With this very inadequate survey of a book which has given both much instruction and much pleasure, we must bring our remarks to a close. It is true, as it is true of no other system of the body, that method is essential in the investigation of nervous diseases—method and fundamental principles. No amount of experience, of storing of individual instances, however accurately observed, will replace such, for so varied are the manifestations of nervous disease, that our store of individual cases, however large, will never furnish us with exactly the counterpart of the case under our observation. It is for this reason that Dr. Gowers' book is of such value, insisting, as it does throughout, on method, and laying down for the student principles which we think he may trust to. We should gladly have made our survey more complete, and have devoted some space to the admirable chapters on diagnostic pathology, and on pathological diagnosis, which conclude the book, as well as to much else which we have been obliged to pass over. But, after all, a reviewer can scarcely do more than present selections, and this task, where all is so good, is not a light one.

H. S.

PART III.—PSYCHOLOGICAL RETROSPECT.

1. *Asylum Reports.*

(*Concluded from page 272.*)

Albert Royal Asylum.—The report presented by the Managers to the subscribers is a full and satisfactory record. It shows how liberally the institution is supported by the public and how deserving it is of such assistance. The short history given is one continuous record of success and progress. A detached infirmary has been built and furnished at a cost of £5,670, of which £5,000 were contributed by a gentleman and his wife. The benefactions lavished upon this place are very creditable to human nature.

Dr. Shuttleworth, in his report, brings many subjects of interest under notice, and we will reproduce the following paragraph on the condition of discharged patients.

"Inquiries were addressed to the friends of the 20 election patients discharged in 1882 with regard to the progress of the latter. The replies may be summarised as follows:—Five are doing very well (two boys earning wages, three girls very useful to their friends in domestic work); five are fairly useful at home; five are doing

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nothing, and of the other five three have been sent to county asylums, one to the union, and the fifth, after having worked for wages at a tan-yard, was at his own request engaged to assist at the Royal Albert Asylum. In my last report I stated my opinion that more than half of the 20 cases 'had so far profited by their training in the institution as to be capable of contributing by their labour to their own support,' and the discrepancy between this estimate and the number profitably employed emphasizes the suggestions made last year as to an organisation for procuring suitable situations for discharged patients. It is gratifying to be able to add that the patients referred to in the last report as earning wages continue to do well. The boy (M. P.) whose letter was quoted is earning 10s. per week in the bleaching department of a mat factory. He lately visited his old friends at the asylum, as have also two of the other lads in situations."

From a pecuniary point of view these results can scarcely be considered satisfactory, but there are higher and better reasons for persevering in such work as is undertaken in the Albert Asylum.

Salop and Montgomery.—The extensive alterations and enlargements of this asylum are in progress, but they do not advance so rapidly as they should.

The concluding sentence of the following extract from the report by the Commissioners is very suggestive of the radical difference which exists between some of the views held by the English and Scotch Boards. Without expressing any general opinion as to which are nearest the truth, we cannot help saying that in the present instance the English Commissioners suggest a line of management which if thoroughly followed out would lead to the instant and extensive use of seclusion and restraint. If every possible source of danger is to be removed from the reach of patients, what will be left in the way of furniture and clothing? The paragraph is as follows:—

"In the case of the suicide, the woman appears to have escaped from the observation of the attendants while going to or returning from evening chapel, and to have found her way to the pond in the garden in front of the asylum, in which, having been missed at bedtime, she was found dead. We have inquired further into the case, but without eliciting any facts in addition to those reported by Dr. Strange. It appears to us that the charge nurse of the ward committed a grave error in interrupting, as she did, the counting of the patients leaving her ward for chapel, but there must also have been want of supervision by the attendants who conducted the patients there. The hour of service is 6.30. It may be a question whether it is safe to have it so late except when the days are long enough to permit of going and returning by daylight. The pond in question having by this occurrence been shown to be a possible source of danger, the Committee will doubtless consider the propriety of filling it up."

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We most sincerely hope that the Committee will do no such thing.

There is now a second assistant medical officer.

