

A visit to thirteen asylums for the insane in Europe : to which are added a brief notice of similar institutions in transatlantic countries and in the United States, and an essay on the causes, duration, termination and moral treatment of insanity, with copious statistics / by Pliny Earle.

Contributors

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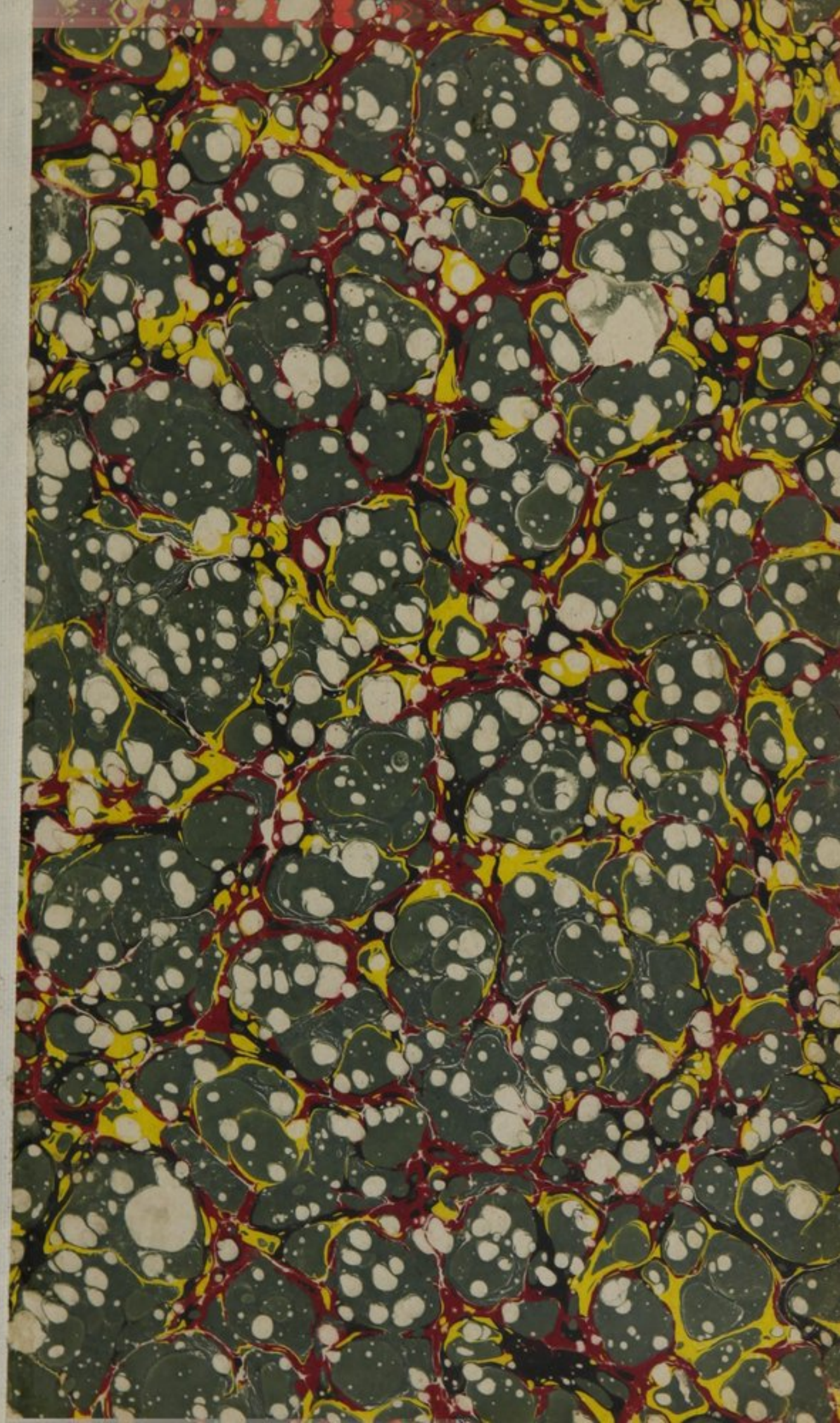
EARLE, A VISIT TO THIRTEEN ASYLUMS
FOR THE INSANE IN EUROPE.

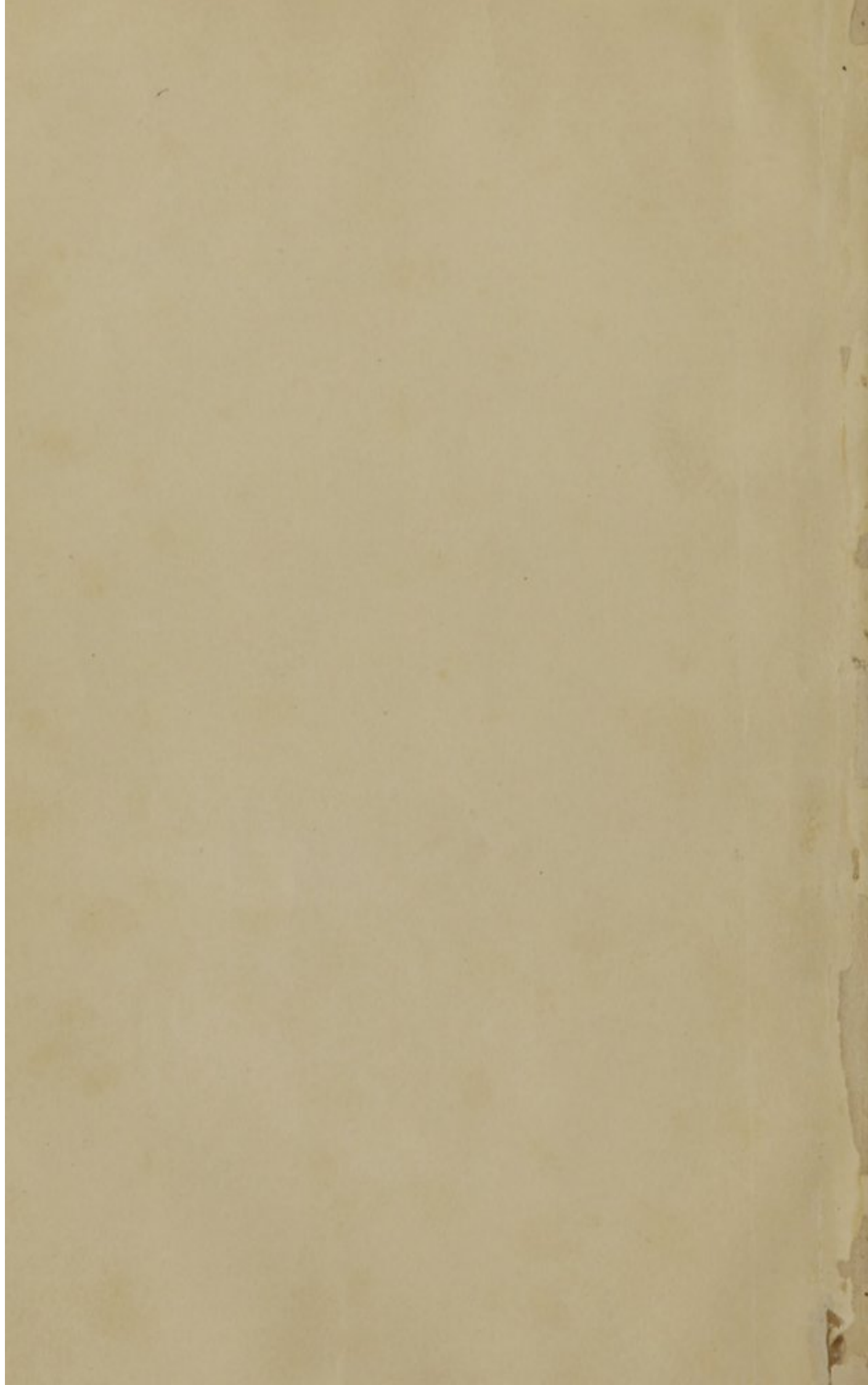
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ANNEX

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WITH COPIOUS STATISTICS

BY PLINY EARLE, M. D.

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PHILADELPHIA:  
J. DOBSON, 108 CHESTNUT STREET.  
1841.



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## P R E F A C E .

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DURING a recent tour in Great Britain and on the European continent, I visited several Asylums for the Insane, situated either upon my route or in its immediate vicinity. When the visits were made I had no intention of presenting what might be gleaned by them to the public; and I now regret my inability, from a want of more copious data, to do that ample justice to the Asylums mentioned, as well as to the general subject itself, which they both deserve, and which the progress of our knowledge of insanity, and of the most judicious method of treating it, seems imperiously to demand.

Imperfect, however, as may be these descriptions, it is believed that, in connection with the succeeding essay, they may be the means of extending the information of those who have heretofore devoted but little attention to the subject. I would direct the attention of those who are interested in the question of the utility of Lunatic Asylums, to the results of treatment as exhibited in the tables of both recent and chronic cases, and request them to compare the condition even of the "incurables" with that of hundreds, may it not be said, thousands, in our country, who are pining, famishing, dying in garrets, cellars and dungeons, clothed in rags, and, in too many instances, confined by chains.

*Frankford, Pa., 1841.*





## A VISIT, &c.

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### THE MIDDLESEX COUNTY LUNATIC ASYLUM.

The Lunatic Asylum for the paupers of the county of Middlesex, Eng., is the largest institution of the kind in Great Britain. It is located at Hanwell, a few miles from London. It went into operation in 1831. The very extensive building is erected upon three sides of a square, or rather of an oblong space, which, being handsomely planted in the style of English gardens, forms a front yard of attractive beauty. The principal part, or longest portion of the edifice, runs parallel to the road, which is, perhaps, one-eighth of a mile distant. The other two portions, as may be inferred from what is said above, run towards the road from the two extremities of the principal one. The three are of equal height and width. The central part of the principal one is expanded to a greater width, and is hexagonal in form. Within this are the offices and the apartments of the superintendents. A similar hexagonal portion exists in each of the other two, not, however, near the centre, but removed a short distance from their extremities. Large as was this edifice, it had proved inadequate to the necessities of the county, and, at the time when I was there, extensive additions were in progress. These consisted of two wings, one near the extremity of each of the two portions running from the principal building, towards the road, attached to these portions on the external side, or that opposite the oblong yard, and running at right angles to them. Hence they are parallel to the road and to the principal part of the building. The stairs are in the hexagonal enlargements. The wards are divided into small rooms for dormitories, upon



one side of a narrow gallery which runs from one extremity to the other. The cooking and the heating of the apartments, throughout the whole establishment, are performed by steam. The length of pipes for the last purpose is upwards of one and a half miles. The house is lighted by gas. The hours of meals are 8 o'clock, A. M. and 1 and 7 P. M. A quart of strong beer, *per diem*, is allowed to such of the patients as labour, and a pint to the others.

One of the most prominent characteristics in the internal economy of this institution, is the amount of labour performed by the inmates. But few Asylums of the kind can furnish so great a per centage of patients devoted to useful occupations. Of the *six hundred* who were there in 1837, more than *four hundred* were thus employed. Most of these were incurables. The cooking for all the residents at the Asylum, the brewing, washing, tailoring, shoemaking, and gasmaking, are all performed by the patients, there being, in each department, a sane person who acts as overseer. Carpentering, cabinet-making, the manufacture of straw hats and bonnets, the spinning of twine, basket-making, and picking, carding, and spinning wool for mops are also carried on to no inconsiderable extent. Many of the patients are employed in horticulture and other labour in the open air. In one year six of the patients were taught the art of shoemaking. No accident has hitherto occurred from trusting edged and other dangerous tools in the hands of the employed.

"On entering the gate," says Harriet Martineau, in describing her visit to this Asylum, "I met a patient going to his garden work, with his tools in his hand; and passed three others breaking clods with their forks, and keeping near each other for the sake of being sociable. Further on were three women rolling the grass in company; one of whom, a merry creature, who clapped her hands at the sight of visitors, had been *chained to her bed for seven years* before she was brought hither, but is likely to give little further trouble henceforth, than that of finding enough for her to do. A very little suffices for the happiness of one on whom seven years of gratuitous misery have been inflicted:—a promise from Mrs. Ellis to



shake hands with her, when she has washed her hands; a summons to assist in carrying dinner; a permission to help to beautify the garden, are enough. Further on, is another in a quieter state of content, always calling to mind the strawberries and cream Mrs. Ellis set before the inmates on the lawn last year, and persuading herself that the strawberries could not grow, nor the garden get on, without her, and fiddle-faddling in the sunshine to her own satisfaction, and that of her guardians. This woman had been *in a strait waistcoat for ten years* before she went to Hanwell. In a shed in the garden, sit three or four patients cutting potatoes for seed, singing and amusing each other; while Thomas, a mild, contented looking patient, passes by with Mrs. Ellis's clogs, which he stoops to tie on with all possible politeness; finding it much pleasanter, as Dr. Ellis says, 'to wait on a lady than be chained in a cell.' In the bakehouse, meanwhile, are a company of patients kneading their dough; and in the wash-house and laundry many more equally busy, who would be tearing their clothes to pieces if there was not the mangle to be turned, and a prodigious array of linen in the drying closet to be ironed. A story higher are coteries of straw-plaiters, and basket-makers, and knitters among the women, and saddlers, shoemakers and tailors among the men."\*

A chapel is connected with the institution, where a portion of the patients assemble at a weekly service, and at morning and evening prayers. Those patients who leave the Asylum destitute of pecuniary means are, by a beneficent provision of the government of the institution, so far assisted as to enable them to supply their wants, until they can obtain a situation wherein to gain a subsistence.

Sir W. C. Ellis, who, in 1837, and for several years previously, had fulfilled the duties of superintendent of this Asylum, has published a work upon insanity, from which the following anecdote is extracted. It proves that he is gifted with a presence of mind, and a sagacity adapted to any emergency, and worthy of the man who has received the dis-

\* Miscellanies, by Harriet Martineau. Boston edition. Vol. i. p. 231, 232.

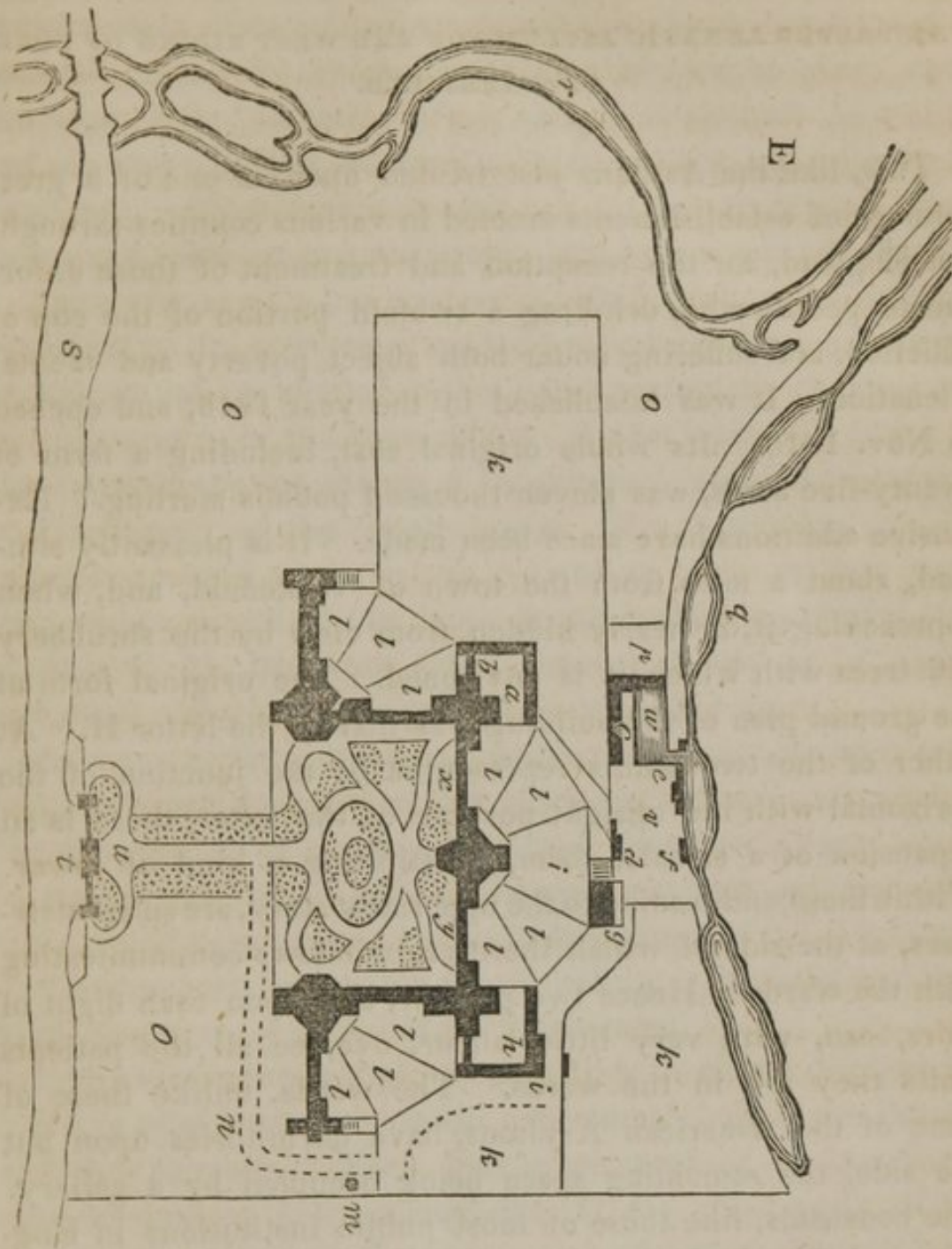
tinguished honour of knighthood, in consideration of his skill in the management of the insane.

A workman at the Wakefield Lunatic Asylum left a chisel more than three feet long in one of the wards; a furious patient seized it and threatened to kill any one who approached him. Every one then in the ward immediately retreated from it. "At length," says the author referred to, "I opened the door, and, balancing the key of the ward on my hand, walked slowly towards him, looking intently at it. His attention was immediately attracted; he came towards me, and inquired what I was doing. I told him I was trying to balance the key, and said, at the same time, that he could not balance the chisel in the same way on the back of his hand. He immediately placed it there, and extending his hand with the chisel on it, I took it off very quietly, and without making any comment upon it. Though he seemed a little chagrined at having lost his weapon, he made no attempt to regain it, and, in a short time, the irritation passed away."

This accomplished physician, (Sir William C. Ellis) is now (1840) deceased, and the Asylum is under the superintendence of Dr. Conolly, the author of a valuable treatise upon insanity. The new wings have been completed, making, in all, accommodations for 850 patients.

For the opposite engraving of the ground plan of the Asylum, I am indebted to Frederick A. Packard, Esq.





- |                                               |                              |
|-----------------------------------------------|------------------------------|
| <i>a</i> Bake-house.                          | <i>l</i> Airing Court.       |
| Brew-house.                                   | <i>m</i> Well.               |
| Gas-house.                                    | <i>n</i> Carriage road.      |
| Steam-boilers, &c.                            | <i>o</i> Cultivated grounds. |
| <i>b</i> Kitchen and Scullery.                | <i>p</i> Burial ground.      |
| <i>c</i> Coal sheds.                          | <i>q</i> Canal.              |
| <i>d</i> Cart-house, stable and shed.         | <i>r</i> River.              |
| <i>e</i> Superintendent's stable.             | <i>s</i> Road.               |
| <i>f</i> Gardener's house.                    | <i>t</i> Lodge.              |
| <i>g</i> Cow-house.                           | <i>u</i> Entrance.           |
| <i>h</i> Wash-house, drying-rooms, laundries. | <i>v</i> Farm yard.          |
| <i>i</i> Engine-house, and Engineer's shop.   | <i>w</i> Dock.               |
| <i>j</i> Superintendent's garden.             | <i>x</i> Male side.          |
| <i>k</i> Garden.                              | <i>y</i> Female side.        |

THE PAUPER LUNATIC ASYLUM FOR THE WEST RIDING OF YORK,  
AT WAKEFIELD.

This, like the Asylum just treated upon, is one of a great number of establishments erected in various counties throughout England, for the reception and treatment of those unfortunate people who, drinking a twofold portion of the cup of affliction, are suffering under both abject poverty and mental alienation. It was established in the year 1816, and opened in Nov. 1818. Its whole original cost, including a farm of twenty-five acres, was eleven thousand pounds sterling. Extensive additions have since been made. It is pleasantly situated, about a mile from the town of Wakefield, and, when approaching it, is nearly hidden from view by the shrubbery and trees with which it is environed. The original form of the ground plan of the building was that of the letter H. At either of the two points represented by the junction of the horizontal with the upright portions of the letter, there is an expansion of a circular form, constituting a kind of tower. Within these, and leading to the uppermost story, are spiral staircases, at the side of which there are windows communicating with the wards. Hence two persons, one upon each flight of stairs, can, with very little labour, oversee all the patients while they are in the wards. The wards, unlike those of some of the American Asylums, have dormitories upon but one side, the remaining space being occupied by a gallery. The bedsteads, like those of most public institutions in England and France, are composed of iron. The establishment is lighted throughout by gas, which, as well as the beer, bread, shoes, clothes, and cloth for external garments consumed by the patients, are manufactured upon the premises, and, principally, by the insane themselves. The medical superintendent, to whom all other persons in the house are subordinate, acts as secretary, treasurer, steward, surgeon and apothecary, and, in concert with the matron, has the general direction of the treatment of the patients, the domestic arrangements, &c. &c. In the medical department, however, he is



subject to the visiting physician. Besides other records, he keeps a diary of casualties, or remarkable circumstances, and a medical journal, in which he places a history of every case admitted to the Asylum. He is obliged to visit all the wards and see every patient at least once every day, and oftener if necessary. He carries a master-key to the wards and outer doors, and these are secured every night by himself, personally.

The matron, who has a salary of 100*l.* sterling per annum, is subject to the director or medical superintendent, and, so far as their duties are similar in the two departments, is governed by the same rules and regulations. Aside from her duties to the patients, she has charge of the kitchen and of the neatness and propriety of the whole house. She is required to see every room and every female patient as often as once each day, and to secure all the doors in the female department at 9 o'clock, P. M., from the 1st of October to the 1st of April, and at 10 o'clock during the remainder of the year.

As many of the patients as possible are employed as servants, and the hiring and dismissal of other domestics is entrusted to the director. The cause of dismissal, when such cases occur, is always registered. The following extracts are from the "Rules and regulations for the management" of the Asylum.

"Any officer or servant found making a perquisite of any kind whatever, will be instantly dismissed."

"Any servant striking a patient, will be instantly dismissed."

"It is now known, by actual experiment, both at the Retreat and the Asylum at York, that much work of various kinds may be done by patients, not only to the great profit of the institution, but also to their very great advantage, both in body and mind; therefore, the director and matron will consider that they will not give satisfaction unless they have considerable success in this department of their duty."

Furthermore, in respect to officers and servants, if any one of them take any present, or gratuity, from any tradesman dealing with the Asylum, or from any patient or visitor, he is discharged. Any servant found intoxicated, or who has been known to sell anything to one of the patients, without the knowledge of the director, is reprimanded for the first offence and dismissed for the second.



The number of patients in the Asylum during the summer of 1837, was 334, of whom a small minority were women. Fifty or sixty of the men labour, regularly, either in the manufacture of the articles above mentioned, in gardening, or in some mechanical trade. All the utensils used by the patients at their meals, unless necessarily metallic, are made of wood. The working patients are furnished, besides their regular meals, with two "drinkings" during the day, each of them consisting of three-fourths of a pint of beer and four ounces of bread. Nearly two hundred dollars per annum is paid for tobacco, which is also divided among the labourers, each being entitled to a weekly ration of one ounce. Many of the patients, as we passed through the wards, begged us for tobacco, or for money to purchase it with. One of them, after having thus played the mendicant, put into our hands a piece of cloth, upon one side of which he had written, in large letters, "*Millennium. Green, blue and yellow united.*" And upon the other, "*Victoria 1st, July 28th, 1837. Virgin Queen of Peace. Amen. Aquila.*" It will be perceived from the date, that this was but a short time subsequent to the accession of Victoria to the throne of Great Britain. The universal popularity which the youthful queen enjoyed, at that time, among her sane subjects, seems to have been participated also by some of those who were insane. And this poor, infatuated maniac beheld the "green, blue and yellow," the insignia of the different political parties of the realm, united through her means, and hence the "consummation devoutly to be wished," the immediate advent of the millennium! "Eh, eh," said he, after I had read the above, and, as he spoke, he looked up into my face with a piercing glance and a most significant smile, "do you know what Aquila signifies in English?" Being answered in the affirmative, "Well, sir," he continued, "*I am the eagle,*" and he placed a most emphatic stress upon the pronoun, in order to give us an adequate idea of the dignity of his person.

*Food.*—The food is furnished by contracts, of three months each, which are made between the visiting justices and the contractors on the first Monday in January, April, July and October. The contractors for meat, bread, &c., at the time of



the delivery of one parcel, take an order for the next. The meat and bread are delivered twice a week, on Wednesdays and Saturdays. For breakfast and supper the patients are furnished with a kind of pudding, made of the following materials, and in the proportions annexed, viz.—Milk, 1 gallon; water, 2 gallons; oatmeal,  $2\frac{3}{4}$  lbs.; wheat flour,  $\frac{1}{4}$  lb. For dinner, “Yeast dumplings with treacle sauce, and boiled beef or mutton with vegetables, on Sundays, Tuesdays and Thursdays; 6 ounces of meat, free from bone, allowed to each patient.” On Mondays, Wednesdays and Fridays, a soup made from the meat boiled on the previous days, and on Saturdays, beef-pie or Irish stew. Fifteen ounces of bread per day is allowed to each person, and milk is furnished them, “as required,” not exceeding one pint each per diem. The hours of meals are  $8\frac{1}{4}$  o’clock, A. M., and 1 and 7 o’clock, P. M., throughout the year.

The women were supping when we went through their department, each eating her ration from a small wooden dish, similar to a pail. That air of neatness and comfort which reigns throughout the establishment is particularly conspicuous in the section for the females. One of the women, who had been refractory, had her arms confined. We had previously observed, in the men’s department, that confinement by straps in chairs and beds, is also resorted to in cases of violent mania.

“Who are you?” inquired one of the women who were eating, after having scrutinized me with the wild and searching gaze of a maniac, “are you a Methodist minister?” “No,” said I, “I am *an American*.” This answer was perfectly satisfactory, and no sooner was it uttered than half a dozen patients suddenly rose, “O, you are from *America*; then you know my brother,” said one. “Do you know J. F.?” inquired a second. “Have you ever seen ——?” asked a third; “he is my husband’s brother.” “I have a sister in *America*,” remarked a young woman, looking up with a smile so gentle and an expression of countenance so calm and subdued, that one beheld in it more of the attractive innocence and beauty of sane and healthy childhood, than the fierceness and wildness of confirmed lunacy.

The number of patients admitted to treatment in this Asy-



lum, from the time it commenced operation, Nov. 23d, 1818, to January 1st, 1837, was 2242, viz.

|                          | Males. | Females. | Total. |
|--------------------------|--------|----------|--------|
|                          | 1150   | 1092     | 2242   |
| Of whom there have died, | 420    | 289      | 709    |
| “ “ been discharged,     | 560    | 664      | 1224   |
| “ “ are remaining,       | 170    | 139      | 309    |

The total number of cures was 991, equivalent to  $44\frac{1}{2}$  per cent. The number relieved, but not cured, was 233. The deaths are equivalent to  $31\frac{6}{10}$  per cent. The admissions have averaged, for a few years past, between 140 and 150 per year.

The following table exhibits the ages at which all the patients were admitted:—

|          | From 16 to 20. | From 20 to 30. | From 30 to 40. | From 40 to 50. | From 50 to 60. | From 60 to 70. | From 70 to 80. | From 80 to 90. | Total. |
|----------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|--------|
| Males,   | 56             | 282            | 303            | 285            | 127            | 74             | 18             | 5              | 1150   |
| Females, | 51             | 232            | 324            | 270            | 128            | 71             | 13             | 3              | 1092   |
| Total,   | 107            | 514            | 627            | 555            | 255            | 145            | 31             | 8              | 2242   |

By this, it will be perceived that the number received between 20 and 30 years of age is less than that of those between 30 and 40, or even those between 40 and 50. The number between 30 and 40 is considerably larger than either of the others. It is greatly to be regretted that the ages of the attacks, instead of those of entrance to the Asylum, could not have been preserved. Had this been the case, the number of those between 20 and 30, and 30 and 40, would probably both have been larger, the former certainly so, while all those of a greater age would have been reduced.

The annexed table exhibits the results of treatment in reference to the stage of the disease, or its term of duration.



|                                                                                     | Admitted. | Cured. | Died. | Discharged<br>not cured. | Remaining. |
|-------------------------------------------------------------------------------------|-----------|--------|-------|--------------------------|------------|
| 1st. Within 3 months of the first<br>attack, . . . . .                              | 682       | 382    | 163   | }                        | }          |
| 2d. " 12 " " . . . . .                                                              | 409       | 212    | 149   |                          |            |
| 3d. Between 1 and 30 years from<br>the first attack, . . . . .                      | 516       | 58     | 265   |                          |            |
| 4th. Those who had previously<br>been insane and confined<br>in this Asylum, }      | 288       | 339    | 132   | 233                      | 309        |
| 5th. Those who had previously<br>been insane but not treat-<br>ed in this Asylum, } | 347       |        |       |                          |            |
| Total,                                                                              | 2242      | 991    | 709   | 233                      | 309        |

Of the 1st division there were cured, 56.01 per cent., and 22.9 per cent. died; of the 2d division 51.83 per cent. were cured, and 36.43 per cent. died; of the 3d, 11.2 per cent. were cured, and 51.35 per cent. died; of the 4th and 5th included together, 53.38 per cent. were cured, and 20.79 per cent. died.

By an examination of these results, we have another evidence of the utility of treatment during the acute stage of insanity.

#### THE RETREAT NEAR YORK.

Perhaps the remarks to be made upon this Asylum cannot be given more suitably than in an extract from a letter, written to a correspondent while I was in York, in 1837.

"Soon after dinner, on the day of my arrival in this city, a son of Samuel Tuke called at the hotel, with an invitation from his father for me to make a home at his house during my stay in York. This politely proffered hospitality was accepted, and I shall ever remember with pleasure the hours which I have spent beneath this roof, in the society of an intellectual and intelligent family. S. Tuke is well known in this country, as well as in the United States, by those interested in the treatment of lunatics, for the attention which he has devoted



to the subject, and the essays connected with it which have emanated from his pen. It is probable that no other man living, without the pale of the medical profession, is so well acquainted with the proper management of the insane, and the most suitable construction, arrangement and discipline of lunatic asylums. His father was the projector of the Retreat, an institution of the kind near York, which, under the auspices of the son, and others, has attained a high reputation. This Asylum was one of the pioneers in that great and important revolution which has taken place in the moral treatment of the insane. 'The Retreat near York' has long been quoted in the United States, as approaching nearer to perfection in its management, and as giving a higher per centage of cures than any other public establishment in England. It was established by members of the society of Friends, the funds being obtained by annuities, donations and annual subscriptions. The original cost was 5970 pounds, 18 shillings, 10 pence, sterling, including the expense of eleven acres of ground, which constitutes the farm. The receipts from patients were inadequate to defray the current expenses, for several years after the institution went into operation. Our countryman, Lindley Murray, was an early and active promoter of the interests of this establishment.

