PASS EXAMINATION AND GASKELL PRIZE.

The examination for the Certificate of Proficiency in Psychological Medicine will be held at Bethlem Hospital on the 18th of July, 1893, at 11 o'clock a.m. The examination for the Gaskell Prize will take place on the following day at the same time.

For further particulars, apply by letter to the General Secretary, 11, Chandos Street, Cavendish Square, W.

EXAMINATION IN SCOTLAND.

The Examination for the above certificate in Scotland will take place

	Oral.	Written.
Edinburgh Royal Asylum	July 21	July 20.
Glasgow	„ 24	
Aberdeen	„ 22	

All at 10 a.m.

MECHANICAL MEANS OF BODILY RESTRAINT.

The Commissioners in Lunacy having in their regulation of April 9th, 1890, defined "mechanical means" of bodily restraint to be and include all instruments and appliances whereby the movements of the body or of any of the limbs of a lunatic are restrained or impeded, it cannot fail to be of importance to the superintendents of hospitals and asylums for the insane to know exactly what is understood by the Commissioners themselves to be included in this definition. Just before the Lunacy Act of 1890 came into force I wrote to ask whether they considered that soft padded gloves, fastened at the wrist and leaving the movements of the arms as a whole free, were to be considered as restraint under their definition. The answer was that they considered them "instruments" of restraint, the use of which must be recorded. At the same time I commenced to make use of a dress for patients of the class who are destructive at night to bed clothing or to night clothing, or who tend to constantly throw off clothing at night, and so are liable to the effects of exposure to cold, or who may have some wound upon which no ordinary dressing can be left without interference on the part of the patient, or who have a tendency to some forms of self-mutilation, or who are actively suicidal, and yet not fit to sleep in a dormitory, or who would be made worse if held by attendants—a dress in which the sleeves, instead of ending in an opening at the sleeves in the ordinary way, were prolonged beyond the extremities of the fingers, and the ends then closed. This did not in my opinion exercise any mechanical restraint on the patient, as all the *movements* of the limb and hand could be perfectly performed, while it had the advantage of preventing a great deal of unnecessary destruction of clothing, assisted materially in keeping restless and excited patients warm, and was often useful in surgical and in some suicidal and self-mutilating cases. The Commissioners who visited the hospital at various times have seen patients wearing these dresses, and have not considered that they came within the meaning of mechanical restraint, and, in fact, upon one occasion a Commissioner said to me, "You don't consider that restraint?" to which I naturally replied "No." At their last visit, however, they made the following entry in the report:—"This is not here recorded as restraint, but as it might be construed by our Board to come within the statutory meaning of restraint we consider it to be our duty to mention the matter." After a short interval in which no communi-

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