St. Andrew's Hospital, Northampton.—No fewer than 76 patients received assistance from the charity fund during the year.

Extensive building operations are in progress. These include a recreation hall, drawing-room, dining-room, steward's offices, stores, &c.

There are now two ladies' companions, and an assistant head attendant has been appointed on the male side.

The employment of gentlemen whilst resident in asylums has always been a matter of more or less difficulty. We have always advocated out-door work, no matter what the social status may be, and it is satisfactory to find that Mr. Bayley's experience supports our recommendations. He says:—"The experiment of putting the patients to farm work has been most successful; they have improved in health, some of them are much better mentally, and they appear to be perfectly happy and contented. Moulton Park Farm will in this respect be a great acquisition to the institution. Every year's additional experience confirms the opinion I have always had, that out-door active employment is of the greatest importance in the treatment of the insane. No matter what their former social position or occupation may have been, nor how demented they may appear to be, a few weeks' work on the farm or garden improves their general health, rouses them from their lethargic state, and in many cases starts them afresh in life.

"Our case books contain the history of several cases of public school boys, and university students, who have been under care in this hospital, and are doing well in the world, who owe their recovery from a state bordering on dementia to the work they did with spade and wheelbarrow on the garden and farm here."

Somerset and Bath.—Much attention has been paid to the prevention and extinction of fire, and considerable structural alterations and additions are in progress.

Dr. Wade reports that during the first two years there has been a marked increase in the number of cases admitted suffering from general paralysis and other fatal diseases of the nervous system.

As bearing on workhouses as places for the accommodation of harmless lunatics, the following paragraph from his report may be reproduced.

"I have made several efforts during the past year to discharge to the workhouses quiet and harmless patients, with scanty success. In one case the patients were returned in a very few days, it being perfectly evident that no effort had been made by the workhouse officials to take care of them, as the patients were brought back in the same quiet state in which they were discharged. It is clear then that we cannot look to the workhouses of this county, as at present constituted, to relieve us of our surplus insane population."

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Two murderous assaults were made on attendants by patients. In one case the external table of the skull was fractured.

Staffordshire. Burntwood.—In the Commissioners' report mention is made of a dangerous patient who stabbed two of his neighbours. He is addicted to picking up articles which he contrives to secrete and sharpen.

As a small contribution to the statistics of suicide, the following figures may be extracted from Dr. Spence's report. Of 153 admissions 58 were stated to be suicidal, and 26 had made a positive attempt at self-destruction shortly before admission. The various methods adopted were :—

	M.	F.	Tl.
By cutting the throat	6	1	7
,, stabbing	1	0	1
,, jumping out of window.....	4	0	4
,, drowning	2	0	2
,, hanging	1	3	4
,, strangling	1	3	4
,, burning	1	0	1
Not ascertained	0	3	3

Staffordshire. Stafford.—It is reported that the extensions are progressing satisfactorily but very slowly. The female block is now occupied by 145 patients.

A second assistant medical officer has been appointed. The efficiency of the night supervision has been increased, thus greatly adding to the security of the epileptic and suicidal patients.

Suffolk.—Through no fault of Mr. Eager this is perhaps the most unsatisfactory report of any asylum in England. The sanitary condition of the building has been, and is so bad, that the Commissioners suggest that it should be pulled down, and we are inclined to agree with the proposal. No fewer than 5 deaths were due to diarrhœa, and 3 to typhoid; and during the year there was such an amount of sickness due to these diseases, that at times the ordinary work of the establishment could scarcely be overtaken. But no surprise can be felt at the deplorable state of things when the following paragraph from the Commissioners' report is read :—

"It would be scarcely fair to close this report, however, without expressing recognition of the efforts already made from time to time by the Committee and medical superintendent to remedy some of the many structural defects of the asylum; but if, as Mr. Hodson reports, the whole system of the asylum drainage be leaky, and no continuous flow of sewage be possible in the main sewers (from the enormous size), and if there be no free current of air in the sewers, and the supply of water to the asylum be also unfit, or scarcely fit for drinking and cooking purposes, no delay should take place in discussing any longer whether the asylum is to be abandoned or to be placed in a proper sanitary condition. Immediate action is necessary to guard

