

A short account of some of the principal hospitals of France, Italy, Switzerland, and the Netherlands : with remarks upon the climate and diseases of those countries / by H. W. Carter.

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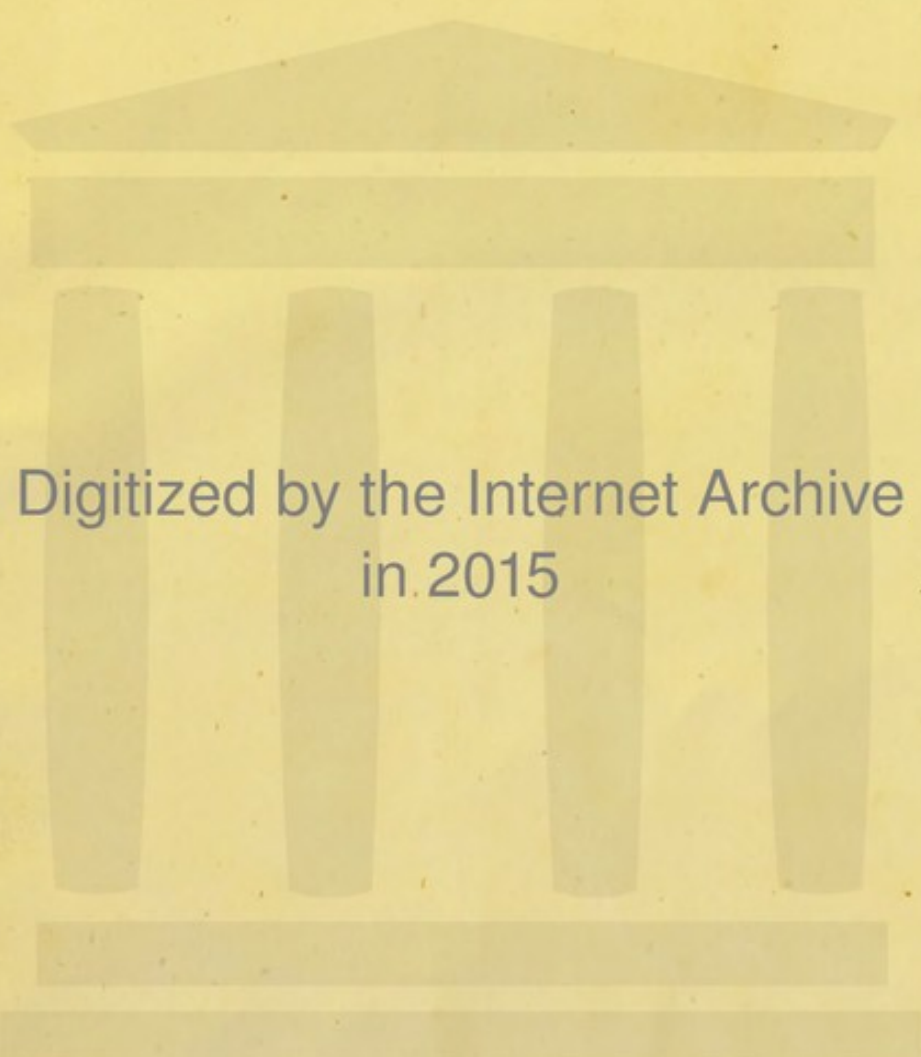
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A
SHORT ACCOUNT
OF SOME OF THE CC1
PRINCIPAL HOSPITALS
OF
FRANCE, ITALY, SWITZERLAND,
AND THE
NETHERLANDS,
WITH
Remarks
UPON THE
CLIMATE AND DISEASES OF THOSE COUNTRIES.

BY
H. W. CARTER, M.D. F.R.S. ED.

ONE OF DR. RADCLIFFE'S TRAVELLING FELLOWS FROM THE
UNIVERSITY OF OXFORD.

London:
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1819.

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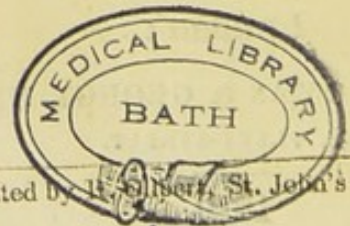
REMARKS

ON THE

CLIMATE AND DISEASES OF THOSE COUNTRIES.

BY
H. W. GALTER, M.D. F.R.S. ED.

ONE OF DR. GALTER'S VOUCHERS FOR THE
PROPERTY OF THE



Printed by J. S. Burt, St. John's Square, London.

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PREFACE.

It was originally my intention to have incorporated such observations as I might be able to collect in the course of my travels, respecting the principal hospitals abroad, and upon other subjects connected with my profession, in the body of a more general work, not imagining that they would ever be sufficiently ample, or of sufficient importance to be formed into a volume by themselves. With regard to the latter point, indeed, great doubts may still remain. My medical notes, however, have insensibly increased, and I have been able to arrange them, while various circum-

stances have concurred to prevent the completion of the larger work, to which I have alluded.

Many of the observations too, which are now offered to the medical world, would probably prove wholly uninteresting to persons not in the profession, and some of them hardly proper for the perusal of general readers. On these accounts they are published in their present form.

Whatever may be the judgment pronounced upon this volume, let me be allowed to hope that it may be found to contain enough useful information to exempt it from the utmost severity of criticism. As far as I have gone, it has been my endeavour to be correct, and if I have been guilty of omissions, or of mis-statements, this has not been from remissness in inquiry, or from any intention to misrepresent facts. I have

often found it difficult to obtain the details which I have wished for, and sometimes have been puzzled to reconcile the statements which I have received from different persons.

With regard to the hospitals of the continent, which I have visited, it would be injustice not to say that I found them in much better order than I expected. Even in countries where the habits of the people were as far as possible removed from neatness and method, the hospitals were generally tolerably well kept, and the arrangements were judicious. In some instances I have thought that these charities were better managed than our own.

To my sketch of the hospitals of Amsterdam, is added some account of several other establishments for the relief of the poor, which do not strictly fall under

the class of those of which I profess to treat in my title page. I have done this, because as the charitable foundations of Amsterdam constitute one of the greatest glories of that city, as they are upon a scale of unusual magnificence, and are admirably managed, and the greatest attention is paid to the health of the persons who are supported by them, I supposed that a short account of them might not prove unacceptable.

In conclusion, I have one word to add respecting the manner in which I have treated my subject, and the language which I have adopted. The former may, to many persons, appear dull, and the latter, perhaps, deficient in animation. All I can say is, that as the present publication pretends to nothing more than the relation of matters of fact, any other style than one extremely plain, would have seemed at variance with the matter.

Of the general value of what I have written, it remains for the medical world to judge, and, satisfied that it will judge with candour, I am prepared to submit to its decision.

Canterbury,
July 24th, 1819.

PREFACE

Of the general value of a book I have written, it remains for the author to judge, and I am prepared to stand by his decision.

1840

Wm. B. Ewald

Author of "The Elements of Algebra"

and "The Elements of Geometry"

Published by J. B. Ewald

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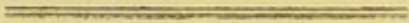


ROBEY BIRD

A

SHORT ACCOUNT,

&c.



SHORT ACCOUNT.

38

PARIS.



L'HÔTEL DIEU.

THIS grand hospital is situated in the quarter of Paris called la Cité, in the island of the Seine, where stood the ancient Lutetia. It was founded, by St. Landry, 28th bishop of Paris, who flourished about the middle of the seventh century. Of the funds which were appropriated to its support, or of the extent of the hospital at that early period, I am unable to give any account; nor can I say any thing about it till the reign of Louis XIII. When that prince ascended the throne of France, l'Hotel Dieu is represented as having been in a very neglected and miserable condition, in which probably it had been languishing for a length of time. From this state it was recovered by the celebrated St. Vincent de Paul, whose eloquence and ex-

ample operated so effectually in favour of the hospital, that he deservedly obtained the title of its second founder. The exhortations of St. Vincent from the pulpit, not only induced the people in general to turn their attention towards l'Hotel Dieu, but they roused the court to active charity, and it became the fashion for females, distinguished for birth and beauty, to attend the sick, to inquire into, and alleviate their distresses, and even to administer their food and medicines.

In the last century l'Hotel Dieu had once more fallen into neglect. Many abuses had crept into its administration, two or more patients were crowded into one bed, and in short strangers, who visited it, a little while previous to the breaking out of the Revolution, united in representing it as a scene of dirt and wretchedness. The reports of M. M. Tenon, and Bailly, opened the eyes of the public to the miserable state of the hospital: improvements were proposed by M. Clavereaux, which were adopted by the government, and a general reform took place. When I saw the hos-

pital, in the summer of 1816, it was in excellent order. The wards are thirty in number; most of them are very spacious, and several contain as many as ninety beds. They are well ventilated, and as neat as can be expected in such an establishment. Indeed I thought that the hospital was much better kept, than the greater number of private houses in great cities on the continent. Still, however, it seemed to me to be on too great a scale, and to be too much surrounded by other buildings. The wards are not sufficiently lofty; and in some instances the beds appeared to be too close together. The number of patients, at the time of which I am speaking, was 1100, but there is room for 1600, supposing that a bed is given to each individual. Formerly it was, as I have observed, the common practice to put two patients into one bed, but this is never done, at the present day, unless upon an extraordinary emergency*.

* It was done, for example, when the Allies entered Paris for the first time, and the hospital was crowded with wounded soldiers.

The beds are good. The bed clothes and curtains, the latter made of cotton manufactured at Paris, I found white and clean. It is a great fault however that the bedsteads are not of iron.

The patients seemed tolerably neat in their persons; quite as neat, I think, as the patients of our hospitals in London.

The kitchen was in good order, and the provisions plentiful and wholesome. The use of coal has been adopted instead of wood, for the sake of economy*.

* The expence of wood, not only at Paris, but in most of the great towns of France, is at present very great, and it is likely to increase; the demand for wood continuing the same, while the means of meeting it are daily diminishing, for there is little planting to compensate the constant waste, and the destruction which the woods have suffered of late years, by the sale of national property to associated speculators, who have been in the practice of felling the timber to pay the purchase money. Could the people of France be persuaded to use coal, at least in their kitchens, where such quantities of fuel are consumed, there would be an important saving of the wood of the country and of their own

The baths were yet unfinished, for hitherto it had been the practice, when a bath was ordered, to bring one into the patient's ward. I was shewn a medicated vapour bath, which my attendant seemed to consider a very ingenious and useful contrivance. I can however scarcely persuade myself, that it can be of much more use than the simple vapour bath. The apothecary's department appeared to be well managed. The medical establishment of l'Hotel Dieu consists of ten physicians, and two surgeons in chief, with certain assistants. These officers do not all receive the same salary, but they are all, as far as I could understand, entitled to a pension of 5,000 francs a year, after a specified term of service. The apothecary in chief receives a salary of about 3,000 francs per annum.

money, and numbers of persons would find employment. There is no want of coal in France: it is abundant in the departments of the North, of the haute Loire, and in other places, but the French, like many other people, are prejudiced against the use of coal; they consider it injurious to health: and besides, were coal generally employed, its smoke *would blacken the public buildings.*

Besides the physicians and surgeons, there are students in physic and surgery, who reside in the hospital, and take care of the patients in the absence of the medical officers. These internes, or house attendants, receive a stipend of 500 francs per annum.

