trade still remains very small; the proportion of criminals engaged in their trade at the time of their crime is smaller still. We seem to be approaching a point at which it will become obvious that every citizen must be educated to perform some useful social function. In the interests of society, he must be able to earn his living by that function" (Havelock Ellis). If man sometimes has the instincts of a tiger, he has also those of the dog and the sheep, and all this makes a mixture which is not fundamentally bad, and if he is kept thoroughly well-nourished, not only in his framework and muscles, but also in his nervous system, the result will be a well-balanced organism. Dr. Dolan eloquently says:— "If we grasp the central truth that the child is father to the man, we are masters of the future. The impressions and surroundings of childhood mould character. The slums, the alleys, the evil example of parents, the surroundings of dirt, sloth, idleness, and dissipation, the absence of restraint, the want of religious and educational influences, are responsible for crime and criminals. Collectively and individually, the responsibility rests upon man; he cannot shelve it by throwing the blame on heredity or upon the Creator. It is for us to cast our ægis over childhood and boyhood, it is for us to fully accept the debt and responsibility we owe to epileptic children," and by doing this we shall, by raising the souls of the citizens, rather than the roofs of asylums, render the greatest service to the State.

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*A Visit to some Foreign Asylums.** By FREDERICK NEEDHAM, M.D.

I feel that an apology is due from me for the introduction of this paper, which is really unworthy of the name, and only purports to be a collection of rough notes put together at the times and in the places mentioned. As such I venture to offer them to you.

Being in Venice in the year 1884, I took a gondola one sunny morning to the Island of San Servilio, in the Adriatic, and visited the asylum for insane men which occupies that island.

I found the doctor in charge in the person of a courteous

* Paper read at the Psychology Section of the British Medical Association, Bournemouth, 1st August, 1891.

https://doi.org/10.1192/bjp.38.161.222 Published online by Cambridge University Press

monk, who gave me a pleasant welcome, and readily agreed to show me whatever I wished to see in the asylum.

We started from his office, which contained various implements of his craft, such as instruments for taking measurements of heads, photographic apparatuses, and photographs in great profusion. He showed me his well-kept case books, which seemed to contain an accurate record of each case, and which did contain a photograph of each patient on admission and discharge. I also saw his excellent dispensary, and a well-fitted pathological laboratory.

The building, which is solidly built and whitewashed throughout, is situated in a good space of walled ground, which contains airing courts and a kitchen garden, wherein are grown all the vegetables for the use of the establishment, the labour being chiefly that of the patients. It contains day-rooms, dormitories, and single rooms, an infirmary block, and a bakehouse, a laundry, with the usual drying closet, and other machinery of a simple kind, and workshops for mattress-making, blacksmiths, and carpenters.

The day-rooms, which were spacious and airy, were most of them devoid of more than the simplest furniture and of all attempt at decoration, and were crowded with patients, many of whom were restless, turbulent, and exceedingly noisy. At least 60 of them were restrained by means of leather hand-cuffs, attached by chains to leather waist-belts. In the convalescent wards were a few maps and small pictures, but there were no books or periodicals, or other means of amusement.

The dormitories were of ample size, and afforded 1,400 cubic feet of space to each bed. The bedsteads were of iron, and the comfortable beds of straw and wool. The bedding was clean and sufficient. There were about 600 patients, and their clothing was ragged and untidy. Sinks were provided for washing purposes. There were no basins or other toilet requisites. All the water was supplied from an artesian well, and that for drinking purposes was filtered. The water closets were latrines on the usual Italian principle, and they were neither more nor less offensive than those which are provided for the public outside. There was no provision for bathing, and soap and water generally appeared to be in little use throughout the establishment. The infirmary block was particularly odorous of urine and other strong-smelling human products.

In one room I saw three patients in a state of acute mania,

https://doi.org/10.1192/bjp.38.161.222 Published online by Cambridge University Press

strapped in beds close together, swearing at each other with great vehemence. There were numerous broken limbs and black eyes among the patients, and while there was a free circulation of air, and no great want of cleanliness or neatness in the rooms, there were, so far as I could judge, no organized efforts made at classification or the cure of mental disease by modern scientific methods.

In the year 1887, being in Spain, I took the opportunity of visiting the asylum for insane persons of both sexes, situated at Granada, in a large building erected by Ferdinand and Isabella, wherein are also located a foundling hospital and a poor relief office, from whence doles of food and money were being handed, as I passed, to a most ragged and abject crowd of mendicants.

I was pleasantly received and taken round by the resident clerical director, but there was really not much to see. There was no resident doctor, and the director told me that very little effort was made to cure the patients. "The good God was their best friend," he said.

