in the guise of a beautiful story, the mysterious influence of wedlock on such a mind is revealed, and the human is represented as emblematic of the divine love.

The psychologist is a dull creature if he cannot occasionally be transcendental, and take a higher flight than his brain studies can carry him. In these moments we recommend him to while away a few hours in the study of the imperishable romance of Undiné, the weird child of the imagination of the famous Franco-German author. Whether he read the original or not, let him possess himself of a copy of the clever poetical translation Mr. Hipsley has provided for him. It is a charming psychological idyl, written with true feeling and appreciation of the story; and although a rhyme here and there halts or lacks finish, the general effect is very pleasing, and carries the reader along with irresistible interest. We congratulate the author on his poetical power, and the success which has attended the attempt to make his beautiful heroine even more popular than she has hitherto been in this country.

The book is tastefully put out of hand by the well-known publisher, Mr. Elliot Stock, and is issued at a moderate price.

PART III.—PSYCHOLOGICAL RETROSPECT.

1. *English Retrospect.*

Asylum Reports.

(*Continued from page* 295).

Lancashire. Rainhill.—A murderous assault was made by a male patient on the head attendant, who fortunately escaped with a wound of the wrist. The patient had secreted a knife from the bakehouse, and intended to kill one of the assistant medical officers. He was committed for trial, and subsequently transferred to Broadmoor. The Commissioners recommended his being put on trial, "as a warning to other lunatics, many of whom think that they can commit crimes with absolute impunity."

Lancashire. Whittingham.—(1884) The Visitors report that a Post Office, at which Savings Bank and Telegraphic business can be transacted, has been opened on the premises, and has proved a great boon to all connected with the asylum. Plans for a detached hospital, capable of containing 16 beds, have been approved. The estimated cost is £3,500. A scheme for connecting the asylum, by a short

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railway, with a line in the neighbourhood, has been submitted to the Committee. Its length will be 1½ miles. The estimated cost is £10,671. A Bill to carry out the same has been deposited in Parliament.

The above are sufficient evidences that there is no lack of enterprise in the management.

(1885). It must be a great relief to Dr. Wallis to be able to report :—"I hope that the present year will see the completion of all outstanding works, and the placing of the institution, as regards its equipment, in the most favourable position possible, so that all our efforts may be concentrated upon the development of our internal economy. The reign of bricks and mortar has been absolute ever since my entrance upon office, now more than seven years ago ; and it is a trying time to all concerned in asylum-management, entailing, as it does, the presence of many strange work people, a fertile source of trouble and extra anxiety." He refers also to the new recreation rooms for the attendants as being completely and handsomely furnished. It is pleasant to find that this consideration for the comfort and well-being of attendants is gradually spreading.

It is extremely creditable to the medical staff that in 115 deaths post-mortem examinations were made in 109.

Leicester (Borough).—It cannot be said that the Visitors neglect their duties here. During the year they held 12 ordinary and four extraordinary meetings. Three Sub-Committees met monthly "to examine the condition of the buildings and grounds, to order the necessary supplies, to see the patients, and the condition of the various wards, dormitories, airing courts, &c., to inspect the medical and other journals, and the certificates on which patients have been admitted, and discharge patients recovered, or otherwise proper to be discharged."

New workshops are in course of erection, and will soon be ready for occupation.

A curious incident is reported by the Visitors. The office of storekeeper having been advertised, an application was received, accompanied by testimonials which the Visitors suspected to be forgeries. Inquiry resulted in a prosecution, and the defendant was fined £10 and costs. The conduct of the Visitors is greatly to be commended ; the only regret is that the penalty inflicted was so absurdly inadequate to the offence.

A patient was found drowned in a pond on the estate. We regret to find that, as a result of this occurrence, the pond is being filled up. Accidents can never be prevented by such proceedings.

Leicester and Rutland.—The proposal to build a new asylum is in abeyance.

It is remarkable that the charity in connection with this asylum is so sparingly taken advantage of.

Lincolnshire.—The following paragraph from Dr. Palmer's report

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is so interesting that we should consider it a valuable contribution to the Journal if he would write a paper giving his experience in detail. Very few superintendents have much experience of such cases, and would gladly learn from one so very capable of speaking from intimate knowledge.

"It is noteworthy, as showing a substantial diminution of opium-eating in the fen-districts of the county, that no case arising from this habit has been brought to the asylum during the last five years. It was formerly found to be a frequent cause of some of the worst forms of insanity, implicating both sexes, and ranging through all ages from youth upwards, while the quantity of the drug that had been daily consumed by many of the victims was almost incredible. It may also be stated that no trace of malarial agency has been detected in the admissions for years past."