"I breakfasted yesterday with Dr. W——, and, subsequently, he accompanied me to the Asylum. The superintendent conducted us through the several departments. The buildings are, perhaps, less convenient than those of some other similar institutions, inasmuch as, having been at first small, they have been several times altered and enlarged, according to the increasing necessity for additional accommodation. To the wings, hitherto but two stories in height, an additional story is now in progress of erection. Originally intended for but thirty, the buildings, after the completion of the present improvements, will furnish ample room for one hundred and twenty patients. The classification of the insane is founded, principally, upon their ability or willingness to pay for the accommodations afforded. There are four classes, in the lowest of which the price is fixed at *four* shillings, sterling, per week, while in the highest it varies from about



*twenty to eighty* shillings. Those who pay the price last mentioned have two rooms, elegantly furnished, and a special attendant. System and neatness prevail in every department, and elegance is added to that of the class last mentioned. The courts, or yards, occupied by the patients when out of doors, correspond with the rooms within. That belonging to the highest class of men is a lawn, gently sloping southwardly, surrounded by trees and hedges, and bordered with a diversity of flowers, the profuse blossoms of the rose predominating at the present time. In this court there were several patients, either reading in the shade or amusing themselves with the flowers. In cooking, steam is used to a considerable extent; and, as we passed through the kitchen, we perceived that instrument of olden days, a smoke-jack, turning no less than four spits, liberally supplied with meat.

"It appears to have been the aim of those who have had the direction of this institution, to make the place a *home* to each patient. Hence the expense devoted in improving the grounds and the apartments, and hence, also, the introduction of amusements, judiciously selected, and the encouragement of reading and of labour. S. Tuke believes that labour, properly pursued, is the most efficient auxiliary in effecting a cure, and acknowledges the superiority of the treatment at the Asylum at Siegburg, on the banks of the Rhine, over all others, principally from their having succeeded in *inducing*, not *compelling*, the *wealthy* patients to labour. In England, as in the United States, the officers of the Lunatic Asylums complain of negligence on the part of the friends of insane persons, in omitting to place them under their care until the disorder has assumed a chronic character, and, consequently, the probability of a cure exceedingly diminished. In order, if possible, to remedy this evil, fraught, as it is, with consequences of so fearful a nature to the unfortunate sufferers, the directors of the Retreat have ordered that an abatement of four shillings per week during the first year of the patient's residence in the Asylum, be made from the expenses of those who enter within six months of the first decisive symptoms of the dreadful malady."

From the report of the Retreat for 1837, we learn that,



since its foundation, 508 insane persons have partaken of its benefits. Of this number 245 were men, and 263 women: 85 of the former and 95 of the latter had been married, but some of them were widowers and widows.

The following table exhibits the result of the treatment of the whole number, down to the time of making the report:—

|                                                          | Admitted. | Recovered. | Much improved. | Improved. | Died. | Stationary. | Remaining. |
|----------------------------------------------------------|-----------|------------|----------------|-----------|-------|-------------|------------|
| Of 1st attack, and less than three months duration,      | 89        | 71         | 1              | 4         | 12    |             | 1          |
| Of 1st attack, and from three to twelve months duration, | 107       | 47         | 7              | 6         | 20    | 4           | 23         |
| Less than 12 months duration, but not the 1st attack,    | 111       | 66         | 4              | 6         | 15    | 6           | 14         |
| More than twelve months duration,                        | 201       | 52         | 4              | 18        | 66    | 13          | 48         |
| Total,                                                   | 508       | 236        | 16             | 34        | 113   | 23          | 86         |

Besides the results immediately evident by the table, it will be found, by calculation, that the cures of those in the uppermost line, or those of the first attack and admitted within three months of its commencement, are equal to 79.7 per cent.; of those between 3 and 12 months, 43.9 per cent.; of those of the second attack, and whose disease was of less than 12 months duration, 59.4 per cent.; and of those of more than 12 months duration, 25.8 per cent. The cures of the whole equal 46.5 per cent., and the deaths 22.2 per cent.

The following table, showing the ages of those who died, may be useful in ascertaining the comparative length of life in maniacs and the sane.

| Died.    | Under 30 years. | Between 30 and 40 | 40 and 50 | 50 and 60 | 60 and 70 | 70 and 80 | 80 and 90 | 90 & 100 | Total. |
|----------|-----------------|-------------------|-----------|-----------|-----------|-----------|-----------|----------|--------|
| Males,   | 5               | 8                 | 5         | 15        | 10        | 6         | 6         | 1        | 56     |
| Females, | 6               | 4                 | 10        | 8         | 16        | 8         | 4         | 1        | 57     |
| Total,   | 11              | 12                | 15        | 23        | 26        | 14        | 10        | 2        | 113    |



The next table gives the ages at which 89 of the patients were first attacked with the malady for which they were confined. As such it is very valuable; and it is to be regretted that the same data could not have been ascertained and preserved in regard to a greater number.

| Between<br>15 and 20 | 20 and 25 | 25 and 30 | 30 and 35 | 35 and 40 | 40 and 45 | 45 and 50 | 50 and 55 | 55 and 60 | 60 and 65 | 65 and 70 | 70 and 75 | 75 and 80 | Total. |
|----------------------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|--------|
| 8                    | 17        | 18        | 13        | 12        | 4         | 5         | 2         | 3         | 2         | 4         | 0         | 1         | 89     |

It has already been remarked that amusements and labour have been introduced into this institution, as curative means. Of the former, however, there is not so great a variety as in some other Asylums, and a difficulty exists in applying the latter to so great an extent as would be desirable, from the fact that there is a large proportion of the patients, who, from their previous station in society are unaccustomed to manual labour, and consequently indisposed to it.

#### YORK LUNATIC ASYLUM.

In the suburbs of the city of York, in a direction nearly opposite to that of the Retreat, and not far from Bootham Gate, stands the York Lunatic Asylum. It is approached through an avenue, nearly a quarter of a mile in length, and thickly shadowed by lime trees.

This institution was established in 1777, the necessary funds having been raised by voluntary subscription. It was intended for the insane, both paupers and others, within the limits of the county in which it is situated. In some instances, however, when peculiar circumstances render it desirable, those from other counties are received. From the nature of this institution all patients are obliged to pay for their accommodation. The expenses of the paupers, of whom there is a considerable number, are defrayed by the parishes to which they severally belong. The price varies from 6 shillings to 2*l.* sterling per week. Parish paupers of the county of York pay 6 shillings, those of other counties, 7 shillings. Other indigent persons pay according to their circumstances. By paying 3



guineas per week, a patient is permitted to bring his own servant to the Asylum. In this case the board of the servant is an extra expense.

The principal edifice is of brick, consisting of a central portion and two wings. Another building, affording additional accommodations, stands adjacent to this and nearly in the rear of its westerly wing. The courts or yards are all spacious, and those occupied by the highest classes of patients are well cultivated, being handsomely planted with shrubbery and flowers. The number of insane in the Asylum, in the summer of 1837, was 170. There are accommodations for 200. The patients are divided, as in the Retreat, into four classes, the principle forming the basis of classification being the same as at that Asylum. Among the amusements permitted are cards and billiards. Several groups of patients were engaged in playing with the former, at the time I passed through the wards. The strait jacket, the "refractory chair"—(into which a patient may be fastened by a strap passing around his body)—and muffs, for the confinement of the hands, are among the resources for punishment or coercion.

The number of patients admitted into this Asylum, from the time of its going into operation, in November, 1777, to October 10th, 1814, was 2635. Of these there were discharged, either cured, improved, or at the request of friends and guardians, 2133. Of the remainder, 399 died, and 103 remained in the Asylum at the latter date. The deaths during this period were equal to 16.8 per cent. Again, from October 10th, 1814, to June 1st, 1837, a period of 22 years  $4\frac{1}{2}$  months, there were 1131 admissions, which, together with the 103 remaining at the former date, makes a total of 1234. Of these there were 387 cured, 224 improved, 247 removed by their friends, and 217 deceased. There were remaining in the Asylum, at the date last mentioned, 83 men and 76 women, a total of 159. Excluding this 159, as being still under treatment, we have for the cures 36 per cent., and for the deaths 20 per cent.

The officers of the York Asylum are a physician, a chaplain, a treasurer, an apothecary, a steward, a house steward, and a



matron. The steward acts as secretary, keeps the minutes of the courts or meetings of the governors, the lists of admissions, removals, deaths, &c., and an inventory of the property in possession of the patients when admitted. He sees to supplying clothes, pays the bills for goods used in the house, and for the special use of patients. The institution is under the care of a number of officers, called governors. They consist of all the benefactors of the Asylum to the amount of 20*l.* and upwards, besides the Lord Mayor of York and one or two other *ex-officio* members. The governors hold five meetings, or, as they are technically termed, "courts," during each year. Special meetings may also be called. A committee appointed by the governors hold monthly sessions for the purpose of auditing accounts, contracting for supplies, &c. &c. No officer resident at the Asylum is eligible to a place in this committee. There are two visiting governors for each month in the year, and three ladies, having similar duties, and appointed by the governors, for each quarter.

The physician, who does not reside at the Asylum, is required to visit the patients, regularly, three times a week, independently of those times in which some special case requires his attention. Divine service is performed every Sabbath, by the chaplain; and if those patients whose state of health does not admit of their attendance, should desire it, the chaplain is required to visit them in their wards at least twice a week, provided they are in a suitable state of mind. The apothecary resides in the house. It is his duty to oversee the attendants, to visit every patient twice during each day, to keep a history of all the cases admitted, to decide when and in what manner coercion shall be used, together with such other duties as generally belong to an officer of this kind.

Any servant who strikes or otherwise maltreats a patient is dismissed. If a patient escape, the expense of retaking him is defrayed, either wholly or in part, at the discretion of the committee, by the servant having charge of him. No officer or servant is allowed to receive any fee or gratuity, other than the regular salary.

The friends and medical attendant of each patient admitted



to the York Asylum receive the following questions, to which they are requested to give as correct answers as possible:—"Is this the first attack? If not, how many previous ones, and at what distance of time from each other? How long since the commencement of the present one? Has any, and what change taken place in the symptoms? Is there, or has there appeared, a disposition to self-destruction? or to injure others? or to destroy clothes? What defect, impropriety, or false notion marks the disease? What circumstance appears to have been the exciting cause? Was there any previous singularity or weakness? Is it known that any of the patient's relations have been in any degree deranged? What was the patient's natural temper? Favourite pursuits? Habits as to temperance? Of what religious profession? Have any, and what, medical means been employed? Is the patient subject to fits? or labouring under any bodily disease? Has the patient had the small-pox? or the vaccine disease?"

#### ASYLUM AT AMSTERDAM.

The city of Amsterdam, famous for its large number of charitable institutions, is supplied with two extensive civil hospitals, one of them in a central part of the town, the other, half a mile distant from its southern limits. Connected with the latter, or rather constituting a portion of it, there is an Asylum for the insane. A gentleman to whom I carried letters of introduction, having obtained, from the proper authorities, permission to visit that institution, accompanied me to it. The resident physician, a young man of enlarged intelligence and of great enthusiasm in the profession of which he is a member, conducted us through the several departments. The building is of somewhat antique construction. Each ward, like those of most hospitals for the sick, is without subdividing partitions, the beds being arranged upon either side, and, in this instance, rather too compactly. The wards are, moreover, like those in the hospitals for the sick in Amsterdam, in that they are two stories in height, a platform, or gallery, running around, above the beds, between the first and



the second story. This is used as a place of promenade for the patients. There are seven wards, four for women and three for men. The courts devoted to the use of the patients, and of which there is but one for each sex, are very small, and being without shrubbery, flowers, or even green-sward, have the naked and forbidding aspect of a prison-yard. Natives of the city of Amsterdam, alone, are admitted into this Asylum. The patients are mostly paupers, or subjects of charity. There are six beds, in small, decently furnished rooms, which are intended for pay patients. The number of patients, in July, 1838, was 157. Of these 69 were men, and 88 women. A large majority of them were incurable. No less than 45 of the women were epileptics. One of the men has been in the Asylum ever since the year 1793. During the two years and eight months ending in July, 1838, there had been admitted 85 men and 78 women, or a total of 163. In the same period, 27 men and 29 women had been cured, and 40 men and 37 women had died. As means of coercion and punishment, the hands and feet of patients are sometimes fastened, and the camisole, the strait-jacket and imprisonment are resorted to. For the last mentioned purpose there are six dungeons, constructed three upon either side of a small apartment. One of these was occupied, at the time of my visit, by a woman, who was naked, raving and filthy.

But little, indeed nothing, can be said in commendation of this Asylum. Time, perhaps, has been, in which it ranked among the most comfortable, and the most judiciously managed institutions of the kind in the world; but it has so long remained stationary, that others have far outstripped it in the rapid march of improvement which has characterized the last half century. The resident physician of the place is fully aware of its deficiencies, and is endeavouring to effect a change. In fact, the city government has already promised radical reform. The most glaring defects, at present, are, an insufficiency of room within doors, as well as without; a want of cleanliness, particularly in the men's wards, and an almost entire absence of either labour or amusements. A few of the women were either knitting or sewing, but the men, without



exception, were unoccupied, lying on the floor, the ground, or the beds, standing in the stupidity of dementia and idiocy, or walking to and fro, raving with the unbridled fury of madmen. There was about the place an air of most indescribable melancholy. How different from many a scene which I had witnessed in similar institutions in Great Britain, France, and the United States—institutions in which commodious apartments, thorough ventilation, and a scrupulous regard to personal cleanliness, conduce to the physical health of the patients, in which judicious amusements win the wandering mind to its wonted path, and appropriate labour tends to calm the disturbed and agitated intellect.

#### ASYLUM AT UTRECHT.

I had a letter of introduction to Professor Vander Holk, of the University at Utrecht, the principal physician of this hospital; but he was absent in the country. M. J. J. Vander Hagen Vander Heuvel, one of the agents, had the kindness, however, to accompany me to the Asylum and through its several departments. From the specimen of Dutch institutions of the kind which I had seen in Amsterdam, I confess that my expectations in regard to this were not very exalted. Besides, while we were on our way to it, M. Vander Heuvel took the opportunity to speak of its defects, saying that not much had been done by way of improvement, that much remained to be done, and that, to one who had seen the Asylums of other countries, this could present nothing of interest. Thus prepared, thus prejudiced, we entered the Asylum and gave it a pretty thorough examination. And it is but justice to say, that in no other institution have I seen greater neatness, more apparent order, or the evidence of a more enlightened and rational mode of treatment.

This Asylum was formerly a private establishment, founded in the 15th century. It continued in existence, still pursuing the old method of treatment and of discipline, until the year 1830. In that memorable year of revolutions the spirit of reform crept into this institution, effected a radical change,



and is still continuing the march of improvement. The building, though still comparatively small, has been enlarged; the courts have been planted with trees and flowers, and, at the time of my visit, in July, 1838, their size was being much increased by extending their limits over the sites of some ancient buildings, purchased by the "Regents" of the Asylum, and demolished by their order. The building is shaped like the letter L. The room of the superintendent is in the angle, in the second story, so situated that he can see every patient who is out of doors. The wards have dormitories on but one side, the remaining space being a gallery, which is used as a place of promenade in bad weather. The bedsteads for the most maniacal patients, and such as are not the most cleanly, are somewhat different from any others which I recollect to have seen. They are made of boards, in the form of a child's crib, though deeper, and the bottom is concave or descends in every direction to the centre, where there is an aperture for the escape of water. There is a common sitting room for each class of the inmates. The number of patients, at the date just mentioned, was 94, that of the two sexes being about equal. They are divided into three classes, the basis of division being the sum paid for entertainment. Those of the first class pay 812 florins, equal to about 125 dollars, per annum; those of the second, 412 florins or 165 dollars; and those of the third, 100 and 150 florins. The third class is composed of paupers. Their clothing is included in the sum mentioned. Those who pay but 100 florins are natives of Utrecht; those who pay 150 come from other places. The rooms of the first class are furnished handsomely, but not with that elegance which is seen in those of the similar classes in some Asylums.

When necessary, the camisole or the strait-jacket, fetters, the douche and the dungeon are put in requisition as means of punishment. The stream of water forming the douche is but one-fourth of an inch in diameter, while those of Salpêtrière and Bicêtre, at Paris, are about seven-eighths of an inch. The quantity of water flowing from the latter must, consequently, be nearly twelve times as great as from the former.



There is but one bathing tub belonging to the establishment, but the accommodations in this respect are about to be increased. The patients resort to reading, writing, drawing, music, cards, billiards, chequers or draughts, and some other games, for amusement. There is a library intended for their use. The billiard table, a large and handsome one, was made by two of the former patients. In one of the men's rooms several patients were occupied in drawing and reading; and, had it not been for the wildness of the eye, and the characteristic traits of countenance, which cannot be mistaken, in one or two others who were present, I could hardly have believed myself to be in a mad-house. Most of the men in the first class were in the court devoted to their use. Among them was a physician. He conversed freely upon his situation, gave an account of his commencement of practice, and the success which attended his efforts, until his friends thought it best for him to take lodgings in the lunatic Asylum. At length he asked me if I thought him deranged. He had talked so rationally, and this question was put so directly and so earnestly, that to avoid answering it was almost impossible. An evasive reply, if any, must be given. "It is difficult to define derangement," said I; "and, if we should accept the definition given by some authors, we should include almost the majority of mankind." He appeared satisfied with the answer, and only remarked, with a melancholy tone, "*Je crois bien que le plupart des gens sont des aliénés.*" Poor man! although reason was dethroned, it was evident, from his conversation, that the affections retained their empire.

Some of the women were employed in sewing, knitting and house-work; some of the men in carpentry, shoemaking and tilling the garden. No accident has hitherto occurred from the use of edge tools by the patients.

The following are the statistics of the entrances, cures, deaths, &c. from 1832 to 1837, inclusive:—



| Date.  | Entered. | Cured. | Died. | Disch'd not improved. | Per cent. of cures. | Per cent. of deaths. |
|--------|----------|--------|-------|-----------------------|---------------------|----------------------|
| 1832   | 22       | 10     | 3     |                       | 45.45               | 13.63                |
| 1833   | 44       | 14     | 6     | 2                     | 31.81               | 13.63                |
| 1834   | 41       | 16     | 13    | 7                     | 39.02               | 31.70                |
| 1835   | 53       | 18     | 11    | 6                     | 33.96               | 20.75                |
| 1836   | 57       | 25     | 10    | 11                    | 43.50               | 17.54                |
| 1837   | 38       | 21     | 12    | 11                    | 55.26               | 31.57                |
| Total, | 255      | 104    | 55    | 37                    | 40.07               | 21.56                |

As the cures and deaths were not among those patients alone who entered in each several year, but among all those in the Asylum at the time, data of which I am not possessed, it is impossible to ascertain their exact per centage. On the supposition, however, that as many remained in the Asylum at the close of the year 1837 as there were in it at the commencement of 1832, and rejecting both those numbers, we shall find that there was 40.07 per cent. of cures and 21.56 per cent. of deaths. This is the manner in which the similar statistics of most other Asylums are calculated. The result in this instance cannot be very remote from the truth, and I am the more inclined to believe in its very approximate accuracy from the following table given me by M. Vander Heuvel. It includes the admissions and the cures during five successive years.

|              | Received. | Cured.   | Per cent. |
|--------------|-----------|----------|-----------|
| Men, . . .   | 142 . . . | 74 . . . | 52.11     |
| Women, . . . | 75 . . .  | 14 . . . | 18.66     |
| Total,       | 217       | 88       | 40.55     |

This Asylum is under the care of a body of directors, called "Regents." They are elected, annually, by the city officers. Endued with the spirit of improvement, they appear to be determined that the institution shall be made as nearly perfect as means and circumstances will admit. In order the more completely to effect this object, they have made, among themselves, a division of labour, thus being able to work with more efficiency than if they acted conjointly. One of their number



has charge of the finances; another, of clothing; a third, of the building; a fourth, of the food; and the others, of other departments.

Before closing these remarks, I may observe that I was as agreeably surprised in this Asylum as I had previously been sadly disappointed in that at Amsterdam; and perhaps the assertion of Halliday, that "nowhere are more comfortable hospitals to be found than in the Netherlands," may prove as correct in the present day as it was years since, at the time in which that author wrote. Other countries may possess larger, more convenient, and more elegantly furnished buildings, but none in which the end appears to be much more effectually accomplished than in that at Utrecht.

#### ASYLUM AT ANTWERP.

Being in Antwerp without letters of introduction, I went to the Asylum, in hopes of being allowed to see its several apartments without any special assistance of the kind alluded to. A man-servant in a blue frock met me at the door, and, upon being informed of what I wished, requested me to wait a few minutes, in the drawing-room, until the "Père" should come. This officer soon arrived; but, what with his ignorance of both English and French, and mine of Dutch, not a word could pass between us, mutually understood. The servant, however, speaking French, acted as interpreter; and, through him, I learned that it was impossible for me to go through the establishment without permission from one of the "Regents." This difficulty was overcome, as at Utrecht, by despatching the servant with me to the house of one of those officers. H. Willært, the gentleman to whom I thus became introduced, appears to be much occupied in objects of benevolence, having been many years a member of the "Administration des Hospices" of the city in which he resides. This "Administration" consists in a body of men, each called "Regent," to whom is entrusted the general superintendence of the City Hospital, the Lunatic Asylum, the Foundling Hospital, and two Orphan Asylums, one for boys and the other for girls.



They are the trustees of a large amount of property belonging to the city, the interest of which is devoted to these several institutions. They are elected by the burgomaster, for the term of five years. In order to economise both time and labour, as well as to make the arrangements and regulations of all the institutions as nearly perfect as possible, by enabling each individual to obtain a more complete knowledge of one of them than he could of the whole, and to concentrate his efforts thereupon, the several members have divided their trust, each taking the principal direction of one of the establishments. The total number of persons under the care of the Administration is upwards of three thousand. H. Willært has the charge of the Lunatic Asylum.

After having spent an hour in conversation, during which I obtained much information in regard to the state of society in Antwerp, as well as in relation to the management of its several charitable institutions, M. Willært offered to accompany me to as many of these institutions as I might feel desirous of seeing. Accordingly, we went to the City Hospital, the Foundling Hospital, and the Lunatic Asylum. Passing by the first two, as irrelevant to the present subject, I proceed to a notice of the last.

Arrived at the Asylum, we were conducted through it by the "Père," the French servant carrying the keys. The building, composed of brick, is very old. It is but two stories in height, and encloses several small courts, which, like almost everything connected with lunatic Asylums in general, have, within the last few years, been made "to blossom as the rose." They had never been cultivated until since the commencement of the administration of M. Willært. The internal construction of the building, the arrangement of apartments, &c., is such as might be expected in an edifice of this kind erected a century since, at a time in which the comfort of the patient was sacrificed to a paltry economy, in which their proper treatment was unknown, and the unfortunate maniac was placed, in public estimation, upon a level with the criminal who has flagrantly violated the laws of both God and man. The doors of the dormitories, throughout the establishment, still bear the



relics of those days, in the huge bolts with which, at both top and bottom, they are fastened. I spoke of them, in passing, and the gentleman accompanying me remarked that they were soon to be taken off. The rooms referred to are arranged on both sides of very narrow passages leading through each ward. There are 24 cells for the raving maniacs, 12 for those of each sex. These are small; the wainscoting is of wood, in order to diminish the danger of the patients injuring themselves against the walls; and each contains no other furniture than a bed. These beds are low, made of plank, and fastened to the walls. The mattresses, throughout the building, are mostly of straw; those of the convalescent and of the pay patients are, however, of better materials. In the infirmary the beds are very good. The corpse of a patient, just deceased, was lying upon one of them when we passed. There are special wards for the idiots, epileptics and incurables. A few years since, the proportion of incurables was very large; but the Grippe, which prevailed so generally, in an epidemic form, throughout the west of Europe, during the winter of 1836-7, carried off many of them, and, subsequently, most of those who had been attacked by it and recovered, became victims to phthisis pulmonalis. Each class of patients has a court and a common hall, in which they spend most of their time. The halls are warmed by stoves, which are surrounded, at a few feet distant, by a strong reticulated wire fender. The dormitories, or private rooms of the patients, as well as the cells for the furious, are not furnished with the means of being warmed. At the suggestion of Ramon de la Sagra, the celebrated political economist of Spain, who visited this institution but a few days before I was there, the defect is about to be remedied by the introduction of a hot-air furnace.

The number of patients in the summer of 1838 was 130, of whom 60 were men and 70 women. The Asylum is sufficiently large to accommodate a much greater number. A few pay for their entertainment; those who are natives of Amsterdam, 280 florins, or 112 dollars; and others, 300 florins, or 120 dollars, per annum.

*Regimen.*—*Breakfast*; tea, bread and butter. The bread



is made of equal proportions of wheat and rye. *Dinner*; meat and bread four days in the week; soup and vegetables, with bread, the remaining three. *Supper*; bread and butter, with beer, if wanted. The beer, which is not very strong, but sufficiently so to be palatable, is at the command of the patients at all times.

*Labour* and *amusements* have not, as yet, been extensively introduced. A few of the men work at small jobs, such as some parts of domestic labour, whitewashing, &c., and there is one room in which the convalescent and some of the quiet incurable women were spinning tow and making lace with bobbins. Both men and women are remunerated for whatever labour they perform, it having been found "difficult, or nearly impossible," to induce them to work, except by the stimulus of pecuniary reward. Connected with the building is an elegant Catholic chapel, in which mass is regularly said. Such patients as can be admitted with propriety are allowed to attend. There is an apartment for the men, and another for the women, so arranged that they may all witness the ceremonies before the altar, without the ability to see each other or the rest of the congregation. Attendance upon the services is considered a privilege, as such is dispensed, and as such is much sought. Thus here, as in other places, religious worship has been found, to a certain extent, an efficient means in the moral treatment of the insane.

#### LA SALTPETRIÈRE.

This vast Asylum for the poor, this pauper-village, if the term be admissible, was established by Louis XIV. in the year 1656. It is situated on the southern shore of the Seine, in a remote part of Paris, and in the vicinity of the *Jardin des Plantes*. It is devoted exclusively to females, for whom it contains about 4500 beds. It is in the hospital of this extensive establishment, that the celebrated Cruveilhier has collected most of the materials for his elaborate and beautiful works upon pathological anatomy. The department devoted to the insane is, perhaps, the most extensive in the world, the number of



lunatics being from 1000 to 1200, and that of epileptics and idiots, from 700 to 800. The approximate number of admissions, per annum, is 500, that of discharges 300, and of deaths 200. The cures are equal to  $33\frac{1}{3}$  per cent. of the whole number admitted. "This proportion," says a French author, "is sufficiently large, when we consider that many of the maniacs do not enter the Salpêtrière until after they have been treated, and pronounced incurable, at other hospitals (*maisons-de-santé*).” Drs. Pariset and Mitivié have charge of the department for lunatics. The medical visit was made by the latter on the morning that I was there. He seems admirably qualified, by his gentleness and kindness of manners, and his firmness of character, for the situation which he fills. It is a fact, too generally known to require repetition, that this establishment and the Bicêtre were the chief theatres of action of the benevolent Pinel; that, by him, the Augean stables of their misery, degradation and torture were cleansed; that, at his suggestion, the great amelioration in the condition of the inmates, wrought both during his life and since, have been effected. France owes a debt of gratitude to this benefactor of a portion of her citizens, which the giving of his name to a ward in the Salpêtrière but inadequately repays. Pope, in allusion to the broadly contrasted characters of the Roman emperors, Cæsar and Titus, exclaims—

“And which more blest, who chained his country, say,  
Or him whose virtue sighed to lose a day?”

In like manner, may we not ask which is “more blest,” Napoleon, wading through the blood of six millions of his fellow beings to a transient throne of despotism, or Pinel, severing the manacles and chains of those who had been laden with them merely because they were suffering under a disease to which all are liable, breaking up the strong holds of misery, and carrying light, cheerfulness and content into the abodes of darkness, wretchedness and woe. The ameliorations prospectively made by this distinguished philanthropist, and subsequently insisted upon by his brother in benevolence, M. Esquirol, have not, hitherto, been fully accomplished. A few years, however, will suffice for their completion. The buildings recently con-



structed for the patients are but one story in height, surrounding spacious courts.\* Upon three sides there are wards, and, on the fourth, two bathing rooms, communicating with each other, and with the wards, by an extensive corridor, similar to the markets of Philadelphia, if deprived of their benches. The wards have two rows of windows, the upper ones, which are small and near the ceiling, being kept open at all proper seasons, for the purpose of ventilation. In one large enclosure, belonging to the establishment, there are several, perhaps 14 or 15, small buildings for the furious, each adapted to the accommodation of one alone. They are heated by an apparatus beneath the floor. In one of them there was a girl, of interesting appearance, who begged the physician that he would order a camisole to be placed upon her, lest she should do herself some injury. In reference to the treatment at this Asylum, M. Milne Edwards says:—"In the treatment of the insane no violent means are ever employed. The greatest mildness, kindness and care are constantly enjoined upon the attendants, and the physicians set a good example in these respects. Baths, the douche, exutories, mild purgatives, and medicines intended to restore suppressed evacuations are the principal remedial agents resorted to. Isolation and moral means form the basis of treatment."†

#### LE BICETRE.

The "hospice," or pauper Asylum of Bicêtre, is in a southerly direction from Paris, about two miles from the walls at the barrière de Fontainebleau. It is for men alone. Its extent is less than that of La Salpêtrière, the number of inmates being about 3000. The department for the insane is

\* In regard to buildings of this kind, Esquirol observes, "During the last twenty-five years I have often exposed the inconveniences of buildings several stories in height. I have so loudly proclaimed the advantages of a ground floor as the dwelling place for the insane, that I shall abstain from remarking upon them here, particularly as in France, as well as in foreign countries, my principles have been received and put in practice in the construction of lunatic Asylums.

† *Notice sur les Hôpitaux de Paris*, in the *Nouveau Formulaire Pratique des Hôpitaux*, by Milne Edwards and P. Vavasseur.



proportionally smaller. The number of patients in May, 1838, was 760. Besides these there were about 200 idiots. The average number of admissions, annually, is, for the insane, 360; the imbecile, 40; that of discharges of the former, per month, 12 to 15; the deaths about the same, and the cures from 7 to 8. The proportion of deaths to the whole number admitted is as 1 to 6, or 16.66 per cent. The medical care of the patients is confided to Drs. Ferrus and Pinel. The work quoted at the close of the remarks upon La Salpêtrière says, in reference to this Asylum:—"Every thing disapproved of by Pinel has been destroyed; all that he required has been executed. The lodges have disappeared, large promenades have been made, and the number of attendants is increased. There is a farm upon which sixty of the patients labour daily. It is impossible to describe all the good resulting from these measures. Formerly, if the department of the insane bore the least resemblance to any other place, it was to a hell;—now, all is calm, and it is not rare for whole nights to pass without hearing the slightest noise."

The whole number of insane who labour is about two hundred. The establishment is supplied with water from large and deep wells, whence it is pumped into reservoirs by the patients.

Admission to the department for the insane can be obtained only by a special permission from the "Directeur" of the establishment. An English physician accompanied me to the place, and having obtained a permit, we entered. Dr. Pinel made the medical visit for the day, and we accompanied him through all the wards. He, too, like his illustrious predecessor of the same name, appears to take a lively interest in the unfortunate class of persons with whose treatment he is entrusted, and seems well qualified, by both nature and education, for the important and responsible station which he occupies. Many of the patients greeted him with a "bon jour;" those who were not confined to their beds thronged around him, to converse, some seizing his hand and saying, "Vous êtes un bien brave homme," or some other compliment of a similar kind, he, the while, treating them as his friends and companions, and



adapting his conversation to each, according to his particular hallucination. In one of the wards which we first entered, a merry patient, seeing us approach, took his violin for the purpose of giving his physician a musical entertainment. He followed us through the ward, playing several lively airs, and when we were about to leave, insisted upon accompanying us. The doctor permitted him so to do, and he followed us, constantly playing upon his fiddle, through most of the remaining wards.