The attendants upon the female patients are the Filles de la Charité, a kind of religious order which is dispersed all over France, and which has, from an early period, devoted itself to the care of the sick. The Filles de la Charité have no convents, but they wear a monastic habit. The male patients are attended by men, who are not like the former attached to the hospital. The pay of these servants is about ten francs a month, and they are lodged and boarded. The physicians and surgeons visit their respective patients every morning, and students of all nations are permitted to attend them, and to hear the clinical lectures gratis. Before a man is allowed to practice in France he must, I understand, have studied at some hospital,

though it is not necessary he should have studied at Paris.

Of the practice at l'Hotel Dieu I am not qualified to say much, for I was not a regular attendant there ; and, owing to the crowd of pupils, it was not always possible to get near enough to the physician to hear distinctly what he prescribed. It appeared to me however that the practice in general was not very active. As happens in almost all hospitals, there were abundance of chronic cases ; catarrhs, phthisical complaints, &c.

L'Hotel Dieu is governed by a council, of which the minister of the interior is president ; and a board, consisting of six members, meets daily to transact the ordinary business of this and other similar establishments. It receives and examines persons who apply for admission ; it examines also the lists of beds vacant, &c., which are sent in every morning from other hospitals.

The only recommendation required for admission into the hospital, is sickness and

poverty. It is to be observed, however, that contagious diseases as psora, &c., are not admitted into l'Hotel Dieu, or other hospitals which are under the same regulations. Maniacal patients in general were formerly treated here, but they are now distributed, for the most part, between Bicêtre, and the Salpêtrière.

The great hospital of which I have thus endeavoured to give some account, is altogether a magnificent institution, worthy such a capital as Paris, and it seemed to be very respectably supported, though the ample revenues it once enjoyed, were swallowed up by the undistinguishing fury of the revolution. The funds which remain to l'Hotel Dieu were represented to me as very small, but it is aided by Government, and it has a share of the profits of the theatres, of the Mont de Pietè, &c.

LA CHARITÉ.

LA CHARITÉ, situated in the Rue des Saints Pères, Fauxbourg St. Germain, is, next to l'Hotel Dieu, the most considerable general hospital in Paris. It is at present capable of containing about four hundred patients, but new wards are in contemplation, and one was already nearly finished in June, 1816. The enlargement of la Charité is the more necessary, since if the design of carrying on the quay of the Cité should ever be carried into execution, part of l'Hotel Dieu must be pulled down. This would not be matter of regret, since the latter is certainly too large, and it would be for the advantage of the patients were they to be distributed in two or three separate hospitals.

La Charité, from its being of a moderate

size, is in better order than l'Hotel Dieu, and more tranquillity seemed to reign throughout.

The medical officers are three physicians, and a surgeon in chief, with his assistant, besides the house attendants. The nurses, &c. are of the same description, and receive nearly the same wages as those of l'Hotel Dieu: indeed both hospitals are under the same regulations in general. Every morning a list of the beds vacant is transmitted to the board at the square of Notre Dame, and the persons who apply for admission are distributed in the different hospitals, as the board may judge most proper, or as there may be most room. A clinical lecture is delivered every morning between eight and nine o'clock. Other lectures are also given at la Charité.

This hospital is at present in high repute, and is much attended, not only by French students, but by those of other countries, on account of the talents of the surgeon in chief, M. Boyer, and of the assistant surgeon, M. Roux. The former has long been

known in the medical world. The latter is a man of great merit in his profession, though perhaps he has not added much to his fame, by a work he has published since his visit to England.

Besides l'Hotel Dieu, and la Charité, there are several other hospitals of the same description, though upon a smaller scale, as that of Beaujou, Fauxbourg de Roule, as well as several for particular classes of diseases, as that of St. Louis for contagious disorders, ulcers, &c. and that for venereal cases Rue du Fauxbourg St. Jaques. At Bicêtre there is a lunatic hospital for men, and at the Salpêtrière another for women. As the latter is a celebrated institution, I shall enter into some details respecting it.

LA SALPÊTRIÈRE.

LA SALPÊTRIÈRE is near the Boulevard of the Jardin du Roi. It was founded by Louis XIII. as an asylum for indigent females. From M. Pinel's work on mental alienation, it appears that la Salpêtrière had, moreover, always been considered as a hospital for incurable lunatics ; but the hospital for female lunatics in general was not established till 1801.

The building is commodiously and judiciously arranged, so as to allow of the separation of persons in different states of mental alienation, from each other*, and to give

* When I was at la Salpêtrière, I did not find that the separation of the patients, according to the different degrees of their derangement, was strictly observed. Dr. Esquirol, assistant physician to the hospital, accounted for this by saying, that the actual number of

those who are not violent, as well as the convalescents, the advantages of air and space, two things which must contribute in an especial manner to the success of the medical treatment, and to the establishment of perfect recovery.

In the centre of the building is a square court, with a fountain in the middle, and a double row of trees on each side. This court is formed by little apartments, appropriated to the melancholic patients, each of whom has a cell to herself. There are two other smaller courts to the west, with double ranges of apartments like the former, and another parallel to the south side of the central court. To the east are three similar courts with iron grates. The first is for idiots, for those who are prone to commit petty thefts, and for all who are of a quarrelsome turbulent disposition. The second is for incurable lunatics. The third is for

patients was too great for the establishment. It is to be lamented that any circumstance should occur to interfere with so salutary a regulation as the one in question.

furious maniacs, whose malady is recent, or at least not deemed incurable. None are confined to their cells excepting such as are ungovernably furious. The convalescent patients, and those who have completely regained their reason, but who are still detained for a certain period to guard against relapses, are transferred to spacious dormitories at the end of the hospital towards the north. Beyond one of these dormitories there is a ward for the sick. There is also a large working room, where the convalescent patients are employed at their needle, and, by way of encouragement, they receive a trifling remuneration for their work*. The greatest care is taken to maintain the strictest order, regularity, and tranquillity

* I saw no fires, though it was the close of October, when I visited the hospital, and the weather was chill and damp. The courts were full of people, some of them very thinly clad from choice, yet it has been denied that the insane are less sensible to cold than persons in sound mind. It is very likely that their bodies are as much injured by considerable cold as those of people in general, but it certainly appears that the insane are less sensible to its inconvenience than others.

in the department of the convalescents; and whenever there is an appearance of relapse, or a patient manifests a peevish or troublesome temper, she is immediately removed to the second division appropriated to those who are in the decline of their malady, who are in an intermediate state between complete alienation and convalescence. Should a relapse actually occur, and should the symptoms not yield to ordinary remedies, baths, &c. the patient is remanded to the third division, and the whole treatment is commenced anew.

One great object at la Salpêtrière, as it ought to be at all such institutions, is to guard against relapses, and therefore much caution is observed in allowing the convalescent patients to receive visits from their relations and friends. The necessity of caution on this point has been proved by ample experience. Persons in a convalescent state have not unfrequently relapsed after these interviews; former impressions have been renewed in their minds before they have been in a condition to bear

them, reason has again given way, and the malady has been as violent, and sometimes more obstinate, than before.

Insane females, either of the city of Paris, or of the neighbouring departments, are admitted into la Salpêtrière, upon an order to that effect from the police, or the general board of admission; their state of mental alienation being first duly attested. Their names, ages, the places of their birth, and dates of their admission are entered upon a register. The cause of the malady, and the state of each patient previous to the attack, are added in the form of marginal notes, whenever information upon these points can be collected from the parents or friends. It frequently happens, however, that no such information can be obtained, either because the patient is sent to la Salpêtrière from some other hospital, or from different circumstances. It is true that a proces verbal is taken to attest the cause of the malady, &c.; but unfortunately it is not communicated to the medical officers of the hospital. "It is," says M. Pinel, "deposited else-

where." I suppose at the police, or the general board of admission.

The treatment adopted at la Salpêtrière seems to be extremely judicious. The use of chains, and all that apparatus of severity, which formerly obtained, are entirely done away, and the result has pretty clearly demonstrated that in an institution of this kind, properly conducted, they are needless. Firmness on the part of the directors has been found quite sufficient to keep the patients in order, and, as the attendants are selected with judgment, and their conduct is strictly watched, they perform their duty steadily and well, and the violence which is no longer permitted is no longer necessary.

The great object, to which the views of the officers of la Salpêtrière are directed, is to gain the confidence of the patients, and this object is generally attained by gentleness, by appearing to take an interest in their affairs, by a decision of character equally remote from the extremes of indulgence and severity, and by the most scrupu-

lous observance of good faith. Upon this latter article particular stress seems to be laid by M. Pinel *, who remarks, "that insane persons, like children, lose all confidence and all respect if you fail in your word towards them, and they immediately set their ingenuity to work, to deceive and circumvent you. The majority of insane persons are grateful at being kindly treated, by those whom they feel to be their superiors; they become insensibly attached to those who shew them kindness, and have been known to make great efforts to testify their gratitude by checking their propensity to extravagance. These voluntary efforts have sometimes induced a habit of self-command, and thus patients have recovered †."

As however there are frequent examples of insane persons who cannot be governed by gentle means, at least in the early stage

* *Traité Médico-Philosophique sur l'Aliénation Mentale*, par Ph. Pinel.

† See a remarkable instance in M. Pinel's work, Section iv, Art. 196.

of their malady, every institution where such persons are received, must of course be furnished with means to enforce obedience. At la Salpêtrière the strait waistcoat, and confinement to their cells, have been found sufficient in almost all cases, and these restraints are discontinued as soon as the patient becomes more tranquil. When the paroxysms of fury are unusually violent, directing a stream of cold water upon the head, has been found very useful. The most unmanageable cases occur among the melancholic patients, who sometimes obstinately refuse nourishment. Here the punishments above-mentioned are often of no avail, and argument has no effect. Other expedients are then resorted to; the severest chastisement is threatened in such a manner as to produce a powerful impression upon the mind*.

One thing which struck me in the system pursued at la Salpêtrière was the employ-

* See Treatise above referred to, Section iv, Art. 193.

ment of recovered lunatics, and of those whose alienation was periodical, as attendants upon the patients. It would seem, at first view, that such persons must be very improper for the office in question; one might naturally enough imagine that the occupation of attending upon mad people would be apt to occasion relapses in those who have suffered under the same malady, and to bring on a paroxysm in those whose alienation is periodical. Experience, however, has proved, that such apprehensions are groundless. Occupation is of itself very beneficial in these cases, and one advantage which is derived from the employment of the persons just mentioned in the management of the patients is, that the latter are treated more tenderly and more judiciously by those who have experienced the same misfortune, and who have long been accustomed to the hospital. According to M. Pinel, the service of la Salpêtrière has been much better performed since the old servants have been removed, and their places have been supplied by convalescents.