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against preventible deaths in the building, and costly though it may be to reconstruct the drainage, that cost should be met, or the asylum should be closed. According to Mr. Hodson, the existing sewers are really dangerous reservoirs of poisonous gas; the main sewers are also described by him as generally half-brick culverts, 18 inches wide and 2 feet 6 inches high, the bottom and sides being formed of loose bricks without mortar; they are exceedingly shallow, the crown of the arch being within a few inches of the floors of the wards; many of the old branch drains, he says, are merely butt-pointed agricultural drain-pipes, only the more recent ones being of glazed stone-ware with socketed joints. We agree with Mr. Hodson that the sanitary knowledge of the present day warns us to expect, under these circumstances, the prevalence of disease."

It is impossible for anyone to read Mr. Eager's report without sympathising with him in his difficulties. It shows a man beset on every side, and struggling with cares which might be removed if the Visitors displayed more energy and discretion. It appears to be necessary for Mr. Eager to teach his Visitors the first principles of asylum construction and management.

Surrey. Brookwood.—The Court of Quarter Sessions having called the serious attention of the Visitors to the urgent necessity of transferring chronic and harmless cases as frequently as possible to their friends or to the workhouses, the Visitors reported that it was their practice to do so, and they recommended the subject to the consideration of a joint committee. It was decided, however, that nothing need be done, considering the action taken by the Local Government Board in conjunction with the Commissioners in Lunacy. Dr. Barton reported to the Visitors that no less than 20 per cent. of the patients in the asylum were of this class, and might be safely dealt with in workhouses *with a little extra supervision and a good diet.*

We regret to find that Dr. Barton was severely assaulted by a patient, receiving three blows on the head. Fortunately Dr. Barton has not experienced any permanently bad effects. The patient committed the assault in order that his case might come prominently before the public.

Surrey. Wandsworth.—Dr. Bigg reports that £28 2s. were given from the Benevolent Fund to discharged patients. Such assistance is sorely needed by many on leaving an asylum; but even more is required. An "After-Care Society" should be attached to every asylum, and its work thoroughly organised and carried on with vigour.

Sussex.—Of the 165 patients discharged during the year, 35 were transferred to workhouses and 31 to the care of relatives. It cannot be denied that, in Sussex at least, the plan of transferring harmless chronic cases to workhouses has been most successful.

As Mr. Williams considered the sanitary arrangements inadequate, and rather behind date, he prepared plans for the necessary alterations. He arranged—

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1. That the w.c.'s should be in detached blocks communicating with the wards by a passage having cross ventilation.

2. That there should be an average of one closet for every ten patients.

3. That closets shut off from those of the patients should be provided for the staff.

4. That as far as possible no main drains should pass under the buildings.

5. That all waste pipes should be cut off from the main drains.

6. That wherever there was a bend or angle in a soil pipe or drain, an inspection-plate should be built.

7. That as far as possible all traps should be abandoned, and free ventilation substituted.

These plans await confirmation by Quarter Sessions.

From a return made to the Commissioners it appears that £20 are expended half-yearly on second-hand books, and that 18 daily, 50 weekly, and 38 monthly newspapers or other periodicals are purchased for the use of the patients.

Worcester.—Extensive additions and alterations are in progress, at an estimated cost of £35,200.

So far as we are aware this is the only county asylum where the Visitors object to receiving the poorer middle-class at pauper rates. They say:—

"In the last report your Committee stated that they had reason to believe that a number of patients chargeable to the unions were in circumstances enabling their relatives to pay a higher rate than the pauper weekly charge, which covers only the bare weekly board, and does not contribute to the expense of lodging. It is obviously right that patients should, if their means permit, make some payment in respect of the building which, with its appliances and arrangements, tends so much towards the cure and comfort of the afflicted. The moral duty of meeting this obligation towards the county and city rate is not less than the legal obligation of repaying the various unions the cost of maintenance, and the Committee think that this duty should be kept prominently before the relatives of lunatics. They caused inquiries to be made in the various unions, and the result is a considerable annual increase of profit derived from some of the patients referred to, who have been transferred, with the consent of their friends, from the pauper to the private class."