The recently constructed buildings of the Bicêtre are upon the same plan as those of La Salpêtrière, though not so spacious. The courts are planted with trees, and supplied with permanent seats beneath the shade. After the visit was completed, we went to the bathing-room, which is furnished with perhaps a dozen tubs. Over each of several of them, at the height of about five feet from its top, is a douche, the diameter of the stream of which is a little more than three-fourths or about seven-eighths of an inch. There were patients in two of the tubs, each being confined in his place by a board passing around the neck, as in a pillory. One of them was a robust man, of a nervo-sanguineous temperament, who, during the course of his alienation, had been subject to several hallucinations. At one time he talked so long and so constantly as to produce aphony. At another time he was rich as Cræsus, and 25,000 francs of his annual income accrued from a pinch of snuff. He now believed himself to be the husband of the Duchess de Berri, and a favourite friend of the ex-king, Charles X., and of his son, the Duke de Bordeaux; that these persons had recommended him to Louis Philippe, who showed him particular attention and was about to load him with honours. On the previous day, he had requested to be furnished with materials for writing. These were given to him on condition that he should write something reasonable, and not the wild vagaries with which his mind was haunted. He wrote a letter to M. Dupin, president of the Chamber of Deputies, desiring that gentleman to give his compliments to Louis Philippe, with many thanks for the kindness which he had received, and should receive, in future, from his royal highness. Pinel approached



the patient with this document in his hand, reminded him of the conditions upon which he was permitted to write, read to him the letter, an amusing tissue of absurdities, and then asked him if he still believed himself to be a favourite of the royal family. "Oui, Monsieur," was the instantaneous reply. "Give him the douche," said Pinel. A servant who stood waiting orders, turned the water-cock and the stream fell directly upon the vertex of the patient's head. He struggled, writhed and screamed under the shock, and begged that it should be stopped. This request was complied with in a few seconds. *Pinel.* "Do you still entertain the foolish idea that you are an intimate friend of Charles X." *Patient.* "I think I do." *Pinel.* "Let him have the douche." This was no sooner ordered than obeyed. The patient floundered, hallooed, and begged as before. The douche was stopped. *Pinel.* "Are you an intimate friend of Charles X. and the Duke de Bordeaux?" *Patient.* "I presume so." *Pinel.* "Give him the douche." It was given with all the previous results. The doctor again read some portions of the letter, attempted to convince the man of the absurdity of his notions, and concluded by asking him what marks of attention he had ever received from the "Roi déchu." *Patient.* "You are aware, Monsieur Pinel, of the important works of which I am author, and which were written long since. I presume, sir, that Charles X. takes a great interest in those, and consequently in me; besides, he has given me a letter of recommendation to Louis Philippe, from whom I have received so many proofs of friendship." *Pinel.* "It is impossible that Charles X. should have given you a letter of that description to Louis Philippe, since they and their families are at enmity with each other." The patient muttered something about Henry V. and an umbrella. *Pinel.* "France knows no such person as Henry V.; when you speak of the gentleman referred to, call him Duke de Bordeaux." In this manner nearly half an hour was occupied, the douche being administered whenever the patient insisted upon the truth of his fantastical ideas. At length, what with the arguments of the doctor, and what with the still more cool and cogent logic of cold water to the head, the patient yielded his points,



deeply regretting, however, to be thus shorn of his splendour, and so unceremoniously brought down from his "high estate." Pinel then gave him a lesson to commit to memory for the following day.

The other patient was meagre and of a bilious temperament. Throughout the scene which we have partially described, he remained perfectly quiet in his bath. On the day previous a task of manual labour had been given him, and he had left it untouched. Pinel approached and asked him why he had done so. He looked up with a smile, and a most ludicrous leer of the eye, as he said, "To speak candidly, sir, I *felt no particular desire* to work." The doctor himself could hardly refrain from laughter. "Well," said he, "will you work hereafter, when you are ordered to?" The patient reflected a moment, then looked up with the same expression of countenance as before, and said, "I will *not* work, my word of honour for it." "Give him the douche," said the doctor, and the stream of water instantly fell upon the patient's head. The effect was even greater upon him than it had been upon the other, insomuch that, in a moment, like a child smarting under castigation, he exclaimed, "I will, I will." The douche was stopped, and the task left unfinished on the previous day was ordered to be completed before night.

That the douche employed as in the two cases above mentioned is not only destitute of utility, but absolutely and decidedly injurious, does not, in my opinion, admit a doubt. The real frenzy to which the former patient was driven by the combined effects of a positive and determined contradiction of his hallucination, and the agitation produced by his knowledge of the fact that the douche was used as a means of compulsion, caused a rush of blood to the brain, the deleterious influence of which could not be overcome by the sedative effects of the cold water. Nor can we believe that the immediate object in view in the case in question, that of dispelling the illusion under which the unfortunate maniac was labouring, was either gained or even approximated, for the dread of the douche compelled the man to sacrifice truth on the altar of fear, and



made his tongue belie his still persistent belief. It is with the insane as with the sane,

"Who is convinced against his will,  
Is of the same opinion still."

During the past year (1840) we have made a very free use of the cold douche in the Frankford Asylum, but in no instance has it been employed as a means of coercion or of punishment. It is of decided advantage in all cases in which there exists a determination of blood to the brain, indicated by flushings of the face, and excessive heat, either constant or variable, of the integuments of the cranium. A majority of the patients who have been submitted to its influence, have preferred to use it, on account of the refreshment and relief thereby produced. Several of them have been accustomed to applying it to their heads, from day to day, voluntarily. The douche in this institution is the only one I have seen in this country, and I am not aware that it has been resorted to as a curative means in any other Asylum for the Insane in the United States. It is so constructed as to make the stream of water of variable size, from one-fourth to three-fourths of an inch in diameter. The water falls from two to four feet, according to the situation of the head of the patient.

The Bicêtre is hallowed as being the scene of the boldest and noblest achievement recorded in the annals of insanity. Here, morning first dispelled the midnight gloom of lunacy, and the guiltless maniac was released from the thralldom which associated him with criminals and brutes, taken by the hand, as a brother, and acknowledged to be worthy of the kindest attention, commiseration and sympathy.

The following brief account of the commencement of the labours of Pinel, extracted from a paper read by his son, before the Royal Academy of Sciences, commends itself to the attention of every reader:

"Towards the end of 1792, Pinel, after having many times urged the government to allow him to unchain the maniacs of the Bicêtre, but in vain, went himself to the authorities, and with much earnestness and warmth, advocated the removal of this monstrous abuse. Couthon, a member of the commune,



gave way to M. Pinel's arguments, and agreed to meet him at the Bicêtre. Couthon then interrogated those who were chained, but the abuse he received, and the confused sounds of cries, vociferations and clanking of chains, in the filthy and damp cells, made him recoil from Pinel's proposition. 'You may do what you will with them,' said he, 'but I fear you will become their victim.' Pinel instantly commenced his undertaking. There were about fifty whom he considered might, without danger to the others, be unchained, and he began by releasing twelve, with the sole precaution of having previously prepared the same number of strong waistcoats, with long sleeves, which could be tied behind the back if necessary. The first man on whom the experiment was to be tried was an English captain, whose history no one knew, as he had been in chains for forty years. He was thought to be one of the most furious among them. His keepers approached him with caution, as he had in a fit of fury, killed one of them on the spot with a blow from his manacles. He was chained more rigorously than any of the others. Pinel entered his cell unattended, and calmly said to him, 'Captain, I will order your chains to be taken off, and give you liberty to walk in the court if you will promise me to behave well, and injure no one.' 'Yes, I promise you,' said the maniac, 'but you are laughing at me—you are all too much afraid of me.' 'I have six men,' said Pinel, 'ready to enforce my commands, if necessary. Believe me then, on my word, I will give you your liberty if you will put on this waistcoat.'

“He submitted to this willingly, without a word. His chains were removed, and the keepers retired, leaving the door open. He raised himself many times from his seat, but fell again on it, for he had been in a sitting posture so long, that he had lost the use of his legs. In a quarter of an hour he succeeded in maintaining his balance, and with tottering steps came to the door of his dark cell. His first look was at the sky, and he cried out enthusiastically, 'How beautiful!' During the rest of the day he was constantly in motion, walking up and down the staircases, and uttering short exclamations of delight. In the evening he returned of his own accord into his cell, where a better bed than he had been



accustomed to had been prepared for him, and he slept tranquilly. During the two succeeding years which he spent in the Bicêtre, he had no return of his previous paroxysms, but even rendered himself useful by exercising a kind of authority over the insane patients, whom he ruled in his own fashion.

“The next unfortunate being whom Pinel visited was a soldier of the French guards, whose only fault was drunkenness; when once he lost his self-command by drink, he became quarrelsome and violent, and the more dangerous from his great bodily strength.

“From his frequent excesses, he had been discharged from his corps, and he had speedily dissipated his scanty means. Disgrace and misery so depressed him that he became insane; in his paroxysms he believed himself a General, and fought those who would not acknowledge his rank. After a furious struggle of this sort, he was brought to the Bicêtre in a state of great excitement. He had now been chained for ten years, and with greater care than the others, from his frequently having broken his chains with his hands only. Once when he broke loose, he defied all his keepers to enter his cell, until they had each passed under his legs; and he compelled eight men to obey this strange command. Pinel, on his previous visits to him, regarded him as a man of original good nature, but under excitement incessantly kept up by cruel treatment; and he had promised speedily to ameliorate his condition, which promise alone had made him more calm. Now he announced to him that he should be chained no longer, and, to prove that he had confidence in him, and believed him to be a man capable of better things, he called upon him to assist in releasing those others who had not reason like himself, and promised, if he conducted himself well, to take him into his own service. The change was sudden and complete. No sooner was he liberated than he became attentive, following with his eye every motion of Pinel, and executing his orders with as much address as promptness. He spoke kindly and reasonably to the other patients; and during the rest of his life was entirely devoted to his deliverer. And ‘I can never hear without emotion,’ says Pinel’s son, ‘the name of this man, who some years after this occurrence shared with me



the games of my childhood, and to whom I shall always feel attached.'

"In the next cell were three Prussian soldiers, who had been in chains for many years, but on what account no one knew. They were, in general, calm and inoffensive, becoming animated only when conversing together in their own language, which was unintelligible to others. They were allowed the only consolation of which they appeared sensible—to live together. The preparations taken to release them alarmed them, as they imagined the keepers were come to inflict new severities; and they opposed them violently when removing their irons. When released, they were not willing to leave their prison, and remained in their habitual posture. Either grief or loss of intellect had rendered them indifferent to liberty.

"Near them was an old priest, who was possessed with the idea that he was Christ; his appearance indicated the vanity of his belief; he was grave and solemn; his smile soft, and at the same time severe, repelling all familiarity; his hair was long, and hung on each side of his face, which was pale, intelligent, and resigned. On his being once taunted with a question, that 'if he was Christ he could break his chains,' he solemnly replied, '*Frustra tentaris Dominum tuum.*' His whole life was a romance of religious excitement. He undertook, on foot, pilgrimages to Cologne and Rome, and made a voyage to America for the purpose of converting the Indians; his dominant idea became changed into an actual mania, and on his return to France he announced himself as the Saviour. He was taken by the Police before the Archbishop of Paris, by whose orders he was confined in the Bicêtre as either impious or insane. His hands and feet were loaded with heavy chains, and during twelve years he bore with exemplary patience, martyrdom and constant sarcasms.

"Pinel did not attempt to reason with him, but ordered him to be unchained in silence, directing, at the same time, that every one should imitate the old man's reserve, and never speak to him. This order was rigorously observed, and produced on the patient a more decided effect than either



chains or the dungeon; he became humiliated by this unusual isolation, and introduced himself to the society of the other patients. From this time his notions became more just and sensible, and in less than a year he acknowledged the absurdity of his previous prepossessions, and was dismissed from the Bicêtre.

“In the course of a few days, Pinel released fifty-three maniacs from their chains; among them were men of all conditions and countries; workmen, merchants, soldiers, lawyers, &c. The result was beyond his hopes. Tranquillity and harmony succeeded to tumult and disorder; and the whole discipline was marked with a regularity and kindness, which had the most favourable effect on the insane themselves; rendering even the most furious more tractable.”

#### ASYLUM AT CHARENTON.

Dr. Louis favoured me with a letter of introduction to M. Esquirol, the *médecin en chef* of the Asylum at Charenton, and the distinguished veteran in the treatment of the insane. With this I went to the Asylum, where I had the pleasure of meeting him to whom it was addressed, in the scene of his present labours, among the unfortunate people who love and honour him as a father, and in whose welfare his interest continues unrepressed by the weight of accumulated years. After his visit to the patients was completed, I sat an hour with him in the parlour of the institution, during which time he conversed chiefly upon the subjects of lunacy and of Lunatic Asylums. After speaking of the comparative merits of the various establishments of the kind in Europe, and giving the preference to that at Reggio, in Italy, over all others that he had ever visited, he made many inquiries with regard to those of the United States, and expressed much interest in the progress of improvement in the treatment of the insane, upon this side of the Atlantic.

The Asylum of Charenton, in a village of the same name, is about five miles eastwardly from the city of Paris. It is situated upon the southern declivity of a hill, which runs



parallel to the river Marne, near its shores, and but a short distance from its junction with the Seine. It was originally a hospital, under the care of the Brothers of Charity. About the beginning of the 18th century, a department was, for the first time, devoted to the reception of those labouring under mental alienation. In 1795 the hospital was suppressed, but in 1797 it was re-established and devoted exclusively to the treatment of the insane. It is now called, in common with some other establishments of the kind in other parts of France, "*Maison Royale d'Aliénés.*" It includes many edifices, which have been erected at various periods, and extensive gardens and promenades, which extend to the summit of the hill upon the declivity of which it is located. The following description is translated from the recent elaborate work of M. Esquirol, to which we are also indebted for most of the subject matter for our remarks upon this Asylum.\* "The section for men is composed of four courts, of which three are planted; three infirmaries; one ward for patients of a suicidal propensity; one dormitory; one gallery and six corridors, into which open the doors of the several rooms; one bathing room, and six rooms where the patients assemble. These last mentioned can be heated. The section for women has a garden, four planted courts, two infirmaries, one ward for women disposed to commit suicide, two bathing rooms, seven dormitories, six galleries and corridors into which open the doors of the apartments, and five rooms in common, which may be heated."

An extensive additional department for females, combining most of the modern improvements, was erected about twelve years since, and first occupied in 1829. This is one of the best arranged and most neatly-kept establishments of the kind that I have had occasion to examine. The furniture is good and sufficiently handsome, without being extravagant. The beds of the dormitories are hung with white curtains. No corresponding department for the men has hitherto been erected. There is a parlour in the Asylum, in which those

\* *Des maladies mentales, considérées sous les rapports médical, hygiénique et médico-légal*, par E. Esquirol. Paris, 1838.



patients the state of whose disease renders them admissible, assemble every evening for social intercourse. This contains many arm-chairs, several card-tables and a piano-forte. A room having tables for billiards, is devoted to that amusement. The bathing room of the new department for females contains ten copper tubs, separated from each other by curtains, and each supplied with a cover which may be used in case of necessity. A chapel, or oratory, is devoted to religious worship; the exercises being conducted in the Catholic form. The priest (aumônier) resides at the Asylum. Ministers of other sects are, at the request of patients, permitted to visit them in their wards.

There are three grades of prices for entertainment at this institution: the 1st, 1300; the 2d, 1000; and the 3d, 720 francs per annum. The regimen of the patients varies according to the grade, and is of a quality proportionate to the prices of those grades. The rules of the establishment require that there shall be one attendant to every tenth patient, but this number, according to M. Esquirol, is not sufficient. There are 73 in all, two of whom remain in the garden to oversee those who are walking. Several others have charge of but one or two patients each. The number of persons employed at the Asylum, including, on the one hand, the visiting physician, and, on the other, the gardeners, gate-keeper and hostlers, is 170.

The number of admissions, from the establishment of the institution exclusively for lunatics, in 1797, to the end of the year 1833, is 5972. The following list exhibits the same number divided in the proportion that the patients were received in several different epochs.

|                   |       |      |
|-------------------|-------|------|
| From 1797 to 1802 | . . . | 202  |
| 1802 " 1805       | . . . | 435  |
| 1805 " 1810       | . . . | 1007 |
| 1810 " 1815       | . . . | 722  |
| 1815 " 1825       | . . . | 2049 |
| 1825 " 1834       | . . . | 1557 |

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Total, . . . 5972



Previously to 1815, the number of each sex was not designated, but from that year to 1825 there were 1245 men and 804 women; and from 1825 to 1834, 932 men and 625 women.

The following table, compiled, with some additions, from several of those in the work above quoted, exhibits the number of admissions for each of the years between 1825 and 1834, the condition in society (*état civil*) of the patients, and the results of their treatment.

| Years. | Men. | Single. | Married. | Widowers. | Cured. | Discharged not cured. | Died. | Per cent. of cures. | Per cent. of deaths. | Women. | Single. | Married. | Widows. | Cured. | Discharged not cured. | Died. | Per cent. of cures. | Per cent. of deaths. |
|--------|------|---------|----------|-----------|--------|-----------------------|-------|---------------------|----------------------|--------|---------|----------|---------|--------|-----------------------|-------|---------------------|----------------------|
| 1826   | 121  | 68      | 49       | 4         | 34     | 39                    | 59    | 28.09               | 48.76                | 89     | 34      | 49       | 6       | 41     | 35                    | 28    | 46.05               | 31.57                |
| 1827   | 123  | 72      | 41       | 10        | 51     | 34                    | 42    | 41.46               | 34.14                | 82     | 26      | 48       | 8       | 24     | 29                    | 17    | 29.26               | 20.73                |
| 1828   | 122  | 66      | 51       | 5         | 34     | 34                    | 54    | 27.86               | 44.26                | 82     | 27      | 44       | 11      | 25     | 23                    | 21    | 30.48               | 25.60                |
| 1829   | 121  | 59      | 55       | 7         | 40     | 38                    | 58    | 33.05               | 47.10                | 71     | 19      | 47       | 5       | 28     | 27                    | 15    | 39.43               | 21.12                |
| 1830   | 112  | 54      | 52       | 6         | 34     | 52                    | 44    | 30.35               | 39.28                | 74     | 18      | 49       | 7       | 29     | 19                    | 21    | 39.18               | 28.37                |
| 1831   | 109  | 64      | 42       | 3         | 22     | 31                    | 51    | 20.18               | 46.60                | 82     | 27      | 44       | 11      | 29     | 44                    | 14    | 35.36               | 17.07                |
| 1832   | 118  | 60      | 56       | 2         | 36     | 40                    | 38    | 30.50               | 32.20                | 79     | 24      | 43       | 12      | 29     | 24                    | 17    | 49.35               | 21.51                |
| 1833   | 106  | 62      | 41       | 3         | 33     | 33                    | 60    | 31.13               | 56.60                | 66     | 18      | 39       | 9       | 29     | 25                    | 7     | 43.93               | 10.60                |
|        | 932  | 505     | 387      | 40        | 284    | 301                   | 406   |                     |                      | 625    | 193     | 363      | 69      | 234    | 226                   | 140   |                     |                      |

The proportion of single men, as calculated from this table, equals 54.18 per cent.; of single women, 30.88 per cent.; of married men, 41.52 per cent.; of married women, 58.08 per cent.; of widowers, 4.29 per cent.; and of widows, 11.04 per cent. It is a singular fact that the proportion of married men is but about two-thirds as great as that of married women, while that of single men is nearly twice as great as that of single women.

The total number of cures is 518, equal to 64.7+ per annum; that of deaths 546, or 68.3+ per annum. It will be perceived, by the table, that the greatest proportion of the annual cures of men was in 1827, = 41.46 per cent., and that of women, in 1832, = 49.35 per cent.; also, that the least proportion of the cures of men was in 1831, = 20.18 per cent., and that of women, in 1827, = 29.26 per cent. The proportion of the deaths of men was largest in 1833, = 56.60 per cent.; that of women, in 1826, = 31.57 per cent.; the proportion was



least, for men, in 1832, = 32.20 per cent.; and, for women, in 1833, = 10.60 per cent.

The average number of cures, per annum, was, for men, 30.32 per cent.; for women, 39.13 per cent.; and for both sexes, inclusive, 34.72 per cent. The average of deaths was, for men, 43.61 per cent.; for women, 22.07 per cent.; and for both, 32.84 per cent.

In regard to the ratio of cures, M. Esquirol says that there were 355 epileptics, paralytics and idiots among those admitted, all of whom were considered, at the time of their entrance, as incurable. Deducting this number from 1557, the total of admissions, there will remain but 1205 as under curative treatment. The proportion of cures, in this case, will be as 1 to 2.33 or equal to 42.14 per cent. The mortality, as exhibited by the table, is very great; but, in making out the per centage, the 492 patients who were in the Asylum at the commencement of the year 1826, and among whom, according to Esquirol, death made its greatest ravages, were not taken into consideration. If these be added to the number admitted, we have a total of 2049, to which the deaths, 546, are in the proportion of 1 to 3.75+, or 26.64 per cent. It is proper to remark that the insane of all descriptions are admitted, irrespective of age, grade of disease or its duration, or of the many other maladies with which it may be complicated. Again, very few persons attacked by "those acute diseases of the encephalon, which, as people say, *are always cured*, and which increase the number of cures of some similar establishments," are brought to this institution. From these facts we cannot expect the ratio of cures to be very large. The mortality of men considerably exceeded that of women. That of the latter was much less in the last than in the first years of the period; and, at the same time, there was a corresponding increase of cures. These facts are very plausibly accounted for, in that the women occupied the new and commodious building, before mentioned, during the last five years.

We now present a table exhibiting the admissions and the results of treatment, in reference to the different seasons of the year.



| Season. | Admitted. | Cured. | Died. | Per ct. of cures. | Per ct. of deaths. |
|---------|-----------|--------|-------|-------------------|--------------------|
| Winter, | 341       | 92     | 160   | 26.97             | 46.92              |
| Spring, | 406       | 123    | 139   | 30.29             | 34.23              |
| Summer, | 445       | 145    | 119   | 32.80             | 26.74              |
| Autumn, | 365       | 158    | 128   | 43.28             | 35.06              |
| Total,  | 1557      | 518    | 546   |                   |                    |

The average of admissions was 194 per annum. The maximum number in any series of the same month was in that of July, and of seasons, as will be seen above, in summer. The minimum of men, and of both sexes inclusive, was in winter; but that of women was in spring. The proportion of cures was greatest in autumn, and least in winter; that of deaths, greatest in winter and least in summer.

The next table shows the ages of the patients at the time of admission.

|        | Under 20 | 20 to 25 | 25 to 30 | 30 to 35 | 35 to 40 | 40 to 45 | 45 to 50 | 50 to 55 | 55 to 60 | 60 to 65 | 65 to 70 | 70 to 75 | 75 to 80 | 80 to 85 | 85 to 90 |
|--------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
| Men,   | 82       | 119      | 135      | 130      | 106      | 105      | 83       | 68       | 37       | 35       | 25       | 4        | 2        | 1        |          |
| Women, | 42       | 55       | 72       | 77       | 102      | 90       | 65       | 46       | 36       | 22       | 10       | 2        | 4        | 1        | 1        |
| Total, | 124      | 174      | 207      | 207      | 208      | 195      | 148      | 114      | 73       | 57       | 35       | 6        | 6        | 2        | 1        |

Hence it appears that the greatest number of men during any period of five years was 135, and that between the ages of 25 and 30; the maximum of women was 102, between the ages of 35 and 40; and that of both sexes inclusive 208, between the ages of 35 and 40. The number second in rank is found, for men, between the ages of 30 and 35, and for women, between 40 and 45. The number under 20 years occupies, for the men, the third rank, for the women, the sixth rank. From these results, Esquirol is led to infer that insanity generally occurs at an earlier period of life in men than in women. It will be seen that more men than women enter this Asylum: the former are to the latter nearly as 3 to 2. This difference arises from the number of soldiers and marines who resort here to be cured. Esquirol has ascertained by his researches, that of 76,000 lunatics, in various countries, the proportion of men to women is as 37 to 38. The ratio differs in different



nations, according to climate, habits and other modifying influences.

The number of patients in each variety of insanity, together with the results of treatment upon them, respectively, will be seen in the following table.

|            | Men. | Cures. | Per cent. | Women. | Cures. | Per cent. | Remark.                     |
|------------|------|--------|-----------|--------|--------|-----------|-----------------------------|
| Monomania, | 372  | 123    | 33.06     | 343    | 128    | 37.31     | * "Non-aliéné" to be added. |
| Mania,     | 334  | 160    | 47.93     | 211    | 103    | 48.81     |                             |
| Dementia,  | 219  | 1      | .45       | 62     | 3      | 4.83      |                             |
| Idiocy,    | 8    |        |           | 7      |        |           |                             |
| Total,     | 933  | 284    |           | 623*   | 234    |           |                             |

The cures in monomania of both sexes, inclusive, were equal to 35.10 per cent.; those in mania, 48.25 per cent., and those in dementia, 1.42 per cent. The number of patients affected with monomania exceeded that of any other variety; but the per centage of cures has its maximum in mania.

Of the 1557 cases, the causes are assigned to 1375; they are as follows. "Hereditary, 337; domestic chagrins, 278; libertinage, excesses of all kinds, 146; abuse of spirituous liquors, 134; suppression of habitual evacuations, 54; onanism, 52; reverse of fortune, 49; abuse of mercury, 44; disappointed love, 37; fright, 35; political causes, 32; parturition, 28; exalted devotion, 24; blows on the head, 20; jealousy, 18; cerebral affections, 17; excess of study and night waking, 16; wounded self-love, 16; reading of romances, 13; insolation, 12; love of play, 5; suppression of habitual suppuration, 3; cholera morbus, 3; excess of joy, 2." Total, 1375.

Esquirol thinks that the proportion of cases arising from hereditary predisposition is usually greater than in this instance. In relation to those arising from political causes, we may remark that none occurred previously to 1830. In that year, the year of the last revolution, there were 13 cases of this nature, and 15 in 1831.

The following is a list of the several trades and professions previously pursued by the patients, with the exception of a few, in which there was but one each. "Proprietors (landlords) 307, tillers of the ground 99, masons 7, locksmiths 5, cabinet-makers 16, bakers 19, butchers 10, sellers of hog's flesh (charcutiers) 4,



grocers 31, wine-merchants 26, tunnelers 3, tavern-keepers and cooks 24, jewellers 13, tailors and shoemakers 17, cap makers and hosiers 5, hatters 5, modistes and cutters 35, merchants and clerks 81, tobacco dealers 7, military officers 103, soldiers 124, conductors of public coaches and couriers 11, teachers 30, students 46, priests 11, "seminarists" 4, nuns 5, physicians 15, apothecaries 9, advocates 9, notaries 6, clerks (*commis de bureau*) 83, "*clercs d'avouê*" 10, ushers or door-keepers 6, literary men 3, painters 8, musicians 4, printers and booksellers 15, domestics 35."

In the years 1826, 1830, and 1831, a much larger number of proprietors entered the Asylum than at any other time. This is explained by the difficulties, in the first of those years, arising from the order for the reimbursement of rents; and, in the last two, by the pecuniary losses necessarily augmented by the revolution.

#### ASYLUM AT MILAN.

Saint John's Hospital, at Milan, is one of the most extensive institutions of the kind in the world. It is probably exceeded by none. The principal edifice appertaining to it is within the city, but the department for the insane is without the walls, about a mile distant from the Porta Tosa. This building, formerly a convent of the Jesuits, was enlarged and converted into a Lunatic Asylum, about 55 years since. It encloses large courts, but those which are devoted to the use of the patients are chiefly external to it. The wards are very large, some of them consisting of a hall, of ample width, running the whole length, and, beside it, two or three dormitories, each containing numerous beds. In others, there are dormitories upon both sides of a narrow passage. The rooms are all lofty and well ventilated. In those where a fire is required, the stove is placed in the middle of the room and covered on all sides with bricks, and surrounded by strong wooden frames or fenders. The beds for the furious have confining rings and straps at the foot and the sides, like those in many other Asylums. The mattresses are made, some of straw,



some of wool, and some of hair; and the beds and linen are as neat, though not so elegant, as those in any institution I have ever visited. In some of the dormitories metallic *pôts-de-chambre* are fastened by straps to the bedsteads. In the third story of the department for women, there is a ward consisting of a suite of small rooms, each opening from a narrow gallery. The bed in each of these is beneath the window, at the extremity opposite the door. Beside it, in the corner, is a stool of convenience, communicating with a balcony on the outside of the building, where a servant can attend to it without entering the room. The infirmary contains many beds, four of which alone were occupied. The patient in one of these was labouring under pelagra, a disease which is endemic in some parts of the north of Italy. Many of the patients who were not confined in the infirmary have the goitre, the swellings being of various dimensions. I had previously seen many cases of this disease in Savoy and the canton of Vallais, in Switzerland. In one case which I saw at Sion, a town among the Alps and upon the road over the Simplon, the left lobe of the thyriod gland equalled in dimensions the head of the woman who was afflicted with it. One ward in the department of each sex, in the Asylum under notice, is devoted to convalescent patients. In these they remain forty days, previously to leaving the Asylum, for the purpose of confirming a cure. The bathing room contains four baths, three of them for one person each, the other sufficiently large to accommodate 28 at the same time. Each of the three former is cut from a single stone. They are for the most violent patients, and consequently have fixtures for the purpose of fastening the feet and the body. The large bath is also constructed of stone. The streams of the douches are very small, but they fall from a height of 12 or 15 feet. A horizontal jet, in which the water is thrown, with considerable force, completely across the room, is intended for a similar purpose as the douche. Being thus arranged" it may be more easily applied to the various parts of the body.

Three physicians, two resident and one "attending," do the medical service of the Asylum. The number of patients,



in November, 1838, was 420, of whom 215 were men and 205 women. The accommodations are sufficient for 500. The number of wards for either sex is six, and the patients are divided into three classes, the furious, the tranquil, and the incurable.

*Regimen.*—*Breakfast*; bread and cheese. *Dinner*; meat, five days in the week, and *polenta*—a pudding made of the meal of Indian corn—the remaining two days. Wine is a constant drink at this meal. *Supper*; bread, cheese, and wine.

Manual labour is pursued to a considerable extent by the patients. A large garden belonging to the Asylum furnishes employment to nearly 100 of them during the warm season. In one room through which we passed, between 40 and 50 men were engaged in braiding *paglia di Spagna*—Spanish straw—for carpets. They worked as steadily, and appeared as orderly, as if they had not been lunatics. In another apartment several men were employed in making shoes, and as many more in tailoring. One of the latter was cutting clothes. Soon after we entered, he commenced talking to me, and conversed so rationally that I supposed him to be a sane person, acting as overseer to the others. Under this supposition, I inquired of him if all those under his care were insane, to which he answered in the affirmative. Perceiving that he conversed in French, I asked him if he was a Frenchman. He replied that he was not, and added, “Je suppose que vous êtes Anglais.” “No,” said I, “I am an American.” “Ah! vraiment,” he responded, dropping his shears and lifting both hands, as if agreeably surprised, “vous êtes Américain. Eh bien, vous êtes très heureux, vous êtes *carbonaro*. Tous les Américains sont des *carbonari*; Je voudrais bien être dans ce pays là.” Knowing the subject of the *carbonari* to be rather a delicate one in Italy, these remarks, together with some others, subsequently made, induced me to suspect him insane, and this suspicion, upon inquiry of the “*direttore*” of the Asylum, who accompanied me, proved correct. An artist, in the same apartment with the above mentioned, was occupied in cutting designs in paper. He showed me a representation



of Bonaparte at St. Helena, and another of the garden of Eden. They were, indisputably, the most elegant workmanship of the kind that I have ever examined. I attempted to purchase the latter, but he informed me that it was already disposed of.