Though it is to the moral treatment of the patients that the chief attention is paid at la Salpêtrière, the medical treatment is by no means disregarded. In this hospital mental alienation is considered as an acute disease, having its successive periods of intensity, decline, and convalescence*, the order of which is not to be disturbed by officious interference, though the symptoms are to be moderated by gentle means, viz.: tepid baths, diluents, occasional soothing medicines, or very slight douches. Laxatives and purgatives are exhibited according to circumstances. In certain cases powerful coercion is employed, but it is relinquished as soon as possible. The ancient practice, which consisted in blows, solitary confinement, repeated blood letting, violent purges, sudden immersion in cold water, &c. has been entirely abandoned. The superior advantages of the modern treatment are rendered very evident by the tables constructed by M. Pinel, and annexed to his work.

* Pinel Traité, etc. Section vi. Art. 327.

From these tables it appears that the total number of patients admitted in the space of three years and nine months, i. e. from April, 1802, to the first of January, 1806, amounted to 1002. Of these 604 were afflicted by mania; 172 by melancholy, with delirium on one particular subject; 38 by melancholy, with propensity to suicide: 152 were persons reduced to a state of imbecility by age, or accidental causes, and 36 were idiots. Out of the total number 1002, 381 were admitted without any previous history of their case, and 388 had undergone medical treatment at other places. The cures were 473, in the following proportions: mania, 310; melancholy, first class, 114; melancholy, second class, 20; imbecility, 29. If we subtract the cases of idiotism, which were out of the reach of treatment, either medical or moral, we shall find, that out of the total number of patients, nearly one half recovered. The number of patients in 1806 was 232, exclusive of idiots, and aged persons reduced to a state of total imbecility. Of this num-

ber 160 were cured, i. e. 0.68 of the sum total; and if from the number 232 we exclude 43 cases of ancient date, of three, four, and some even of ten or fifteen years standing, the cures will amount to 0.84.

The number of cases in 1807 was 299. Of these there were 3 epileptic, 18 paralytic, 32 in a state of imbecility from age, 14 idiots, 20 affected by mania, which was either hereditary, or of very long standing (nine years and upwards) and nine were in a state of inveterate melancholy; making in all 96 patients, who might be considered incurable. There remained then for treatment 203, and, from subsequent information, it was discovered, that out of this number 14 had been in a state of mania for seven years and upwards; nine were cases of melancholy of ancient date; 10 were cases of imbecility, and 13 of idiotism; in all 46, so that the total number of patients susceptible of care is reduced to 157. Of these 126 were cured in the course of the year, besides 10 more who were restored to society in 1808, that is, the cures

amounted to 0.87. The greatest mortality among the patients at la Salpêtrière occurs in the fourth class, viz. among those who are in a state of imbecility, many of whom are very old, and much reduced. Of these 33 died in 1806, besides six idiots. The deaths among the melancholic patients in the same year were nine, and among the maniacal ones 16. The former fell victims to voluntary abstinence; the latter to fever.

In 1807 the deaths were as follow: Aged persons 22; paralytic 18; melancholic 8, who died in consequence of refusing nourishment; idiots 3; very old persons brought from l'Hôtel Dieu 6; maniacs, victims of typhus fever 7; and 6 more patients died of apoplexy, scorbutus, or phthisis; total 70. This appears to be a great number; but it must be considered that 28 were old people, and 18 paralytic.

In a conversation which I had with M. Esquirol, assistant physician to la Salpêtrière, when he was upon a visit at Geneva, in October, 1817, he informed me

that the number of patients had been greater in that year than usual. It had amounted to 500, whereas the general number during the few last years had not been more than 350; which last, however, is much beyond what appears in M. Pinel's report of about ten years back.

M. Esquirol said that he had examined the bodies of near 800 persons, who had laboured under mental alienation. Of these all but 100 were males. He had never found any constant alteration in the structure of the brain, or of any other part, though he had, of course, in such a vast number of subjects, met with many extraordinary examples of organic disease of different parts. The hardness of the brain, which some writers have mentioned as a usual occurrence in the maniacal subjects they have examined, had not been generally remarked by M. Esquirol. He has observed, in opening numerous melancholic patients, that the arch of the colon was not transverse; but that it made a bend down, and up again. This may in some measure

explain the constipated state of the bowels so common in these cases*.

Such are the observations I have to offer with regard to la Salpêtrière; but should any person be desirous of more ample details respecting it, I would refer him to M. Pinel's treatise, from which I have derived

* M. Esquirol has examined the bodies of about 30 epileptics, all of them adults, and who had most of them suffered under the disease for a long period. In these cases he met with little remarkable in the brain, but very constantly with disease of the spine. He seemed to speak favourably of the moxa in epilepsy, which he said lessened the frequency of the attacks, though he could not assert that it removed the disease altogether.

Among the facts mentioned by M. Esquirol, as we were going round the hospital, I recollect particularly the following:—He stated, that an access of mania was not unfrequently preceded by symptoms of different diseases. Thus a woman, whom he knows, is always seized by symptoms of affection of the chest just before an attack of mania; she coughs, expectorates, and complains of pain of her chest, her countenance is flushed, &c. A woman was pointed out to me who had symptoms of fever, which were going off, but her insanity remained. Another woman has every symptom of hysteritis before a paroxysm of mania.

much of my information upon this hospital. His reasonings are not perhaps always very conclusive, but his work is that of a veteran practitioner, and it contains a clear account of the economy of the hospital, as well as of the treatment pursued there, and of the success by which it has been attended.

MAISONS DE SANTÉ.

THE MAISONS DE SANTÉ are houses kept by medical men, for the reception in general of persons whose means are not great, but who are nevertheless in a situation to pay moderately for medical attendance. One of the most celebrated of these Maisons de Santé is that for lunatics, which is under the direction of M. Esquirol, a physician equally qualified by his talents and his experience to manage such an establishment. Among his patients there are not unfrequently persons of rank and fortune, which hardly ever, I believe, occurs in the houses for the reception of people labouring under other diseases.

The situation of M. Esquirol's establishment is very happily chosen; it is in an open, airy part of the town, close to the

Jardin du roi, and attached to it is an orchard, where the patients may take exercise. The apartments are well distributed for the separation of the insane from one another, and so as to insulate the women and the convalescent from the rest of the patients. Each person has a servant attached exclusively to him, and this servant sleeps near his apartment, or in the same room with him, if it be judged necessary. Every appearance of gloom and confinement is studiously avoided; but, at the same time, every proper precaution is taken to guard against accidents. Breakfast is regularly served at nine o'clock. It varies according to the state, and previous habits, of each patient. Some are allowed a second breakfast, or luncheon. The dinner hour is four o'clock. Those who are convalescent, and those whose alienation is periodical, are admitted to the table of M. Esquirol. The rest, provided of course they be not dangerous, dine in a common room; each patient, however, at a separate table, and waited upon by his servant. A few eat in their own apartments. The

dinner consists of good substantial food, dressed in a plain way. Wine is of course not allowed. The supper is composed of vegetables and fruits. When a patient is considered convalescent, he is removed to the part of the house which is appropriated to that class. He then lives upon familiar terms with M. Esquirol, and he is treated with every reasonable indulgence. He has the liberty of walking in a garden near the house, and sometimes in the Jardin du roi, accompanied by his servant. Occasionally too he is permitted to take an airing in a carriage. There is a billiard table for the amusement of the convalescent patients, and a large room where they assemble of an evening, and have music. After these persons have remained some time in the department just mentioned, to confirm their cure, they are restored to their friends.

There is a lunatic asylum at Charenton, about two leagues from Paris, where persons in rather a superior rank of life are received, and where they are treated pretty much in the same manner as M. Esquirol's

patients*. There is also a private establishment of the same kind at the foot of Montmartre.

There are, as I observed, Maisons de Santé for diseases in general, as, for example, that in the Rue du Fauxbourg St. Jacques, and that in the Rue du Fauxbourg St. Martin. The patients pay two francs a day for a bed in one of the wards, and three francs a day for a private room. There are moreover several establishments at Paris upon a smaller scale, where, at a moderate rate, a sick person may have a decent room, constant and good medical attendance, and such comforts as their incomes would not enable them to afford at their own houses.

These Maisons de Santé appear to me to be very useful institutions, and it would

* I have heard, that the experiment of allowing the patients at Charenton to act plays for their amusement has been attended by good effects, but I cannot help thinking that such an amusement must be very improper for persons recovering from insanity.

perhaps be well were they adopted in our own country, where we meet with so many individuals, who, though they be not objects for a public charity, are yet totally unable to bear the expence of medical attendance through a tedious illness, and to procure those little comforts which are so necessary to sick persons.

L'ECOLE DE MEDECINE.

THE SCHOOL OF MEDICINE, in the square of the same name, near the palace of the Luxemburg, is a very handsome building, erected in 1771. The theatre, where lectures are delivered on the various branches of medicine and surgery, is magnificent. The museum is respectable, though far inferior, I think, to some which we have in England. Opposite the School of Medicine is the hospice connected with it, and the dissecting rooms, under the direction of M. Beclert, whose demonstrations, and surgical lectures, are well worth attending. The professors are twenty-six in number. The students amounted to about 1200 when I was in Paris, and they have sometimes been more numerous. The term of study necessary to qualify a student for his Doctor's

degree is four years. Medical science in general seems to be cultivated with considerable energy in Paris. Medical education is good, and is to be had upon very easy terms. More ample opportunities for improving himself can hardly be offered to a student than those with which he will meet at Paris. The great hospitals are open to him; the lectures there, those at the School of Medicine, at the Jardin du roi, &c. are delivered regularly, and by men justly eminent in their profession*. Those who have finished their probationary studies, enjoy ample opportunities for receiving and communicating medical information, through the medium of medical societies and journals.

* I am not convinced, however, that the lectures being in general gratis, is free from objection. Professional education may be offered at too cheap a rate, and when that happens, the profession itself is apt to sink in public estimation.

LYONS.

L'HÔTEL DIEU.

L'HÔTEL DIEU is the only great hospital at Lyons, but it is as considerable as any in the kingdom of France, being capable of containing upwards of two thousand patients. When I went round l'Hôtel Dieu at Paris, I heard much of the magnificence of this hospital. It certainly is vast, and it is admirably situated on the banks of the Rhone, but it did not strike me as being at all handsome, nor did I think it in such good order as the hospitals of the capital. The wards are too low, and the beds too close to one another; and, what would be deemed highly offensive to delicacy in England, the wards of the women have, in some instances, no partition to separate them from those of the men. There is,

however, one advantage which this hospital possesses over l'Hôtel Dieu at Paris, viz. that the bedsteads are all of iron.

There is a ward for lying-in women, and several for persons above the lowest order, who pay a certain sum to the hospital. There are moreover some private chambers, for which, and for some additional comforts, a certain price is also paid. Venereal cases are not admitted, but are sent to a separate hospital out of the town, on the hill called Fourevières.

The operation wards were less neat than might have been wished.