The only obvious means of treatment which presented itself was in the form of a newly-erected bath-house, which consisted of a chamber lined with zinc, and containing a low wooden platform, on to which could be made to play, by means of an ordinary fire hose, with great force a *douche* and shower of water. To the newness and apparent want of use of this apparatus I attributed, to some extent, the fact that the eighty patients whom I saw seemed generally happy and contented, and upon good terms with their attendants. Most of them were enjoying the sunshine out of doors in the small walled airing courts, each of which had in it a small streamlet of running water. They seemed happy enough, and their only solicitation was for money wherewith to purchase cigarettes, the very meat and drink of a Spaniard.

None of them were restrained, and none seemed to be in cellular confinement. They were generally quiet and free from excitement.

The day rooms and dormitories were simple, plain, and undecorated. Two of the dormitories contained about 30 beds each, and there were a number of very small single rooms, not more than six feet square, which contained a small bedstead and mattress, and in some cases a chair. Everything was fairly clean. I saw no appliances for ablution, but the patients were as well clothed and as clean

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as most sane persons of their class in Spain, which is not saying much, for they are not a cleanly people.

I noticed that the male attendants had keys, which admitted them equally to their own wards and to those of the female patients.

The means of amusement were conspicuous by their entire absence. There was no single picture, or book, or paper, or game of any kind to be seen anywhere, and the only means of occupation were comprised in a garden about 30 feet square, and an extremely diminutive whitesmith's shop. I must say, however, that no one seemed to be regretting the absence of employment. The Spaniard is an admirable idler, and to lie on the ground in the sun, with simple food at intervals, an occasional cigarette, and nothing to do, was probably no unhappy life from their point of view—climatic and constitutional.

Before leaving Spain I took the opportunity of paying a passing visit to the asylum at Gibraltar, as to which there is less to be said than of that at Granada. The building is handsome, quite modern, and stands on a height overlooking the bay. It is managed by a lay superintendent under the control of the magistrates and Governor General. All the rooms were bright, cheerful, and well furnished. There were some pictures and books, and the furniture was substantial and comfortable.

The whole place was scrupulously clean. All the patients were out of doors, but there were only twenty of them altogether, most of them imbecile or demented.

There was no case in which restraint or seclusion could properly have been used; as a matter of fact, no one was either restrained or secluded, but I found that the camisole was used upon occasions. The whole place was well kept, and, I thought, creditable to those in authority.

The last foreign asylum which I visited was that of San Spirito at Rome. I was there in April of the present year, and spent a long Sunday afternoon in the company of a very pleasant and intelligent Benedictine monk, who acted as my conductor round the establishment. To reach it you cross the Tiber and enter that part of the city which is called the Lungara. Here stands an enormous hospital, with accommodation for nearly 2,000 beds, built by Pope Pius IX., and occupying a part of the space is the asylum, with its 600 inmates of all ranks, classes, and conditions.

The situation of its grounds, which are many acres in

https://doi.org/10.1192/bjp.38.161.222 Published online by Cambridge University Press

extent, and of some of its buildings, is most lovely, overlooking Rome and the Campagna, and as high as the roof of the nave of St. Peter's.

The patients are distributed over a main building, which is reached by a series of ascending corridors, and six or seven detached houses in different parts of the grounds.

Before making this ascent I was received in the waiting-room, just off the street, where numbers of the poorer patients were being visited by their friends.

Fruit and nut dealers seemed also to be allowed free access to vend their wares, and to be doing quite a brisk business. All the proceedings here seemed to be free and easy, and gave one a good impression as to the kindly *régime* of the establishment generally.

The buildings are well constructed and arranged to suit various classes of patients, who are accommodated according to their mental conditions and rates of payment.

Some who pay largely are provided with suites of handsome rooms in detached villas, well furnished, and with attempts at decoration. Then there is a building for quiet paupers, another for epileptics, a third for idiot children, and one for noisy, excitable, and destructive patients. Very few patients were in the house, for it was a bright, hot, sunny day. Most of them were either in the general grounds or in pleasant, but comparatively small, airing courts. Some of them were being visited by their friends, who were sitting about in the grounds with them. No one was at work, of course, but I saw carpenters', basket and mat-makers' and upholsterers' shops, and a school for the idiot children. The day-rooms and dormitories were large and airy, and the whole place exceedingly clean and free from smell. There were very few single rooms. There was a colour room, into the skylight of which slides of red and blue glass were able to be inserted, which I understood had been used with benefit. There seemed to be scarcely any bath-rooms. There were inspection openings in all the bedroom doors.

The beds and bedding were ample and comfortable. The attendants sleep in rooms open to the dormitories. They did not seem to be numerous in proportion to the number of patients.

I saw no books or papers about anywhere, and very few pictures. There was a general air of quiet contentment and kind usage. I saw no black eyes or other marks of

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