Many of the women were making lint, or charpie, for the use of the hospital in the city; and, in one apartment, there were about 90 sewing and spinning tow upon throstles whirled in the hand. For coercion and punishment, the douche, confinement in bed, the restraint of limbs, &c. are effectual means. I observed one patient manacled with irons, and strong leather mittens upon his hands. He tears off his clothes whenever his arms are unrestrained. Several others had on strong leathern belts, to which their arms were fastened. In the same ward with these men there was another, very gentleman-like in appearance, who was exceedingly anxious lest I should go away without being aware of his dignity, or of the distinguished honour I had received in being admitted into his presence. Accordingly, he approached me, and repeated, with the utmost volubility, a long list of titles which *he graced*, such as "Prince" of one place; "King" of another; "Emperor" of a third; and, finally, "Ruler of the World." In his anxiety to furnish me with this important information, he followed us far out of the ward.

The only means of amusement which I saw were a swing and a *giustra*, if I rightly understood the word. The latter is so constructed that four, or, indeed, eight persons may turn horizontally in a circle, being situated at the extremities of two beams which cross each other at right angles, in the centre. These are in the principal court occupied by the men. The court is shaded by two parallel rows of sycamore trees, beneath which are many seats for the patients, permanently fastened to the ground.

#### ASYLUM AT VENICE.

Pertaining to the civil hospital at Venice, there is a large edifice exclusively devoted to the insane. It is situated upon



the eastern limits of the city, beside the celebrated church of *San Giorgio e Paolo*, and in the corner, at the confluence of one of the lagunes with the Adriatic. It is three stories in height, and entirely surrounds a court about 100 feet square. A corridor passes around this court, furnishing shelter from both sun and rain. In November, 1838, this Asylum contained 230 patients, all of whom were women. Upon the island of San Cervilio there is another establishment, for the men, of whom the number varies but little from that of the women. The patients at the Asylum for the women are divided into six classes, according to the species of insanity. These classes are not kept exclusively separate; on the contrary, some individuals belonging to every one of them may be found in the same ward. The colour of a strip of cloth attached, as an epaulette, to the shoulder of each patient, is a mark by which those belonging to the several classes may be identified. The classes are, 1st, *mania*, distinguished by a red colour; 2d, *monomania*, distinguished by deep blue; 3d, *melanconico*, by green; 4th, *idiotismo*, by orange; 5th, *stupidita*, by light blue; 6th, *demenga*, by yellow.

As I was unable to procure all the data which would have been desirable, I shall speak of the apartments through which we passed, introducing, as appropriate opportunity offers, the other information which I possess.

*1st Story.*—Bathing-room, dining-room, kitchen, a dormitory containing many beds, and a room in which about 70 patients were spinning tow upon a hand throstle, as at Milan, and several others knitting and sewing. I noticed several, among these, who had the goitre. The room in which these were at work is warmed by a stove, which is entirely enclosed with bricks and mortar, and surrounded, three or four feet distant, by a strong wooden railing. The women were at dinner when we went into the dining-room. Their regimen is as follows, viz.—*Breakfast*; bread and soup;—*dinner*; meat, bread, rice, and wine every day, with the addition of potatoes or cheese, the two being given alternately. Suspended under the corridor, near the door of the dining-room, there was a table of the appropriation of time. It is as follows:—



| Week days.                        | A. M.          | Sabbath and Feast days.                 |
|-----------------------------------|----------------|-----------------------------------------|
| Rise and dress, . . . . .         | 6½ to 7½ o'cl. | The same.                               |
| Breakfast, . . . . .              | 7½ to 8        | The same.                               |
| Doctor's visit, . . . . .         | 8 to 9         | The same.                               |
| Labour, . . . . .                 | 9 to 12        | 10 to 11 o'cl., attend mass.            |
|                                   | P. M.          | 11 to 12 " receive visits of friends.   |
| Dinner, . . . . .                 | 12½ to 2       | The same.                               |
| Study of numbers for play, 2 to 3 |                | Recreation.                             |
| Labour, . . . . .                 | 3 to 4         | Play at Tomboli and religious exercise. |
| Supper, . . . . .                 | 4 to 5         | The same.                               |
| Walk, . . . . .                   | 5 to 6         | The same.                               |
| Recreation, . . . . .             | 6 to 7         | The same.                               |

*2d Story.*—The study of the physician, the infirmary, three large dormitories, like the wards of hospitals for the sick, and two or three small rooms for the accommodation of pay patients. The bedsteads are of wood throughout the establishment. The beds are without curtains. The infirmary is large, containing about 30 beds, most of which were occupied. It is one of the most complete and elegant apartments of the kind that I have seen. The floor is of Mosaic.

*3d Story.*—A suite of three rooms called "Sicurezza," and intended for the most violent patients. They contain about 50 beds, all of which were occupied. The bedsteads are made of plank, similar in form to those at the Asylum at Utrecht, but differing from them, in that the bottom is a rack, thus permitting water to escape in all parts. A large box or trough is placed beneath each, to preserve the cleanliness of the floor. The patients in this department mostly lie upon loose straw, which is covered by a blanket. Many of them were confined by having their arms fastened to the sides and their feet to the foot of the bedsteads. The rooms in question overlook a portion of the Adriatic, the Lido and the cemetery of Santo Cristoforo. There is another department in the third story called "Osservazione." It is intended for the convalescent patients and such as have recently been admitted. The latter remain here until the nature of their disease is satisfactorily ascertained. This department contains about 30 beds.



## ASYLUM AT MALTA.

The island of Malta, the rendezvous of vessels traversing the Mediterranean, is said to be more populous, in proportion to its size, than any other portion of Europe, or, perhaps, of the whole world. The number of inhabitants to a square mile is five times as great as that of England. Its population, together with that of the small island of Gozo, in its immediate vicinity, is about 120,000. Of this number there are at present, as nearly as has been ascertained, 130 lunatics, or about 1 in 900. The only Asylum for the reception and treatment of them is at Floriana, in the suburbs of Valetta, the port of Malta. It is one of the several benevolent institutions for the poor which are under the direction and support of the government. For an introduction to this Asylum, as well as to the hospitals and charitable institutions of the island, I am indebted to Dr. Gouder, who accompanied me to them, severally, and afforded me every assistance in his power to obtain such information as was desired. The Asylum is old, and, as an almost necessary consequence, very incommodious for the present method of treatment. Additions, however, have recently been made, and others are in progress; so that, eventually, and at a period not very remote, the defects will in a great measure be overcome. Baths have recently been constructed, the Asylum never previously having been supplied with them. The mattresses of the beds are of straw, the most comfortable as well as wholesome material, in a climate like that of Malta, even for such patients as otherwise might be permitted to lie upon feathers. The bedsteads consist of two movable iron stands acting as supports to the boards upon which the mattress is laid. In the morning, these stands are placed beside the walls of the dormitory, and the direction of the boards changed so as to be parallel with the walls instead of at right angles with them. Each mattress is then doubled, or folded once upon itself, and the bed-clothes, folded also, laid upon it. This gives a neat aspect to the rooms, and leaves a much greater portion of the floor unencumbered than



is the case with bedsteads of the ordinary kind. Adjacent to the building, and partially enclosed by it, are three courts, or yards, for the use of the patients. These are not large, but they are well cultivated. One of them is planted with orange trees, which are large, and, when I was there, were in full bearing. Another of the courts is used as a kitchen-garden. It is well planted with a variety of vegetables, the labour required in its cultivation being performed by the patients. The regimen, which has been recently improved, is as follows:—*Breakfast*; coffee and bread; *dinner*, which is eaten at mid-day, soup, meat and fruit; *supper*, soup and fruit.

The number of patients in February, 1839, was 90, of whom 40 were men and 50 women. There are, at all times, more female than male patients. The superintendent informed me that he believes the proportionate number of the former to the latter to be as 3 to 2. The same ratio, agreeably to his opinion, is equally applicable to all the cases of insanity in the two islands.

A very large proportion of the patients perform some manual labour. The principal employments are gardening, sewing, knitting, spinning, and domestic affairs. Thus far, however, there has not been sufficient employment to keep the patients so constantly occupied as might be best for their own contentment, or most beneficial in promoting a cure. Amusements have not, hitherto, been introduced; and the same remark is equally applicable to reading and writing. When punishment is necessary, close confinement is the principal resource. For this purpose there are several small cells, supplied with no furniture, having a grating to the doors, and, for the admission of light, a small aperture in the outside wall, so high as to be inaccessible to the patient.

The principles of reform began to enter this institution in the year 1812. The use of chains, those implements of confinement and of torture, fit only for criminals and wild beasts, was then entirely abolished. Whenever bodily restraint is necessary, the camisole or strait-jacket is called in requisition. The pattern of this garment of coercion, used in this Asylum, is, in my opinion, an improvement upon all others



which have come under my observation. Its principal peculiarity consists in two bands, one upon either side, attached to its lower border and passing around the legs. The whole garment is thus kept more effectually in its proper place. The patients have ever been, and still are, mingled together, irrespective of stage or intensity of disease. A division into two classes, 1st, the imbecile and the incurable; and 2d, the curable, is about to be made. Most of the patients were remarkably quiet. There were, however, two exceptions. The first of these was a man at work in the court of orange trees. He talked with superlative volubility as long as we would listen, the principal burthen of his conversation being a desire to get out of the Asylum for the purpose of taking a wife; and, inasmuch as fifty-four winters had begun to shed their frosts upon his brow, he feared that the time would soon arrive in which to him, as to Omar, the son of Hassan, it would no longer be possible to "marry a wife as beautiful as the Houries and wise as Zobiede." The other was a Frenchman, a member of a respectable family in France. He assumes to himself the title of Prince de Valois; says he has millions of property, and can afford to keep a numerous suite of valets. His clothes were in tatters. The superintendent informed me that, but a short time previously, he had received a good suit from his friends, but will not deign to wear them, because, forsooth, they were not made by the *tailleur du roi*—the king's tailor.

Many of the inmates of this Asylum died of the Asiatic cholera, during the ravages of that fatal epidemic in Malta, in the summer of 1837. The superintendent could not tell me the precise proportion of cures effected here, but thinks that it exceeds 50 per cent.

#### ASYLUM AT CONSTANTINOPLE.

Connected with some of the mosques in Constantinople, there are buildings for the reception of the sick—a kind of hospital, in which the poor who are suffering under disease may have their wants ministered to by the hand of charity. That which is adjacent to Sulimanyé, or the mosque of Suliman, is devoted



exclusively to the insane. There, none but men are admitted; the women, according to the Turkish custom, as well as in conformity with the precepts of the religion of Mahomet, being kept in private seclusion. The building is but one story in height, and, like the cloisters of many gothic cathedrals, and the khans or caravanseras of Turkey and Natolia, completely surrounds a central court. The entrances to all the rooms are beneath the corridor at which the court, upon all sides, is limited.

I visited this Asylum during the feast of the Bairam, near the close of the year 1838, in company with two American gentlemen, residents at Constantinople. We entered the court, passing several miserably clad people, "sitting at the gate," not "to *ask* alms," but to receive it, if voluntarily offered. Within the court were many people, mostly young men and boys, who had come, either for the gratification of curiosity, or to administer to the wants of the afflicted. We passed along the corridor to the first window. From between the bars of the iron grating with which this was defended, a heavy chain, ominous of the sad reality within, protruded, and was fastened to the external surface of the wall. It was about six feet in length. The opposite extremity was attached to a heavy iron ring, surrounding the neck of a patient who was sitting, within the grating, upon the window-seat. We entered the room and found two other patients, similarly fastened, at the two windows upon the opposite side of the room. It was a most cheerless apartment. A jug to contain water, and, for each of the patients, a few boards laid upon the floor, or elevated three or four inches, at most, and covered with a couple of blankets, were all the articles of comfort or convenience with which, aside from their clothing, these miserable creatures were supplied. Although in the latter part of December, they had no fire; nor were the windows glazed, but close shutters attached to each, rendered it possible measurably to shield the inmates from severe weather whenever it might occur. The length of the chain of each patient is barely sufficient to enable him to lie down upon his comfortless bed of boards and blankets. Leaving this apartment, we proceeded successively to the



others, twelve or fifteen in number, in all of which we found the patients in a very similar condition to those whom we had first seen. There was but one who was not chained. He was an elderly man, though still retaining much of the vivacity of earlier years. His long and profuse hair and beard were nearly white, and his complexion very delicate. He was formerly a priest of the Islam faith. He has been deranged and confined in this place nearly fifteen years, during which time he has thrice broken the chain with which he was secured. He is now alone in his apartment, within which no one is permitted to enter. He talked and raved incessantly, threatening to kill those who were making him their gazing stock. Like those in the apartment first mentioned, all the patients, with one exception, were without fire. The person forming this exception was one of the most hideous of undeformed human beings. He has been in the Timar-hané, as this Asylum is called by the Turks, more than forty years. His hair and beard, both naturally abundant, curly, and black as ebony, appeared as if they had not been cut or combed since his entrance. They nearly concealed his face, and the former hung in a profusion of literally "dishevelled locks" about his neck and shoulders. His head would have been a *nonpareil* for an original to the figure of Cain, in David's celebrated picture of "Cain meditating the death of Abel." He lay crouched upon all-fours, resting upon his knees and elbows, and holding his head and hands over a *manghale* of living embers. Whatever was said, whether addressed to him or otherwise, could only induce him slowly to turn his huge head, and present his hideous face more directly to view. His case was a striking example of dementia.

The patients, generally, appeared to enjoy pretty good health, aside from the lesion producing insanity. I was informed that a physician attends them regularly. There is a person who has the charge of supplying them with food, and they receive considerable attention from those who visit them. While we were there, many visitors were conversing with them, giving them articles of food, money and tobacco, and doing them a kind office by filling and lighting their "che-



houks." These patients presented a diversity of species of insanity, and a variety of hallucinations. One of them was seated against the bars of his window, cross-legged, and with arms folded upon his breast, in all the counterfeited dignity of a sovereign, and the imperturbable gravity of a saint. It was evident by his demeanour that he esteemed himself one of the rulers of the earth—a Mahmoud, a Mahomet, or a Great Mogul. Upon being informed that I was an American, "Please," said he, turning towards me slowly, and without the slightest change of countenance, "please, effendi, to give my respects to the Sultan of America." This said, he assumed his former position, and maintained it with the most scrupulous exactitude.

There was another, one of the finest looking Mussulmen that ever worshipped before the altars of Stamboul. His beard might acknowledge no rival in beauty, excepting that of Mahmoud the Second, and his eye possessed all the mingled fire and softness of the Orient. He was occupied in sewing. He was surrounded by several young Turks, but continued his labour regardless of any of those who were present. The gentleman of our party who speaks the Turkish language addressed him, and at length won him, although with considerable reluctance on his part, into conversation. I have never witnessed a greater blandness and suavity of manners than in him. Upon being asked the cause for which he had come to that place, "Please, gentlemen," said he, "to be seated, and I will relate the whole history." Inasmuch as the uncovered stone floor presented an aspect rather uninviting, as a seat, we excused ourselves, and he was requested to proceed. Thereupon he placed himself in an attitude worthy of the orators of antiquity, and related a long story, in a most amusing but graceful manner. The whole substance of it was, that people began by calling him a fool; and, going from bad to worse, at length ended by bringing him to the Timar-hané of Suliman-yé.

Such, then, is the gloomy picture with which these sketches of some of the Asylums for suffering humanity are brought to a conclusion. It presents us with an additional motive for hoping that the stream of knowledge, which, taking its rise in Chaldea, has flowed to us, constantly augmented in its course,



through Egypt, Greece, Rome, and the nations of western Europe, may reverse its course, or release a branch, once more to fertilize the desolate regions of intellect throughout the East. It is a proposition, the truth of which cannot, perhaps, be questioned, that, in proportion as a nation advances in intellectual cultivation, its practical benevolence assumes a loftier standard. When, then, the light of science shall gild with brighter rays the empire of the Ottoman, we doubt not that the chains of the maniac will be broken, and his condition rendered such as to leave a hope, that alienated reason may reassume her proper throne.

It is difficult to reconcile the treatment of the patients in the "Timar-hané" with the testimony of physicians in regard to the attention paid to unconfined lunatics in Turkey, and with the prevalent opinion among the followers of Mahomet, that the insane are the especial favourites of Heaven—that their "discord" is

"harmony not understood;"

that their language appears to us to be incoherent and unmeaning, merely because the minds of the sane are not sufficiently spiritualized to comprehend it. Dr. Millengen, an English physician who had practised nearly twenty years in Constantinople, informed me that he had known the wandering lunatic to be received by strangers, and, for weeks in succession, receive all the kindness of the most cordial hospitality.



## ASYLUMS IN ENGLAND.

In the year 1815, the British Parliament passed a law, by which each of the several counties of England was authorized to erect an Asylum for the insane. As the provisions of this act were not compulsory, the counties have been slow in complying with them. At the present time, sixteen institutions, constructed in conformity with this law, are in operation. They are in the counties of Middlesex, Bedford, Chester, Leicester, Gloucester, Stafford, Norfolk, York (West Riding), Nottingham, Lancaster, Oxford, Lincoln, Kent, Suffolk, Dorset and Cornwall. There is one in progress in the county of Surry. Of the above mentioned Asylums, an account of that of Middlesex, at Hanwell, and that of the West Riding of York, at Wakefield, have already been given. Our information in regard to the remainder is neither extensive nor minute. It is comprised in the following notices.

### BEDFORD ASYLUM.

This Asylum, opened in 1812, accommodates 52 patients, of whom the convalescents assist in gardening during the warm season. The original expense was more than 10,000 pounds.

### GLOUCESTER ASYLUM.

Subscriptions were raised, more than forty years since, for the establishment of a charitable institution for the insane in Gloucester, but after the act was passed authorizing the construction of county Asylums, the amount thus raised was added to the public fund, and the present building erected. It cost, with the grounds, 44,457 pounds, 6 shillings, and was opened in July, 1823. It accommodates 120 patients. The patients assist in gardening, farming and household labour, which, according to one of the reports, "is found not only most useful to themselves, but, also, most beneficial to the establishment."



## STAFFORD ASYLUM.

The Asylum at Stafford was opened in October, 1818. It is said to be a well conducted establishment. The number of patients in 1826 was 155. A report at that time says, "The cultivation of thirty acres of pasturage, pleasure and garden ground, is performed entirely by the patients, assisted by two of the keepers; and all the making of linen, and mending of clothes, is done by the females." The weekly expense of each patient is about 9 shillings sterling.

## NORFOLK ASYLUM.

This institution can accommodate about 120 patients. The cost of the establishment was 35,221 pounds.

## NOTTINGHAM ASYLUM.

This Asylum, situated at Nottingham, was constructed at an expense of 20,350 pounds, and opened in February, 1812. It accommodates eighty patients, of whom the labouring portion among the males are employed in gardening.

## LANCASTER ASYLUM.

This Asylum is situated about a mile from the town of Lancaster. It was opened for the reception of patients on the 28th of July, 1816. It has accommodations for 360. The cost was 59,833 pounds. The original tract of land belonging to the establishment was fifteen acres, but, I believe the farm has been considerably increased. Some of the patients labour, the women at sewing, knitting and domestic duties; the men at gardening and husbandry.

## LINCOLN ASYLUM.

This Asylum is at Lincoln. It was opened in April, 1820. It was originally intended for about fifty patients, and was



completed at an expense of 12,405 pounds sterling. Some of the patients are employed in household work and gardening. I know not that the buildings have been enlarged.

#### CORNWALL ASYLUM.

This institution is pleasantly situated, and the airing grounds are said to be extensive. It was opened in October, 1820, with accommodations for 102 patients. The original cost was 15,724 pounds, 14 shillings and 8 pence. In speaking of the inmates, a report says, "They work in the garden, and raise water for the use of the house by means of a wheel pump. The female patients also work in the garden and assist the laundress."

Besides the County Asylums, there are many institutions established by subscriptions and donations. Of these, the "Retreat," at York, has already passed under observation; of the others, we proceed to notice those of which we possess any information.

#### BETHLEHEM ASYLUM, LONDON.

The Bethlehem Asylum, generally called "Bedlam," in England, and referred to by Pope, in the line

"All *Bedlam* or Parnassus is let out,"

is one of the oldest institutions for the insane in Great Britain. The original building was in Finsbury, on the north side of the Thames; but new edifices, imposing in their external appearance, were erected in 1812 on the south side of the river.

When in London, I went to this Asylum, and was disappointed in learning that no one is admitted, as a visitor, except by special permission from one of the directors. An almost immediate departure from the city prevented me from obtaining such permission.

Sir Andrew Halliday, in speaking of this institution, in



1828, says, it "is now well conducted, and the patients are humanely and judiciously treated; but it has still too much of the leaven of the dark ages in its constitution, and too rigid a system of quackery is maintained, in regard to its being seen and visited by respectable strangers, and there is too little space for exercise and employment, for it ever to prove an efficient hospital."

A more recent writer observes, "Little has been done for the purpose of employing the patients, and diverting their minds from the subjects of morbid thought. We do not remember to have seen either work-shops for manual labour, or a reading-room, or games of amusement. The grounds, though large for an institution located in a city, are too contracted for so great a number of patients."\*

This Asylum has a permanent income of about 90,000 dollars per annum, and receives, from government, an additional sum of 13,000 dollars, for the support of criminal lunatics. These patients are kept in wards, devoted exclusively to themselves. The number of patients, at Bethlehem, in 1840, was 429.

#### SAINT LUKE'S HOSPITAL.

This Asylum is in the northerly part of London. It was founded by subscription, and has been in operation nearly a century. During the last eighty years, the number of admissions was 16,589. Of these, 58 per cent. were cured. The average expense of the patients is \$2,50 per week. Epileptics, paralytics, idiots, those who have been deranged more than one year, those who are under twelve years or over seventy years of age, and those who are able to support themselves, are not admitted. It is said that this Asylum is better conducted than the one last noticed, although useful labour and judicious amusements have not entered so fully into the plan of treatment as is desirable.

\* Review of Ferrus on the Insane. Am. Journal of the Medical Sciences. May, 1837.



## ASYLUM AT NORTHAMPTON.

The cost of this establishment, including twenty-four acres of ground, was 24,000 pounds. Parish paupers are maintained here at an expense of 9 shillings sterling per week—others pay from 3 dollars to 5 dollars.—“Eighty-three per cent. of all the patients are employed, and ninety-four per cent. of the male patients. The non-resisting principle is applied here in its ultra form. In one instance, the day I was there, the bed and bed-clothes of a patient were completely changed, four times, between eight and twelve o’clock, a warm bath prepared each time, and the patient washed, and her clothes changed throughout, rather than use severe measures for correcting or counteracting her propensities.—The superintendent of this institution, (Dr. Pritchard,) is passionately devoted to his duty.”\*

## ASYLUMS IN SCOTLAND.

## ASYLUM AT MONTROSE.

This Asylum has been in operation many years. I have not obtained the statistics of the institution, nor am I aware of the extent of its accommodations. The superintendent, Dr. Poole, in his report for 1840, approves of the abolition of all bodily restraints, in the treatment of the insane, in those institutions which are provided with the “essential requisites” to such a mode of treatment. “But in the absence of some of them,” says he, in speaking of the Montrose Asylum, “and at variance with my own creed, I must tolerate the occasional imposition of hand-cuffs, to *prevent greater evils than they inflict*. Mr. H.,† I am persuaded, would not blame me, under circumstances, for departing from the *true faith*, inasmuch as, *e. g.*, I pinioned one man because, having an ulcerated leg,

\* “Memorandum of a late Visit, &c.” by F. A. Packard.

† Gardiner Hill, of Lincoln, an advocate for the abolition of all physical restraint.



which needed poultices and ointment, he repeatedly tore off and actually swallowed them; or that, with a latitudinarianism not deemed heretical in a *pure* physician, I had another tucked down to bed till the turbulence of delirium tremens yielded to a potent opiate; or even that, with only one female attendant to twenty of her sex, I permit the temporary confinement of a couple of arms, which would both reduce their possessor to nudity and dispense merciless blows to all around."

#### ROYAL LUNATIC ASYLUM AT GLASGOW.

This is an institution of very high standing, but we have but little information in regard to it. The wings of the building are three stories in height: the pauper patients being in the first, the lowest class of pay patients in the second, and the highest in the third.

#### ASYLUM AT EDINBURGH.

This was founded by voluntary subscription, and no patient is received under a guinea a week.

#### ASYLUM AT ABERDEEN.

This institution was erected by subscription. It will accommodate about 100 patients. It is said to be well conducted.

There are also Asylums at Perth, Dundee, and Dumfries.

#### ASYLUMS IN IRELAND.

An act of parliament, in 1817, authorized the lord-lieutenant of Ireland to direct the "magistrates of any county or district to erect an asylum for the accommodation of their insane poor." These asylums are under the general superintendence of two individuals, called inspectors general, who are obliged to report, annually, to parliament. They are empowered to inspect private as well as public asylums.



#### RICHMOND ASYLUM AT DUBLIN.

This asylum is calculated for about 300 patients. It was begun in 1810, and cost £77,809 5s. 9½*d.* sterling. In 1827 it contained 277 patients, of whom 130 were usefully employed in gardening, needlework, washing and other housework, weaving, tailoring, &c. Twelve were *learning to read*. During the year "3188 hanks of yarn were spun; 406 pairs of men's and 349 pairs of women's stockings knitted: and, of *linen woven in the establishment*, there were made, by the female patients, for the use of the inmates, 140 shirts, 180 shifts, 115 bolster-cases, 56 pairs of sheets, 53 rollers, 83 bodices, 80 nightcaps, besides keeping in repair the whole clothing of the male and female patients."

#### WORKHOUSE ASYLUM, DUBLIN.

A department of the workhouse, at Dublin, is devoted to insane paupers. It generally contains from 500 to 600 patients. I visited this in the summer of 1837, but took no notes. The patients appeared to have very comfortable accommodations.

#### ASYLUM AT WATERFORD.

This is connected with the house of industry. In 1827 it contained 48 idiots and 57 lunatics. The report of the inspectors states that "the patients are treated with lenity, and there was but one patient coerced, a male lunatic, on whom a strait-waistcoat was placed."

#### ARMAGH DISTRICT ASYLUM.

This establishment has 13 acres of land, and accommodates 106 patients. The original cost was £20,900 4s. 5*d.* It was opened in 1825. The patients are employed in gardening and



other manual labour. They weave all the linen for the use of the house, and make the clothing for themselves.

#### ASYLUM AT CORK.

This is a well conducted institution, having accommodations for more than 300 patients.

#### ASYLUM AT LIMERICK.

This was opened in 1827, having been erected at an expense of £29,511 10s. 8d., inclusive of the cost of 12 acres of land. It is calculated for 150 patients, and "is one of the best arranged public asylums that has ever been built."

#### ASYLUM AT LONDONDERRY.

This institution can accommodate 106 patients.

There are public asylums at Belfast, Kilkenny and Wexford, and several smaller ones in other places. There are also four private establishments in the vicinity of Dublin.

### ASYLUMS IN HOLLAND AND BELGIUM.

To the notices already given of Asylums in the Netherlands, we shall only add the following:

#### COMMUNITY ASYLUM AT GHEIL.

Gheil, a commune containing nearly 7,000 inhabitants, is situated about twenty-seven miles from Antwerp. According to a local tradition, an English lady of rank and beauty, being "driven to madness by the treachery of a lover, and the cruelty of friends, wandered from her home and from her country, and found refuge in this secluded spot, where she recovered her reason, built a church, and devoted a long life to curing the insane, having received from Heaven the power of performing such cures." From that time until the present the village of Gheil has been the place of resort for thousands of the insane, and, although the English lady no longer



lives, to minister to the afflicted, yet she has been canonized under the title of Saint Nymphna, and still is made the presiding saint of the village and the commune. Some stones, said to be the remains of her sarcophagus, are preserved, being placed upon pillars adjacent to the church which she caused to be erected. For a long period, every new patient was confined nine days, in a solitary room, and, at three times during each day, joined a procession which marched several times around the church, at each time passing under the relics of the sarcophagus, repeating a prayer to the saint, that she would condescend to effect his restoration. This custom is now nearly or entirely abolished.

The number of lunatics in this commune, in 1789, was 400; in 1803, 600; in 1812, 500; and in 1821, 400. No resident is permitted to have more than five patients, at one time, in his house. Those patients whose condition will admit, are obliged to work a certain number of hours during the day, and then are permitted to ramble at their pleasure, being summoned home by the ringing of the bell of the village church. Of the 400 patients who were there in 1821, about 100 were of this class, and 50 of them worked at agriculture. It is said that escapes have been frequent. The patients, when quiet, are treated kindly, but if mischievous or furious, they are chained at the wrists and ancles. In every house, there is a ring beside the chimney, or attached to the beds, to which they may be chained. Esquirol says he saw one man, from whose legs the skin had been abraded by the iron surrounding them.

While the superstitious belief in the supernatural powers of Saint Nymphna remained unshaken, the proportion of cures at Gheil was said to be very great, many of them being effected during the preliminary nine days of probation and devotion. But since this faith has been lost, the charm is broken, the number of cures is but small, and the place has become rather an asylum for incurables, than a place for judicious curative treatment. The mortality among the insane is said to be a little greater than among the residents of the commune.



## ASYLUMS IN FRANCE.

Nearly all the insane, in France, are placed in public institutions; some of them being in special Asylums, others in hospitals, alms-houses, houses of correction, and prisons. Their condition has been very much ameliorated since the commencement of the present century.

In 1818, there were but eight establishments, throughout the whole kingdom, exclusively devoted to the reception of persons labouring under mental disorders. But, between that period and 1837, the number was augmented to thirty-four. In a few of these, however, some other persons are received.

Three of the largest and most important of these institutions, La Salpêtrière, Le Bicêtre, and the Maison Royale d'Aliénés, at Charenton, have already received a somewhat elaborate notice. Of the others, the following are the most important.

## ASYLUM AT AVIGNON.

This Asylum has been in operation many years. Since the commencement of the present century, it has been greatly enlarged and improved. It is said to be well conducted and remarkable for its neatness, but the relics of by-gone time still remain, in the bolts upon the doors of the patients' rooms.

## SAINT-YON ASYLUM, AT ROUEN.

This is one of the best institutions of the kind in France. It was opened in July, 1825. The buildings are constructed according to the plan of Esquirol, being but one story in height. The number of patients, on the 31st Dec. 1834, was 455, of whom 221 were men, and 234 women. From 1825 to 1834, inclusive, 1438 patients were admitted. Of these, 737 were men and 701 women. In 1832, two men and eleven women died of the Asiatic cholera. The price of board, &c. for patients, varies from 350 to 1500 francs, per annum.