There are no regular baths in this hospital, which seems a strange circumstance in a country where baths are so general. When a bath is ordered, it is brought into the patients' ward, as used to be the custom at l'Hôtel Dieu at Paris. There are two apothecaries shops; one for the hospital, and another where medicines are sold to the inhabitants of the town. The medi-

cines are, I suppose, cheaper, and better prepared, than those of the apothecaries' shops in general.

The administration of the hospital of Lyons does not seem to differ in any essential point from that of similar institutions at Paris. Its funds are derived from lands, and from duties paid to the city, but they have been considerably diminished since the Revolution.

The lunatic hospital is upon the hill named Fourevières, a most excellent situation. It was formerly at l'Hôtel Dieu, but the part of the building which it occupied, viz. the ground plot, was thought too confined, and was moreover damp.

La Charité is a magnificent hospital for old and infirm people.

GENEVA.

THE hospital of Geneva, which is both a civil and military one, is a spacious and well-planned building, capable of containing about 120 patients, besides the soldiers. The average, however, of patients in the house, is stated to be about 80. The wards are large and airy, some of them looking towards lake Lemman, and the beautiful scenery on either side of it. I was not surprised to find them exceedingly neat and clean, for in neatness the Genevese are far superior to their neighbours. This hospital is destined for the relief of the inhabitants of the Canton of Geneva only, but to them its charity is widely extended, for, besides the patients in the house, a great many sick poor are attended at their own habitations, and they receive not only medical, but pecuniary assistance. I find by the abstract

of the hospital accounts for the year 1816, that the disbursements for the relief of the poor at their own dwellings were, in that year, more than double the expenditure for patients admitted into the house; the former amounting to 352,550 florins, the latter to only 175,881 florins.

The medical establishment of the hospital consists of one physician, and one surgeon, for the house, and two physicians and a surgeon for the town patients. The salary of the medical officers is a mere trifle; about twenty pounds sterling per annum.

The affairs of the hospital are directed by a board, consisting, (according to the abstract above referred to,) of a president, vice president, treasurer, secretary, and nine more ordinary members, with six additional ones. Each person takes a different department: one, for example, has the inspection of the linen, another that of the cloth, &c.

The revenues of the establishment arise

from certain funded property, rents of lands, houses, &c. donations, legacies, collections at the churches, and from some other sources. The returns are somewhat variable. In 1816 they amounted to 533,721 florins, six sous, eight deniers, i. e. about 11,119 pounds sterling. The total expenditure for the same year was 551,464 florins, eight sous, six deniers, so that there was a deficit of 17,735 florins, one sous, ten deniers.

In the preceding year also a debt had been incurred, amounting to 46,885 florins, and it appeared that the deficit of 1816 would have been much greater than it actually was, had not some fortunate circumstances occurred to increase the rents of the hospital for that particular year, and had not the strictest economy been observed. The distress among the poorer class of the community during the winter and spring of 1816, was such as to render it necessary to extend assistance in money and provisions much further than it had been carried for the fourteen years preceding. The hospital

being in debt already, was of course unable to meet the exigencies of the time without increasing that debt, nor would it in any way have been able to effect what it did, had not the fortunate circumstances above alluded to occurred, and had not the directors, at a lucky moment, purchased a large quantity of corn.

When I visited Geneva in 1814, the hospital was tolerably full, but the cases were almost all of a chronic nature. In October, 1817, the patients were not numerous, nor did I meet with any thing interesting. I have mentioned that the charity is for inhabitants of the Canton of Geneva only. Foreigners are relieved in infirmity or sickness, by charities founded and directed, at least in part, by their own countrymen. Thus there is *la Bourse Française*, *la Bourse Allemande*, &c.

There is a lunatic hospital at Geneva, of which I am sorry that I cannot speak in praise. The patients seemed to be injudiciously managed. One man, who had been

an officer in the French service, was in a disgusting state of dirt and wretchedness. He was in the habit of devouring his own excrement. His cell and his person were offensive in the extreme. When I asked why he was permitted to indulge in his detestable habit, I was told by the person who went round with me, and who seemed to have the chief management of the patients, that restraint would be of no use: yet the strait waistcoat might surely have answered the purpose of keeping him in some order. Whether the causes upon which the loathsome propensity in question depended, were to be removed by any medical treatment, I do not pretend to say; whether argument, or the fear of punishment, would have had any effect, may be doubted, but the person who attended the patients ought not to have encouraged this unfortunate lunatic in his disgusting habit, by giving him grass and weeds to eat for the amusement of visitors. I remarked another patient, who had been confined I know not how long, in a cell completely dark. It is hardly necessary to add, that

his malady had not abated since he had been in the hospital

The attendants seemed not to understand the true method of managing lunatics; and, in a word, the whole establishment struck me as standing in need of a complete reform.

It is to be lamented, that, in a state in general so well ordered as that of Geneva, any institution should exist in so imperfect and neglected a condition as this, and it were greatly to be wished, that a project, which I have heard hinted at, should be carried into effect: I mean that of purchasing a spacious château in the neighbourhood of Geneva, and converting it into a hospital for lunatics. The château is in a very good situation, and might, I believe, be adapted to the purpose at no great expence. Just at the present moment it may not perhaps be convenient to the government to make the purchase; but it is to be hoped that it may ultimately be brought about.

Climate, prevailing Diseases.

As the climate of Geneva resembles in a great degree that of England, (for though the summers of the former may be rather hotter, and the winters, if not less cold, yet drier than with us, still the difference between the climate is, upon the whole, not very remarkable) so, from what I have been able to collect, the diseases of both are nearly alike. One of the most frequent and most troublesome complaints at Geneva, is rheumatism, and it often lays the foundation for other diseases. When I first arrived at Geneva, I was told that pulmonary consumption was rare, but subsequent, and more particular enquiry of medical men, taught me that it was by no means uncommon, and not at all less fatal than in Great Britain*. Pleurisy and

* Foreigners, and especially English people, who labour under phthisical complaints, are accustomed to quit the South of France, or Italy, for the hot season, and many of them fix their summer abode in Switzerland. I recollect several persons of this description

peripneumony are said to be less common than formerly ; and I was informed that, for the last few years, intermittent fevers have been extremely rare. This rarity, and even the disappearance of certain diseases for a term of years, is a curious fact, which has been oftener noticed *, but of which I know not that any very satisfactory explanation has hitherto been given.

Notwithstanding the unusual distress

who were at Geneva last year, but, it certainly does not appear to be the most proper place for phthysical patients, even at the finest season. The air of Mornex, in Savoy, is recommended as being milder and more pure than that of Geneva and its immediate neighbourhood. Mornex is a pretty village at the foot of the Salève, only a short morning's ride from Geneva, where an invalid will meet with good accommodations. I have seen the most decided benefit from a phthysical person removing thither.

* Sydenham's remark that, for a space of thirteen years, intermittents were in a manner extinct in London, is familiar to every physician ; and we are told by Huxham that, before his time, these fevers were hardly known at Plymouth. By Dr. Woolcombe's account, it appears that intermittents have again become very rare at the latter place.

which prevailed among the lower orders, during the winter and spring of 1817, Geneva was, I believe, more than ordinarily free from disease. While fever was committing extensive ravages in many of the towns of Italy, particularly in Turin, Milan, and Parma, Geneva continued remarkably healthy. It is to be observed that, during the winter, the distresses of the poor were greatly alleviated by public charity. They were perhaps, in fact, much better nourished than in ordinary years, when they have just enough to support themselves; while the class of persons just above absolute want, was enabled, by the sale of soup, &c. at a very low price, to subsist with some degree of comfort. The food necessary to support life was procured at an easy rate, and the persons in question applied their remaining money to the purchase of clothing, &c.

The winter of 1817 was certainly very mild and fine, but the healthiness of Geneva could not be fairly ascribed to that circumstance, since other places, where the season

was equally favourable, did not enjoy the same exemption from disease.

The medical men of Geneva are too well known for an individual like myself to be able to add any thing to their celebrity, and if I mention the names of Butini, and Coindet, of Jurine, and Maunoir, it is merely to acknowledge how much I feel obliged to them for their attention to a stranger during his stay at Geneva. Indeed there is not one medical man there, whose liberality and politeness does not claim my gratitude.

The custom of the medical men of Geneva meeting together at each other's houses is a very agreeable as well as useful one. The physicians meet every other Saturday. The register of the deaths* that have occurred

* " Calvin établit, dès l'année 1543, un règlement
" de police, en vertu duquel on ne peut pas enterrer
" un corps avant que la mort n'ait été constatée par un
" officier de santé pourvu de cet office. Il est tenu
" d'inscrire sur les registres publics le nom, le prénom

in the course of the preceding fortnight is read, and, afterwards, an hour or more is passed in conversation upon medical topics. On the intermediate Saturdays there is a meeting of both the physicians and surgeons. Professional men, strangers, find no difficulty in being introduced, for each member has the privilege of introducing those who have been recommended to him. Nowhere probably will an English physician find himself more at his ease than at the medical society of Geneva. He will there meet with the most friendly reception, and will discover opinions and practice resembling intimately those to which he has been accustomed in his own country.

“ du défunt, son age, la cause présumée de sa mort, sa
“ profession, ainsi que le quartier de la ville qu’il habi-
“ toit.” *Memoire sur l’Hydrocéphale par M. le
Docteur Coindet.*

LAUSANNE.

THE hospital of Lausanne is a handsome edifice, near the cathedral. It is not large, but extremely convenient, and well kept. It admits between fifty and sixty patients. I did not find many interesting cases, though I could not but be struck by a family of three children, all paralytic. The person who accompanied me round the hospital, told me that the malady was ascribed to the bread which the common people eat, and which is made of pulse. Unfortunately the physician, to whom I had a letter of introduction, was absent from Lausanne, so that I could not make any more particular inquiry.

BERNE.

THE hospital of Berne is one of the best managed that I have ever seen. The wards though small, are airy, and extremely neat. The greatest propriety, and good order reign throughout, and every attention seems to be paid to the patients. The hospital is intended for one hundred sick persons; but, upon an emergency, a few more can be admitted. Women who are recommended by the Consistory, as proper objects of charity, are allowed to lie in at the hospital.

The asylum for lunatics is not, as is the case in some other places abroad, under the same roof with the general hospital, but at a little distance from the town. The medical establishment of the general hospital, which was formerly much too great, has been reduced to two physicians, and

as many surgeons. It is rather a curious circumstance, that there is no pharmacy attached to the hospital: the chemists of the town supply it with medicines in turn.

NICE.

HOSPITAL.

THERE is a civil hospital at Nice, capable of containing about one hundred patients. The number, during the period I attended, was nearly eighty. The building is well situated, in the part of the town next the sea. The wards are large, and well ventilated; and, considering the habits of the people, kept tolerably clean. The greatest defect in the management appeared to be want of attention to the personal neatness of the patients. A dirty skin must, I should think, add to the misery of sickness, even in people so accustomed to dirt as the lower orders of the Italians are, and it must diminish the effect of some remedies. It is moreover not unfrequently the cause of disease, and so long as it exists medicines are of little avail. I think that a sea bath, which may always be had at Nice, and

good diet, should be the first prescriptions of the physician of this hospital.