City of London.—Accommodation for 35 male patients has been prepared, and is now occupied. A similar enlargement is required on the female side.

The mortality continues remarkably low—only 3·48 per cent. on the average number resident.

Middlesex. Hanwell.—The Visitors report that: "With a view to uniformity of practice in the granting of superannuation allowances, a basis of action consistent with the Statutory Provisions, and the Standing Order of the Court, has been agreed upon with the Committee of Visitors of the Colney Hatch Asylum, which it is considered will tend to more equitably secure the interests of meritorious officers and servants on their retirement, having regard to their respective grades, and the nature of their duties and responsibilities whilst in the asylum employ."

Middlesex. Banstead.—The Commissioners mention with approval a practice which, so far as we know, does not exist elsewhere. Patients desiring to have an interview with the Visitors have their names entered in a book, wherein the Justices commit to writing their remarks on the cases. In our opinion this is an excellent arrangement.

A male patient died of enteric fever; a female recovered, and in the autumn three women in the same ward developed masked attacks of it. Dr. Shaw uses the word "masked" because in none were the symptoms well and regularly developed. Two at least of these patients were of very depraved habits, which, in his opinion, accounted for their attacks; in fact, they suffered from what has been described as "fæcal fever." That may be so, but the Commissioners point out various sanitary defects which afford a more ready and more probable explanation of the occurrence of the disease.

Dr. Shaw reports that very few patients have been confined to the airing courts. With the exception of the feeble and most dangerous, all have enjoyed the use of large fields, and walks round the estate were taken daily as a matter of course.

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Monmouth, Brecon, and Radnor.—No doubt it has occurred by mistake, but there is one thing in this report which is fortunately unexampled, and needs only to be pointed out to be discontinued. In the statement of accounts, the names of the private patients are given with the sums paid for board.

Montrose.—The dispute between the Committee and the District Board appears as far off arrangement as ever.

Of the deaths 45 per cent. were due to phthisis. Dr. Howden attributes this excessive rate to overcrowding of the wards, and to infection of persons predisposed to the disease.

Outdoor exercise and work receive due attention. No fewer than 49 patients are on parole beyond the grounds, in addition to 84 on parole in the grounds.

For valuable information on the "Functions of Chartered Asylums" we must refer to Dr. Howden's report.

Murray's Royal Asylum, Perth.—For many years we have heard a great deal about the wickedness of sending senile cases to asylums, but we must admit there is no rule without an exception. The following paragraph from Dr. Urquhart's report bears on this subject, and places it in a fair light :—

"Whilst it is impossible to look with satisfaction on the advent of a patient in the last stages of senility, labouring under symptoms rendering him dangerous to himself and an intolerable burden on his family, it is not easy to indicate how such persons, especially if belonging to the poorer middle class, can be better cared for than in such an institution as this. I may instance a case in point: J. H., who was admitted at the age of 78, suffering from senile mania, disease of the heart, and a fractured rib. She had no near relative except a daughter, who earned her living in a way that precluded her from giving her time to the care of her mother ; but she had saved a little money, and, in that sturdy spirit of independence that is not yet extinct in Scotland, she decided to send her mother here instead of handing her over to the parish authorities. The case was considered by the Directors to be worthy of help, and the charitable aid of the institution was extended to her. During the five weeks this patient survived, her presence in a house of moderate size would have rendered it uninhabitable for ordinary inmates. Even here she was treated in a remote room, and was waited upon night and day by nurses whose sole duty it was to do what was possible to mitigate the troubles of her disorder."

We are glad to find that useful occupations are provided for all able and willing to engage in them. Only one of the gentlemen and four of the ladies who are not incapacitated by their mental or bodily conditions refuse to employ themselves.

The asylum is quite full—a public testimony to its good management.

(1886).—The statistics of the institution since its opening in 1827

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have been prepared by Dr. Murray, the assistant medical officer, and are now arranged as recommended by the Association. Dr. Urquhart says :—

"The chief event of the year was the addition of the mansion-house of Kincarrathie to the resources of the institution. As indicated in former reports, the ideal asylum for private patients should consist of a central hospital, perfectly adapted for the treatment of mental and bodily diseases, with adjunct villas for the reception of convalescents and those whose malady permits of their living under circumstances most nearly approaching home life. As a means of treatment, therefore, Kincarrathie is specially valuable; but it has also proved useful in relieving the overcrowding of the wards here, and in giving facilities for change to those for whom it is desirable. The handsome and comfortable house, so beautifully situated in private, extensive, and finely timbered grounds; the instant communication by telephone; and the proximity, yet distinct separation, of this part of the institution are duly appreciated. Having regard to the experience of the three months during which Kincarrathie has been occupied, I feel justified in saying that it has proved entirely successful."