## COUVENT DE FORCE ASYLUM, AT BORDEAUX.

This Asylum is pleasantly situated, in the vicinity of the city of Bordeaux. It was formerly a prison, with a department for the insane; but, since the year 1803, it has been devoted exclusively to the latter. The rooms are large, and the buildings but one story in height, enclosing courts. The institution is under the "immediate surveillance of the Sisters of Charity," who make mildness, benevolence, and humanity reign throughout. The medical department is under the care of a physician, assistant physician, and two surgeons. The pay patients have wine, daily. Their dishes are of earthen, while those of the indigent are of tin and block-tin. In 1817, the number of patients was 125; of whom 47 were men, and 78 women.

At Cadilhac, about 15 miles from Bordeaux, there is an inferior Asylum, where, in 1835, there were 209 patients.

## ASYLUM AT MONTPELIER.

This was opened for men, in 1822, and for women, in 1824. Since that time, it has been very much enlarged and improved. In December, 1835, it contained 138 patients, 75 of whom were men, and 63 women.

## ASYLUM AT MARSEILLES.

This establishment was formerly a general hospital. It was much enlarged in 1816, and at subsequent periods. The recent buildings are three stories in height, with dormitories on each side of a central gallery. From 1797 to 1818, there entered 345 men, and 351 women: total 696. In 1819, the number of patients in the Asylum was 119.

A large and commodious establishment, with accommodations for 300 patients, has recently been erected, near Marseilles.



## ASYLUM AT AIX.

This is an inferior establishment connected with the alms-house. The furious patients are chained, by the legs, to the walls of the cells.

## ASYLUM AT LYONS.

A part of this establishment was formerly a convent. It is situated upon the declivity of a hill, in the vicinity of the city. Drs. Martin and Bottex have charge of the medical department, the latter of whom delivers clinical lectures on mental disorders. The regimen of the patients is as follows: At 8 o'clock, A. M., bread and cheese; at 12 o'clock, M., soup, meat and bread; 4 o'clock, P. M., vegetables, fruit and bread. Each patient is allowed one and a half pounds of bread per diem; each of the pay-patients, four ounces of meat, and each of the paupers, two ounces. On four days in the year the rations are doubled.

## HOSPICE DE LA PROVIDENCE, AT SAUMUR.

This singular Alms-house is situated on the declivity of a rocky hill. The following description of it is abridged from Esquirol. After ascending a staircase and a rocky acclivity, the visiter comes to a place where a great number of small cells, or lodges, are excavated in the rock. Some of these are large enough to contain several beds—the bedsteads, in some instances, being the rock itself. In these cells are maniacs, quiet lunatics, and some superannuated men who pay their board. At some distance from these cells is a large cavern, 260 feet in length, 26 in width, and 16 in height, also cut in the rock, as is the vestibule at its entrance, which is occupied as a working room. This large cave is furnished with three ranges of beds, occupied by more than sixty imbecile, demented, epileptic and paralytic women. Light is admitted through a large circular aperture in the middle of the roof of the cavern. Adjacent to



this large room are numerous smaller ones, occupied by such patients as require to be isolated. Farther on are two more, even larger than the largest heretofore described. These unique halls for the insane are said to be dry, and the patients, having exercise and a good regimen, are said to enjoy as good general health as at other asylums. The number of insane is, generally, from 70 to 80; the whole number of inmates, about 300. Dr. Gaulay has the medical charge of the institution.

#### ASYLUM AT ARMENTIÈRES.

This is a large establishment; the buildings, which were erected before the French revolution, being constructed around an oblong court. It is for men alone.

#### BON-SAUVEUR ASYLUM, AT CAEN.

This was a convent, founded in 1720. It was enlarged in 1805, and in 1818 it was first opened for the insane. It is an extensive establishment, having three distinct departments for the insane men. 1st, for the quiet; 2d, for the idiots, epileptics and the demented; 3d, for the furious. The department for women is about 600 feet long, and three stories in height.

In each section, there is a room supplied with baths and douches, several common halls, and rooms for the working patients. There is a chapel, a library and a billiard-room. The patients work in the garden. The number of patients, in July, 1833, was 300; from that time to January 1st, 1835, there were 122 admissions. Of these 422 patients, 199 were men and 223 women.

#### ASYLUM AT RENNES.

This was, formerly, the Saint-Maen hospital. It has been devoted to the insane but a few years; the nurses are Sisters of Charity. Cider is given to the paupers, and wine to the pay-patients.



## ASYLUM AT TOULOUSE.

This is an old establishment, in which both lunatics and prisoners were formerly confined. In 1819, the prisoners were removed, the dungeons destroyed, and large rooms erected; and, in 1826, an ancient convent was added to the establishment. Although the condition of the patients has been much improved, yet great ameliorations remain to be effected. The number of patients, in 1836, was 293.

## ASYLUM AT NANTES.

This is attached to the Hospice de Saint Jacques. It was built in 1832. "The first thought," says Esquirol, "of the physician, Dr. Bouchet, who has so admirably organized the service of this house, and that which governs all his views of treatment, has been to subject the patients to order and discipline, and to furnish them with all kinds of labour of which they are capable. For their encouragement he allows them a recompense. Hence, there are few Asylums in which a greater proportion of the inmates work, or where they appear to enjoy greater liberty." In 1835 there were 207 patients, of whom 172 were employed in manual labour. The number of patients at the commencement of 1835, together with the admissions during that year, was 277, of whom 123 were men, and 154 women.

## ASYLUM AT AURILLAC.

This Asylum is attached to the Civil Hospital. It was founded in 1836. It is a fine establishment, built upon the plan of Esquirol. There are eight series of buildings, one story in height, each series enclosing a square court. Four series are devoted to the men, and four to the women; and between these two departments is a building containing parlours, bath-rooms, and an office for the physician. There are accommodations for 200 patients. The service, in the wards, is performed by the



Sisters of Charity. In front of the establishment is a beautiful lawn, ornamented with a fountain, and planted with five thousand mulberry trees.

#### ASYLUM AT LAFOND.

This Asylum was opened in December, 1829. It is well constructed, with parlours, rooms for labour, and covered promenades. In each court there is a fountain. There are accommodations for 200 patients, of whom each class may be kept entirely distinct from the others.

#### ASYLUM AT POICTIERS.

This was opened in 1821; it is under the care of Dr. Lamarque. In 1826 it contained 56 patients. The pay-patients are furnished with wine.

M. Esquirol has an admirably conducted private Asylum at Paris.

In Bavaria and Saxony, the asylums are said to be well appointed, and conducted in an enlightened manner. "One of the most perfect establishments in Europe is at Wurtzburg." In Prussia, also, these institutions are of a superior order. In Sweden, the asylums have been much improved; but it is said that little is attempted towards curing the mental disease of the patients. Denmark is incompletely furnished with asylums, but those of Copenhagen are well conducted. One of the best asylums in the world is at Seigburg, on the Rhine. It is under the care of Dr. Jacobi. We have seen no notice of any institution for lunatics in Spain, excepting one at Saragossa, and of a large one at Madrid; and that of Lisbon is the only one which we know to exist in Portugal. The asylums of Hesse are very inferior. In that of Hanover, "the madman and the idiot are shut up with the thief and the murderer;" and in that of Celle "may be found every gradation of human wickedness and of human infirmity, with only this difference, that the depraved and the criminal part of its inmates are treated with some kindness and attention, while



the diseased and afflicted are left in utter wretchedness and neglect." An asylum at Geneva, which was opened in 1837 or 1838, is the only one we know of in Switzerland. There are large asylums at Vienna and Munich, and one at Pirna, near Dresden.

### ASYLUMS IN ITALY.

The most important establishments for the reception and treatment of the insane, in Italy, are those of Turin, Genoa, Milan, Reggio, Florence, Bologna, Venice, Aversa and Palermo. Two of them have already been noticed, in detail; and of that at Reggio, it has been remarked that Esquirol considers it the best of the many institutions which he has visited.

#### ASYLUM AT TURIN.

This is an extensive establishment, under the medical care of Drs. Bertolini and Bonacossa. The number of patients, January 1st, 1837, was 361. During the six and a half years next preceding that date, the number admitted was 1066, of whom 650 were males, and 416 females. The species of insanity of 1048 of these was as follows, viz.: mania, 206; dementia, 238; monomania, 238; lipomania, (tristimania of Rush) 266; idiocy, 56; acute delirium, 44.

Ages at the time of admission.

| Between<br>5 and 20 yrs. | 20 and 30. | 30 and 40. | 40 and 50. | 50 and 60. | 60 and 70. | 70 and 80. | not stated. | Total. |
|--------------------------|------------|------------|------------|------------|------------|------------|-------------|--------|
| 49                       | 272        | 342        | 222        | 104        | 41         | 7          | 29          | 1065   |

Number in six semi-decades.

| Between<br>35 and 40. | 30 and 35. | 25 and 30. | 40 and 45. | 20 and 25. | 45 and 50. |
|-----------------------|------------|------------|------------|------------|------------|
| 183                   | 159        | 151        | 127        | 121        | 95         |
| 7*                    |            |            |            |            |            |



Of 945 patients, the disease of 646 is attributable to physical, and 299 to moral causes.

*Specific physical causes.*—Hereditary 133; diseases and injuries of the head and brain, 85; intemperate drinking, 76; epileptic, 35; abuse of mercury, 28; diseases of the abdominal viscera, 27; insolation, 19; syphilis, 18; suppression of anormal discharges, 15; excessive venery and masturbation, 14; diseases of the chest, 12; excessive fatigue, 12; disordered menstruation, diseases of the uterus, pregnancy and parturition, 54.

*Specific moral causes.*—Poverty and distress, 124; love, 35; domestic trouble, 22; religion, 21; jealousy, 19; reverses of fortune, and disgrace, 18; terror and fright, 17; protracted study, 7.

Total of cures, discharged, 466; total of deaths, 328.

Wine is used, as a drink, by all the classes of patients in this asylum.

#### ASYLUM AT AVERSA.

This institution is situated about ten miles from Naples. Our knowledge of its arrangement, organization and success is very imperfect. The physician, Dr. G. Lostritto, has published a summary of 1725 patients, who were admitted during the interval of ten years, from 1814 to 1824. Of these, 783 were monomaniacs. A greater number of patients were received in 1822 and 1823 than in any other equal period of time, owing to the revolution and the popular commotions of the time. Dr. L. concludes, from his observations, that there are more attacks of insanity in summer than in winter,—that there are a greater number between the ages of 20 and 30 than during any other period of equal duration in life,—that the disease frequently arises from fevers, particularly intermittents, but “generally from moral causes,”—that mania is more easily cured than any other form of insanity,—that more recoveries take place in April than in any other month,—that in the Neapolitan vicinity, as well as throughout Italy and Spain, there are more insane men than insane women.



The mortality during the period mentioned was about one in four, or 25 per centum; and the principal diseases causing death were febrile exanthemata, dry gangrene, and cachectic diseases.

#### ASYLUM AT GRAND CAIRO, EGYPT.

The following interesting account of a visit to this Asylum is from Dr. Madden's "Travels in Turkey."

"I believe that no eye hath witnessed, elsewhere, such a melancholy spectacle as this place affords. The keeper made many objections to my admission; he said no Frank was suffered to go in, but the name of the *hakkim* of the English Consul, and the sight of half-a-dozen piastres to boot, removed his scruples.

"I was led from one passage to another, door after door was unbarred, the keeper armed himself with a *courbash*, a whip made of one solid thong of the hippopotamus, and we at length got into an open court, round which the dungeons of the lunatics were situated. Some who were not violent were walking, unfettered; but the poor wretches in the cells were chained, by the neck, to the bars of the grated windows. The keeper went round, as he would in a menagerie of wild beasts, rattling the chain at the window, to rouse the inmates, and dragging them by it when they were tardy in approaching. One madman, who spat at me as I passed his cell, I saw the keeper pull by his chain, and knock his head against the bars till the blood issued from his nose. I forced him to desist. Each of them, as we passed, called out for food. I enquired about their allowance, and, to my horror, I heard that there was none except what charitable people were pleased to afford, from day to day. It was now noon, and they had had no food from the preceding morning. Two well dressed Turkish women brought in, while I was there, a large water-melon and two cakes of bread; this was broken in pieces and thrown to the famished creatures. I never saw nature subdued to such lowliness. They devoured what they got like hungry tigers, some of them thrusting their tongues through the bars, others screaming for more bread. I



sent for a few piastres worth of bread, dates and sour milk; its arrival was hailed with a yell of extasy that pierced the very soul. I thought that they would have torn down the iron bars to get at the provisions; and in spite of the courbash, their eagerness to get their portions rendered it a difficult matter to get our hands out of their clutches. It was humiliating to humanity to see these poor wretches tearing their food with their filthy fingers. Some of their nails were so long as to resemble the talons of a hawk.

“And can such be the condition of ‘man, so noble in reason, so infinite in faculties, in form and movement so express and amiable!’ Vain boast! Go, paint the faculties of this ‘paragon of animals’ in the dungeons I have described; and when you have studied the institutions of the Turk, sit down, if you can, with an exalted opinion of human nature.

“There was one thing that I could not help remarking; the ruling passion of the Mahometan, as preserved even in insanity. One man, who begged me to give him bread, spat upon me when he got it; another, with all the eagerness of famine, abstained from eating it; hungry as he was, he preferred flinging the portion of melon he had just received at a christian’s head, rather than satisfy his craving stomach. He concealed his missile for nearly a quarter of an hour, till I was opposite his window, he then thrust his naked arm through the bars and took deliberate aim at me. In spite of my entreaties he got the courbash around his uncovered shoulders. But there was one old man who moved not while the food was distributing; and as I looked into his cell, destitute of every thing, with neither straw nor rug, I could barely distinguish an emaciated form lying on the bare earth, with hardly a rag upon his body. He could not lie down altogether, for he was chained by the neck to the window. He was worn to a skeleton; and whether it was the pressure of the chain that impeded respiration, or not, I cannot say, but his stentorious breathing resembled that of a person in the last convulsions; and, on enquiry, I found this wretched creature to be actually dying. The smell of the apartment was horrible. I had some difficulty to prevail on the keeper to take off his chain; I gave some piastres to buy



straw, and some days afterwards sent the janizary to enquire after the poor wretch:—he was dead, and there was no straw to be seen in his dungeon.

“I observed a very decent looking Turk, in one of the cells, who had been an officer in the pasha’s troops. He complained bitterly of hard usage, and said he was famished; some days he had only five para’s worth of bread, or a half-penny’s worth, and he talked altogether so rationally of his condition, that I expressed my wonder to the keeper that he was not permitted to go abroad. The keeper laughed at my ignorance. ‘You don’t know,’ said he, ‘that when mad people appear most quiet they are always plotting mischief.’ He illustrated his assertion by a story which, if credible, certainly shewed the necessity of confining lunatics, however mild in their appearance, to the cells at night.

“A black man, who followed the trade of a butcher, had been confined there many years ago; he had been allowed the range of the house, with two or three others whose derangement was attended with no violence. One night the black butcher secreted a knife: he induced another man to enter his cell, prevailed on him to lie down, and then cut his throat; he calmly cut him in quarters, and distributed the joints around his cell, as he was in the habit of arranging his meat in his shop. He solicited the custom of his comrades, and to those who were chained, he carried such portions as they desired. The keeper was disturbed by the cannibal rejoicings; it was the first full meal they had had for many a long day. On examining the cells, he found one man missing. He asked the black butcher if he had seen him, and he replied that he had sold the last joint of him. ‘Since that time,’ said the keeper, ‘we look out better, otherwise they would eat one every day.’

“I endeavoured to ascertain the cause of the madness of the present inmates. They were thirteen in number, and all males. Four of them had gone mad from smoking *hachis*, an intoxicating drug, composed of the small pistils of the flax plant; five of them had had poison administered to them; three were religious monomaniac fanatics, and one had gone mad after being bastinadoed.



## ASYLUMS IN THE EAST INDIES.

It appears that previous to 1818 there were hospitals for the insane in the British East Indies, but they were very badly conducted. In the year mentioned, an improvement was made, by placing at the head of each an experienced British physician. These asylums are under the general supervision of the judges of the circuit courts; but the immediate government of each is confined to the magistrates of the district in which it is situated. The asylums are all built at the expense of government. The following are in Bengal:

### ASYLUM AT CALCUTTA.

The average number of patients in this establishment is 170. During the year 1820, the number of admissions was 110, cures 73, deaths 21.

### ASYLUM AT DACCA.

The average number of patients at this asylum is 36. The admissions, in 1820, were 32, cures 11, deaths 8.

### ASYLUM AT MOORSHEDABAD.

In 1820, the number of admissions was 68, that of discharges 68. The average number of patients is 55, the average annual number of deaths 9.

### ASYLUM AT PATNA.

There were 11 admissions, 12 discharges, and 2 deaths at this institution in 1820. The average number of inmates is 45.

### ASYLUM AT BENARES.

The number admitted to this asylum in 1820 was 31, that of discharges 9, of deaths 12. Average number of patients 75.



## ASYLUM AT BAREILLY.

In 1820, 48 patients were admitted, 29 discharged, and 10 died. The average number of patients is 100.

Within the government of the presidency of Fort George, there are, at least, four asylums for the insane. These are at Madras, Chittoor, Trichonoply, and Masulipatam. Of these we have no statistics; but that at Madras, it is said, "surpasses many of the European establishments that have long been considered as the most perfect of their kind." Within the government of Bombay, but one asylum is mentioned. It is at Colabah.

## ASYLUMS IN THE UNITED STATES OF AMERICA.

The institutions for the insane in this country may properly be arranged in four several classes. 1st. State Asylums. 2d. City Asylums. 3d. Institutions founded by subscriptions, and under the care of a board of managers. These may be designated Corporate Asylums. 4th. Private Asylums, or those belonging each to one or two persons. These institutions will be designated here by the name by which they are generally known.

## STATE ASYLUMS.

## MAINE INSANE HOSPITAL AT AUGUSTA.

*Cyrus Knapp, M. D., Superintendent.*

*Chauncey Booth, Jun., M. D., Assistant Physician.*

This Asylum was but recently completed. It went into operation October 14th, 1840. The farm contains seventy acres. The edifice consists of a central building and wings, and will accommodate 120 patients. It is pleasantly situated, upon the eastern shore of the Kennebeck river. Although a state institution, two benevolent individuals contributed ten thousand dollars each towards its foundation.



The first annual report of the directors of this Asylum has very recently been published. From this, it appears that, from the time of opening to the close of the year 1840, a period of two and a half months, 30 patients were admitted. Of these, 22 were men and 8 women; 22 were old cases, or those of more than one year in duration, and 8 were recent, or of less than one year in duration.

*Religious Worship.*—Evening prayers are held regularly, and attended by most of the patients. Weekly religious exercises, on the Sabbath, are about to be introduced.

*Labour.*—Many of the men cut wood, and work at carpentry and other kinds of labour. A portion of the women are engaged in domestic occupations.

*Amusements.*—Nothing is said, in the report, in regard to these, excepting the remark that many of the patients are fond of reading.

#### NEWHAMPSHIRE STATE LUNATIC ASYLUM AT PORTSMOUTH.

An appropriation for this institution has been made by the legislature of the state, and its location determined upon. Measures have been taken for the prosecution of the enterprise; and George Chandler, M. D., assistant physician to the Massachusetts State Lunatic Hospital, has been invited to superintend the erection of the buildings, with a prospect of taking charge of the institution when it shall go into operation.

#### VERMONT ASYLUM FOR THE INSANE AT BRATTLEBORO.

*William H. Rockwell, M. D., Superintendent.*

*Chauncey Booth, Jun., M. D., Assistant Physician.*

This Asylum can accommodate about 100 patients. Its fourth annual report, that for 1840, has recently appeared.

During the year ending October 1st, 1840, 73 patients were

\* In the report, for 1840, of both this Asylum and that at Augusta, Maine, the name of this gentleman appears as assistant physician.



admitted and 61 discharged, including deaths. Of this number, 33 were cured and 6 died. Remaining in the Asylum, at the close of the year, 80.

During the year ending October 1st, 1839, the number discharged was 38, cured 25. The whole number of admissions, from the time of opening to October 1st, 1840, is 239; the number of deaths 11.

|                                            |                               |         |           |
|--------------------------------------------|-------------------------------|---------|-----------|
| The recoveries, in 1840, of all cases dis- | charged, equalled             | 54      | per cent. |
| “ “ “                                      | of less                       | 88.2    | “         |
| than one year's standing,                  | “ “ “                         | of more | 28.5 “    |
| “ “ “                                      | of all cases discharged since | 56.3    | “         |
| the commencement,                          | “ “ “                         | of less | 89 “      |
| than one year's standing,                  | “ “ “                         | of more | 28.2 “    |
| “ “ “                                      | than one year's standing,     |         |           |

*Religious Worship.*—Religious exercises are regularly performed, and have been found beneficial.

*Labour.*—Those of the men patients whose condition will admit are employed “in the garden, on the farm, and about the premises.” The women are engaged in needlework and domestic duties.

*Amusements.*—The patients are furnished with the means of diversion and relaxation in walking, riding, fishing, reading, writing, drawing, painting, playing on the piano, and at the games of ball, quoits, cards, chess, backgammon, draughts, dominoes, battledoor and graces.

#### MASSACHUSETTS STATE LUNATIC HOSPITAL AT WORCESTER.

*Samuel B. Woodward, M. D., Superintendent.*

*George Chandler, M. D., Assistant Physician.*

The buildings of this institution are situated upon the summit of an eminence commanding a beautiful view of the village of Worcester, and of the surrounding country. The



principal edifice originally consisted of a centre building, 76 by 40 feet, and four stories in height, and two wings, each 90 feet long in front and 100 in the rear, 36 feet wide and three stories high. "The front of the centre building projects 22 feet forward of the wings. The wings, being 36 feet wide, half their width, or 18 feet, joins upon the centre building; the other half falls in its rear." By this arrangement, light is freely admitted, and the means of thorough ventilation secured to the central galleries of the wings. This edifice furnished accommodations for 120 patients. Being found inadequate to the demands, two additional wings have been erected, one at either extremity of the original wings, touching the rear corners of the latter and receding at right angles from them. The squares thus left at the adjoining extremities of the old and the new wings is occupied by verandahs, of equal height with the wings, which are used as promenades by the patients of the several wards. The accommodations are thus rendered sufficient for from 230 to 240 patients. The first admission into this Asylum was on the 19th of January, 1833. From that time to the 30th November, 1840, the number of admissions was 1196; of which 637 were men and 559 women. The number of discharges was 960, being 515 men and 445 women. The results of their treatment may be learned from the following table:

|        | Recovered. | Improved. | Stationary. | Died. | Eloped. | Total discharged. |
|--------|------------|-----------|-------------|-------|---------|-------------------|
| Men,   | 247        |           |             | 54    |         |                   |
| Women, | 259        |           |             | 36    |         |                   |
|        | <hr/>      | <hr/>     | <hr/>       | <hr/> | <hr/>   | <hr/>             |
| Total, | 506        | 175       | 185         | 90    | 4       | 960               |



The statistics for the year ending November 30th, 1840, are as follows:

|        | Admitted. | Discharged. | Recovered. | Died. | Improved. | Stationary. | Remaining<br>Nov. 30, 1840. |
|--------|-----------|-------------|------------|-------|-----------|-------------|-----------------------------|
| Men,   | 75        | 68          | 28         | 6     |           |             | 122                         |
| Women, | 87        | 87          | 54         | 9     |           |             | 114                         |
|        | <hr/>     | <hr/>       | <hr/>      | <hr/> | <hr/>     | <hr/>       | <hr/>                       |
| Total, | 162       | 155         | 82         | 15    | 29        | 29          | 236                         |

The average number in the Asylum during the year was 229; the greatest number 245. Of the 155 cases discharged, 70 were recent, or of a duration less than one year. Of these, 64 recovered, 2 improved and 4 died. The remaining 85 were of longer duration than one year. Of these, 18 recovered, 26 improved, 14 were harmless, and 15 were sent to places of security for want of room.

Of all the recent cases which have been discharged

|                                                       |       |             |
|-------------------------------------------------------|-------|-------------|
| from this Asylum, the average of recoveries is        | 87.25 | p. ct.      |
| Of the same, discharged last year,                    | “     | “ 91.25 “   |
| Of all the old cases,                                 | “     | “ 19.50 “   |
| Of those discharged last year,                        | “     | “ 22.50 “   |
| Of all the cases, both recent and old,                | “     | “ 52.00 “   |
| The same during last year,                            | “     | “ 53.00 “   |
| Of all the cases discharged, the average of deaths is | 7.50  | “           |
| The same during last year,                            | “     | “ 3.75 “    |
| 445 patients were married,                            | -     | - - 37.50 “ |
| 751 do. including widowers and widows, were           |       |             |
| single,                                               | -     | - - 62.50 “ |

We are indebted, for the above statistics, to the intelligent and accomplished superintendent of the hospital under notice. His eighth report, from which these are extracted, is now in press, and will soon be published.

The following statistics are condensed from his seventh annual report, made for the year ending Nov. 30th, 1839, at which time 1034 patients had been admitted into the hospital, and 805 discharged therefrom.



*Species of Insanity.*—Mania, 533; melancholia, 304; dementia, 146; idiots, 8; unclassified, 43. Total, 1034.

Age of patients when admitted.

| Less than<br>20 years. | From<br>20 to 30. | 30 to 40. | 40 to 50. | 50 to 60. | 60 to 70. | 70 to 80. | Total. |
|------------------------|-------------------|-----------|-----------|-----------|-----------|-----------|--------|
| 62                     | 260               | 298       | 210       | 104       | 73        | 29        | 1026   |

*Civil State.*—Single, 558; married, 374; widows, 63; widowers, 39.

*Causes of Insanity.*—Intemperance,—men, 151; women, 20; total, 171; ill-health, 154; masturbation, 97; domestic afflictions, 107; religious, 78; loss of property, fear of poverty, &c., 68; disappointed affection, 47; disappointed ambition, 27; epilepsy, 34; puerperal, 24; injuries of the head, 12; abuse of snuff and tobacco, 6.

Arising from physical causes, 498; from moral causes, 324.

Hereditary, or having insane ancestors or near kindred, 311.

Periodical, 188; homicidal, 18; actual homicides, 13.

Suicidal, or having a strong propensity to self-destruction, 125; actual suicides, 5.

Of 544 cases examined, 275 have dark complexions, hair and eyes, and 262 light complexions, hair and eyes.

Of 165 periodical cases, 103 were caused by intemperance.

*Profession and Occupation.*—Farmers, 124; labourers, 97; shoemakers, 42; seamen, 40; merchants, 33; carpenters, 27; manufacturers, 26; teachers, 23; blacksmiths, 13; printers, 13; students, 11; tailors, 9; machinists, 8; clothiers, 6; painters, 4; millers, 4; coopers, 4; paper-makers, 3; calico-printers, 3; cabinet-makers, 3; clergymen, 4; sail-makers, 3; tanners, 3; bakers, 3; inn-keepers, 2; stevedores, 2; stone-cutters, 2; comb-makers, 3; musicians, 3; turners, 3; harness-makers, 3; pedlars, 4; physicians, 2; broom-makers, 2; coppersmiths, 2; coachmen, 3; butchers, 2; currier, 1; bricklayers, 3; lawyer, 1; jewellers, 2; watchmen, 2; drovers, 2; news-collector, 1; rope-maker, 1; engineer, 1; hatter, 1; gardener, 1; idiots, 9; vagrants, 28.



Women unaccustomed to labour, 92; women accustomed to sedentary employments that are laborious, and to factory labour, 72; women accustomed to active employment, the wives and daughters of farmers, mechanics, &c., 128. Many not classified.

*Religious Worship.*—A chaplain is connected with the hospital, and services are regularly performed, twice every Sabbath, in a neat and commodious chapel erected for the purpose.

The meetings are generally attended by from two-thirds to three-fourths of all the patients. The seventh report says “*four-fifths* of the patients who have been in the hospital during the last year, have attended—and most of them very regularly. The congregation varies from 175 to 200 and upwards. The experience of each day, strongly impresses us with the benefit of these religious services.”

*Labour.*—In no institution for the insane has manual labour been more extensively introduced as a part of the moral treatment, and in no one has its utility been more satisfactorily demonstrated. The men are employed in almost every department of gardening and farming, and some of them work at shoemaking. The women are engaged in sewing, knitting, and domestic duties.

The following list exhibits the number employed in 1839, together with their occupations.

| Men.                                      |    | Women.          |     |
|-------------------------------------------|----|-----------------|-----|
| Agriculture and horticulture,             | 40 | Knitters,       | 60  |
| Shoemakers,                               | 8  | Seamstresses,   | 32  |
| In the kitchen,                           | 5  | Washers,        | 4   |
| Washer,                                   | 1  | In the kitchen, | 4   |
| Woodsawyers,                              | 16 | In the laundry, | 6   |
| Mason-tenders,                            | 3  |                 | —   |
|                                           | —  |                 | 106 |
|                                           | 73 |                 | 73  |
|                                           |    |                 | —   |
| Engaged in manual labour during the year, |    |                 | 179 |



*Amusements.*—Walking, riding, the swing, draughts, and some other games, afford amusement and recreation. A library of nearly two hundred volumes belongs to the institution, and is much used by the patients. Tea-parties are given by the matron, weekly or semi-monthly, and a large dancing party assembles three or four times a year. Many of the men are permitted to walk where they please, generally going in companies of from five to twenty. In 1839, no less than 93 were indulged abroad without an attendant.

#### NEW YORK STATE ASYLUM FOR THE INSANE, AT UTICA.

This Asylum is now in progress of erection. It is "to consist of four buildings, of three stories and a basement, the principal front to have the main building carried up an additional story, to be located at right angles to each other, facing outwards, and to be connected, at the angles, by verandahs of open lattice-work, the whole enclosing an octagonal area." Each of the four buildings is to be 446 feet in length, by 48 in width. That which forms the principal front is nearly completed. When finished, this institution will be by far the most extensive in the United States. The estimated cost of the buildings, is \$431,636.

#### MARYLAND HOSPITAL FOR THE INSANE, AT BALTIMORE.

*William Fisher, M. D., Medical Superintendent.*

This Asylum is situated about half a mile eastwardly from the city of Baltimore, upon an eminence which commands a beautiful view of the city and the surrounding country, including the Patapsco river and Chesapeake Bay.

Originally a general hospital, it was first exclusively devoted to the insane in 1839. It has been recently enlarged, making its accommodations sufficient for 150 patients. It has ten acres of land.

The present number of patients is 56. The whole number



under care from January 1st, 1835, to January 1st, 1841, was 393.

Results of treatment.

| Recovered. | Much improved. | Discharged stationary. | Died. | Remain unimproved. | Total. |
|------------|----------------|------------------------|-------|--------------------|--------|
| 135        | 75             | 106                    | 34    | 43                 | 393    |

A large majority of the cases were of more than one year's duration.

The female department of this institution is under the immediate care of the "Sisters of Charity."

*Divine worship* on the Sabbath has been introduced "with good effect."

*Labour*.—Gardening, carpenter's work, and various domestic employments.

*Amusements*.—Walking, riding, fishing, reading, and playing at quoits, chess, backgammon and draughts.

WESTERN LUNATIC ASYLUM, AT STAUNTON, VA.

*Francis T. Stribling, M. D., Superintendent.*

This is a state institution. The building, which possesses no inconsiderable architectural beauty, is situated upon an eminence, commanding a view of the surrounding country. The farm contains 65 acres. The Asylum went into operation July 1st, 1828. From that time to July 1st, 1836, a period of eight years, there were 79 admissions and 13 cures. From July 1st, 1836, to November 1st, 1839, the number admitted was 78; cured 34. Of the 78 admissions, but 30 were recent cases, or those of less than one year in duration. Of the recent cases 25 were cured, which, exclusive of deaths and removals, is equivalent to 83 per cent.