The medical establishment consists of a physician in chief, an ordinary physician with his assistant, and but one surgeon who attends constantly, for there are not more cases than one is able to take care of. The hospital is governed by some of the magistrates of the town, and some of the principal inhabitants. Its revenues arise from lands, and houses, and legacies. Upon the stairs I observed the busts of several individuals who had left money to the hospital, with inscriptions, stating the amount of each bequest. Besides what this institution does for the sick poor, it distributes bread and broth every Saturday, thus taking upon itself an office which formerly belonged to the convents. Saturday, as I have said, is the principal day of distribution, but some victuals are given every day. As there are no places of refuge for the indigent, no workhouses, no provision for them, this charity of the hospital is absolutely necessary; but I am

afraid, that where mendicity is so prevalent as it is at Nice, and where there appears to be so little method in the management of charities, much discrimination, with regard to the objects to be relieved, will not be found. I was told, that all who applied for relief at the hospital received it as far as its means would go; and among the applicants there were probably many who were not deserving. This, indeed, the directors did not deny, but they asserted that want was so general, and so unavoidable at Nice, that it was impossible to draw a line. There were certainly some mendicants by profession, but such persons are not in the habit of applying to public charities; and out of the remaining great number of street beggars, many were reduced to want, owing to their being unable to procure employment, and nearly all were, more or less, objects of compassion.

However difficult it might be, on account of the general distress, to avoid granting relief to all who applied for it, it was still to be regretted, that some attempt at discri-

mination was not made, since the means of all public charities must be limited, and where their benefits are conferred at random, many who deserve assistance are anticipated by others more importunate but less worthy*.

* I have been informed that, during the reign of the French, houses of refuge for the poor existed at Nice, but they have been abolished by the existing government. It would be out of place for me to describe the strange conduct of that government in all its departments. I shall only observe, in relation to my present subject, that the squalid objects, the misery and mendicity which occurred in almost every town and village of the Sardinian dominions, through which I passed, were shocking and disgraceful; and that the apathy of the government with regard to the distresses of a great portion of the population, has formed a striking contrast to the energy and active charity which have been displayed throughout some other countries. The distress which pervaded the country of Nice, in 1816-17, was so great that, as I was assured, many persons perished of actual want; and from the objects which I saw in the hospital, I can believe all that was related to me. Had individuals been as unmoved as the government, the misery would have been extreme; but fortunately there were some who had not lost all sentiments of humanity. It is with pleasure that I mention the Bishop of Nice, the Curé of la Riparata, and M. l'Abbé de Cessoles, among the number of those who most zealously laboured to alleviate the public distress.

I attended the hospital of Nice regularly for six weeks, and the liberality of the physician, M. Arnulfe, enabled me to see all that was to be seen in that time, which was indeed not much, for the majority of the patients were made up of persons labouring under chronic diseases, chiefly rheumatism, and the sequelæ of intermittents, or of poverty. Cases of mesenteric disease, of marasmus, arising from bad nourishment, and all sorts of misery and filth, were numerous. The most remarkable cases were, I think, the following:—

Several of extreme debility after quartan intermittents. One or two cases of quartan intermittents which had resisted bark in every form, and with almost every combination*. It seemed to be the practice to

The latter established a soup-house, and by his exertions raised a considerable subscription to purchase clothing, &c. for the poor.

* Cinchona combined with Antim. Tart. in the proportion of two grains of the latter to one drachm of the former, has been found efficacious, when bark alone has failed. The arsenical solution has never been given in the hospital.

leave inveterate agues, after a due trial of different medicines, to themselves, in the hope that they might be cured by the return of spring. There was a case of bulimia. The patient devoured even his linen, rags, &c. : he was extremely thin and sallow, and of a dejected countenance, which sometimes put on a ferocious expression. He remained some time in the hospital, but, while I was there, took no medicines.

There were several cases of pulmonary consumption ; yet M. Arnulfe assured me that, upon the whole, this disease was of rare occurrence at Nice. One of the patients was a girl about fourteen years of age. She had been for some time spitting large quantities of purulent matter, she had hectic flushing, profuse perspirations in the night, &c. When I first saw her, she had been taking digitalis for about a week ; first in powder, to the amount of a *scruple* a day, secondly in tincture, and she was now, January 19th, ordered it in infusion, (the same as that of the London Pharmacopœia,) to the

amount of half an ounce every hour *. Her pulse on the 20th was 54 ; she had no nausea, or confusion of head, or other unpleasant symptom from the medicine, but, it is to be observed, that she had taken only half the quantity prescribed. The digitalis was discontinued, and she was ordered tar water.

On the 21st she had perspired but little during the night. The expectoration was trifling. She had no diarrhœa. Tongue moist and clean. Pulse 48 in the morning,

* These doses, especially that of the powder, may excite some astonishment, but the fact is, that the digitalis, in the neighbourhood of Nice, is much smaller, and it is probably much less powerful than the same plant as it grows in England. This was the opinion of another English physician, with whom I was acquainted. He had been for some time resident at Nice, and had prescribed digitalis in the ordinary doses without effect. He had used it in powder and in tincture, neither of which were taken from the common stock of the shops. The plant had, as he told me, been gathered by himself, and had been prepared according to the directions of the Pharm. Lond. by M. Risso, a very skilful apothecary.

but at two o'clock in the afternoon it had risen to 58.

25th.—She complained of pain in the right side extending to the shoulder. *Applicetur ceratum lyttæ lateri affecto.*

27th.—Little remains of pain of side. Little expectoration, and what there was had lost its purulent character. Her voice, which she had almost lost for some time, was becoming clearer. Pulse slow and regular. She had still an accession of fever every evening.

28th—31st. Voice continues to improve. Pulse 60. Profuse night sweats. Bowels regular. Tongue clean.

February 1st.—*R Opii. gr. vj. Extracti amari ʒ j. Divide in doses sex. Capiat unam omni nocte.*

3d.—Pulse rather slower than natural, firm, and regular. No pain, or perspiration,

or diarrhœa. Voice clear, and countenance improved.

6th.—Pulse as before. Much thick expectoration. Voice hoarse from her having caught cold. She was, however, discharged in a few days, if not recovered, yet certainly far better than when I first saw her.

The cases of fever which occurred at the hospital, during the six weeks I attended there, were only three. They were of a typhoid nature. These fevers are very common at Nice; they are often attended by symptoms of local inflammation, and are often intermittent at the beginning. I recollect an example of the former, where the inflammatory symptoms took the lead so much at the onset, that I thought the patient was labouring under peripneumony. On the following day, however, I found the man, as M. Arnulfe had prognosticated he would be, low, with a small frequent pulse, brown tongue, &c. He died a day or two after, and upon the body being examined there were evident marks that inflam-

mation had been going on in the chest, yet not so actively as to have occasioned his death.

That so few cases of fever should have occurred at the hospital, in the space of time above mentioned, was rather extraordinary, since, as far as my own observations went, and I was able to collect from others, fever was frequent both in the town and country adjacent, though not so frequent as in Piedmont, and the territory of Genoa.

The other diseases which chiefly prevailed at Nice, during the winter and spring 1816-17, were catarrhs, with a considerable degree of pyrexia, and hooping cough. There occurred also a few cases of cynanche tonsillaris, but they were not very severe.

It is a general observation, as I was assured by an experienced physician, with regard to these mixed fevers which are so common at Nice, that if the patients be lowered at first, they almost always sink and

die. The symptoms of local inflammation, though they may put on an alarming appearance, must not induce the physician to have recourse to blood letting, or to forbear the exhibition of tonic medicines. It seems to be pretty clear indeed that, even in pure phlegmasiæ, depletion cannot be safely carried to the same extent in the South of Europe, that it may in the North. The practice in low fever did not appear to differ much from that to which we are accustomed in England, excepting so far as relates to the cold affusion and washing, which are employed much more rarely than they are with us. The common people were said to be much prejudiced against the cold affusion. I employed the washing in private practice at Nice, with the concurrence of a physician of the town, and its good effects were as marked as possible.

I have mentioned above, that chronic rheumatism is a very common complaint at Nice, but I am sorry to say that I have nothing to add to the remedies usually em-

ployed in that so often obstinate disease. In sciatica, indeed, the kermes mineral, which is almost the same as the Antimonii sulphuretum præcipitatum of the London Pharmacopœia, has been recommended by Dr. Gianini, of Milan, as it has been often tried at the Nice hospital. It has been carried by M. Arnulfe to the extent of forty grains in the twenty-four hours; but its effects, according to him, have never been very considerable, and he has almost abandoned its use. Upon the whole, I thought that the practice at Nice was rational, and sufficiently active. I was informed by Dr. Perez, that there was another hospital, though upon a much smaller scale than that which I have described, to which he had been appointed physician. It had, however, never been opened, nor ever will be, I imagine, under the present government.

Climate.

The climate of Nice in winter may be deemed one of the best in Europe: it much

resembles that of Sicily, but perhaps the temperature is even more steady *. From January 12th to May 7th, 1817, there were only three days of continued rain, and four or five days on which there fell some gentle showers. The medium temperature, from March to the beginning of May, was 56°. The evenings were certainly rather cool, the sea breeze generally springing up at that time, and it was considered imprudent for invalids to be abroad after sun-set. The greatest inconvenience at Nice was the high winds which prevailed during the month of April, but these winds were less cold, and

* The beauty of the territory of Nice, and the loveliness of its climate, cannot be better described than in the words of Ludovico Rivelli. "Est Nicenus ager, licet exiguus, fertilitate tamen fertilissimus, aquarum inundantium irriguus, ac omnium arborum genere consitus; soli fertilitate, pabuli ubertate, situs salubritate, ac temperie, benignoque ventorum afflatu, undique perpollens." The country around Nice is covered by olives, oranges, and vines: the aloe, the Indian fig, the carubba, or locust tree, and the palm, flourish there. Our summer vegetables are brought to table in the month of January. Almost all the productions of the territory of Nice are finer than those of France or Italy.

less constant than I understood them to have been in other parts of the South at the same time. It must be allowed that the winter I passed at Nice was mild throughout Europe, but the fine weather there was nothing remarkable. Last winter was scarcely less delightful, as I have been assured by persons who were resident there. Upon comparing the journals of the state of the thermometer kept at Marseilles, and several other towns in the south of France, with one kept at Nice last winter, it appears that the balance was greatly in favour of the latter place.

In summer Nice is, of course, excessively hot, and it is in general considered unhealthy by the inhabitants, many of whom quit the town at that season. The banks of the Palion, a torrent which separates Nice from its principal suburb, are reckoned particularly bad. The climate of the little town of Villefranche, distant not more than three miles from Nice, is even more mild, vegetation is more luxuriant, and the scenery more

beautifully picturesque. This excellence of the climate, joined to the natural charms of the situation, would render Villefranche a very eligible residence for invalids, were good accommodations to be had in the town, or its neighbourhood, and were the approach to it less difficult. Notwithstanding the mildness of the climate of Nice, it appeared to be of little or no service to persons labouring under confirmed consumption. During the winter I was there, I saw no instance of great amendment, and I even doubted whether life was not shortened in some instances by a residence there. Some medical men were, certainly, of this opinion; and, as their interest should have led them to speak well of Nice, they must have been pretty strongly impressed with the conviction of its climate being hurtful to people in confirmed phthisis, before they could have been induced to make this opinion public. But supposing them to have been mistaken, supposing the climate to do no harm in these cases, still I do not think it does any good, and with this impression upon

my mind I certainly should not advise a patient in an advanced stage of pulmonary consumption to undertake so long a journey, which, of itself, would be likely to shorten his existence.