We are glad to find that in consequence of the suggestion of Dr. Urquhart, made two years ago, "an arrangement has been made with the Royal Edinburgh Asylum for the interchange of chronic patients who are only fit for the wards of an asylum, and whose turbulence or mindlessness prohibits their presence in convalescent houses or elsewhere." We think the interchange of somewhat chronic, but possibly curable cases, is still more desirable. Experience has shown that in not a few cases which make no progress in one asylum, and in which it may be the delusions have special reference to the superintendent, much good is done by transference to another asylum. The number of patients transferred from other asylums to the Murray was 19 from Jan. 1, 1880, to 1886, and to other asylums 31. Of the 19, 12 improved in mental condition; while of the 31 removed there were also 12 improved.

The institution continues to obtain high official commendation. Dr. Sibbald says :—"The improvements that have been effected during recent years have completely altered the character of the establishment; and the benefit which has thus been conferred on the patients is evinced by the greater degree of contentment which they exhibit. Several pleasing instances of this were observed during the visit. There is little reason to doubt that this feeling of contentment is strengthened by the special attention given by Dr. Urquhart to the occupation of the patients in healthy work, so far as they are capable of it, or can be induced to engage willingly in it. . . . It seems proper to add that, in regard to this particular feature of the management of an asylum for private patients, this institution holds a prominent and very creditable position."

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Newcastle.—Buildings for the accommodation of 170 patients are in process of erection, and additions are to be made to the kitchen, chapel, and laundry. The estimated cost is £22,527.

The purchase of 35 acres, at £300 per acre, has been completed.

The drainage is also receiving attention.

In his report Dr. Wickham says: "It will probably always be a vexed question whether the intemperate habits are the cause of the insanity, or the insanity is the cause of the intemperate habits. As the result of many years' careful study of the causes of insanity, I can only remark that in the great majority of those particular cases which have come under my own notice, the evidence is in favour of the conclusion that the insanity causes the intemperate habits. The reverse only happens when there is already some disease which is due to impaired nutrition. Perhaps it is for that reason that the descendants of a drunkard are more liable to insanity than the drunkard himself."

If Dr. Wickham's observations be correct we are and have been totally wrong in our treatment of such cases. Instead of drunkards being taken to a police-court they should be committed to an asylum as dangerous to themselves. As a necessary consequence our asylums must be multiplied at least tenfold.

Northumberland.—No fewer than 20 of the 39 deaths during the year were due to phthisis. This excessive proportion necessarily caused inquiries to be made as to the feeding, &c., of the patients. It was discovered that the ventilation had become to a great extent obstructed. The defects have been removed, it is believed with good effect. It is also suspected that there is slight overcrowding in the dormitories.

Norfolk.—Measles attacked a patient and two nurses.

The Commissioners point out that 100 men and 126 women are confined to the airing-courts for exercise, and they hope that it will be possible to reduce this number and to allow parties, even of the more excitable patients, in small numbers and with adequate supervision, to walk outside the walls.

Northampton.—Plans have been prepared for a hospital for infectious diseases. As originally drawn the Commissioners raised objection to them, considering the proposed buildings contained accommodation in excess of the requirements.

Two epidemics occurred during the year. During the summer months there were several cases of typhoid, and in November small-pox broke out. The source of the typhoid could not be discovered; the small-pox was introduced by an old man who developed the symptoms immediately after admission. Within a few weeks there were 18 cases, six of these being attendants. These epidemics appear to have been severe, as four cases of typhoid and six of small-pox died. The whole establishment was revaccinated—the fourth time since the opening of the asylum.

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Nottingham (*Borough*).—It is quite evident that this asylum must be enlarged. As only harmless cases can be boarded in other asylums, the proportion of suicidal and epileptic patients is excessive.

Nottingham (*County*).—The supply of water from the asylum well has markedly decreased. The deficiency is supplied by the Corporation.

The Commissioners disapprove of artizans, however trustworthy, having keys which enable them to enter the female wards at any time. It can easily be understood that such an arrangement might lead to very serious and scandalous consequences.

St. Andrew's Hospital.—There is little calling for special notice in this report; but there are evidences of improvement in various directions.

Typhoid attacked two persons living in one of the cottages. They both recovered. The outbreak is supposed to have been caused by an old cesspit which was in close proximity to the well. On analysis the water was found to be quite pure and fit for use.

Norwich.—Fire broke out in the laundry. The resources of the asylum proved adequate to the danger.

Dr. Harris bears testimony to the advantages arising from a sufficient staff of night attendants. The amount of foul linen has been so much reduced that a contemplated addition to the laundry is no longer necessary. This striking fact speaks for itself.