*Religious worship*, at regular periods, has not been introduced.

*Labour*.—The men patients are employed in tillage, fencing, cutting wood, excavating earth, &c. The work thus performed by them, in 1839, would have cost, if paid for at the current



prices of labour, about \$600. The females knit, sew, and engage, to some extent, in domestic duties.

*Amusements.*—A library of 300 volumes, horses and carriage, a piano, violins, flutes, cards, balls, backgammon, draughts, graces and battledoor furnish means for amusement and recreation.

#### ASYLUM FOR THE INSANE AT WILLIAMSBURG, VA.

*Philip J. Barziza, Esq., Superintendent.*

This Asylum is also under the care of the state. It is one of the oldest institutions of the kind in the country, having been established before the revolution. When the British and American armies were near Yorktown, the buildings, having been temporarily vacated by the insane, were used as barracks and a hospital for the sick and wounded. We have seen no report and no statistics of this establishment, excepting the statement that, in 1838, the number of patients was about 80.

#### OHIO LUNATIC ASYLUM AT COLUMBUS.

*William M. Aul, M. D., Superintendent.*

*Samuel M. Smith, M. D., Assistant Physician.*

This Asylum was opened November 30th, 1838. It is constructed on the plan of the original edifice of the Massachusetts State Lunatic Hospital; it cost about \$40,000. Thirty acres of land, which constitutes the farm, were purchased at the additional expense of 1980 dollars.

The number of admissions, from the time of opening to November 13th, 1840, was 258. Of these, 140 were males and 118 females; 88 were recent cases, or those of less duration than one year, and 170 were old cases. Of the patients, 135 were single, 100 married, 17 widows and 6 widowers.

During the same period 120 have been discharged, 69 of them being recent, and 51 old cases. The average number, during the last year, was 131, and 138 remained in the house at the expiration of that year.

*Species of Insanity.*—Mania 170, melancholia 38, epileptic



mania 20, homicidal mania 4, moral insanity 11, dementia 12, idiocy or imbecility 3. Total, 258.

*Profession and occupation.*—Labourers 24, millwrights 2, wagon-makers 2, miller 1, surveyor 1, mason 1, carpenters 8, students 3, tailors 4, merchants 2, cooper 1, collier 1, potter 1, engineer 1, farmers 47, blacksmiths 6, tobacconist 1, printers 3, teachers 4, brewers 2, shoemakers 5, lawyers 3, saddlers 1, weaver 1, clerks 4, preachers 8, musicians 1, sea captain 1.

*Causes of Insanity.*—Intemperance 18, domestic affliction 10, puerperal 22, ill health 23, loss of friends 5, matrimonial perplexities 10, indulgence of temper 1, fright 3, political excitement 1, seduction 1, intense application 4, jealousy 2, disappointed love 10, epilepsy 17, excessive joy 1, injuries of the head 5, excessive use of snuff 1, constitutional 15, disappointment and mortification 16, masturbation 17, fear of want and loss of property 7, ill treatment from parents or guardians 6, religious 29, unknown 34.

*Religious worship.*—Evening exercises of family worship are regularly performed, at which from 30 to 40 patients usually attend. A sermon is read on the Sabbath.

*Labour.*—The men patients labour in “clearing up the premises,” grading and levelling the grounds, gardening, preparing fuel and taking care of the stock. The making and mending of the clothing of the indigent patients, and the washing and ironing for all the inmates of the house are mostly performed by the women.

*Amusements.*—The patients walk in parties accompanied by an attendant; a tea-party is made weekly; dancing parties more rarely; books and stationary are distributed to such as wish, and some of the usual games, both within doors and without, are resorted to. “The 4th of July” is duly celebrated, and the annual election, for the choice of state officers, is held with scrupulous regularity.

KENTUCKY LUNATIC ASYLUM AT LEXINGTON.

*John Catherwood, Keeper.*

This institution has been in operation about sixteen years.



It has no resident physician. From the time of opening to the close of the year 1838, the number of admissions was 690, discharges 301, deaths, 297. Remaining January 1st, 1839, 122, of whom 54 were men and 118 women. At the time of the prevalence of the Asiatic cholera, 43 of the patients died of that disease.

The statistics of the first fourteen years of the operations of this Asylum are as follows:

|        | Admitted. | Discharged. | Died. | Per cent.<br>of discharges. | Per cent.<br>of deaths. |
|--------|-----------|-------------|-------|-----------------------------|-------------------------|
| Men    | 420       | 218         | 155   | 51.90                       | 36.90                   |
| Women, | 207       | 58          | 83    | 28.01                       | 40.09                   |
|        | <hr/>     | <hr/>       | <hr/> | <hr/>                       | <hr/>                   |
| Total, | 627       | 276         | 238   | 44.10                       | 37.95                   |

The number of cures is not stated in the reports. Of the 627 patients included in the table, 118 were idiots and epileptics, all of whom have died. Deducting this number from the admissions and the deaths, the per centage of deaths will be 23.57, or 1 in 4.24, and that of discharges 54.22, or 1 in 1.84.

|                                      | Men.  | Women. | Both sexes. |
|--------------------------------------|-------|--------|-------------|
| P. ct. of deaths, 1838, of old cases | 12.50 | 16.36  | 14.56       |
| “ recent “                           | 9.52  | 21.42  | 14.22       |
| P. ct. of discharges, of old “       | 10.41 | 1.81   | 5.82        |
| “ recent “                           | 71.42 | 28.57  | 54.28       |

The reports give no information in regard to religious worship, labour and amusements.

Active exertions are being made for the establishment of State Asylums for the insane in Connecticut, New Jersey and Pennsylvania; and during the present session of Congress, a bill has been passed for the foundation of one in the District of Columbia.

#### SOUTH CAROLINA ASYLUM AT COLUMBIA.

The state has appropriated 100,000 dollars to this institution. Nothing further than this can be said in regard to it, from want of data.



## TENNESSEE ASYLUM AT NASHVILLE.

*James Overton, M. D., Superintendent.*

No information has been received from this institution since it went into operation. In 1838, the central building was completed and the wings in progress.

## CITY ASYLUMS.

## BOSTON LUNATIC HOSPITAL.

*John S. Butler, M. D., Superintendent.*

This institution is for the insane poor of the city of Boston, Massachusetts. It is situated in South Boston, on a spot which commands a prospect of the city and its beautiful harbour. The edifice consists of a central building and wings, the whole being 160 feet in length. The expense of construction was about 32,000 dollars.

This Asylum was opened for patients December 11th, 1839, and in the first report, which appeared a few months since, the statistics are made out to July 1st, 1840. During the period included between these dates, 104 patients were admitted, of whom 57 were men, and 47 women. Ten of them were of less duration than one year, and 94 were of longer duration. Of the 10 recent cases, 4 were discharged, well, and 1 died. Of the 94 old cases, 10 were discharged stationary, 1 recovered, and 1 died. On the 1st of July, 1840, 87 patients remained in the Asylum.

A large proportion of the cases herein reported were of many years standing, the patients enjoying very good general health.

*Religious Worship.*—Family worship has been introduced, and continued every evening, and religious services are generally performed on the afternoon of the Sabbath. The average number of patients who attend is more than forty.

*Labour.*—"Our male patients," says the report, "assist much in the out-door work of the hospital, though we have to regret



that we have so little opportunity of giving them constant and regular employment.”

*Amusements.*—The report says nothing upon this subject, except acknowledging the receipt of several donations of books and tracts, and remarking that they are received “with eagerness” by the patients.

#### NEW YORK PAUPER ASYLUM.

This institution, founded by the city of New York, is situated upon Blackwell’s island. It is intended, when complete, to accommodate about 400 patients.

That portion which was finished was opened for the reception of patients about a year and a half since. On the 1st of February 1840, the number of patients was, men 100, women 110—total 210. Nearly all of these were removed from the almshouse at Bellevue.

#### CORPORATE ASYLUMS.

##### M’LEAN ASYLUM, CHARLESTOWN, MASSACHUSETTS.

*Luther V. Bell, M. D., Superintendent.*

This institution is connected with the Massachusetts General Hospital, and was opened more than twenty years since. It is one of the most complete, handsomely furnished and successful asylums in the country. It can accommodate about 120 patients. We regret not to be able to present its full statistics. From the report for 1839 we glean the following:

|                                                     |      |
|-----------------------------------------------------|------|
| Remaining at the commencement of the year,          | 93.  |
| Admitted during the year,                           | 132. |
| Total enjoying the benefits of the Asylum, in 1839, | 225. |
| Discharged during the year,                         | 117. |
| Remaining at the close of the year,                 | 108. |
| Recovered,                                          | 90.  |
| Improved,                                           | 22.  |
| Stationary,                                         | 16.  |
| Died,                                               | 10.  |



The per cent. of deaths of all the inmates was, in 1835, 6.1; in 1836, 5.5; in 1837, 4.2; in 1838, 5.4; in 1839, 4.4.

The number admitted, during sixteen successive years, was, of men 652, women 443—total 1095.

*Religious Worship.*—Daily devotional exercises are performed in the evening, and such of the patients as are suitable are permitted to attend the neighbouring churches on the Sabbath. From one half to three-fourths of the patients attend the former, and of those who avail themselves of the latter, the average number is about 30.

*Labour.*—The men work in the garden, on the farm, and in a large carpenter's shop. During the year 1836, 50 "worked in the carpenter's shop, six hours per day, and were employed 151 days;" they made 7236 boxes, which sold for \$907 06 cts. Several years since, a sewing society was established among the women, which is, undoubtedly, still continued. The avails of their labour, during the first eighteen months, was \$112 96 cts.

*Amusements.*—The usual games are introduced; dancing and tea-parties are occasionally made, and a library of a few hundred volumes is devoted to the use of the patients.

#### CONNECTICUT RETREAT FOR THE INSANE.

*Amariah Brigham, M. D., Superintendent.*

This Asylum is pleasantly situated, about one mile from the city of Hartford. It is upon a gentle elevation of ground, and commands a fine prospect of the cultivated country by which it is surrounded. It was opened in April 1824, with accommodations for 60 patients. In 1831, it was sufficiently enlarged to accommodate 100.

This institution has enjoyed a high reputation, which, we doubt not, will be fully maintained by the present accomplished superintendent, who has but recently entered upon his duties.

From the sixteenth report, not long since published, we extract the following table, exhibiting the annual number of



admissions, recoveries and deaths, from the opening of the Retreat.

| Years.  | Admitted. | Cured. | Recent cases<br>admitted. | Recent cases<br>cured. | Deaths. |
|---------|-----------|--------|---------------------------|------------------------|---------|
| 1824-5  | 44        | 10     | 12                        | 6                      | 1       |
| 1825-6  | 33        | 16     | 16                        | 13                     | 1       |
| 1826-7  | 37        | 24     | 23                        | 22                     | 0       |
| 1827-8  | 40        | 27     | 25                        | 22                     | 4       |
| 1828-9  | 42        | 26     | 20                        | 19                     | 2       |
| 1829-30 | 51        | 28     | 25                        | 23                     | 0       |
| 1830-1  | 53        | 32     | 25                        | 23                     | 1       |
| 1831-2  | 80        | 46     | 42                        | 38                     | 6       |
| 1832-3  | 68        | 37     | 30                        | 28                     | 4       |
| 1833-4  | 72        | 43     | 33                        | 32                     | 3       |
| 1834-5  | 72        | 36     | 36                        | 28                     | 6       |
| 1835-6  | 73        | 42     | 35                        | 29                     | 6       |
| 1836-7  | 91        | 55     | 60                        | 48                     | 6       |
| 1837-8  | 67        | 42     | 41                        | 35                     | 10      |
| 1838-9  | 94        | 49     | 61                        | 45                     | 8       |
| 1839    | 84        | 50     | 53                        | 40                     | 2       |
| Total,  | 1001      | 563    | 537                       | 451                    | 60      |

*Religious Worship.*—At this Asylum they have prayers every evening, and religious service on the Sabbath, conducted by a regular chaplain.

*Labour and Amusements.*—The reports before us contain nothing upon these subjects.

#### BLOOMINGDALE ASYLUM.

*William Wilson, M. D., Resident Physician.*

The Bloomingdale Asylum is one of the finest institutions of the kind in the United States. It is beautifully situated, a few miles from New York city, and has extensive and well cultivated grounds. It commenced operations in 1821.

From the reports of 1831, 1832, 1834, 1835 and 1838, we have obtained the following statistics. During those five years, there were 631 patients admitted, of whom 405 were men and 266 women. The number of recent cases was, of men, 213; women, 111; total, 324: that of old cases, men, 192; women, 115; total, 307.



The results of treatment were as follows:

|               | Recovered. | Much im-<br>proved. | Improved. | Died. | Removed by<br>friends. | Removed to<br>Alms-house. | Eloped. | Total. |
|---------------|------------|---------------------|-----------|-------|------------------------|---------------------------|---------|--------|
| Recent cases, | 260        | 10                  | 17        | 18    | 21                     |                           | 3       | 329    |
| Old cases,    | 42         | 4                   | 66        | 64    | 74                     | 37                        | 9       | 296    |
|               | —          | —                   | —         | —     | —                      | —                         | —       | —      |
| Total,        | 302        | 14                  | 83        | 82    | 95                     | 37                        | 12      | 625    |

During the year 1839, the whole number in the asylum was, men 154, women 97, total 251. The number admitted was, men 69, women 44, total 133. Of the admissions, the number of cases of less duration than one year was, men 44, women 20, total 64; that of cases of longer duration than one year, men 25, women 24, total 49. Remaining, Jan. 1st, 1840, men 74, women 52, total 126.

| Recent cases. |            |           |             |       |        |
|---------------|------------|-----------|-------------|-------|--------|
|               | Recovered. | Improved. | Stationary. | Died. | Total. |
| Men,          | 37         | 2         | 0           | 4     | 43     |
| Women,        | 15         | 2         | 0           | 2     | 19     |
|               | —          | —         | —           | —     | —      |
| Total,        | 52         | 4         | 0           | 6     | 62     |

| Chronic cases. |            |           |             |       |        |
|----------------|------------|-----------|-------------|-------|--------|
|                | Recovered. | Improved. | Stationary. | Died. | Total. |
| Men,           | 13         | 13        | 6           | 5     | 37     |
| Women,         | 3          | 15        | 5           | 3     | 26     |
|                | —          | —         | —           | —     | —      |
| Total,         | 16         | 28        | 11          | 8     | 63     |

Whole number discharged, 125.

*Species of Insanity.*—Of the 126 patients remaining at the close of the year in question, there were suffering under mania 39, monomania 32, dementia 51, idiocy 4.

*Profession and Occupation.*—Merchants 14, farmers 11, seamen 9, clerks 8, servants 6, milliners and dress-makers 5, lawyers 3, physicians 3, cabinet-makers 3, tailors 2, watch-makers 2, students 2, carpenters 2, teachers 2, saddler 1, currier 1, inn-keeper 1, shoemaker 1, butcher 1, blacksmith 1, no occupation, chiefly females, 48.



*Causes of Insanity.*—Hereditary 20, intemperance 12, domestic trouble 10, pecuniary embarrassments 9, puerperal 8, fevers and other diseases 8, disappointed affection 6, mental exertion 6, religious excitement 5, congenital 4, cerebral disease 4, uterine disorders 3, masturbation 3, constitutional 3, injuries of the head 2, isolation 1, mortified pride 1, remorse 1, anti-masonic excitement 1, sudden wealth 1, unknown 20.

*Religious Worship.*—There is one religious service each Sabbath, at which such of the patients as are suitable, attend.

*Labour and Amusements.*—The reports before us are silent upon these subjects, but from the character and reputation of the institution, we presume it is not “behind the age” in regard to the introduction of these among the patients.

#### PENNSYLVANIA HOSPITAL.

A department of this extensive and useful institution, the oldest of the kind in the United States, has always been devoted to the insane. The following table exhibits the number of admissions, and the results of treatment, from February 11th, 1752, to April 28th, 1832, a period of more than eighty years.

|        | Admitted. | Cured. | Relieved. | Removed<br>by friends. | Eloped. | Died. | Remaining. |
|--------|-----------|--------|-----------|------------------------|---------|-------|------------|
| Men,   | 2509      | 905    | 488       | 499                    | 188     | 359   | 66         |
| Women, | 1209      | 384    | 292       | 264                    | 42      | 171   | 60         |
| Total, | 3718      | 1289   | 780       | 763                    | 230     | 530   | 126        |

From April 28th, 1832, to April 28th, 1840, the number admitted was 584; cured 191; died 72.

Previous to the year 1823, the cases of mania à potu were included with those of insanity. Since that year they are not included.

Of 394 consecutive admissions, the ages of the patients was as follows:—



| From<br>15 to 20 | 20 to 25 | 25 to 30 | 30 to 35 | 35 to 40 | 40 to 45 | 45 to 50 | 50 to 55 | 55 to 60 | 60 to 65 | 65 to 70 | 70 to 75 | 75 to 80 |
|------------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
| 25               | 59       | 66       | 77       | 44       | 45       | 30       | 16       | 14       | 10       | 3        | 3        | 2        |

*Civil State.*—Of 284 men, 170 were single, 97 married, and 17 widowers; and of 202 women, 70 were single, 97 married, and 35 widows.

The patients of this institution, of whom there are about one hundred, are now being removed to the new Asylum, west of the Schuylkill.

#### ASYLUM AT FRANKFORD, PENNSYLVANIA.

*John C. Redmond, Superintendent.*

*Charles Evans, M. D., Attending Physician.*

*Pliny Earle, M. D., Resident Physician.*

This institution, generally called, in the reports, "The Asylum for the Relief of Persons deprived of the use of their Reason," is pleasantly situated, about six miles northerly from the city of Philadelphia. The principal edifice consists of a central building and wings, and, at the extremity of the latter, other buildings, called "lodges," intended for such patients as may be so noisy as to disturb the others. The front formed by these several portions is 322 feet 8 inches in length. The farm contains sixty-one acres, which is divided into airing courts, and garden, tillage and woodland. The airing courts and the grounds in front of the building are well shaded with large and beautiful trees.

This Asylum was opened in Fifth-month, (May,) 1817, and, for many years, was restricted exclusively to members of the Society of Friends. In 1834, however, it was opened to others, who still continue to be admitted.

The number of admissions, from the time of opening to the close of the year 1838, a period of nearly 22 years, was 634. Of these, 331 were men, and 303 women.

*Civil State.*—There were, single, 326; married, 234; widowers, 17; widows, 57.



## Ages at the time of admission.

| Below<br>20 years. | From<br>20 to 30. | 30 to 40. | 40 to 50. | 50 to 60. | 60 to 70. | 70 to 80. | 80 to 90. | 90 to 100. | Total. |
|--------------------|-------------------|-----------|-----------|-----------|-----------|-----------|-----------|------------|--------|
| 28                 | 187               | 141       | 126       | 83        | 48        | 15        | 5         | 1          | 634    |

Of the 634 patients, 507 were never readmitted. The following table exhibits the results of their treatment:

| Duration.          | Admitted. | Restored. | Much improved. | Improved. | Stationary. | Remaining. | Died. |
|--------------------|-----------|-----------|----------------|-----------|-------------|------------|-------|
| Less than 1 year,  | 261       | 152       | 26             | 27        | 18          | 4          | 34    |
| From 1 to 2 years, | 57        | 18        | 8              | 8         | 9           | 7          | 7     |
| “ 2 “ 3 “          | 36        | 17        | 3              | 3         | 4           | 5          | 4     |
| “ 3 “ 5 “          | 45        | 14        | 7              | 6         | 9           | 3          | 6     |
| “ 5 “ 10 “         | 47        | 13        | 7              | 3         | 8           | 11         | 5     |
| Over 10 “          | 61        | 0         | 7              | 5         | 22          | 13         | 14    |
| Total,             | 507       | 214       | 52             | 52        | 70          | 43         | 70    |

During the year ending 1st of 3d month, (March,) 1840, the number of admissions was 54, that of discharges, including deaths, 60. Of the latter, 25 were restored, 5 much improved, 9 improved, 17 stationary, and 4 died.

*Religious Worship.*—Those patients whose condition will admit, assemble on Sabbath afternoons to hear a portion of the Scriptures. Some of them attend meeting in the village of Frankford.

*Labour.*—During the warm season, many of the patients are employed in gardening and farming. In winter, they work in two shops, one devoted to basket-making, the other to carpentry. They keep the reservoirs in the Asylum supplied with water, throughout the year. It is driven up by a forcing pump, operated by a crank.

*Amusements.*—A grove of about twenty acres, at one extremity of which an enclosure of two acres contains several deer, and, at the other, a summer-house is erected amid



romantic scenery, forms a pleasant place for rambling in summer. Horses and a carriage are devoted to the use of the patients, and the means are furnished for many of the games mentioned in the notices of other Asylums. Tea-parties are given occasionally, and lectures upon Natural Philosophy and Chemistry are delivered, weekly, during the winter. But the sources of diversion most resorted to are, 1st, a circular railway upon the lawn in front of the house, in a small car upon which two persons may drive themselves, with great rapidity, by means of a crank; and, 2d, a library. A small building, at the extremity of the garden, opposite the house, is devoted to this purpose. Externally, it is surrounded with a corridor, the pillars of which are overgrown with honeysuckle. Within, it is carpeted, and otherwise well furnished; upon the walls are framed engravings; two series of shelves are supplied with about 300 volumes of useful books; the whole of one side of the room is occupied by a cabinet of minerals, shells, corals and stuffed birds and quadrupeds, while lemon and orange trees, with a variety of flowers, give a delightful fragrance to the air. This retreat is much resorted to by the patients,—the women having the use of it during the forenoon, and the men in the afternoon.

#### PENNSYLVANIA HOSPITAL FOR THE INSANE.

*Thomas S. Kirkbride, M. D., Superintendent.*

This Asylum is situated about two miles westwardly from the city of Philadelphia. It is a splendid establishment, no expense that would contribute to the suitable accommodation of the patients having been spared in its erection. A large farm is connected with it, about forty-two acres of which is surrounded by a high stone wall.

It is but about six weeks since the Asylum was opened. Nearly fifty of the patients formerly at the Pennsylvania Hospital, in the city of Philadelphia, have been removed to this place, and the remainder will soon be transferred. The accommodations, when complete, will be sufficient for more than



200. Under the care of its intelligent and assiduous Superintendent, this will, undoubtedly, become one of the best institutions in the country.

### PRIVATE ASYLUMS.

#### HUDSON LUNATIC HOSPITAL.

This institution was established by Drs. S. and G. H. White, and is still continued under their supervision. The following are the statistics for 1838 and 1840.

The whole number under care in 1838 was 98; of which 30 were recent cases, 65 chronic, and 3 intemperate. The whole number in 1840 was 84; of which 25 were recent, 54 chronic, and 5 intemperate.

Results of treatment in the cases discharged.

| Recent cases. |            |                     |           |             |       |  |  |
|---------------|------------|---------------------|-----------|-------------|-------|--|--|
|               | Recovered. | Much im-<br>proved. | Improved. | Stationary. | Died. |  |  |
| 1838,         | 15         | 5                   | 5         | 1           | 1     |  |  |
| 1840,         | 14         |                     | 2         |             | 2     |  |  |

| Chronic cases. |            |                     |           |             | Intemperate. |           |             |
|----------------|------------|---------------------|-----------|-------------|--------------|-----------|-------------|
|                | Recovered. | Much im-<br>proved. | Improved. | Stationary. | Died.        | Reformed. | Unreformed. |
| 1838,          | 9          | 27                  | 15        | 10          | 4            | 2         | 1           |
| 1840,          | 7          | 10                  | 5         | 2           | 3            |           |             |

Remaining, January 1st, 1839, 43; January 1st, 1841, 36.

The whole number admitted from the opening of the institution to January 1st, 1841, is 503.

Family worship is continued daily, and with beneficial effects upon the patients. We have no information in regard to labour and amusements.



There is a private Asylum at Pepperell, Massachusetts, under the care of Dr. Cutter, and another at Cambridgeport, in the same state, established by Dr. Chaplin, and continued, since his decease, under the superintendence of his widow.

ASYLUM AT MILLEDGEVILLE, GEORGIA.

We know not under which of the above classes to place this institution; nor can we say anything in regard to its extent, organization or success.







OF THE  
CAUSES, DURATION, TERMINATION AND MORAL  
TREATMENT OF INSANITY.

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The object in this essay is not to enter into an elaborate discussion of the subject of mental derangement, but to adduce propositions heretofore stated in regard to that disease, and subject them, as far as possible, to the test of statistics, with a view to the demonstration of their truth or falsity. Besides this, we wish to illustrate the modern mode of moral treatment, by examples adduced from various asylums, and to demonstrate the utility of that treatment, in its results, combined with other remedial agents, upon the patients subjected to its influence.

CAUSES OF INSANITY.—These have, with evident propriety, been divided into, first, those which *predispose* to the disease, and secondly, those which *excite* it.

1. *Predisposing Causes*.—Under this head we shall consider the constitution, temperament and complexion, age, sex, civil state and education.

*a* The state of the *constitution* is undoubtedly, in many instances, a most powerfully predisposing cause of some of the forms of insanity. A peculiar organization of the cerebro-spinal system, and, according to Dr. Rush, of the blood-vessels also, an organization molecular in its nature, and consequently, particularly in relation to the nervous system, inappreciable by the senses, favours the encroachment of the disease. This condition may be hereditary, or may arise, *de novo*, in a family



entirely free from the maniacal taint. The progress recently made and still making in transcendental anatomy, together with the great improvements in microscopes, may encourage us in the belief that we shall eventually be enabled to ascertain the nature of this, if we may use the term, congenital lesion. We have abundant proofs that this cause is hereditary. At the Pennsylvania Hospital, Philadelphia, application was made for the simultaneous admission of three lunatics, members of the same family. One of the patients of the Retreat for the Insane in Hartford, Connecticut, was the *eleventh* individual of his family who had suffered under an attack of mania. M. Esquirol says that hereditary transmission is more frequent among the opulent than in other classes of society. Such children of maniacs as are born before their parents become deranged, are less liable to inherit the predisposition than those who are born subsequently. Children whose parents are both maniacal, are more liable to the disease than those of whom but one parent is so. According to Dr. Barton, the children of persons in the decline of life are less subject to insanity than those whose parents are young.

The following table exhibits the proportion of patients, of some of the asylums, in whom the disease was hereditary.

| Asylums.                   | No. of patients. | No. hereditary. |
|----------------------------|------------------|-----------------|
| Charenton,                 | 1264             | 337             |
| Richmond, Dublin,          | 608              | 13              |
| Under care of W. C. Ellis, | 1380             | 214             |
| Massachusetts State,       | 1034             | 311             |
| Ohio State,                | 311              | 15              |

With regard to those under the care of Sir W. C. Ellis, that author remarks, "If we had more complete information, I have no doubt that the insanity would be found to have been hereditary in a much greater number." According to Ellis, "relatives by blood intermarrying with each other, have a progeny prone to insanity. Why it is so, I do not presume to give an opinion; but of the fact I have no doubt, not only from what has come within my own knowledge, but from its



having been particularly noticed by Dr. Spurzheim and others, who have paid great attention to the subject: it cannot be too generally known and guarded against."

In many instances the disease manifests itself in several individuals of the same family at nearly the same age. Dr. Rush says that among the patients in the Pennsylvania Hospital, were a father and two sons, all of whom became deranged between the ages of 60 and 70 years. Two sons of a merchant in Switzerland died insane at the age of 19 years. Dr. Prichard mentions three other cases of a similar kind. M. Esquirol believes that *fright* in the mother, during pregnancy, may excite a strong predisposition to insanity in the infant with which she is pregnant. Although there are probably but few who will concur with him in the opinion, it is a point which, as being thus spoken of by an individual of so extensive observation, at least merits attention.

Discovered in early life, the constitutional predisposition, whether inherent or not, may be very much checked in its progress, if not entirely eradicated, by proper treatment.

*b Temperament and Complexion.*—People of choleric and nervous temperaments are said to be more liable to the invasion of insanity than others; a predisposition which is greatly fostered in those who give a loose rein to their passions. Haslam, Rush and some others, believe dark-coloured hair to be indicative of a maniacal predisposition. In Bethlehem Hospital, London, according to the former gentleman, of 265 patients, 205 had hair of this colour; and in the Pennsylvania Hospital, in 1812, according to the latter, of 79 insane inmates, 73 were of a similar description. Of 544 patients examined at the Massachusetts State Hospital, 275 had dark complexions, hair and eyes, and 269 light complexions, hair and eyes. The per centage with regard to Bethlehem Hospital is somewhat remarkable when we take into consideration the large proportion of people with light-coloured hair in England. It would not be remarkable in France. Dr. Prichard can trace a predisposition to no particular complexion.

*c Age.*—The middle period of life is by far the most prolific in cases of mental alienation; and this from the evident reason



that both males and females are more exposed, during that portion of their existence, to the various exciting causes, than they are in either early or advanced life. Attacks in very early life are extremely rare. Dr. Rush mentions four cases of the kind which came within his knowledge; and in St. Luke's Hospital, England, there was an insane child of but *two years of age*. Dolæus, Greding and Rush mention instances of attacks in very advanced life; the last mentioned having observed one which occurred in a person more than 80 years of age.

