Menstruation and Duration of Menstrual Periods.

For 29 cases of mania admitted within the last two years, the average number of menstrual periods to each patient during the

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six months of observation was 3·9, and the average duration of the periods was 5·5 days.

Similarly for 17 cases of melancholia the average number of periods was 2·9, and their average duration 5·2 days.

Of 3 cases of dementia præcox, 2 were completely amenorrhœic during the whole period of six months, and the third case menstruated twice, each menstrual period lasting 5 days.

In 1 case of advanced general paralysis there was complete amenorrhœa.

In 2 cases of congenital imbecility the average number of menstrual periods was 6, and the average duration 5·4 days.

Relative Frequency of Menstruation in Recent and Chronic Cases.

For 21 patients between the ages of twenty-five and forty who have been resident in the asylum for two years and less, the average number of menstrual periods to each patient was 2·7, and the average duration of the period was 4·3 days.

For 18 patients between the ages of twenty-five and forty, who have been resident for five years and upwards, the average number of periods was 4·3, and the average duration 5 days.

Complete Amenorrhœa occurred in 11 *of the* 92 *cases, as Illustrated in the following Table.*

Disease on admission.	Age.	Present state.	Remarks.
Mania	42	Acutely melancholic with hallucinations	—
,,	25	Confused, with occasional acute excitement	? Tubercular enteritis.
,,	47	Secondary dementia	—
,,	17	Discharged recovered after 5 months' residence	Suffered from chorea when admitted.
,,	28	Discharged recovered after 9 months' residence	Subsequently died from phthisis pulmonalis.
,,	21	Discharged recovered after 8 months' residence	Lactational insanity.
Melancholia	32	Suicidal and impulsive	Tubercular.
,,	32	Depressed, irritable, suspicious	—
Dementia præcox	22	Restless, confused, faulty in habits	—
Dementia præcox	28	Lucid remission after katatonic resistiveness	Sister died from phthisis pulmonalis.
General paralysis	34	Died 11 months after admission	—

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