No patient able and willing to walk is entirely confined to the airing-courts for exercise.

Nottingham Lunatic Hospital.—An assistant medical officer has been appointed. The management is much commended by the Commissioners, who remark that Dr. Tate is very successful in giving a home-like character to the Hospital. It is to be regretted that the efforts to induce the gentlemen to occupy themselves in garden work have not been very successful. They should be persevered in nevertheless.

Oxford.—Dr. Sankey reports "that Mr. Pilkington has, by a minute of the Visitors, been appointed a medical officer under the Lunacy Act, with a power to sign the statement of health required on the admission of a patient, and the statutory certificate of death, in addition to, and on all occasions, in the absence of the Medical Superintendent."

We are much inclined to doubt the wisdom of such a minute, and are strongly of opinion that the Medical Superintendent, when at home, should always sign all medical certificates. Such certificates are amongst the most important acts of his official life, and no good reason can be given why they should be signed by the assistant or anyone else.

Perth District (1886).—The death-rate was high, being 13·3 per cent. calculated on the average number resident. This excess in mortality was entirely among the female patients, among whom the

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rate was 17·4 per cent. Eight of the deaths among the female patients were caused by phthisis, but in all save one this affection existed prior to admission.

A uniform has been supplied to the attendants and servants of both sexes.

Portsmouth.—Two nurses suffered from typhoid during the summer. In one case the disease was contracted before she came into residence. Both recovered.

Richmond District.—It is with pain we know that this is the last report which our old friend Dr. Lalor will issue. By his long service and good work he has certainly earned a rest which we hope will be long and happy. His labours in the asylum school will always be remembered to his credit. *

Salop, &c.—The new buildings have been completed, and are now occupied. The matron is now assisted by a head attendant.

The Commissioners notice that about 172 patients walk beyond the estate every week, but there is no daily walking exercise given to men or women beyond the airing-courts. They add that to many patients such exercise is of great value, and they would strongly press the propriety of its adoption.

Sligo District Lunatic Asylum.—Dr. Petit makes the following important remarks :—"It is a matter for serious consideration that though this asylum at the time it was built was intended to provide accommodation for the insane poor of the counties Sligo and Leitrim, nevertheless, when it had been in occupation only twenty years it was found necessary to enlarge it to nearly double its original size.

"Bearing in mind that this increased accommodation has had to be provided for the accumulation of chronic and incurable cases, I wish to point out to your Board that when additional accommodation is required it can be provided at a much less cost than heretofore if the method of treatment carried out in this asylum for the past three years be adopted.

"Not only is this method of treatment economical as regards expenditure, but it is also beneficial in its results to the inmates, and in carrying it out I was fortified by the fact that it had been already introduced and successfully carried out in the Richmond Asylum, Dublin.

"The changes to which I wish specially to direct your attention may be placed under two heads, viz., the abolition of single rooms, and the abolition of airing courts.

"*Single Rooms.*—On examining the plans of the old buildings of this asylum I found that the single rooms constituted one-fifth of the accommodation. Subsequently this was increased to one-fourth by converting some of the dormitories into single rooms. This latter proportion, viz., one-fourth, was carried out in the plans of the new buildings.

* In type before the news of his death reached us.—See Obituary.

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"I restored those dormitories which had been divided into single rooms to their original state, thereby gaining increased accommodation to the extent of eighteen beds—nine on the male and nine on the female side. In connection with this change I may mention that four out of the nine female patients ceased to be of uncleanly habits from the time they were sent to sleep in the restored dormitories.

"*Open Doors.*—Tending in the same direction and following the example set me by my old master, Dr. Lalor, of the Richmond Asylum, I ventured upon the experiment of leaving the doors of both single rooms and dormitories open at night.

"There was some fear on the part of both officers and attendants that this change would result in injury to some of the patients from the violence of others, and the night attendants also dreaded they themselves might be attacked.

"However, by trying the experiment gradually I have now at the end of three years arrived at this state of things, viz., that out of a daily average total, in December last, of 412 patients, only seven females and five males had their doors locked at night.

"So far from being attended with risk, this change is now allowed by all connected with the asylum to have had a most tranquillizing effect upon the patients, besides being a decided improvement to the ventilation of the house at night.

"So satisfactorily, indeed, has it worked, that as the process of colouring and painting the divisions goes on, I am having the doors of most of the single rooms and all the dormitories taken off. I may here mention that in the female house of the Richmond Asylum there are only six single rooms to a population of five hundred patients.

"It is therefore evident that the proportion of single room accommodation usually provided in asylums is greatly in excess of that which is needed.