The British and the European continental writers upon the subject, generally, if not invariably, assert that more persons are attacked between the ages of 30 and 40 years, than during any other interval of ten years in life. This appears to be sustained by the following table of M. Georget and Dr. Burrows.

| Hospitals.        | No. of cases. | 10 and 20. | 20 and 30. | 30 and 40. | 40 and 50. | 50 and 60. | 60 and 70. | Over 70. | Unknown. |
|-------------------|---------------|------------|------------|------------|------------|------------|------------|----------|----------|
| French & English, | 4409          | 356        | 106        | 1416       | 361        | 461        | 174        | 35       |          |
| French,           | 2507          | 140        | 465        | 572        | 521        | 350        | 265        | 189      | 6        |
| Total,            | 6916          | 496        | 571        | 1988       | 882        | 811        | 439        | 224      |          |

The results exhibited by the following table, however, tend to disprove the truth of the assertion.

|                                        | From 15 to 20. | 20 to 30. | 30 to 40. | 40 to 50. | 50 to 60. | 60 to 70. | 70 to 80. | 80 to 90. | Total. |
|----------------------------------------|----------------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|--------|
| Bicêtre, from 1784 }<br>to 1793, }     | 65             | 329       | 380       | 236       | 130       | 53        |           |           | 1193   |
| Salpêtrière, from }<br>1811 to 1814, } |                | 306       | 259       | 144       | 205       | 115       | 66        | 23        | 1118   |
| Esquirol's private,                    |                | 150       | 78        | 30        | 46        | 15        | 5         | 3         | 327    |
| Total,                                 | 65             | 785       | 717       | 410       | 381       | 183       | 71        | 26        | 2638   |



Whether it be true or not in regard to Europe, we believe it to be untrue if applied to the United States. This belief is induced by the statistics of the table which follows.

| Asylums.               | Time.         | From<br>10 to 20. | 20 to 30. | 30 to 40. | 40 to 50. | 50 to 60. | 60 to 70. | 70 to 80. | 80 to 90. | 90 to 100. | Total. |
|------------------------|---------------|-------------------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|------------|--------|
| Mass. State,           | 1833 to 1839, | 62                | 260       | 298       | 210       | 104       | 73        | 29        |           |            | 1036   |
| Virginia, at Staunton, | 1 year,       | 8                 | 25        | 33        | 24        | 10        | 3         | 1         |           |            | 104    |
| Ohio State,            | 1839 & 1840,  | 11                | 108       | 66        | 41        | 26        | 5         | 1         |           |            | 258    |
| Kentucky State,        | 1 year,       | 8                 | 39        | 24        | 10        | 5         | 2         | 1         |           |            | 89     |
| M'Lean, Mass.,         | 15 years,     | 70                | 352       | 264       | 191       | 91        | 38        | 9         |           |            | 1015   |
| Retreat, Conn.         | 7 years,      | 19                | 107       | 73        | 54        | 20        | 6         | 4         |           |            | 286    |
| Bloomington, N. Y.,    | in 1839,      | 3                 | 30        | 37        | 22        | 19        | 7         | 1         |           |            | 126    |
| Frankford, Pa.,        | 1816 to 1838, | 28                | 187       | 141       | 126       | 83        | 48        | 15        | 5         | 1          | 634    |
| Pennsylvania,          | 1832,         | 3                 | 32        | 29        | 27        | 33        | 12        | 12        | 2         |            | 138    |
| Total,                 |               | 212               | 1140      | 965       | 705       | 391       | 194       | 73        | 7         | 1          | 4484   |

By this it appears that a considerably larger number become insane in the United States between the ages of 20 and 30, than during any other period of equal length. But the evidence of this table is, to a certain extent, deceptive; the ages reckoned are, in most of the cases, those of the patients *at the time they were admitted into the several hospitals*, and, in many others, at a time when they had been in the hospitals several years. Now, could these be so corrected as to state the age *at the time of the attack*, the table would be of more value, and we should have more striking evidence of the fact in question. But there was no means by which that correction could in all instances be made. Wherever the means did exist, advantage was taken of it, and the result is as follows:

| Hospitals.               | Years. | 10-20. | 20-30. | 30-40. | 40-50. | 50-60. | 60-70. | 70-80. | Total. |
|--------------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| Retreat, Connecticut,    | 2      | 11     | 36     | 22     | 22     | 11     | 2      | -      | 104    |
| M'Lean, Massachusetts,   | 1      | 7      | 30     | 21     | 11     | 8      | 2      | 1      | 80     |
| Massachusetts State,     | -      | 35     | 127    | 99     | 70     | 33     | 15     | 5      | 384    |
| Frankford, Pennsylvania, | 4      | 9      | 32     | 16     | 9      | 7      | 5      | 2      | 80     |
| Totals,                  | -      | 62     | 225    | 158    | 112    | 59     | 24     | 8      | 648    |



The change effected by this correction is remarkably exemplified in the cases at the Frankford Asylum. As they were before alteration, the proportion of those between 20 and 30 years to those between 30 and 40 was as 9 to 7; whereas, after being corrected, it is as 2 to 1. In the total numbers previous to correction, those between the ages of 20 and 30 are to those between 30 and 40 nearly as 11 to 9; while in the same, after correction, the ratio is as 11 to 7.

*d Sex.*—It was asserted by ancient writers that, in their time, more males than females suffered under the various forms of mental derangement. The reverse appears to be true in modern Europe. Pinel estimates that in France, in 1802, the ratio of insane females to males was as 2 to 1. In England it is far less. At Bethlehem Hospital, agreeably to Dr. Haslam, of 8874 patients, 4042 were males, and 4832 females. At St. Luke's there were one-third more females than males. M. Esquirol, from statistics derived from several countries, concludes that the proportion "does not, in fact, greatly exceed the difference which exists between the sexes in the ordinary state of population." Judging of the proportionate number of the sexes insane in the United States from those confined in the several hospitals, we must conclude that there are more men than women. See the following table.

| Asylums.               | Time.            | Men. | Women. | Total. |
|------------------------|------------------|------|--------|--------|
| Maine State,           | 2½ months, 1840, | 22   | 8      | 30     |
| Massachusetts State,   | 1833 to 1840,    | 637  | 559    | 1196   |
| Va. State, Staunton,   | in 1839,         | 56   | 48     | 104    |
| Ohio State,            | 1839 and 1840,   | 140  | 118    | 258    |
| Kentucky State,        | 1824 to 1838,    | 420  | 207    | 627    |
| M'Lean, Massachusetts, | in 16 years,     | 652  | 443    | 1095   |
| Retreat, Connecticut,  | " 9 "            | 183  | 199    | 382    |
| Bloomington, N. Y.,    |                  | 607  | 302    | 909    |
| Pennsylvania Hospital, | 1752 to 1832,    | 2509 | 1209   | 3718   |
| Frankford, Pa.,        | 1817 to 1838,    | 331  | 303    | 634    |
| Total,                 |                  | 5557 | 3396   | 8953   |

This makes the number of men to that of women as 5 is to 3. It can hardly be believed that there would be so great a



predominance of men in the asylums, if there were not, in reality, a greater number of them in the country who are insane. There are reasons, however, for inducing the belief that the disproportion between the two sexes is not so great as is represented by this table. Yet it is thought that the evidence is sufficiently conclusive in warranting the assertion that, in the United States, there are more men than women suffering under mental alienation. Should future observations demonstrate the truth of this proposition in regard to our country, and its converse in regard to continental Europe, to what shall be attributed this difference in the two countries? We believe the causes of that difference will be chiefly found in the difference of condition, of the men, with regard to pecuniary affairs, and that of women in society. But it would be untimely to enter into a discussion of this subject before the proposition in question be satisfactorily demonstrated.

Dr. Rush believed that the number of insane women is greater than that of insane men, from the fact that the former are exposed to several exciting causes from which the latter are exempt; such are the derangements of the catamenia, utero-gestation, parturition, and the peculiar situation of their sex in society. But, on the other hand, it will be found that a very large proportion of male lunatics are brought to that unhappy situation by causes from the influence of which females are either partially or wholly removed. Among these are intemperance and pecuniary embarrassments.

*e Civil State.*—Georget believes celibacy to be a predisposing cause of insanity. S. Tuke, also, considers it as among those which are the most prominent of this class. There is much plausibility in this opinion, even admitting it not to have been founded upon direct observation. Unmarried people are more liable than others to some of the exciting causes of the malady; and unmarried females, particularly, are more subject than those who are married to other nervous affections. Yet, admitting that there are a greater number of single than of married persons among the insane, it is still difficult to ascertain positively whether this is to be ascribed solely to the influence of celibacy. M. Desportes states, that of 1668 insane



females, 980 were single, 291 widows, and 397 married; and of 764 insane males, 492 were single, 59 widowers, and 201 married.

The following table, compiled from the reports of several of the hospitals in the United States, goes to confirm the opinion of M. Georget.

| ASYLUMS.              | TIME.           | MEN.    |          |           |        | WOMEN.  |          |           |        |
|-----------------------|-----------------|---------|----------|-----------|--------|---------|----------|-----------|--------|
|                       |                 | Single, | Married, | Widowers, | Total, | Single, | Married, | Widowers, | Total, |
| Maine State,          | 2½ months 1840, | 15      | 7        |           | 22     | 4       | 3        | 1         | 8      |
| Massachusetts State,  | 1833 to 1835,   | 135     | 68       | 19        | 222    | 83      | 50       | 24        | 157    |
| Va. State, Staunton,  | in 1839,        | 38      | 11       | 3         | 52     | 21      | 18       | 6         | 45     |
| Kentucky State,       | in 1838,        | 65      | 13       | 8         | 86     | 47      | 21       | 22        | 90     |
| M'Lean, Mass.,        | 1 year,         | 27      | 18       | 3         | 48     | 16      | 12       | 4         | 32     |
| Retreat, Connecticut, |                 | 119     | 80       | 4         | 203    | 80      | 86       | 12        | 178    |
| Bloomington, N. Y.,   | in 1839,        | 36      | 29       | 2         | 67     | 15      | 24       | 7         | 46     |
| Frankford, Pa.,       | 1 year,         | 27      | 18       | 3         | 48     | 22      | 6        | 5         | 33     |
| Penn. Hospital,       |                 | 170     | 97       | 17        | 284    | 70      | 97       | 35        | 202    |
| Total,                |                 | 632     | 341      | 59        | 1032   | 358     | 317      | 116       | 791    |

Of the 1823 cases herein reported, 990 had never been married, 658 were married, and 175 were widowed. The proportion, in men, of the single to the married is nearly as 2 to 1, while that in women is as 1.12 to 1; and that in both sexes is as 1.5 to 1. The number of widows is very nearly twice as great as that of widowers, a result which might have been anticipated, from a knowledge of the greater susceptibility of the female mind to the influence of grief.



In the following table, no distinction is made between the sexes, excepting in the case of widowers and widows.

| ASYLUMS.             | TIME.         | Single, | Married, | Widowers, | Widows, | Total, |
|----------------------|---------------|---------|----------|-----------|---------|--------|
| Massachusetts State, | 1833 to 1839, | 558     | 374      | 39        | 63      | 1034   |
| Ohio State,          | 1839 & 1840,  | 135     | 100      | 6         | 17      | 258    |
| Frankford, Pa.,      | 1817 to 1838, | 326     | 234      | 17        | 57      | 634    |
| M'Lean, Mass.,       |               | 556     | 532      | 3         | 4       | 1095   |
| Total,               |               | 1575    | 1240     | 65        | 141     | 3021   |

The statistics of the Massachusetts State, the Frankford, and the M'Lean Asylums which are in the former table, are included in those of the same institutions in the latter table. In regard to the cases of the M'Lean Asylum, it is believed that, with the exception of one year, the widowers and widows are included with the married. Notwithstanding this, the proportion of the single to the married is as 3 to 2, or as 1.5 to 1, a result almost precisely corresponding with that of the former table: its similar correspondence is also perceived in the ratio of widowers to widows.

Finally, rejecting, in the former table, those numbers which are included in both, we have a total of 4304 cases, of which 2255 were married, 1726 single, 99 widowers, and 224 widows. The proportion of the single to the married is as 1.283 is to 1, and that of widowers to widows as 1 to 2.26.

*f Education.*—An injudicious education is believed by Dr. Prichard to predispose to mental derangement. “It may be erroneous,” says he, “in two ways:” (we abridge from the author) 1st, by too lenient a government, allowing the passions to act uncontrolled and unsubdued, and never exercising that wholesome moral restraint which seems necessary to promote the happiness, as well as to conduce to the integrity of the health of the individual; and 2d, by over exertion of the mental faculties, and a neglect of the cultivation of the physical powers and the moral feelings.



It is well that so prominent an individual as Dr. Prichard has raised his voice against the great error in modern education included under the second head. It is an evil which, in our country, exists to too great an extent, and calls loudly for reform—complete, unsparing, radical reform. And inasmuch as it involves the health and happiness of so great a portion of our countrymen, may we not hope that the subject will obtain an increased attention among those who have the power to effect a change?

Sir W. C. Ellis, also, alludes to the errors of education as contributing to increase the number of lunatics, and deprecates the modern institutions termed “infant schools,” as being productive of injury, by requiring a mental effort too severe for the brain to bear, with impunity, during the early years of childhood.

Apoplexy, epilepsy and paralysis are considered among the predisposing causes of insanity, inasmuch as they induce a peculiar state of the encephalon, upon which this malady may easily supervene; but the most potent of all causes of this kind is a previous attack of mania.

2. *Exciting Causes.*—The exciting causes of insanity, like those which predispose to the disease, are divided into two classes, *physical* and *moral*. The number of causes in either of these classes is so great, and some of them, at the same time, of so little comparative importance, that it would be of little utility to enter into a special discussion of each.

*a Physical Causes.*—Intemperance, the hydra of modern days, appears to be the most prolific of mental disease of all the causes belonging to this class. Attesting to the truth of this, we have the authority of Esquirol, in regard to France, of Ellis and Prichard, in regard to Great Britain, and of Rush, Woodward, and others, in regard to the United States. During the residence of Dr. Waters in the Pennsylvania Hospital, one-third of the cases of insanity admitted arose from intemperance.

The following statistics of four Asylums will exhibit the influence of intoxicating liquors, in the production of the disease:



| Asylums.             | Admissions. | Produced by<br>intemperance. | Per cent. |
|----------------------|-------------|------------------------------|-----------|
| Turin,               | 1066        | 76                           | 7.12+     |
| Charenton,           | 1557        | 134                          | 8.60+     |
| Massachusetts State, | 1034        | 171                          | 16.53+    |
| Ohio State,          | 258         | 18                           | 6.97+     |

At Charenton, besides the 134 attributed solely to intoxication, there are 146 stated to have been produced by "excesses of all kinds," which may be supposed to include intemperance in drinking.

*Masturbation.*—Nearly all recent writers upon insanity, unite in acknowledging that this is a much more prolific source of the disease than has heretofore been supposed. They also coincide in the opinion, that the cases produced by it are among the most incurable, and a great proportion of them sink into imbecility, fatuity or dementia. Among the best authorities upon this subject are, Sir W. C. Ellis on Insanity, Esquirol on Mental Diseases, the Reports of the Massachusetts State Lunatic Hospital, and two treatises, the one entitled "Hints for the Young, in relation to the Health of Body and Mind," and the other, "An hour's Conference with Fathers and Sons, in relation to a common and fatal Indulgence of Youth." These treatises, although published anonymously, were written by Physicians who have had extensive experience in the treatment of the insane.

Climate, season, and profession, are included, by some writers, among the predisposing causes of insanity. We prefer, for what we think to be obvious reasons, to place them with the exciting causes.

*Climate.*—It will be found that the number of lunatics is greatest in those countries which, being situated in the temperate zone, are subject to the extremes of heat and cold, and to sudden vicissitudes in the weather.

*Season.*—The proposition whether any one of the seasons predisposes, in a greater degree than either of the others, to insanity, is not yet fully demonstrated.



The following table exhibits the number of admissions to three large Asylums, in each of the respective seasons:

| Asylums.     | Time.     | Winter. | Spring. | Summer. | Autumn. |
|--------------|-----------|---------|---------|---------|---------|
| Salpêtrière, | 1806—1814 | 531     | 626     | 755     | 592     |
| Charenton,   | 1825—1834 | 341     | 406     | 445     | 365     |
| Mass. State, | 1833—1839 | 211     | 306     | 269     | 235     |
| Total,       |           | 1083    | 1338    | 1469    | 1192    |

By the evidence of these few statistics, it appears that there are more admissions to asylums in summer than in any other of the four seasons; but, inasmuch as patients are, in but a comparatively small proportion of cases, carried to the asylums immediately upon the invasion of the disease, it cannot be considered as satisfactory in regard to attacks.

*Profession and Occupation.*—It is very difficult to determine in what particular profession or art, man is most liable to mental disease. Could we ascertain the precise ratio of the number in each profession to that of the whole population, the statistics of the asylums, for a series of years, would throw much light upon the subject. Such occupation as requires intense mental exercise, or exposes one to sudden changes of atmosphere, or to any of the active exciting causes of insanity, would, of course, be the most productive of that disease.

Of 1135 cases treated in American asylums, previously to 1836, those attributed to physical causes were as follows:

Intemperance, 146; various bodily diseases, 103; constitutional, 57; masturbation, 55; hereditary, 40; puerperal, 36; typhus fever, 10; repelled eruptions, 9; blows on the head, 7; parturition, 6; structural lesion of the brain, 5; excessive physical exertion, 4; injuries, 3; epilepsy, 3; insolation, 2; injury of nervous centre by falls, 2; inflammation of the brain, 2; "change from ordinary to vegetable and abstemious diet," 2; erythema of the brain, 1; malformation, 1; menorrhagia, 1; suppressed menses, 1; total, 496.

Hydrocephalus, vertigo, headache, metallic fumes, inanition, inordinate sexual gratification, severe pain, extremes in



heat and cold, worms, dropsy, consumption, and the suppression of any natural or habitual discharge may be included in this class of causes.

*b Moral Causes.*—Religious excitement and anxiety, reverses of fortune, and other pecuniary embarrassments, grief for the loss of friends, domestic difficulties, intense mental exertion, and disappointed affection and ambition, are the most prominent of the exciting moral causes of insanity.

It is a fact worthy of notice, that of the 1557 cases admitted at the Asylum at Charenton, and of which the causes of 1375 are assigned, not one is attributed to religious doubt, anxiety or perplexity. On the other hand, of 678 cases treated at the Massachusetts State Lunatic Hospital, no less than 53, equal to 7.81 per cent., are stated to have arisen from those causes.

Ellis, in speaking of the general paucity of cases arising from these causes, in continental Europe, accounts for the fact by the prevalence of "infidelity among the higher orders," and "ignorance and blind superstitious obedience to the dictum of the priests, among the lower classes," together with the fact that religious discussion is prohibited in some of the continental countries.

The predominating cause of the disease in the patients of the Asylums at Wakefield and Hanwell, in England, is poverty and pecuniary difficulty; and, what is a lamentable feature in regard to these cases, they are mostly among the honest and industrious. These institutions being devoted especially to the indigent, it is not remarkable that this cause should bear a greater relative proportion, than in asylums of a different character.

In 1827 it was estimated that of 14,000 lunatics in England and Wales, 11,000 of them were in indigent circumstances. In the state of New York, in 1825, of 967 lunatics, 382 were supported by charity, 312 possessed the means of subsistence, and 273 were unclassified in this respect; and of 1484 idiots, 514 were supported by charity, 549 supported themselves, and 421 were unclassified. In the same state, in 1837, no less than 652 lunatics were either relieved or supported by charity.



Grief for the loss of friends is much more productive of mental derangement in women than in men; and, in them, the origin of the grief is most frequently the loss of children.

Of the 1135 cases mentioned under the head of physical causes, the moral causes, so far as known, were as follows:—Religious 70, domestic trouble 60, reverse in fortune and other pecuniary difficulties 56, loss of friends 46, mental application 34, disappointed affection 28, disappointed ambition 11, “disappointment” 11, indulgence of temper 8, care and anxiety 7, jealousy 5, austere parental government 4, fright 2, mortified pride 1, “agitation on the approach of matrimony” 1, “meta-physical hair-splitting” 1, “predisposition excited by novel-reading” 1. Total 346.

Thus it appears that of the 1135 cases, 496 were produced by physical causes, 346 by moral causes, and in 220 cases the origin was unknown.

In Europe, it is generally believed that a greater number of people become insane from moral than from physical causes. The truth of this, if applied to the United States, is doubted, although our statistics are not sufficiently complete for a satisfactory demonstration. It is extremely difficult for the physicians of lunatic asylums to ascertain either the proximate or the immediate causes of the disease, in many of their patients. In some cases it is unknown by the friends of the individual; while, in others, although known, a concealment is induced by motives of friendship. We submit that, for the facility of the physician in obtaining that accurate knowledge of the disease upon which, alone, he can establish a rational treatment, as well as for the advancement of our knowledge in relation to the disease in general, such motives ought to be entirely waived.

Among the moral causes unenumerated, but mentioned by several authors, are avarice, joy, terror, anger, shame, guilt, defamation, calumny, ridicule, absence from native country, loss of liberty, loss of beauty, love of praise, gaming, and “the complete gratification of every wish of the heart.”

Dr. Rush believed that the study of the mechanic and other arts is more liable to induce insanity than that of the sciences. Among those who have suffered from similar studies, have



been many who have followed, with a zeal worthy of a better cause, that "shadow of a shade," the Utopian perpetual-motion. It is said that instances of insane priests, artists, sculptors, poets and musicians are numerous, whereas *no case* is known to have occurred among naturalists, geometricians and chemists. Further investigations are required before the latter clause of this proposition can be received as an established truth. In regard to a part of the former clause, it may be mentioned that an acquaintance of ours asserts that in order to write poetry a person "*must be a little crazy.*"

Fear has driven people to madness; it has blanched the darkest hair in the course of a few hours, and it has proved fatal to existence. Ellis relates a painfully interesting case of the effect last mentioned, which, as a useful warning, is worthy of being known. "A melancholy instance," says he, "of the effect of terror happened a few years ago, in the north of England. A lady had gone out to pay an evening visit, at which she was expected to stay late. The servants took advantage of the absence of the family to have a party at the house. The nursemaid, in order to have enjoyment without being disturbed by a little girl who was entrusted to her care, and who would not remain in bed by herself, determined to frighten her into being quiet. For this purpose, she dressed up a figure and placed it at the foot of the bed, and told the child if she moved or cried it would get her. In the course of the evening the mother's mind became so forcibly impressed that something was wrong at home, that she could not remain without going to ascertain if any thing extraordinary had occurred. She found all the servants dancing and in great glee; and, on enquiring for the child, was told that she was in bed. She ran up stairs and found the figure at the foot of the bed, where it was placed by the servant, and her child with its eyes intently fixed upon it, but, to her inexpressible horror, quite dead."

It has been denied that political excitement and changes have given rise to insanity. Without reference to other authority upon the subject, I would adduce the 28 cases mentioned by Esquirol among those who, in 1830 and 1831, were admitted into the asylum at Charenton. There had not been



an individual case of the kind during the four years previous to 1830. Even admitting political causes, abstractly considered, to possess no direct tendency to the production of insanity, still the consequences which but too often result from them, must inevitably exercise a powerful influence to that effect. Such are mental anxiety, the loss of property and of friends. Who can for a moment doubt that, at the time when France was menaced by powerful foes upon every hand; torn by dissensions, and bleeding under a civil war; when hundreds of princely estates were confiscated, and all the rich were compelled to relinquish, not only a tithe, but a third part of their wealth, to support political movements to which they were opposed; when the country was filled with guillotines, and whole cities were doomed to destruction; that there was a greater tendency to mental alienation than in the time of peace and political quietude? The following is an interesting case of derangement which occurred during the difficulties alluded to in France. It is related by the Viscountess Beauharnais, afterwards the Empress Josephine.

The Abbé Capdeville became interested in an English orphan, eight years of age, and took him to educate. The boy, who, in the account, is called Tommy, was so kindly treated, that he conceived a strong attachment for his benefactor. At length, the Abbé was imprisoned in the Carmelites, and Tommy obtained permission to be shut up with him. One day, when the Abbé and other priests, his fellow prisoners, were at prayers in the chapel connected with the building, a mob of revolutionists broke into the place. Tommy took a station beside the kneeling Abbé, and would not remove. "The ruffians having forced open the doors, and broken the windows, penetrated by several points at once; the pavement of the chapel, and the steps of the sanctuary, were speedily inundated with blood. Capdeville, struck immediately after the bishop, fell at his feet, and, extending a mangled hand to Tommy, expired as he looked upon him. That look was a last blessing.

"Already the poor youth, or rather child—for he is not yet sixteen—exhibited unequivocal symptoms of alienation of mind; on the death of his friend, a fixed insanity appeared.



The unfortunate Abbé, who had knelt apart from his companions in martyrdom, having been engaged in officiating, had fallen with his head supported on the upper step of the altar, and his body extended across the others; the left hand was pressed against the heart, and the right, as I have already said, extended towards his pupil. The blow which had finally deprived him of life, had been so rapid in its operation, that death had not effaced the habitual expression of benevolence which lighted his placid countenance. He seemed to smile and slumber. By some sudden changes in the reasoning faculties, Tommy became convinced that his friend slept. Instantly, as if by enchantment, the scene of slaughter disappeared from before his vision; he knelt down by the side of the bleeding corpse, waiting its awaking. After three hours of watching, and as the sun sank down below the horizon, Tommy went to seek his harp, and again sat down beside the remains of his friend, playing melancholy airs in order to hasten his awaking, which appeared to him long in taking place. While thus employed, sleep stole over his own frame, and the charitable hands that removed from the despoilers the bodies of the martyrs, carried away Tommy, and laid him on his bed. There he remained eight and forty hours in a kind of lethargy, whence, however, he awoke with all the appearances of soundness of body and mind. But, if health had been restored, reason had fled forever.

“In commemoration of his pious madness, a free asylum has been granted to him in this house, where he passes the day in silence till each afternoon at three o’clock. The moment that hour strikes, Tommy, who ordinarily walks slowly, runs to seek his harp, upon which, leaning against the ruins of the altar still remaining in the chapel, he plays his friend’s favourite airs. The expression of his countenance, on these occasions, announces hope; he seems to expect a word of approbation from him whose remembrance he cherishes: this hope and this employment continue until six o’clock, when he leaves off abruptly, saying ‘*Not yet*, but to-morrow he will speak to his child.’ He then kneels down, prays fervently, rises with a sigh, and retires softly, upon tiptoe, that he may not disturb



the imaginary repose of his benefactor. The same affecting scene takes place day after day; and, during the intervals, the poor boy's faculties seem completely absorbed, till the fatal hour calls forth the same hopes, detained forever to be chilled by the same disappointment."\*

It is a fact worthy of notice that, as a general rule, insanity is but little known in those countries the inhabitants of which are either in a savage or a barbarous state of society; whereas it prevails to the greatest extent in nations occupying the highest rank in civilization. The celebrated traveller, Baron Von Humboldt, found but few cases among the aborigines of America. It is rare, also, among the negroes of the West Indies. The peasantry of Wales, the natives of the Hebrides, and of the most secluded parts of Ireland, are almost entirely free from it. It is comparatively infrequent in Spain and Portugal, although idiocy is very common in those countries. In Russia and in China, it is said that it but seldom occurs; but, in regard to the British East Indies, Sir Andrew Halliday says, "Insanity is a frequent disease among the natives of every caste. The attacks are generally sudden and often violent; but, under proper medical treatment, they are easily removed."

In the hospital at Cairo, Egypt, a city of 300,000 inhabitants, Desgenettes found but fourteen persons afflicted with disorders of the brain and the nervous system. In Greece, at the present day, there are very few who are insane. There is no asylum for their treatment in that country, and there were no patients of the kind in the hospitals of Athens in the autumn of 1838. In Turkey, also, the number of the insane is, undoubtedly, very small, although we have no accurate data upon the subject. The people of that country are, however, to a greater or less extent, exempt from the influence of some of the most potent causes of the disease in the United States and the nations of the west of Europe. 1st. The Turks are a pre-eminently temperate people. 2d. They avoid the sallies of uncontrolled passion, and preserve a remarkable degree of

\* Vide *Memoirs of the Empress Josephine*, by John S. Menres, LL. D. Harpers' edition, p. 88 to 93.



equanimity of temper. 3d. Reverses of fortune operate less powerfully upon them than upon some other people; both because a misfortune of that kind is considered as a decree of Allah, and because, with a loss of fortune, a person does not lose his station in society. 4th. They probably are less affected by religious anxiety, doubt and perplexity. The practical religion of Mahomet chiefly consists in the observance of certain ceremonies, having fulfilled which, the Turk rests satisfied that he has performed his duty. It will be perceived that, under these four heads, are included three, at least, of the most powerful causes of mental derangement.

We possess but very little accurate knowledge in reference to the number of lunatics in different nations. The following table, compiled from various authorities, exhibits, in a condensed form, the principal data upon the subject. It is extracted from a review of Esquirol on Mental Diseases in the American Journal of the Medical Sciences.

|                       | Population. | No. of Insane. | Proportion. |
|-----------------------|-------------|----------------|-------------|
| England,              | 12,700,000  | 16,222         | 1 in 793    |
| Scotland,             | 2,093,503   | 3,652          | " " 563     |
| France,               | 32,000,000  | 32,000         | " " 1,000   |
| Norway,               | 1,051,300   | 1,909          | " " 551     |
| Belgium,              | 3,816,000   | 3,763          | " " 1,014   |
| Holland,              | 2,302,000   | 2,300          | " " 1,046   |
| Italy,                | 16,789,000  | 1,441          | " " 4,879   |
| Spain,                | 4,085,000   | 569            | " " 7,181   |
| United States,        | 12,866,020  | 16,000         | " " 800     |
| Westphalia, . . . . . | . . . . .   | . . . . .      | " " 846     |
| Saxony, . . . . .     | . . . . .   | . . . . .      | " " 968     |

The following, from the same source, exhibits the similar statistics of several large cities.

|             | Population. | No. of Insane. | Proportion. |
|-------------|-------------|----------------|-------------|
| London,     | 1,400,000   | 7,000          | 1 in 200    |
| Paris,      | 890,000     | 4,000          | " " 222     |
| Petersburg, | 377,000     | 120            | " " 3,133   |



|           | Population. | No. of Insane. | Proportion. |
|-----------|-------------|----------------|-------------|
| Naples,   | 370,000     | 479            | 1 in 759    |
| Cairo,    | 330,000     | 14             | " " 30,714  |
| Madrid,   | 204,000     | 60             | " " 3,350   |
| Rome,     | 154,000     | 320            | " " 421     |
| Milan,    | 151,000     | 618            | " " 242     |
| Turin,    | 114,000     | 331            | " " 344     |
| Florence, | 80,000      | 236            | " " 338     |
| Dresden,  | 70,000      | 150            | " " 466     |

In a recent work by Professor Vander Kolk, of the University at Utrecht, it is asserted that there are 1828 lunatics in the several provinces of Holland. The population of the same territory is 2,253,796; which gives 1233 inhabitants to 1 lunatic. The proportion of insane is small; if it be correct, the comparative exemption from the disease may, in part, be attributed to the general sobriety of the people, and their somewhat phlegmatic temperament.

The population of the islands of Malta and Gozo is 120,000. Of this number, 130, or 1 in 920, are insane. In most of the New England States, the proportion was formerly believed to be about 1 in 1000. More recent investigations have proved this estimate to be too low. In the following table are included, with others, the most recent and accurate estimates that have been published in regard to several of the States of the American Union.

|                 | Population. | No. of Insane. | Proportion. |
|-----------------|-------------|----------------|-------------|
| Holland,        | 2,253,794   | 1,828          | 1 in 1,233  |
| Malta and Gozo, | 120,000     | 130            | " " 920     |
| New Hampshire,  | 280,000     | 600            | " " 466     |
| Massachusetts,  | 612,000     | 1,000          | " " 612     |
| Connecticut,    | 298,000     | 700            | " " 425     |
| New York,       | .           | .              | " " 887     |
| Pennsylvania,   | 1,348,233   | 2,000          | " " 674     |
| Virginia,       | 1,200,000   | 800            | " " 1,500   |



In some of these estimates, idiots are included with the insane; in others they are excluded.

In Scotland the greatest proportion of insane and idiots is in the counties of Perth, Aberdeen, Lanark, Inverness, Nairn, Banff, Fife and Kinross, and in the mainland of Argyle and the island of Bute.

In England, the disease is more prevalent in the counties of York, Wilts, Stafford, Durham, Rutland and Gloucester, than in any other parts of the country. The greatest proportionate number of lunatics and idiots is in Rutland, where there is 1 for every 497 persons; and the smallest number in Lancashire, where there is but 1 for every 1960 persons. In Wales the number of insane, relative to the whole population, is very small. The remark is also applicable to the Celtic tribes in other parts of Great Britain; and, where there is a union of Celtic with Saxon and Norman blood, the disease is scarcely known, except in cases of anormal structure, or malformation of the cranium. In these instances the individuals are idiotic. We have a remarkable example of endemic idiotism in the cretins of some of the cantons of Switzerland. Esquirol asserts that, in the southern provinces of France, the number of insane men exceeds that of insane women, while the reverse obtains in the provinces of the north.

*Duration.*—The duration of insanity varies from a few days, in one extreme, to forty, fifty, and even sixty years in the other. The average time is said to be about thirteen and a half years, but it cannot fail of being materially diminished by the modern enlightened mode of treatment. Individual cases may, perchance, be even prolonged; not, however, by any injury arising from the treatment, but from a mitigation in the severity of the disease by which the day of death is postponed. In a memoir presented to the French Institute, M. Pinel states that more are cured during the first month of the disease than in any one of the succeeding, and that the average duration of those that are cured is from five to six months. M. Esquirol and S. Tuke give a longer period as the mean time of continuation. The former says, that of 2,005 females admitted at the Salpêtrière, Paris, the greatest number



of cures was effected in the first two years, and that the average was "somewhat short of a year." The probability of a recovery after the *third* year, is considered as about one to thirty. "I have constantly observed," says Dr. Prichard, "that in the course of the *first month*, a very marked remission takes place" in the disease. He supposes that at this time the acute form of the disease is exchanged for the chronic.