Dr. Cooke discusses, at some length, the causes which lead to a continued accumulation of lunatics in asylums. He believes that, so far as Worcestershire is concerned, they are—increase of population, and increase of longevity of the patients.

As it is impossible to enlarge the asylum accommodation indefinitely, Dr. Cooke very naturally asks how is the difficulty to be met? He suggests "the establishment in two or three districts of the county, in connection with the most important workhouse in each district, of

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special wards presided over by a Committee of Guardians representing the various unions in each district. The wards might be under the immediate superintendence of the master of the workhouse, assisted by one or more skilled attendants, and subject to the daily visits of a local medical practitioner, and to them the chronic and harmless cases in your asylum might, from time to time, be relegated, as well as those idiots and imbeciles who are unfit to be dealt with in the ordinary workhouse wards.

"If such a system could be adopted, it would be most important that every precaution should be taken to prevent any case being sent to those workhouse lunatic wards which, presumably, might in any way be benefited by being placed under treatment in the asylum. This danger might be obviated by making it compulsory for every case in which the mental unsoundness had made its appearance, say, during the previous two years, to be sent in the first instance to the county asylum. Such a system as your superintendent has attempted to sketch would be simply an elaboration and consolidation of the one already in vogue at some of our union workhouses, notably that of Dudley."

Wilts.—The Committee having reported that the whole drainage system was in a most dangerous and unsatisfactory condition, the Court of Quarter Sessions authorised the expenditure of £2,000 in necessary improvements. Serious defects were revealed during the progress of the work, sufficient to account for much illness, and to justify the expenditure incurred. Mr. Bowes reports that since the sanitary improvements have been completed a noticeable difference has been perceptible in the atmosphere of the asylum, and its increased purity is evident in a marked diminution in the amount of sickness, and an entire absence of preventible disease, especially that of an epidemic nature.

Yorkshire. East Riding.—Dr. Macleod records a case in which the receipt of a letter threatening to deprive the man of his life was the probable cause of insanity.

The Commissioners recommend that the epileptic and suicidal patients should be under continuous observation at night.

The dining-hall has been enlarged and some other minor structural alterations made during the year.

Yorkshire, South.—This great asylum continues to be conducted with much efficiency. The Commissioners report that they rarely inspect wards in such first-rate order.

Forty-six patients were discharged to the care of friends, and 28 were transferred to workhouses.

Increased attention is being paid to the sanitary arrangements. Although no epidemic disease has prevailed, some cases of erysipelas have occurred—a sure indication of something wrong.

Yorkshire, West Riding.—The accommodation of this asylum continues to be taxed to the utmost, although 109 harmless cases were discharged to workhouses and the care of their friends. Some of

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these patients remained out only a short time. The Committee have also requested the Boards of Guardians to send, as far as practicable, only recent and curable cases, and to retain all others in workhouses.

Improvements in sanitary arrangements are being continued. That these are necessary is evident from the occurrence of several cases of erysipelas and dysenteric diarrhœa. Dr. Major is inclined to attribute much of this sickness to over-crowding.

The following paragraphs from Dr. Major's report may be reproduced, as they deal with a most important subject :—

"The rate of recovery for the year (36·4 per cent. calculated on the admissions) shows a slight fall as compared with the corresponding proportion for the previous year. The difference is not great, and would not, perhaps, be of material importance, were it not for the fact, which will be evident on reference to the eighth column of Table III., that the recovery-rate of recent years has been a declining one. Thus, in 1877—my first complete year of office as Superintendent—the rate of recovery was 46·99 per cent.; it was yet higher in the following year (47·77 per cent.); but since then, it will be observed, the decline has been gradual and uninterrupted to the present date. Impartially considered, it will probably be conceded that such a course of events furnishes, of itself, a strong presumption of the correctness of the opinion which I have never hesitated to express to the Committee—that the decline of the rate of recovery can only be attributed to a progressive diminution of the proportion of recoverable cases received for treatment; for there have been the same general arrangements for care and treatment at my disposal, the principles of treatment have remained the same, and certainly there has been no decline in the efforts of the united staff. Moreover, the general deterioration of the cases received is only too patent to all those of the staff who have had experience of the more favourable conditions which formerly obtained.