"It has been argued against the doing away with single rooms that it is an infringement of the privacy secured by separate apartments. This argument may hold good with regard to the inmates of private asylums. District asylums in Ireland were provided for the insane poor, and the patients who are accommodated in them have not been accustomed to separate sleeping rooms in their own houses.

"Previous to the building of district asylums, insane poor persons were sent to gaols when they became troublesome, and upon the gaol plan district asylums were, to a certain extent, built.

"The doors of the single rooms in the older asylums attest this, for not only were they provided with locks, and sometimes with strong iron bolts, but most of them *have spy-holes* through which the occupants could be watched, it being reasonable to infer that this watching was supposed to take place during the day, as it would be impossible to observe anything through them at night, there being no way of throwing light into the rooms while the doors were closed. The spy-

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holes in the doors in this asylum, though by no means one of the oldest, having been opened in 1855, are one inch in diameter.

"It was not out of regard for the privacy of the inmates that single rooms were provided in gaols, but rather in a spirit of punishment, and so far as my experience goes, it is in that light single rooms in asylums are regarded by officers, attendants, and patients, upon all of whom they have consequently a demoralizing effect.

"*Airing Courts.*—My first practical experience of lunatic asylums dates from the year 1874, when I was appointed Assistant Superintendent of the Richmond Asylum.

"At the time of my appointment, and for years antecedent, airing courts were unknown in that asylum.

"When I was appointed Superintendent at the Donegal Asylum in 1875 I found airing courts in existence there. Acting upon the experience I had gained in the Richmond Asylum, I took steps to do away, to some extent, with those courts.

"Soon after taking up office here I had the walls of the airing courts on the male side taken down. Owing to the laundry green being partially bounded by the walls of the airing courts on the female side, it was only last summer I succeeded in abolishing these courts, the position of the laundry green having had to be changed, which proved a tedious piece of work. Practically, however, I may say they ceased to exist as airing courts almost from the time of my appointment, because in my first year here I sent the female patients out for exercise on the open grounds at the west end of the building.

"Airing courts were provided to guard against the possibility of escape while the patients took exercise in the open air. In district asylums these courts are usually so placed as to be bounded on two sides by the buildings, which are over forty feet in height. The atmosphere of these courts can hardly be called open air, and with regard to escapes, experience teaches, as might be expected, that the less the amount of restraint the fewer the escapes.

"Another very objectionable feature about airing courts is the bad effect they have upon attendants, who fall into the error of supposing that when the patients are put within the walls of an airing court they require no further looking after on the attendants' part.

"Judged from results, I think it will be admitted that money spent upon airing courts is not only uselessly but mischievously expended. This last remark is also applicable to boundary walls, except where the grounds adjoin public roads.

"Single rooms and airing courts are a remnant of the old-fashioned inhuman method of treating the insane, which though it has from time to time been exposed and brought under the lash of public criticism, is not yet dead."

Somerset and Bath.—When the Commissioners visited this asylum in March there were 764 patients in residence, and it is recorded as a

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most remarkable fact that not one of them was considered to be actively suicidal.

Staffordshire. Burntwood.—It has been decided to erect a general dining and recreation hall. Forty acres of land have been added to the asylum estate.

Concerning exercise the Commissioners report :—" We are informed that 134 women walk daily beyond the airing courts, but the laundry patients are taken for a walk only once a week. We think that at least one other afternoon in the week should be devoted to the walking exercise of those patients who undoubtedly do real hard work for the asylum. The men who are taken weekly beyond the grounds are nearly 50 in number, but this privilege is not accorded to any of the women, whilst, on the other hand, no men go for walks daily beyond the airing courts."

In his report Dr. Spence seems to think that the decreased number of patients admitted during the year "may, in all probability, be attributed to the not unnatural reluctance on the part of medical men to undertake the duty of certifying patients in face of the present state of the law." He also states that not one of the patients selected as suitable for treatment in a workhouse has, so far, been sent back.

Every patient is weighed monthly.

Staffordshire. Stafford.—No fewer than 10 patients—six males and four females—were discharged as being not insane, the medical officers not being able to discover any mental derangement on admission. This reflects little credit on the signers of the certificates.

Suffolk.—Extensive additions and alterations are in progress, but the Commissioners point out that the new accommodation for patients is not sufficient for the wants of the county. So far as can be gathered from the reports by the Commissioners and Dr. Eager, it is evident that many structural additions and alterations must be made to bring this asylum at all up to the modern standard of requirements.

No less than 157 women, or over three-fourths of the female patients, are confined to the airing courts for exercise!

A few cases of diphtheria occurred and indicate that the sanitary arrangements are not what they should be. There was a fatal case of dysenteric diarrhœa and another of erysipelas.

All the Tables recommended by our Association are not given.