From these statements we may infer that, if uncomplicated with any other functional disease, and unaccompanied by an organic lesion of the brain, the natural period of acute mania is brief.

*Termination.*—Insanity terminates in a restoration to health, in *fatuity*, or in *death*.

*Curability.*—The proportion of cures varies according to the age and sex of the patients, the cause of the disease, the disorders with which it may be complicated, the treatment, &c. &c. The probability of recovery is greater in young than in old people. According to M. Esquirol, few recover who are more than sixty years of age. The same author asserts that the proportion of cures is greater in France than in England. To demonstrate the truth of this, he collects the statistics of four asylums in England and compares them with those of his own practice in three asylums of Paris.

|                          | No. of patients. | Recovered. | Per cent. |
|--------------------------|------------------|------------|-----------|
| Four Asylums in England, | 16,516           | 5918       | 35.7      |
| Three " in Paris,        | 5,360            | 2691       | 50.2      |

Dr. Burrows denies the truth of the assertion which these statistics are intended to prove.

The proportion of recoveries in various institutions, in both the United States and other countries, may be seen in the following table.

| French Asylums.     | Time.             | No. of patients. | Recovered. | Per ct. |
|---------------------|-------------------|------------------|------------|---------|
| Charenton,          | From 1798 to 1803 | 596              | 194        | 32.55   |
| "                   | " 1826 to 1834    | 1205             | 516        | 42.82   |
| Salpêtrière,        | " 1801 to 1813    | 3007             | 1625       | 54.04   |
| Esquirol's private, | unknown.          | 335              | 173        | 51.64   |



| British Asylums.                           | Time.             | No. of patients. | Recovered. | Per ct. |
|--------------------------------------------|-------------------|------------------|------------|---------|
| Bethlehem,                                 | From 1684 to 1703 | 1294             | 890        | 69.77   |
| "                                          | " 1748 to 1794    | 8874             | 2557       | 28.81   |
| "                                          | " in 1813         | 422              | 204        | 48.34   |
| "                                          | " 1819 to 1833    | 2445             | 1124       | 45.56   |
| Saint Luke's,                              | " 1751 to 1801    | 6458             | 2811       | 43.52   |
| Wakefield,                                 | " 1819 to 1836    | 2242             | 991        | 44.20   |
| Lancaster,                                 | " 1817 to 1832    | 1750             | 697        | 39.82   |
| Stafford,                                  | unknown           | 1000             | 429        | 42.90   |
| Retreat, near York,                        | " 1796 to 1835    | 508              | 236        | 46.43   |
| York, at York,                             | " 1815 to 1837    | 1131             | 387        | 34.21   |
| Cork, Ireland,                             | 20 years          | 1431             | 751        | 52.48   |
| Other European Asylums.                    |                   |                  |            |         |
| Amsterdam, Holland,                        | 2½ years          | 163              | 56         | 34.35   |
| Utrecht, "                                 | " 1832 to 1837    | 255              | 104        | 40.78   |
| Turin, Italy,                              | " 1827 to 1836    | 1066             | 466        | 45.59   |
| Aversa, "                                  | " 1813 to 1833    | 3897             | 1514       | 38.85   |
| American Asylums.                          |                   |                  |            |         |
| Pennsylvania Hospital,                     | " 1752 to 1836    | 4116             | 1349       | 32.77   |
| Frankford, Pennsylvania,                   | " 1817 to 1838    | 507              | 214        | 42.21   |
| <i>Bloomington</i> " " " " " " " " " " " " | " 1838 to 1839    | 235              | 141        | 60.00   |
| Bloomington, N. Y.,                        | " 1821 to 1835    | 1915             | 828        | 43.23   |
| Bellevue, "                                | " 1791 to 1821    | 1553             | 704        | 45.33   |
| M'Lean, Mass.,                             | " 1818 to 1834    | 1015             | 362        | 35.66   |
| Retreat, Conn.,                            | " 1824 to 1839    | 1001             | 563        | 56.24   |
| Massachusetts state,                       | " 1833 to 1840    | 1196             | 506        | 42.30   |
| Maryland, "                                | " 1835 to 1840    | 393              | 135        | 34.35   |
| Virginia state, Staunton,                  | " 1828 to 1836    | 79               | 13         | 16.45   |
| " " " " " " " " " " " "                    | " 1836 to 1839    | 78               | 34         | 43.59   |
| Ohio, state,                               | " 1839 to 1840    | 258              | 80         | 31.00   |

The average per cent., as exhibited by this table, is, for the French Asylums, 45.26; for the British, 45.01; the other European, 39.89; and for the American, 40.26.

The difference in the proportion of cures, at the several asylums is, in reality, less than appears by this table; for the number of patients given is, in some instances, that of all admitted; while, in others, it is that of the discharges alone. Again, the difference actually existing, is owing, in no incon-



siderable degree, to the diversity of character in the institutions themselves. While some of them are intended exclusively for paupers, and are consequently compelled to admit every applicant of that class, of what age, grade or condition soever he may be; others have the power of rejecting such cases as they please, and restricting their admissions to those of a certain character. This difference exists in both Europe and America. St. Luke's and Bethlehem Hospitals, in London, reject all persons "who have been insane more than a year, those affected by paralysis and epilepsy, and the aged and feeble."

It is probable that there is an error in the statistics of Bethlehem Hospital, from 1684 to 1703. If there be not, the patients must have recovered in spite of their treatment, or the institution must have been far superior to what it was a century later.

Those asylums which have but recently commenced operations, suffer much by a comparison with the others, if the per cent. of cures is reckoned upon the whole number admitted. The Ohio State Lunatic Asylum furnishes an example of this kind. The number (258) in the table, is that of all the patients admitted. The per cent. of cures, upon these, is only 31; while, if calculated upon the discharges, it would have been 66.66.

It was left for the physicians of the present age to demonstrate, that as great a proportion of patients suffering under acute mania may be cured as of those of any other acute disease. This has been satisfactorily proved. A great remissness, however, exists upon the part of the friends of this unfortunate class of the community, in neglecting to place them in a hospital during the earliest stages of the malady. "It frequently happens," says the eighteenth report of the Asylum at Frankford, Pennsylvania, "that applications for admission into our asylum are not made until after the most promising period for recovery has elapsed." Similar complaints are urged in the reports of other hospitals.



The following table exhibits the advantage of early treatment.

| Asylums.             | Time.        | Per ct. of cures<br>in recent cases. | Per ct. of cures<br>in chronic cases. |
|----------------------|--------------|--------------------------------------|---------------------------------------|
| Dr. Burrows',        |              | 91.32                                | 35.18                                 |
| Vermont State,       | 3 years      | 89.                                  | 28.02                                 |
| “ “                  | 1840         | 88.20                                | 28.05                                 |
| Massachusetts State, | 1833 to 1840 | 87.25                                | 19.05                                 |
| “ “                  | in 1840      | 91.25                                | 22.05                                 |
| Ohio State,          | 1839 & 1840  | 85.50                                | 41.17                                 |
| Bloomington,         | in 1839      | 83.87                                | 25.39                                 |
| Retreat, Conn.,      | 6 years      | 75.95                                |                                       |
| “ “                  | 4 years      | 91.60                                | 25.83                                 |

The average per cent. of the recent cases is 87.10, while that of the chronic cases is but 28.28. The term “recent” is generally applied to all cases of less than one year in duration, and “chronic” to all others. This signification of the terms is recognised in all the above mentioned asylums, excepting the Connecticut Retreat. In that institution I think the term “recent” is restricted to cases of less than three months duration.

A large majority of recoveries are complete and permanent, others are apparently complete, but the patient remains in a condition from which he may very easily relapse, if exposed to exciting causes. In many cases of perfect restoration to physical health and energy, the persons are incapable of sustaining their former intellectual rank. Diseases of the nervous system are peculiarly liable to relapses. When the integrity of this dynamic apparatus has been destroyed, it is restored with more difficulty than is that of any of the other systems of organs in the human economy. Pinel and Desportes state the proportion of relapses at one-sixth the number of original cases; at the Salpêtrière it was one-seventh.

*Fatuity.*—The state of patients whose disease has had this unfortunate termination, is different from that of idiots, or of those who are in the imbecility sometimes attendant upon old age. Dr. Prichard divides fatuity into two grades, 1st, Dementia, and 2d, Amentia.



1st. Dementia. This is the "*démence*" of M. Esquirol and Georget, and is that state in which the physical and mental powers have become overpowered or exhausted by the force of the disease. From an intense excitement the patient relaxes into a state of quietude, ominous of a decay of mental vigour; memory is obliterated, the patient becomes inactive, thoughtless, unobserving, and perhaps utters

"A hollow laugh or melancholy song,"—

the former a painful evidence of mental vacuity and imbecility, the latter, as it were, a requiem over the departed *powers* of that spirit which alone elevates man above "the brutes that perish." Some appear to recollect their friends, but all affection for them is annihilated. Some are capable of performing light manual labour, others are not. Physical health is generally good, digestion and assimilation being unimpaired. A few instances of recovery are on record.

2nd. Amentia. We have here arrived at the most abject state of mental imbecility. Reason, entirely dethroned, has left no trace of her once having occupied the palace which she has deserted. Man, "the lord of the universe," entirely divested of his mental and moral energies, becomes a mere vital automaton, moving by the force of its organic life, and directed by the capricious impulse of the moment. Many patients in this state remain motionless, perchance, during the day, their eyes fixed upon the ground, as if unconscious of the things or persons around them, or even of their own existence. They would not *retire to bed nor rise* were they not forced to do it by their attendants.

3d. Death. "Madness," says Prichard, "cannot be reckoned among the diseases which are very dangerous to life." But if, as he declares in another place, "lunatics are subject, *in a much greater proportion than other people*, to apoplexy, paralysis, epilepsy, and all the train of symptoms depending on different degrees of cerebral congestion;" if, as is the fact, acute insanity produces great exhaustion and prostration of physical energy, and if "diseases of the thoracic and abdominal viscera, and a cachectic or scorbutic state of the system" be its



sequelæ, then must he, and every other person, acknowledge that if not "*very*," it is *somewhat* "dangerous to life." The following table exhibits the ratio of deaths to the number of patients in several asylums.

| Asylums.                    | Time.             | No. of patients. | Deaths. | Per ct. |
|-----------------------------|-------------------|------------------|---------|---------|
| Hanwell, England,           | From 1832 to 1837 | 3327             | 418     | 12.56   |
| Lancaster, "                | " 1832 to 1837    | 2148             | 522     | 24.29   |
| Wakefield, "                | " 1818 to 1836    | 2242             | 709     | 31.64   |
| York, "                     | " 1777 to 1814    | 2635             | 399     | 16.80   |
| " "                         | " 1815 to 1837    | 1131             | 217     | 19.27   |
| Retreat, York, "            | " 1796 to 1836    | 508              | 113     | 22.22   |
| Charenton, France,          | " 1826 to 1833    | 2049             | 546     | 26.64   |
| Salpêtrière, "              | " 1801 to 1804    | 1002             | 250     | 4.95    |
| " "                         | " 1805 to 1813    | 2804             | 790     | 28.17   |
| Bicêtre, "                  | " 1784 to 1794    | 1405             | 685     | 48.75   |
| Aversa, Italy,              | " in 20 years     | 3897             | 1222    | 31.35   |
| Amsterdam, Holland,         | " 1832 to 1837    | 255              | 55      | 21.56   |
| Penna. Hospital, U. States, | " 1752 to 1836    | 4116             | 548     | 13.31   |
| Bellevue, N. Y. "           | " 1791 to 1821    | 1553             | 154     | 9.91    |
| Bloomington, " "            | " 1821 to 1835    | 1915             | 146     | 7.62    |
| Frankford, Pa. "            | " 1817 to 1838    | 634              | 90      | 14.19   |
| Maryland State, "           | " 1835 to 1839    | 393              | 34      | 8.65    |
| Retreat, Connecticut, "     | " 1824 to 1839    | 1001             | 60      | 5.99    |
| Massachusetts State, "      | " 1833 to 1840    | 1196             | 90      | 7.50    |
| Ohio State, "               | " 1839 to 1840    | 258              | 22      | 8.52    |
| Kentucky State, "           | " 1824 to 1838    | 627              | 238     | 37.95   |

The average of the deaths in the British Asylums is 21.13 per cent.; in the French 32.12 per cent.; in the American 12.62 per cent.; in the American, rejecting the Kentucky State Asylum, 9.33 per cent.

Among the immediate causes of death other than insanity itself, the following diseases are reported as being the most numerous, viz:—Apoplexy, paralysis, epilepsy, phrenitis, convulsions, tumour of the brain, phthisis pulmonalis, pleurisy, pneumonia, hydrothorax, organic affection of the heart, hydrops pericardii, gastritis, schirrus of the pylorus, organic lesions of the liver, diarrhœa, typhus fever and marasmus. It is evident that the insane are equally liable with others to the invasion of most of the diseases which afflict mankind.



*Treatment.*—The treatment of insanity is divided into, 1st, medical, and 2d, moral. Of the former nothing will here be introduced; the latter alone will receive attention.

Among the many benevolent institutions which have originated as almost legitimate consequences of superior civilization, more extensive and widely diffused knowledge, and a more enlightened philanthropy, not the least beneficial in their results are those which have for their object the amelioration of the condition of the insane. Formerly, the unfortunate individual subject to maniacal hallucination was supposed to have violated the laws of heaven, and thus incurred the displeasure of a Creator, the phials of whose wrath were consequently poured out, in this form, upon the offender. But the sentiments of the community have changed. The lunatic is no longer “a reproach and a bye-word,” his family are no longer shunned as being partially implicated in his unknown offence; but, as a sufferer under one of the most afflicting maladies to which our race is subject, the former receives that kindness and attention which the human heart, alive to the sufferings of our fellows, so well knows how to bestow, while the latter partakes of the fountain of sympathy gushing from a thousand bosoms. The sufferings to which maniacs were formerly, and, in too many instances, still are, subjected, sufferings which place recovery beyond hope, their imprisonment and confinement in dungeons, their tortures under manacles and chains, their deprivation of food, of clothing, and of all the comforts of life, are such that we are almost struck with horror at their recital. The noble philanthropist, M. Pinel, to whose untiring exertions the lunatics of France are indebted for an amelioration of their condition, has given a thrilling description of the vast accumulation of misery, which, during his investigations, was presented to his view. In England and Scotland, although some hospitals existed, the wretchedness and inhumanity, were, according to Halliday, previously to 1815, equally great. In “Bedlam,” or Bethlehem Hospital, in London, at that time, the patients, “as wild beasts, were shown for sixpence for each person admitted.”

A fundamental error formerly existed with regard to the



nature of insanity; it was believed that the mind is itself diseased, instead of the organ through which it is manifested. But disease is the minister of death, and the mind, a scintillation from the fire of Heaven, being free from the power of the latter, is consequently exempted from the encroachments of the former. It is, therefore, now acknowledged that insanity is produced by a cerebral lesion, and that, too, generally of a functional nature; it necessarily follows that the disease is within the reach of remedial agents. But chains and a dungeon are miserable prescriptions to a pathological state of the most delicate organ of the human frame, an organ which is called constantly into action by an invisible, but powerful and controlling agency. Experience has fully attested the truth of this assertion. It has also proved that mild and gentle means, pleasing amusements, light labour, and affectionate treatment, by those around the patient, are powerful auxiliaries in promoting a cure. Since this has been demonstrated, the number of Lunatic Asylums has greatly increased, for, in those institutions, the system of treatment can be more completely adopted than in most private families. England, Scotland, Ireland, and most of the countries of continental Europe are supplied to a greater or less extent with these institutions, and there are several of the kind in Southern Asia. Our country has caught the spirit, and is imitating the good example of her transatlantic sisters. Already we have no less than seventeen Lunatic Asylums in operation. In these, or in such of them as are of the most approved construction, the patients are classified according to the degree of their mental alienation, thus making three divisions; 1st, those in whom the disease is violent and unabated; 2d, the milder and the convalescing; and 3d, the convalescent. The individuals of each class occupy a suit of rooms communicating with each other by a common hall, and also with a yard in which they are permitted to exercise at suitable hours. The different classes have no communication with each other. The patients are treated medically whenever such treatment is necessary; but, as in the European asylums, the management of all cases, indiscriminately, in this manner, has been abolished. The physician



now endeavours "to combine moral and medical treatment, founded on the principles of mental philosophy and physiology." Hence, in many cases, a simple, but wholesome and nutritious diet has supplanted the long category of medicines which have sometimes been employed.

It is now conceded by all who are best acquainted with the management of the insane, that the first element in their moral treatment is their removal from acquaintances and former associations. One prominent advantage in such removal is the promotion of the second element of treatment, that of withdrawing the mind from its hallucinations, and attracting it into a new current of thought. For the full accomplishment, however, of this latter object, after the removal to a suitable place has been made, the almost unremitting attention of judicious caretakers is required. New objects must be presented to the view, new incentives to the mind, and no expedient which would be likely to attract the attention and divert the thoughts must be left untried. Hence, in those institutions for the treatment of this disease which have recently been established, as well as those older establishments which have kept pace with the progress of knowledge, manual labour, in many of its forms, amusements, and sources of literary and scientific entertainment and instruction, have been introduced among the patients. In short, instead of being degraded to a level not only with criminals, but with the brute creation, and consequently shut out from association with mankind, and placed beyond the influence of kindness and of sympathy, the insane are now treated as intelligent and immortal beings, the affections and sympathies of whose hearts are still alive to the influences which operate upon those of mankind in general.

*Labour.*—"We have seen," says one of the reports of the M'Lean Asylum, Massachusetts, "the very best results from labour. Patients who, without it, were noisy and troublesome, have become quiet with it. One patient, who was brought to the institution in irons, and who, until employed, was constantly raving and excited, when furnished with occupation became quiet." At the Massachusetts State Lunatic Hospital, in 1839, no less than one hundred and seventy-nine



patients were employed in manual labour. The superintendent of that institution says, in his seventh report: "Of the benefit of labour, both for the curable and incurable insane, we have been long impressed. It promotes health, induces sleep, favours self-control, satisfies the individual of the confidence reposed in him by the officers of the institution, and produces quiet and contentment."

At the Pennsylvania Hospital, the Asylums at Frankford, New York and Hartford, and at the state institutions of Maine, Vermont, Maryland, Virginia and Ohio, the patients are induced to labour; and testimonies in favour of the utility of the practice might be adduced from nearly all of them.

In Europe similar sentiments prevail. "As employment," says Sir Andrew Halliday, speaking of the patients of the Armagh Asylum, Ireland, "is now generally allowed to be the best restorative, every means has been used to promote it. Such as are at all capable among the females are constantly employed in plain work, spinning, &c.; and the division in which this is going on is remarkable for its regularity and cheerfulness." At the Middlesex County Lunatic Asylum, at Hanwell, England, in 1837, of 600 patients, more than 400 were constantly engaged in some useful occupation.

In reference to this element of moral treatment, Samuel Tuke remarks, "The employment should, as far as it is practicable, be adapted to their (the patients') previous habits, inclinations and capacities." He prefers that in which the individuals will excel, and the useful rather than amusing, as affording to the patient "a calm feeling of satisfaction." "It is related," says the same author, "of an institution in Spain, which accommodated all ranks, and in which the lower classes were usually employed, that a great proportion of these recovered, while the number of *grandees* (that recovered) was exceedingly small."

M. Brierre de Boismont, in a recent work, speaking of the patients at the Bicêtre, Paris, says, "The convalescent maniacs have this year excavated large quantities of earth: they have engaged with pleasure in farming, and have kept a laundry in operation. More than one hundred and fifty of them are



employed in throwing up terraces, in masonry, gardening, the manufacture of locks, making plaster, cabinet-making and carpentry." Dr. Ferrus, who has long had the medical charge of the patients in the Bicêtre, in speaking of labour, says, "I have made, myself, on a large scale, a happy experiment of its efficacy as a means of both discipline and cure. The recoveries have been more rapid, and the relapses more rare." Similar testimony might be adduced from the Asylum of Sonnenstein in Prussia; from those of Turin and Milan, in Italy, and from various institutions of the kind in France and Great Britain.

It is a remarkable fact that, although farming implements and edged tools have, for many years, been entrusted to the insane, there is not a single instance on record of any serious injury having arisen therefrom.

*Religious Worship.*—Some of the asylums of both Europe and America have a regular chaplain connected with them; while, in others, religious services are performed under the direction of clergymen who volunteer their services. There are but four institutions, in this country, in which there is not some religious devotional exercise; and, wherever this duty has been observed, it has been accompanied by beneficial results. "Regular religious teaching," says Dr. Woodward, "is as necessary and beneficial to the insane as to the rational mind: in a large proportion of the cases it will have equal influence. They as well know their imperfections, if they will not admit their delusions; and they feel the importance of good conduct, to secure the confidence and esteem of those whose good opinion they value."

Dr. Bell, of the M'Lean Asylum, says, "The regulated, discriminating and cautious attention to the exercises of religion, is so valuable an auxiliary to the moral means of treating diseased mind, not less from its specific influences on the heart and feelings, than of its administering to the self-control of the individual, that we have rejoiced to see the experience of this institution adopted into others."

Dr. Rockwell, of the Vermont State Asylum, remarks, that "much of the good effect of religious worship depends upon



the prudence and discretion with which it is managed. We consider the judicious employment of religious exercises an important part of our moral treatment. They serve to promote order, revive former grateful habits and associations, and recall into exercise that self-control which tends to their recovery. That religion which breathes peace on earth and goodwill to men, and whose cheering influences extend beyond the grave, affords solace and consolation to the insane, as well as comfort to the rational mind."

Dr. Awl, of the Ohio State Asylum, observes, "We are fully prepared to add our testimony to the importance and value of religious exercises, with the insane, as a special means of grace, well calculated to bring light and wisdom to the mind, relief and peace to the heart and conscience."

*Amusements.*—It is universally acknowledged that suitable amusements are efficacious adjuvants in restoring the excited and deluded minds of the insane to their healthy standard of calmness and accuracy of perception. Hence, in nearly every asylum, whether foreign or domestic, the means are furnished by which the patients may engage in a diversity of games. Entertainment is afforded by an occasional tea-party or dancing-party, and the means of intellectual gratification and instruction are supplied by books, newspapers and magazines. Those patients who have a particular taste or predilection for any special science, or in whom such taste can be awakened, ought to be supplied with the means of pursuing it. At the Frankford Asylum, during the past year, a gentleman who had been several months under medical treatment, became, by an incidental circumstance, interested in botany. He immediately commenced the study of it, devoting himself with the most untiring assiduity to the pursuit. Books, and a microscope to facilitate in the analysis of flowers, were furnished him, and he was permitted to ramble alone through the woods and fields, for the purpose of collecting specimens. He improved very rapidly in both physical and mental health, and soon returned to his home perfectly restored.

Music has been tried as a curative means in many Asylums. We should suppose, *a priori*, that it might be attended with



beneficial results. In order, however, that this should obtain, it must be managed with a most discriminating judgment. It must be adapted to each patient, according as he is depressed or exalted; otherwise, the melancholy in the former case might be augmented, and the exaltation, in the latter, increased to fury. Esquirol, whose experience in this respect is undoubtedly greater than that of any other person now living, remarks, "I have tried it (music) in every manner, and under circumstances the most favourable to success. Sometimes *it has irritated the patient even to fury*; often it has tended to divert the attention, but *I cannot say that it has contributed to a cure*. It has been advantageous to the convalescent." \* \* \*

"Having made so many partial applications of music, I was desirous of attempting it upon many persons, simultaneously. My experiments were made during the summer of 1824, and that of 1825. Many distinguished musicians of the capital, seconded by the students of the Conservatory of Music, assembled at our Asylum (La Salpêtrière) many Sabbath-days in succession. The harp, the piano, the violin, some wind instruments, and some excellent voices, combined to render our concerts as agreeable as interesting.

"Eighty insane women, chosen by me from the convalescents, the maniacs, the tranquil monomaniacs, and some lype-maniacs, were commodiously seated, facing the musicians, in the dormitory of the convalescents. \* \* \* \* \* *Airs of all kinds, of all metres, and upon all keys, were played and sung, varying the number and the nature of the instruments. Some great pieces of music were also executed. My patients were very attentive, their countenances became animated, the eyes of many beamed with additional brilliancy, but all remained tranquil. Some tears were shed. Two of the patients asked permission to sing an air, and to be accompanied: the request was granted.*

"This novel spectacle was not without influence upon our unhappy patients, but we obtained no cure, *not even an amelioration of their mental condition*. After these concerts, each of which lasted two hours, the musicians went into the apartment among the patients and executed, upon wind instru-



ments, various well-known popular airs, of a martial or sentimental character. A great number of the women became excited, exalted at the sound of the instruments, and many, among the furious, formed circles in order to dance. This excitement was transient, and passed off almost as soon as the music ceased."

After some further observations, the author finally concludes, "If music does not cure, it diverts, and consequently soothes. It produces some alleviation, both physical and moral; it is evidently useful to the convalescent, and consequently it is not necessary to discontinue its use."

The human mind is prone to extremes, as the musical chord, which, if deviated from the line of tension, recoils to nearly the same extent upon the opposite side. And, to pursue the simile, the harmony of the former, like that of the latter, is the most agreeable when those extremes are least. The most intimate friend, if once estranged, is liable to become the most implacable enemy. Some physicians, discarding the antiphlogistic, adopt the ever stimulant method of treatment; and others, once accustomed to drugging their patients to a most liberal extent, reject this practice and adopt the infinitesimal principles of homœopathy. Governments fall from despotism into anarchy, and from anarchy return to despotism. In the modern laudable crusade against distilled spirits, some of the leaders in the cause, the hermit-Peters of the warfare, have banished not only spirits, wine and fermented liquors, but tea, coffee, meat and condiments, by their code of dietetics. In all these instances, perhaps, there is a "golden mean," which is better and wiser than either extreme. In the moral treatment of insanity care is required, lest, in the recoil from the barbarity of former times, the opposite error be not avoided.

These remarks have been suggested by the account given by Esquirol of the introduction of theatrical entertainments at Charenton. This was done about the year 1805, and continued until 1811. A theatre was constructed, comedies, operas and dramas were enacted, and, occasionally, fire-works were displayed. "Every body was pleased with it; great and small, wise and ignorant, were desirous of being at the exhibition



given by the lunatics of Charenton. All Paris flocked there for several years; some from curiosity, others to judge of the prodigious effects of this admirable means of curing the insane. The truth is, this means effected no cure. \* \* \* Those who were to witness the exhibition were selected by favour. This excited jealousies, quarrels, and bitterness of feeling. Hence occurred sudden explosions of delirium and returns of mania and of fury. \* \* \* That which passed at Charenton teaches us sufficiently upon this subject. How many were the relapses, how numerous the paroxysms of fury, provoked by these theatrical representations! Never have we seen patients cured by this mode of treatment."

Since the foregoing remarks were written, a treatise upon Insanity has appeared in Paris, the object of which is "to establish the truth of the following three propositions:—

1. If it be true that insanity depends on an alteration, or morbid condition of the encephalon, we are completely ignorant in what this alteration consists.

2. The moral treatment of the insane, as usually practised, is considered only as an auxiliary of the physical treatment.

3. In the insane, the intellect and passions cannot be brought back to their healthy type, or standard, without the aid of moral treatment; and THIS MODE OF TREATMENT IS THE ONLY ONE WHICH HAS A DIRECT INFLUENCE ON THE SYMPTOMS OF INSANITY."\*

The author of this work is a highly intellectual and scientific physician, and his experience in the treatment of the insane has been very extensive; hence, his opinions merit attention and respect. Those best acquainted with mental diseases, and with their present mode of treatment, will acknowledge an affirmative to the first two propositions, even without an investigation of the arguments adduced in the demonstration of the truth of them. But, it is believed that the same assent cannot be granted to the sentiment of the latter clause of the third proposition. Insanity is far from being an invariably idiopathic disease of the encephalon; it is frequently symptomatic of

\* *Du Traitement Morale de la Folie. Par F. Leuret, Paris, 1840.*



affections of the other viscera. Now, we would ask, what is that moral treatment, so potent in its influence as to correct the morbid conditions of the portal circle, or restore the dyspeptic stomach to its normal state? It is to be feared that this author has fallen into the extreme alluded to above.

*Attendants.*—How perfect soever may be an asylum in its organization and administration, how complete soever it may be in all the physical comforts which wealth may purchase or ingenuity invent, how diverse soever may be the means of recreation and amusement—the great object for which these have been furnished, that of effecting a cure in the patients, will be tardily, if indeed it be ever accomplished, unless the attendants, those who have the immediate care of those patients, are of a suitable character. Complete dominion over the passions, a well cultivated mind, unyielding firmness, untiring energy, and an ever-watchful vigilance, united with mildness, gentleness, an affable and respectful deportment, and a benevolent, sympathising, christian mind, are necessary to constitute the perfect attendant. The nearer this standard be approached, the better will be the care extended to the patients, and the more rapid will be the cures. “We will not,” says one of the reports of the McLean Asylum, “continue any male or female attendant, whom we cannot invite into our family and seat at our table; and with whom we could not confidently place our wives, sisters and brothers.” The rule that immediate dismissal shall be the penalty of striking a patient, is adopted in most asylums, and should be in all. Could the standard which we have mentioned be reached, perhaps no such rule would be necessary.

*Coercion and Punishment.*—The strait-jacket, manacles, and chains have nearly been abandoned in the best institutions of the treatment of lunatics. The first, however, is still used occasionally in some of the British Asylums, and is not entirely abandoned in some of those of the United States. A change of location, the deprivation of a privilege, the shower-bath, and other punishments comparatively mild, are often sufficiently effective. The “tranquillizing chair,” and mits and muffs, are still employed occasionally in nearly all asylums. In the Connecticut



Retreat, as says one of the reports of that institution, "in case coercion and confinement become necessary, it is impressed upon his (the patient's) mind, that this is not done for the purpose of punishment, but for his own safety and that of his keepers." "In no case," says the same report, "is deception of the patient employed or allowed; on the contrary, the greatest frankness as well as kindness, forms a part of the moral treatment. His case is explained to him, and he is made to understand, as far as possible, the reasons why the treatment to which he is subjected has become necessary. By this course of intellectual management, it has been found, as a matter of experience, at our institution, that patients who had always been raving when confined without being told the reason, and refractory when commanded, instead of being entreated, soon became peaceful and docile." Sir A. Halliday insists upon the necessity of honourable and candid dealing with the insane, and urges the importance of the fact, that they are generally, if not universally, affected by kindness, while they never forget injuries, insults, duplicity or imposition. An appeal to the sympathies of the most maniacal patients, while, at the same time, a negative assent is given to their particular hallucination, is sometimes more effective than punishment. An interesting instance of this kind is related by the late Dr. Rush, of a lunatic in the Pennsylvania Hospital. This patient having frequently attempted to set fire to the building, was expostulated with by one of the managers, who endeavoured to impress upon his mind the effects of a conflagration, such as he had attempted. "But I am a salamander," said he. "Recollect, however," answered the gentleman expostulating with him, "that all the patients in the hospital are not salamanders." This sagacious reply had the desired effect; the patient desisted from his incendiary attempts.