TURIN.

HOSPITALS, &c.

THE hospital of St. John is the principal establishment for the relief of the sick poor at Turin. It is a noble institution, which owes its origin to the canons of the cathedral. It is capable of receiving about 550 patients.

The first floor is appropriated to the men, and the second to the female patients. The wards are very spacious, and lofty, and airy, and pretty well kept. There are several beds in this hospital, which belong, in perpetuity, to certain great families, which have acquired the right to them by donations, or legacies. It is perhaps to be regretted, that the purchase of beds in any way should be permitted in an establishment for the relief of the sick, for they are generally occupied by aged or infirm servants and dependants, who are rather ob-

jects for a poor house than an hospital. The offices belonging to this hospital I thought more complete than any I had seen before. In the kitchen there were several ingenious contrivances for saving time and labour, and rendering fewer servants necessary. One of these pieces of machinery was for raising provisions into the wards, and it was certainly calculated to save a good deal of trouble.

The bread is made in a bake-house attached to the establishment, and from it the rest of the hospitals of Turin are supplied. There was bread of two qualities, both very good, but one of them the whitest I almost ever met with. Indeed Turin is justly famed for the excellence of its bread.

The apothecary's shop seemed to be remarkably well furnished, and in the best order, yet I understood that it had lost much of its reputation, and that many of the inhabitants of the town, who used to resort to it for their medicines, had deserted it*.

* I hardly know of any town on the Continent where the apothecaries' shops are so good as at Turin. I

The hospital is governed by an administration composed of an equal number of laymen, who are magistrates, and of canons of the cathedral. I think the numbers are three of each. The medical establishment consists of six physicians, who receive between two and three hundred francs per annum: two house physicians, and two surgeons. The attendants upon the sick are foundlings, who have been brought up at the hospital. The men are paid eight or ten, and the women six francs a month, and they are clothed, lodged, and boarded besides.

The revenues of the hospital at the present day, amount to about 70,000 francs a year. They were formerly much greater, but the French united the hospitals of Turin, and now, though they have again been separated, their respective funds have not been wholly restored. The maintenance

recollect two in particular. They were extremely neat and well furnished, and the proprietors had the reputation of being good chemists. They seemed indeed to be carrying on the operations of pharmaceutic chemistry upon a large scale.

of each patient is calculated at about one franc per diem ; or, supposing the patients to be 500, the expence of maintaining them amounts to 182,000 francs per annum, considerably more than double the actual income of the hospital. Here, then, is a vast deficit, if the statement given me was correct, which must, I suppose, be made up by the government. There are several other hospitals at Turin, but nothing remarkable occurs to me respecting them. By the confession of several professional men, the lunatic hospital is very badly managed, and stands in need of a complete reform.

The number of medical men at Turin is very considerable ; much too great indeed for a city whose population is not estimated at more than 80,000 souls, and which does not probably contain so many. The colleges of medicine and surgery consist of upwards of forty associates ; and there are many practitioners who are not members of the colleges. At the University there are eleven medical and surgical chairs, besides one of veterinary sur-

gery *. The students must study four years before they can take the degree of Doctor, and they are obliged to attend the hospital of St. John. Whether the professors take much pains, whether the students are sedulous, and regular in their attendance upon the lectures, I cannot say, but the celebrity of some of the medical men of Turin would lead us to judge very favourably of medical education there. It is true that Alfieri has left us a melancholy picture of the state of the University in his time. According to him, the having been a student four years, and the having passed an examination, were then no proofs of knowledge. The statement, however, of Alfieri, applies chiefly to young men of rank and fortune. Medical students do not come under that

* The Professorships are as follows:—1. Botany and Materia Medica. 2. Theory and Practice of Physic. 3. The same. 4. Physiology. 5. Institutions of Medicine. 6. Anatomy. 7. History and Practice of Anatomy. 8. Theory and Practice of Surgery. 9. Operations and Art of Midwifery. 10. Institutions of surgery. 11. An extraordinary professorship not designated.

class, and they probably are more industrious. But education, and talent, and industry, are not of themselves sufficient. Though men of genius will sometimes arise, and surmount every obstacle, a profession in general can never be precisely what it ought to be, while those who practise it are so miserably paid, and enjoy so little consideration.

MILAN.

THE great hospital of Milan, founded by the famous St. Carlo Borromeo, archbishop of that city in the sixteenth century, is one of the most splendid establishments of the kind in Europe. It is of vast extent, for it is said to be capable of containing 3000 patients. The building has been enlarged at different periods, till it has become what it now is. The wards are on the same grand scale as those of some other great hospitals of France and Italy. The natives of no country are excluded from the benefits of this noble institution.

Medical science flourishes at Milan, and indeed generally in the north of Italy. In this part of the country the spirit of inquiry and improvement is active, and the names of Gianini, Scarpa, Tomasini, &c. are

justly celebrated. In the south, one meets with no medical information in the daily papers, nor with any medical reviews or journals, but in the north all these are to be found. It seems, however, that the men of science in the north of Italy are yet unacquainted with many of the experiments and discoveries which have been made of late years in England. This does not arise from want of curiosity, or of energy in themselves, but from the enormous expence of English books, and the oppressive government under which they live. The risk of getting English publications to Italy, the duties upon them, and the original price which, as we all know, is exorbitant, are circumstances which have conspired to discourage the Italians, and some of the most enlightened persons among them have, as I understand, been compelled to abandon the idea of importing English works.

The climate of Milan, and of the country around it, is far from good. The land is almost every where marshy, and towards evening, even at the finest part of the year,

the city and its environs are frequently enveloped in a thick fog, and the air is damp and chill after great heat during the day. The Milanese themselves complain of the climate, and it is no wonder then that strangers should find it disagreeable.

At Turin and Milan I thought I saw more deformed people than in any other towns I had ever visited. I remarked this to several travellers, and they all owned that they had been struck, like myself, by the frequency of these unfortunate objects.

PADUA.

EVERY body knows that the University of Padua was once a celebrated school of medicine. Like the other Universities of Italy, however, it has severely felt the effects of that military system which prevailed for so many years, and which in its nature was hostile to all good and useful learning. Pompous professions of regard for science, and a few insignificant rewards, were useless under a government whose existence depended upon its keeping the people subject to it in a constant state of warfare and agitation. The students of the University of Padua, who used to amount to upwards of 1000, had, in 1814, dwindled down to between 3 and 400. Affairs were at that time in a very unsettled state, but it was hoped that, under the new government, the studies at Padua might re-

sume their activity. Men of talents are not wanting, but their energies had been paralysed by the circumstances of the times.

The University is a handsome edifice, built by the famous Palladio: attached to it is an excellent botanic garden, and a piece of ground appropriated to experiments in rural economy. There is also a school of veterinary surgery.

The hospital of Padua is large, and commodious, and, in a word, nothing is wanting but the countenance of government, to enable this once celebrated medical school to resume its rank. Whether the house of Austria adopts the best means to promote the happiness and dignity of its Italian dominions, is indeed a question which, I believe, both the natives of that country, and most travellers, will be inclined to answer in the negative. The experience of four years has not persuaded the people that their prospects are much improved, and it is to be feared that the policy of the existing

government will be found scarcely less unfriendly to science than that of the one which preceded it. The universal complaint is,

“ Res hodie minor est here quam fuit ac eadem eras

“ Deteret exiguis aliquid.”

The hospital of St. Bonifazio, so called from its founder, Bonifazio Lupi, a noble Florentine, and Podesta of the city in the fourteenth century, is extensive and commodious. It was originally destined for the reception of the aged and indigent poor of either sex. In 1787 the hospital was enlarged, and in part rebuilt, and four other religious houses were incorporated with it, viz. Santa Caterina, St. Luca, Santa Trinita degli invecchiati, and St. Minato. In 1789 a part of the building was given up to chronic diseases, and a considerable portion was converted into a hospital for lunatics. It was for the purpose of seeing this part of the establishment, that I visited

FLORENCE.

Hospitals of St. Bonifazio and Santa Maria Nuova.

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St. Bonifazio. The corridors are large and airy, with small rooms, or cells, on either side, exactly as they are disposed in monasteries. These cells are cheerful and light, with a grated window to the court, and another to the corridor, and they seemed in general to be kept very neat. In one of the corridors, however, allotted to the men, there was a very bad smell, which seemed to argue some neglect in removing offensive matters from the cells. From the intolerable fetor there must have been an accumulation of excrement for several days in some part of the corridor.

The patients, who can be trusted, are allowed considerable liberty: they have not only the range of the extensive corridors, but of a court or garden besides, which is sufficiently spacious to give them the benefit of air and exercise. In the court allotted to the men I saw many persons walking about or basking in the sun; and though the weather was far from warm, as may be supposed, for it was about Christmas, they were, without exception, very thinly clad,

and scarcely any of them wore shoes or stockings.

I was informed that the use of chains, and of other severe means of restraint, had been altogether laid aside, and that the mode of treatment which has been noticed in speaking of the Salpêtrière was alone resorted to. In the instance of a woman, who was in a state of extraordinary agitation, and who would, according to the old system, have been treated very severely, confinement to her bed, so as to prevent her doing mischief to herself or to others, had been alone adopted.

As far as I could judge, by going round the hospital, the melancholic patients were unusually numerous, yet, upon inquiry, I did not find that this kind of mental alienation was more frequent in Tuscany than elsewhere.

There is no definite time for patients remaining in the hospital; the state of their disorder is alone regarded. The poor pa-

tients are supported by the city, but those who are possessed of property must be maintained by their friends. The number of patients is from five to six hundred.

In the general medical treatment of lunatics at St. Bonifazio I was not able to discover any thing remarkable. Sedatives are very much employed, especially hyoscyamus. Blood-letting is not often resorted to.

Santa Maria Nuova.

THIS hospital was built by Folco Portinari, in the year 1287. The façade was commenced by Buontalenti, a celebrated architect, in 1611, and finished by Giulio Parigi. The church of Santa Maria occupies the centre of the building, and on one side is the hospital for men, on the other that for women. I should think that about 800 patients might be conveniently accommodated in this hospital, but by crowding

the beds together, as is done at present, many more can be received. The numbers, when I was last at Florence, were 909, and sometimes a third row of beds is placed down the middle of the wards. The beds are certainly too close together, even without the supernumerary ones, and the wards are ill ventilated, and consequently very disagreeable. I was told by one of the physicians, that complaints had repeatedly been made by himself, and other medical men, respecting the want of proper ventilation, but that their remonstrances had hitherto been disregarded. The best wards are those round a court, where the windows are down to the ground, and there is not the same passage of foul air from other parts of the hospital, as is the case with some of the other wards, communicating with those beyond them, by a row of windows which I observed were open, while those to the street were all closed.