Surrey. Cane Hill.—Great progress continues to be made in getting this large asylum into thorough working order.

We are glad to find that the chaplain interests himself in friendless female patients when they are discharged. Much truly good work may be done in the direction of "After-Care."

Surrey. Brookwood.—Concerning exercise the Commissioners report: "There does not seem to be here a system of daily exercise beyond the airing courts, but about 200 women walk weekly in the grounds and the neighbouring country. We think highly of extended daily exercise as promoting mental and physical improvement, es-

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pecially of insane women, and should be glad to report its adoption in this asylum."

To this Dr. Barton replies : "As few of the patients as is consistent with safety are confined solely to the airing courts. Many patients who might do so do not care to walk out daily unless the weather is warm and fine, and I do not consider it prudent or beneficial to press them to do so against their inclination. About 200, however, walk out weekly beyond the boundaries."

We can only say that in our opinion exercise for women in an airing court is peculiarly harmful, and we know of nothing so good for the patients and the nurses as daily walking in the grounds and beyond them. At least 80 per cent. of an asylum population should have extended exercise every day. Of course patients, like other people, will at first object to do anything, however much it may be for their good, but a little judicious coaxing and pressing will very soon overcome all difficulties. Where such a system of exercise is carried out, the improvement in the condition of the patients and in general discipline is always marked.

Surrey. Wandsworth.—A large sum has been spent in erecting a water tower, laying hydrants, providing a stair to facilitate escape from fire, and remedying defects in the sanitary arrangements.

One case of small-pox occurred. Gratuities amounting to £133 were given to those attendants who deserved them by long and efficient service.

The Commissioners direct attention to a very considerable employment of "restraint" to prevent destructive habits and attempts at suicide. They urge the establishment of a regular system of daily exercise for the patients, especially the women, beyond the airing courts.

Sussex.—In the following paragraph Dr. Williams points out a real evil :—

"The forms of admission accompanying the patients brought for admission are often very imperfectly filled up, and in some cases have been absolutely invalid. The Medical Superintendent, acting on his instructions from the Visiting Justices, has had, in more cases than one, to refuse to admit the patient until the form was amended. The imperfect filling up of these forms is a very serious matter, because, on the one hand, if the asylum authorities admit and detain an alleged lunatic on an imperfect order of admission they may render themselves liable to an action for illegal imprisonment, whilst, on the other hand, the delay caused in taking a patient back to have the imperfect order amended may be of the greatest harm to him, besides causing endless worry to all concerned."

A patient has given much trouble by his repeated and ingenious attempts to escape. On one occasion he cut a key out of a small brass button, tied it on a piece of stick, opened his dormitory door, and thus escaped.

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With a view to the more systematic instruction of the attendants and nurses in their duties Dr. Williams has prepared a pamphlet for their guidance, containing plain hints on the management of the insane, which we recommend to other superintendents as useful.

Warwick.—Relative to outdoor exercise the Commissioners hesitate to express an opinion, as the books do not furnish a convenient summary of the actual numbers daily walked out, but a weekly average only.

Wilts.—A fire broke out in an attendant's room, but it was speedily extinguished by the fire brigade.

The diminution in the admissions was so marked that Dr. Bowes considers it may have been due to a greater reluctance to send cases to the asylum, owing to a fuller recognition of the responsibility and risk run in making orders for admission.

Although the general health has been exceptionally good, and there is still evidence of benefit accruing from the improved sanitary arrangements, it cannot be said that all is right, as two cases of a typhoid character have occurred. Although the water is believed to be wholesome it should be remembered that there are many other means by which typhoid may be introduced into a building. Seek and ye shall find.

Exercise beyond the airing courts has been extended; the infirm and dangerously violent alone being confined to the courts.

Various structural improvements have been effected, but it is quite evident that the Commissioners do not consider the progress in this direction sufficiently rapid.

Warneford Asylum.—A sum is being accumulated to defray the cost of a new wing for male patients.

The Commissioners say:—"This is, indeed, a hospital conspicuous for its charity. The comforts of the establishment are not ostentatious, but very substantial; an excellent work is done here; the supervision is much larger than at most of the hospitals for the insane; there being two medical gentlemen for the 32 gentlemen and 45 ladies under treatment."

Wonford House.—A branch establishment has been secured at Dawlish. Since it has been in use the average number resident has been 15, and the length of stay has varied from a few days to three months. This seaside residence cannot be regarded otherwise than as a most important addition to the means of treatment.

Many structural improvements continue to be carried out.

Worcester.—The recent additions are now occupied by patients; it has therefore been necessary to appoint a third assistant medical officer. A new chapel, to accommodate over 700 patients, is nearly finished.