"It is not necessary to recapitulate here the views alluded to in my previous annual reports, as to the probable causes which have been at work in drawing more and more into our asylums all classes of the insane poor, irrespective of the nature and degree of the insanity laboured under. Such views, it may be mentioned, have been admirably stated by the Scotch Lunacy Board, in their annual reports, especially those for 1874 and 1875. In this connection, however, it is interesting to note specially the fact recently brought out by the English Commissioners in Lunacy, and the significance of which would seem to be unmistakable, that whereas the proportion per cent. of the total number of pauper lunatics treated in asylums continues to rise, the proportion residing as out-door paupers has steadily fallen since 1859, whilst the percentage kept in workhouses has shown no tendency to increase; and this result, which applies to England and Wales generally, applies, I find, very distinctly (still

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taking the figures of the Commissioners), to the West Riding of Yorkshire. The annexed figures will probably suffice to prove the correctness of this statement:—

Year.	Total number of Pauper Lunatics in the West Riding.	Proportion per cent. of the total number.		
		In Asylums.	In Workhouses.	With Relatives and others.
Jan. 1, 1873.	2879.	59·47.	29·66.	10·87.
Jan. 1, 1883.	4034.	68·9.	25·7.	5·4.

"Every endeavour has been made to promote the discharge of suitable chronic cases, and as many as 113 cases were discharged as relieved or not improved during the year. Nevertheless the wards have remained occupied with chronic cases, the infirm, the imbecile, the epileptic, to a degree beyond what is found, I have reason to think, in the majority of county asylums, and which, indeed, would hardly be credited by those who have not certainly witnessed what is described.

"To those criticisms which are occasionally heard directed against the results of our treatment, and the rapid increase of the number of insane poor, necessitating, constantly, additional asylums for their reception, the reply I conceive to be simple and conclusive. That our rates of recovery are no higher than they are arises simply from our inability to perform impossibilities—to cure cases which from their essential nature, when received, are incurable. Should the cases received for treatment improve in character, the recovery rate will rise, and the increase in the nnmbers under care will probably fall in a corresponding degree. We cannot refuse cases, however hopeless, however unsuitable we may consider them, when such cases are brought to us duly certified; on the other hand, the removal of such cases to workhouses is, in general experience, attended with ever increasing difficulty and failure. While matters remain thus—and unless met by fresh legislation they will doubtless do so—the annual increase of the number of the insane in asylums can hardly but continue excessive. Meanwhile, as regards our results, the most that can reasonably be expected is that a satisfactory proportion of the curable cases received should, under our care and treatment, be restored, and that a further satisfactory proportion admitting of relief only should be relieved; and these results, it is maintained, have been thus far accomplished."

In concluding this extract from Dr. Major's report, it is impossible to repress an expression of heart-felt regret that he is no longer the head of the great asylum where he has done such excellent work, and that his health has compelled him to seek relief from the care and anxieties of asylum life in the comparative peace of pure medicine.

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Portsmouth.—Various improvements continue to be carried out, not the least being the completion of a hot-water apparatus and the remodelling of the entire closet system on the female side.

A male attendant was prosecuted for striking a patient. He was fined £5, and in default of payment was sent to gaol for one month.

Two nurses and three patients were attacked with typhoid fever. They all recovered, and since the closets were put in good order there has been no return of the disease.

Roxburgh, &c.—It is reported that in consequence of the prevalence of diarrhœa among the patients in the early part of the year, an examination was made of the plumber work and drainage of the building under the supervision of the Edinburgh Sanitary Protection Association, and alterations and repairs were carried out in accordance with their views. The defects discovered were most serious, and fully accounted for the sickness of the inmates.