Every description of disease seems to be admitted into Santa Maria Nuova, and the only recommendations required are sickness

and poverty. Venereal cases are received, and, by special favour, I saw the venereal wards, which are never shewn excepting by a particular order. There is also a ward for lying-in women. The affairs of the establishment are managed by a governor, and a committee of noblemen, who seem to be very little acquainted with their duty, or to be very negligent in the execution of it. The funds of the hospital were once very considerable, but they have been so reduced by mismanagement, that they are now far from meeting the necessary expences. The hospital is from time to time assisted by the treasury, but it is nevertheless greatly in debt.

The medical establishment consists of thirteen physicians, an unusually large number; but it is to be recollected, that they are not all in constant attendance. A certain number of them visit the patients daily for four months in the year, and then they have a vacation of an equal time. The number of surgeons is four.

The apothecary's department I understood to be much neglected, and the physicians complained bitterly of the little attention that was paid to their directions. The fault seemed to lie with the governors of the hospital. According to the most accurate information I could obtain, the proportion of deaths at Santa Maria Nuova, is very great. It is said to be even ten per cent. but I hope that this statement is not perfectly correct. Attached to the hospital are an anatomical theatre, a good library, and a botanic garden.

Museum of Natural History.

THE MUSEUM of Natural History is one of the wonders of Florence, which has, with some justice, been styled the Athens of Italy. Rich in various objects, the museum is particularly so in those anatomical preparations in wax, which have been so much spoken of by travellers. This extra-

ordinary collection fills two galleries, besides several smaller rooms. There is scarcely any part of the science of anatomy which has not been amply elucidated. Every thing seemed to be executed with uncommon precision and truth; but were I to be asked in what I thought Fontana and his pupils had succeeded best, I should answer, in their dissections of the brain and other viscera. With regard to the blood-vessels and nerves, they seemed to be too minute. A man might employ years in dissecting, and never meet with a subject in which these are to be made out so distinctly. Of the wax figures in the museum the same may be said as of the statues and pictures of celebrated artists; they represent ideal perfection, such as we can conceive might exist, but was never, perhaps, found in any individual.

This noble collection, which was commenced by Fontana, in the reign of the Archduke Leopold, afterwards Emperor, has been gradually increasing since his time, and additions are still making to it.

Artists are at present employed upon a series of preparations illustrative of comparative anatomy, and those which are finished are extremely beautiful. Two or three rooms are filled with rare plants, fruits, &c. in wax, executed in the most skilful manner, and with extraordinary fidelity. To the museum are attached a good library and a botanic garden. The whole is open to the public every morning, excepting on holidays; and lectures on comparative anatomy and other branches of natural history, are delivered daily. These lectures, however, appeared to be very thinly attended.

State of Medicine, prevailing Diseases, &c.

With regard to the state of medical science at Florence, and generally throughout Tuscany, it seems not to have kept pace with the times, and to be behind that of the North of Italy. From the few medical works which I have read, the Tuscan physicians appear to have studied much

and thought much, but to be rather ingenious theorists than good practitioners. The doctrines of Brown, though they are less regarded than they were some time ago, have still many advocates*.

Of the estimation in which the medical profession is held in this country, some judgment may be formed by the fees which are commonly paid to physicians, viz. from two to three shillings a visit. We may imagine what rank in society medical men are assigned, when we are told how their services are remunerated, and when we consider the invidious distinction which subsists between the nobles and the citizens, a distinction which seems to have become more marked in proportion as the real merit, and the riches of the former, have

* In the North of Italy a new doctrine, or rather, a modification of the Brunonian, has sprung up within the last three or four years. One of its peculiarities is the establishment of a new class of medicines, which are called contra-stimulants. In the Medical Journal of Parma may be found some account of experiments upon the contra-stimulants by Dr. Tomasini.

decreased. In the medical profession we do not meet with persons of high rank in any country, and, since at Florence, nobility would appear to be the only passport to society of the first order, medical men are thrust into a lower scale. This line of separation, which has nothing to do with merit of any description, with virtue, or talent, or education, but only with pedigree, is surely unjust, and hurtful to science. It is not to be surmounted by any means. Riches will not enable a man to overstep it, and if a citizen, marry a person of noble birth, the former gains no advantages, while the latter sinks into a plebeian.

The diseases which prevailed at Florence during the winter 1817-18, were scarlatina, catarrhs, and peripneumonies. Measles occurred sporadically. Of the petechial fever, which was so general in the preceding winter and spring, I heard of scarcely any cases. The winter of 1816-17, was very different from that of the fol-

lowing year. The former was unusually mild and fine, the latter cold and moist. The month of November was, in general, fine, but cold: there were continued heavy rains throughout December, and the weather was chill. January was fine, but the variations of temperature were considerable. Upon the whole I thought that the climate of Florence in winter was almost as changeable as our own, and though the cold be far less than it is with us, (snow rarely falls at Florence, and it never lies upon the ground for more than a few hours,) yet, as it alternates with a temperature equal to that of our finest days in spring, it is as sensibly felt, and as likely to do harm to those who are not in good health. It is to be observed also, that the houses are very ill calculated to keep out the cold. The large lofty apartments, with stone or brick floors, the numerous doors, and ill-contrived chimnies, are miserably uncomfortable to foreigners, who are accustomed to smaller and warmer rooms.

The worst months at Florence are November, December, and January, which

are very rainy, and March, on account of the sharp winds. In summer Florence is considered a very healthy place, the atmosphere being clear, and the temperature steady, and not excessively high, owing to the vicinity of the Apennines. In the middle of the day the heat is, of course, considerable, and strangers, especially invalids, should be careful not to expose themselves to it, but the mornings and evenings are delightful. The opinion I have given respecting the climate of Florence is universally received, and it was an observation of Bicchierai, a physician, who wrote upon the baths of Monte Cattini, that he wondered how any body could live at Florence in the winter, or die there in summer.

Before concluding my notes upon Florence, I shall say a few words respecting a curious disease, the pellagra, or, as it has been denominated by some, scurvy of the Alps. When I visited the hospital of St. Bonifazio, I inquired whether there were

any persons affected by pellagra among the patients, but could not discover that there were any. At length I met with two cases at Santa Maria Nuova, which served to give me a clearer notion of the disease than I had before, and to prove that it had spread into Tuscany.

The pellagra is a disease peculiar to Italy, and unknown even in some parts of that country, for, as far as I have been able to learn, it has never reached the Roman state, or the kingdom of Naples. It seems to have been first noticed about a century ago, but it is not above fifty years since much attention has been bestowed upon it. The most striking symptom of this singular disease, is a hard, scaly eruption, appearing in blotches of a dark red colour, affecting chiefly the backs of the hands, the legs, near the ankles, and the feet. The affected parts become extremely painful, especially in spring and autumn *,

* So at least I was informed, but we are told by Dr. Holland, in his paper published in the Medico-

when the skin not unfrequently cracks, and troublesome sores are formed. From the commencement of the disease there is languor and depression of spirits, and general debility, and wandering pains. After a time, usually, I believe, about the approach of winter, the skin peels off, and the patient feels better. In the following spring the symptoms return in a more aggravated degree, and are accompanied by others, among which one of the most remarkable is a contraction of the muscles of the neck and back, by which the patient is drawn backwards, in a less degree, however, than in opisthotonos. Diarrhœa is almost a constant symptom. The abdomen is often affected by a swelling like tympanites, the extremities waste, and become dropsical, and at length the patient sinks into a state

Chirurgical Transactions, vol. viii. that the remission of symptoms takes place about the close of summer. Dr. Holland is, I doubt not, correct, for he derived his information from better sources than I can pretend to. My notes on pellagra were written at Florence, long before I saw Dr. Holland's paper, and I have thought it best not to alter them.

of stupor ; he articulates with difficulty, and, when spoken to, answers like one just awakened out of sleep. The disease generally terminates in mental imbecility, which is not unfrequently preceded by mania.

Such is the common course of pellagra, but its duration is various, depending, I suppose, upon the strength of the patient's constitution, the means he has of getting good nourishment, the period of the disease when he has begun to alter his diet and to take medicines, and the manner of treatment. It is however admitted that instances of recovery are almost unknown, under any circumstances. The general term of the disease is stated to be about four years.

The causes of pellagra have not been clearly understood. It has indeed been observed to shew itself chiefly in persons living near the Alps, and who have subsisted upon bad and scanty food, and it seems certain that a change of diet will relieve the symptoms for a while. The effects of a

good diet have not, however, been permanent, and it is said that the rich are not altogether exempt from the disease*.

* Perhaps if a nutritive diet were resorted to at the very first appearance of the disease, it might effect a cure: but people seldom apply to a hospital for relief, till their complaints are of some standing. I think, with Dr. Holland, that the general condition of the peasants of Lombardy seems to be the cause to which we may the most rationally attribute the prevalence of pellagra among them. It can hardly be any peculiarity of food which produces the disease, for the same food is used in other countries where pellagra is unknown, in Naples and Sicily. Dr. Holland has anticipated an objection that may be made to his opinion, that the physical condition of the inhabitants of Lombardy is the most probable cause of the prevalence of pellagra among them. "It may still be asked," he observes, "why the disease does not appear in other countries, where the state of the population is not less miserable?" Why does it not occur in Naples, or in Sicily, or the county of Nice, where the peasantry are in a state of abject wretchedness? May not climate have something to do with this? The climate of the south of France, and Italy, is so much milder than that of Lombardy, that what are real privations to the inhabitants of the latter, are scarcely felt as such by those of the former. It is worthy of remark, that pellagra first became an object of medical attention, and seems still to prevail to the greatest extent, in the Alto Milanese, the part of the country the most distant from the sea coast.

Pellagra is said not to be contagious, but a predisposition to it has been observed in the children of those persons who have been affected by it. Dissection does not seem to have thrown much light upon this disease. In four subjects, which were examined by a physician at Florence, the lungs were found loaded with serum, the blood contained in them was darker than usual; there were adhesions. The heart was pale and flaccid. The pericardium did not contain more fluid than natural. The liver was perfectly healthy. There were some marks of peritoneal inflammation. The intestines were paler than natural, and considerably distended with air. The glands of the mesentery were not diseased. The structure of the brain was not altered. In one of the four subjects the spinal marrow appeared to be harder than natural.

The treatment which has been resorted to in pellagra, (and, according to the best information I could obtain, scarcely any remedy, or combination of remedies, has been left untried,) has failed almost entirely.

Diet, as I have mentioned, has seemed to check the progress of the disease for a time, but I cannot learn that it has ever effected a cure. Several Italian physicians have written upon pellagra; but, with the exception of Frappolli, none of them seem to attribute much to medicine. Latterly mercurial friction has been employed by Dr. Cassini, of Florence, and he assured me that the patients recovered; but as this plan has been tried in two cases only, nothing decided can be said respecting it. Dr. Cassini is anxiously looking for an opportunity to give the mercurial friction a further trial. Perhaps the solution of the oxymuriate of mercury, given internally, might be useful.