The Commissioners report that the greater proportion of the patients have extended exercise, and they were informed that the numbers not going beyond the airing courts were 67 men and 124 women. They suggest that even some of these might occasionally have longer walks.

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Three cases of scarlet fever occurred, and a nurse had a severe attack of typhoid but recovered.

Yorkshire. East Riding.—A hot-water apparatus for heating the asylum has been fixed, and found to do its work well.

A detached hospital, for the treatment of contagious diseases, is about to be erected.

The sanitary condition of the asylum is reported as excellent, and there has been no return of typhoid fever.

The facilities afforded for out-door exercise by the position of the asylum are taken fully advantage of.

Yorkshire. North Riding.—The open-door system is in use here in a modified form on the female side. Only external doors are locked, and it is possible to go through all the wards of the division without using a key. The Commissioners say :—"We highly commend the system as here in use, and hope it may be extended to the male division. No inconvenience has arisen from it, and it is not found that patients desire to stray from their own ward." They also express approval of the bed-making and other domestic work in the male wards being done by female patients under the guidance of special nurses. Relative to exercise they report :—" We are glad to observe that as many as 308 patients of the two sexes have weekly walks beyond the asylum grounds ; those, however, who are daily taken for exercise outside the airing courts are but 76, and we think the system of daily extended exercise should be further developed."

Yorkshire. South.—The reconstruction of the drainage proceeds rapidly. In the meantime no new cases of typhoid have occurred.

Every effort continues to be made to keep down the numbers resident by sending suitable cases to the workhouses. Dr. Mitchell directs attention to the diversity manifested by Boards of Guardians with respect to the readiness with which suitable cases are received into workhouses. He says :—

"The tabular statement of the Commissioners in Lunacy setting forth, with respect to each union, the proportion of patients in asylum, workhouse, and in care of friends respectively, may be referred to as demonstrating this fact in a very striking manner. The returns from such unions as Sheffield, Barnsley, Huddersfield, and a few others in this district show, in varying degree, what can be accomplished—and accomplished satisfactorily—in this direction ; but as regards the majority of the unions, the number of cases accommodated in the workhouses is very small. Thus, whilst Sheffield, with 173 cases in asylum, has 234 chronic cases in the workhouse wards, we see Halifax with 319 cases in asylum, and 20 cases only accommodated in the workhouse. It is a matter for regret that the policy of providing for suitable cases in workhouse wards, which has the approval of the Commissioners in Lunacy, and which has been repeatedly advocated as not detrimental to the class of patients concerned, is not more gene-

https://doi.org/10.1192/bjp.32.139.424 Published online by Cambridge University Press

rally followed. The immediate effect of refusal to act upon it, on the part of any union, may relieve local rates, but the course can hardly be right and just towards other unions which adopt a different and, it is contended, a wiser view. One policy has the tendency to avert—the other to render necessary—the call for costly asylum extensions and new institutions out of proportion to the number of cases which require, or can be benefited by, the more expensive accommodation."

Yorkshire. West Riding.—The following paragraphs from Dr. Lewis's report refer to a subject which is of real importance: —

"This probationary discharge of patients to relatives or friends is a fruitful source of anxiety. So many factors have to be considered as affecting the probationers' well-being, factors often unknown, or at best most uncertain in their incidence; and a judicious choice of circumstances favourable for such trial is frequently rendered next to impossible from an unavoidable ignorance of the patient's environment. At the best but fragmentary gleanings can be obtained from the relatives or friends, who are only too prone to conceal the vicious surroundings of the domestic circle. The question of the advisability of such probationary discharge is far from being a simple one in most cases. Apart from a certain amount of risk of a relapse with a return of morbid impulses, there is the question of ensuring adequate support, which, in cases of brain disease, is of imperative necessity; there is the question of congenial employment; of the elimination of circumstances which tend to foster nervous irritation and mental worry; there is the question of vicious surroundings, so frequently answerable for a relapse; and there is the still wider question of domestic relationships of both social and national importance which becomes involved in the discharge, to the freedom of their homes and the license of their former lives, of those who have not fully regained their normal mental stability requisite for moral control.

"It is the imperative duty of the medical adviser to be keenly alive to these facts, and not to ignore the claims of society by an undue leaning to the individual interests of his patient. The consideration of more frequent discharge "on trial" being adopted has come to the fore of late, since the Commissioners in Lunacy strongly advocate the remuneration of friends willing to undertake the charge of cases for whom a suitable home could not otherwise be provided, according to the provisions of the Act 16 and 17 Vict., sec. 79, c. 97. That such a provision in cases judiciously chosen would be a wise one there can be no doubt; but it would be well ere any such inducement were offered that a certificate from a responsible local authority, preferably the medical officer acquainted with the circumstances of the patient and his guardian, should be demanded as a *bonâ-fide* pledge of the necessity for such assistance, and that the grant was not misappropriated."