The following extract from Mr. Grierson's report shows that he had to overcome several difficulties before he got rid of his surplus inmates:—

"Counselled and encouraged by Dr. Sibbald, Commissioner in Lunacy, to whom we made application for help, and aided by Dr. Lawson, Deputy Commissioner in Lunacy, a more earnest effort than any hitherto urged was made. The Inspectors of Poor were asked to hunt over their respective neighbourhoods for such residents as, being needy, might yet be suitable for guardians, and help in the introduction and extension of the method of dealing with those cases where the primary ailment in its subsidence having destroyed aggressiveness, and left only impairment, could be fully disposed of as single patients in private houses, a method acknowledged to be more readily adoptable in many districts than ours, still everywhere where tried found to be laudable and worthy of imitation. It was not—as we had no right to expect, perhaps, it would be—all at once that relief came to us through this effort. The suitable person was not in need, and could only be induced to remove our incapable nominee at sums equalling or exceeding the asylum rate, plus clothing, medical attendance, and other extra outlays. Parochial Boards and their representatives, the Inspectors of Poor, were scandalized and estranged, and the not altogether foreign question was here and there put as to whether it was not the legal as well as the moral duty of the District Board to bear the burden of all sums in excess of the asylum charge, arguing that as in every case the evidences of unsoundness of mind would be found in sufficient abundance to justify a first commitment, their placement outside was but an extension of the asylum plan, minus its responsibility. The needy were also either too timid or too greedy, as was fully shown in the case of our most passive and pliant imbecile, for whom we had asked the liberty of sitting at the cottage door, and playing with an old tobacco pipe, for which he showed the same attachment that children manifest towards a new doll, and the

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offered ten shillings a week was refused, and twelve shillings exclusive of extras accepted. Had not Dr. Lawson espoused the cause of the helpless inmate with a warmth, and at the expense of much work and personal inconvenience, we would still be overhung by the crowd. To Dr. Lawson we are indebted beyond a mere expression thereof, insomuch as he not only scoured our own district, but including the county of Haddington, was enabled to provide us from personal examination and inspection with a list of suitable and willing guardians; this not only relieved us of all whom we judged staid enough at present to warrant their outgoing, but left us a reserve to fall back upon when others of a like kind came to be similarly dealt with."

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2. *German Retrospect.*

By William W. Ireland.

Tuczek on the Pathological Anatomy of General Paralysis.

Our readers can scarcely have forgotten Dr. Franz Tuczek's studies upon Ergotism which were reported in the German Retrospect of the Journal (October, 1883, p. 426). This treatise upon the Pathology of General Paralysis ("Beiträge zur Pathologischen Anatomie und zur Pathologie der Dementia Paralytica." Berlin, 1884) shows the same power of careful observation rewarded by important results.

Exner's new method of demonstrating the tissues of the brain with the aid of the preparations of osmium and ammonia had disclosed the great abundance of the nerve fibres in the cortex cerebri. In the superficial layers these fibres were found to lie horizontally, in the deeper layers to descend vertically. They were found to vary much in calibre, to be largest in the paracentral lobe, and finest in the basal ganglia.

Tuczek finds that by the use of dyes, such as fuchsic acid, methyl blue, hæmatoxilin, and ferricyanide of potassium, a differential distinction can be brought out between the nerve fibres in the grey and white substances of the brain. Sahli has indicated the existence of an "erythrophile" and "cyanophile" substance in different parts of the nerve centres, from the varying way they receive colour from fuchsic acid and methyl blue. He has thus been led to deny the existence of naked axis-cylinders. It having been assumed that the peculiar functions of the cerebral cortex lay in the nerve cells, scarcely any attention has been paid to the condition of the nerve fibres in degeneration of the brain. Availing himself of Exner's new method, Dr. Tuczek has studied the lesions in thirteen males and four females who died of general paralysis, paying full attention to the condition of the nerve fibres. These seventeen cases are described

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