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Additional Reports.

Aberdeen.—Thirty-one fatuous patients were removed to the wards of workhouses, and 30 of the harmless incurable pauper patients were boarded out. A few of the latter had to be sent back, and two returned of their own will.

A death by suicide occurred. A nurse omitted to return to the medicine cupboard a bottle containing belladonna liniment; the patient got hold of it and swallowed the contents.

Buckinghamshire.—The space in the day-rooms for female patients is deficient, but it is proposed to remedy this serious defect. It is reported that exercise beyond the grounds is by no means forgotten; parties of women go out twice a week, and men on Sundays.

Castlebar.—Mr. Finegan considers 35 per cent. of the patients as probably curable. He says: "This may seem a large percentage, but I wish it to be understood that the hope of cure or recovery is more a matter of possibility than probability in a large proportion of the cases. All patients, not more than five years insane, and whose insanity is not concomitant with a congenital epileptic or organic brain lesion, is (*sic*) in this table considered curable, for it is now an established fact that chronic cases, even of 15 years, have ultimately regained their mental health."

Cheshire. Chester.—Thirty acres have been added to the estate. The Commissioners consider the amount of exercise enjoyed by the patients too restricted, and the proportion confined to the airing courts too large.

Cork.—Although there is nothing calling for remark in this report, we cannot pass it over without again lamenting the untimely death of Dr. Eames.

Derby.—The Commissioners have for some time strongly urged the erection of a hospital for infectious diseases, but the magistrates will not vote the necessary funds. The sooner they give in the better, for a hospital must sooner or later be built. In the meantime a disinfector has been put up at a cost of £300.

An organ has been placed in the chapel, and a conservatory has been erected. These are among other improvements effected during the year.

Seventy men and 78 women have exercise only in the airing courts; 145 men and 137 women walk in the grounds; and 75 men and 98 women go at times beyond the walls.

Here, as in various asylums, there has been a considerable diminution in the number admitted. On this subject Dr. Lindsay says:—

"These figures are striking, as exemplifying the uncertain fluctuations in the admissions, and are not easily explained. It is not improbable, however, that in some measure they may be attributable to a variety of causes, and may have some connection with the changing opinions of public boards, the suspense and uncertainty in which lunacy legislation has of late years been kept, and the increasing objection on the part of parochial authorities and relatives of the insane

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to look upon the asylum as a curative hospital, combined with the increasing disposition to regard the asylum more as a last resort for the hopelessly incurable, or a prospective cemetery for the dying. The effect of this is not to make legitimate use of the asylum to the fullest extent, but to detain insane persons in workhouses and at home as long as possible, only sending them to the asylum when they become intractable, dangerous to themselves or others, dirty, destructive, extremely debilitated, their malady becoming chronic, and too often incurable. This feeling of objection to the asylum is perhaps also fostered by recent prosecutions and decisions in courts of justice, which tend to create suspicion in the mind of the general public with regard to the admission and detention in asylums even of pauper lunatics."

In this asylum, as in several others, the mortality from phthisis was excessive.

Glamorgan.—The new buildings are nearly complete, though not fit for occupation. More than 200 patients weekly are taken into the country for walks, over 300 walk daily in the grounds, and only three men and nine women, who are physically fit to go beyond, are confined to the airing courts.

Kent. Barming Heath.—One case of scarlet fever occurred, but no other zymotic disease.

It is reported that much good and useful work has been done in the chemical laboratory opened last year.

Every effort is made to take patients walks in the country, and no one, unless physically disabled, is confined to the asylum estate.

Kent. Chartham Downs.—The Commissioners report that the number walking daily beyond the airing courts is 43, and those who go weekly beyond the estate are 187 of both sexes.

One fatal case of typhoid occurred. Some sanitary improvements have been effected since that event, and plans have been prepared for the erection of a detached hospital for infectious diseases.

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2. *French Retrospect.*

By D. Hack Tuke, F.R.C.P.

Lentz on Alcoholism. De l'Alcoolisme, par Dr. F. Lentz.

(Continued from the April number.)

The *medico-legal questions* arising out of intoxication are clearly stated by Dr. Lentz, both in regard to ordinary and pathological drunkenness. It may be remarked in passing that the simulation of drunkenness at a stage which would carry with it complete irresponsibility is so difficult that the author has not found a single case on record. The author's great point in regard to the responsibility of drunkards is that they are punished for their drunkenness, and not for the crime which they commit when intoxicated, just as a man guilty of homicide through carelessness is not punished for the

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