PISA.

HOSPITAL, &c.

PISA has several charitable institutions, and among the rest a hospital for the sick, and another near it for foundlings. Previously to 1815, both were very ill managed, but the direction of them was at last undertaken by a merchant of the first respectability, at the express desire of the magistrates of the city. The exertions of this gentleman were followed by the happiest results, and it was highly gratifying to see the order and regularity which he had established in the hospital for the sick. The style of the building and the regulations in general resemble those of the hospital at Leghorn, of which I shall presently give some account. At Pisa, however, students enjoy advantages which they have not at Leghorn. Clinical lectures are delivered daily at the hospital, and the body of almost every

patient who dies is examined. The anatomical theatre and dissecting rooms are sufficiently convenient. The University of Pisa, like that of Padua, and others in Italy, has of late years been falling to decay. Still, however, it boasts some able professors, men well qualified to restore it, under a government disposed to be favourable to science and literature.

Between the climate of Pisa and that of Florence there is a striking difference. The temperature of the former place in winter is mild, and equable, and no spot perhaps is more healthy at that season. During the remainder of the year Pisa is considered unwholesome, though it is less so than it was formerly, owing to the draining of some marsh lands in its neighbourhood. It is to be observed, that particular parts of the town are more subject to mal'aria than others. I confess that I was not quite convinced of the great difference between the climates of Pisa and Florence, till I revisited the former city last winter. The change of temperature in a day's journey was too remarkable to be overlooked.

LEGHORN.

HOSPITALS OF ST. ANTONIO AND OF MISERICORDIA.

THE first of these hospitals is for men, the other for women. The hospital of St. Antonio was formerly managed by the religious order of St. Giovanni d'Iddio, and that of Misericordia by the lay sisters of the order of Sta. Barbara. The funds, however, were inadequate to the support of the establishment; and, upon Tuscany becoming a province of the French empire, government interfered, and the Baron Capelle, Prefect of the Mediterranean, appointed a commission for the administration of the civil hospitals of Leghorn. In November, 1810, the members of this commission were directed to frame a body of regulations for the management of the funds, and the care

of the patients. A plan was accordingly submitted to the Prefect, and was afterwards sanctioned by a decree, dated January 2, 1811. The regulations are good, and precise, clearly pointing out the duties of every individual connected with the institution.

The officers are, a surgeon, who superintends the economy of the hospital, a consulting surgeon, a superintending physician, four ordinary physicians, of whom one is attached to the military department of the house, an auditor, with two assistants, and a treasurer. The physicians attend three months each at the hospital for men, and three at that for women alternately. In the first and second year they are allowed a vacation of three months, and in the third one of four months. Should the physician whose period of attendance has just expired, be desirous to continue the treatment of any particular cases, he is at liberty to do so.

The physicians are obliged to visit their patients twice a day, which can seldom be

necessary, and is imposing too great a tax upon them. The rules for the rest of the officers are good, and are strictly observed.

The hospital is capable of containing between four and five hundred patients. The wards are large and lofty, and well ventilated. At the entrance of each there is a printed card, with the name of the person in attendance for the day, and, upon a brass plate the numbers of the beds whose occupiers require extraordinary attention.

The apothecary's shop was in admirable order. Adjoining it is a good laboratory well furnished. The kitchen, store-rooms, baths, &c. were all excellent; and, in a word, there seemed to be nothing liable to objections of any importance.

The report of the British medical officers was highly honourable to this institution. In 1814, the best wards in the hospital of St. Antonio were occupied by our soldiers, among whom were the wounded from Genoa. Upon our first sending them, some

difficulty arose respecting who should attend them; it being one of the laws of the hospital that none but the medical officers belonging to it should interfere with the patients. This rule was, however, waved in favour of the British, and the wounded were attended by their own medical men, who expressed the highest satisfaction at the attention which was uniformly paid to their orders.

The code for the regulation of the hospital for women, seemed to be not less judicious than that which has just been mentioned. At this hospital there are wards for puerperal females. Foundlings are sent to the hospital Degli Innocenti, at Pisa. This establishment is under the direction of the lay sisters of the order of Misericordia, one of whom is styled superior of the hall, and directress of the work, and has several assistants under her. Her office is to see that the linen, &c. delivered to her care by the wardrobe keeper, is made up and mended. It is also her business to find employment for the patients who are in a

state to be able to work. These persons are obliged to spin, &c. Half of the profits of their labour goes to the hospital, and half to the poor women themselves, provided the work has been done for a private individual, but if it has been done for the establishment, they receive only one third. The custom of employing convalescent patients, and those whose diseases do not confine them to their beds or require total rest, seems to be an excellent one, and deserving of imitation in our hospitals in England.

ROME.

HOSPITALS.

THE principal hospital of Rome is that of St. Spirito, for men only. It was founded with the church in 1198, and has been repaired and enlarged by several Popes, especially by Alexander VIIth, Benedict XIVth, and Pius VIth. It is situated in that part of Rome beyond the Tiber, which has received the name of Città Leonina, from its having been surrounded by a wall by Leo IVth. This situation, on the banks of the river, and in an unconfined part of the town, would seem to be well chosen, but it is said that most of that quarter which lies to the west of the Tiber, is unhealthy. The wards of the hospital are large, but I cannot say that they were well ventilated, or clean, or that

there was any thing about them which was calculated to give a favourable opinion of the manner in which public charities are managed at Rome.

Attached to the hospital is a small anatomical theatre and museum*. There is also a collection of physical instruments, and the famous Lancisi library. To the latter few additions are now made, but it is very rich in old works on medicine.

Near St. Spirito is the lunatic hospital, not a very extensive one, nor, I think, very well managed. The patients have not sufficient space, and do not appear to be judiciously treated. Among them there were many idiots, and I remarked

* I was present when a student went through his exercise for the degree of Doctor. The exercise was an anatomical demonstration, which he seemed to have learned by heart. When he had finished, a quantity of compositions in verse were recited in his praise by some of the persons present, in which he was compared to *Æsculapius*, *Hippocrates*, &c. These compositions, which were recited with exceeding vehemence, called forth bursts of applause.

several of those hopeless cases in which mania is combined with epilepsy. At the entrance of the square of St. John Lateran, there are two large hospitals for women, nearly upon the same footing with that of St. Spirito, but kept in rather better order.

Annexed to the church of Santa Maria della Consolazione, not far from the ancient edifice called the Arch of Janus, there are two hospitals for surgical cases, one for men, the other for women. In the island of the Tiber there is a small hospital for men.

In the Strada di Ripetta are the church and hospital of St. Roc. The latter was founded by Cardinal Salviati for poor puerperal women. Nearly opposite the church of Gesù and Maria, in the great street called the Corso, is a hospital for incurables.

Such are the hospitals of Rome, quite sufficient in number and extent for the population, but it cannot be denied, that these, as well as other public charities of

that city, are far from being in a flourishing state. I had little opportunity of witnessing the practice of the Roman physicians, but I was told by persons who had some experience of it, that it was very indifferent, and that the medical men were very averse to meeting the English in consultation. I can easily credit what I was told, for Rome, in spite of its various establishments for the advancement of science, is certainly not the spot where it most flourishes at present. There have been great names among the physicians of this wonderful city, but I know of none which are much celebrated at the present day. M. M. Morachini, and Lupi, may perhaps be considered the principal practitioners.

Climate of Rome.

With regard to the climate of Rome, I should say, that in winter and spring it is a good one, and certainly the inhabitants consider it as such at those seasons, though, upon

the approach of summer, almost all persons who are in a situation to quit the place, retire to Albano, or Frascati, or to some other spot celebrated for the purity of its air. In 1814-15, I passed three months at Rome, and was there again during February, March, and April of 1818. Both seasons were, upon the whole, fine. In the course of the former snow fell once or twice, but it did not remain upon the ground; and in both there were occasionally heavy rains; but the intervals of clear mild weather were frequent and of long continuance. When the atmosphere is clear, I know of no climate more pleasant than that of Rome in winter and spring, and though, as was the case last April, some days are dull, and rendered oppressive by the scirocco, no general mal'aria is to be apprehended so early in the year. I say no general mal'aria, because some spots are known to be always unhealthy. This remark applies more particularly to the quarter beyond the Tiber, and the palace of the Vatican, that of the Corsini family, the little Farnese palace, &c. are said to be

scarcely habitable. The same is asserted of the Villa Albani, and Villa Panfilii Doria without the walls, and several other villas in the vicinity of Rome, are deserted for the same reason. The situations of these palaces, and suburban villas, were originally excellent, but the decrease of population, and consequently of cultivation, has brought within the sphere of contagion, places which were once very healthy. The territory called the patrimony of the church, was once populous and well cultivated, but at the present day it is a desert, and malaria prevails from the lake of Bolsena to the very gates of Rome. The beautiful banks of the lake are completely deserted, and the ruined town of St. Lorenzo, at its northern extremity, stands a melancholy proof of the unwholesomeness of a district which enchants the traveller by the loveliness of its scenery. The campagna is no less dreary, though its broken aqueducts, and the remains of buildings fallen to decay, which are scattered over it, shew that it was not always so desolate, or so destructive to health. We know that Ostia was a

flourishing port, and we are told that its neighbourhood was one of the favourite retreats of the wealthy Romans. The road from Ostia to Rome now traverses a tract of country the most pernicious to life; part of it is through a marsh, whose mephitic exhalations are scarcely supportable. I say nothing of the more distant Pontine marshes, since they are perhaps less unwholesome than they were formerly, from the numerous attempts which have been made to drain them, down to the reign of the late Pope, and which have partly succeeded, and since they cannot be supposed to affect the city, excepting at particular seasons. The vast tracts of uncultivated land and of marsh nearer Rome, are sufficient to account for the mal'aria which prevails in the Trastevere, and round some of the villas at all seasons of the year, and throughout the city during the hot months.

I have said that Rome in general is healthy in winter; but if the assertion be well founded, as I am inclined to think it is, that mal'aria is making continual ad-

vances, it will, in a few years, be impossible to live there without risk at any season. In summer, notwithstanding what some of the inhabitants tell us, Rome is decidedly unhealthy. Some of those who are unable to quit it, may pretend that its unhealthiness has been much exaggerated, but all who can get away admit that the character which has been given of its climate at that time of the year, is perfectly just. Indeed, were bad air out of the question, the excessive heat, and the putrifying animal and vegetable substances which lie in heaps in almost every street, would be enough to give rise to epidemic sickness,

If, however, Rome itself be unhealthy in summer and autumn, there are several spots in its neighbourhood which are delightful during the hot weather. Such are Albano, Frascati, Tivoli, Castel Gandolfo, and to one or other of these strangers should retire about the middle of May. Of all these places Frascati is the most frequented, but I should myself prefer the borders of the lake of Albano, or Tivoli. The neigh-

bourhood of the latter, so celebrated by the Roman poets, is indeed singularly beautiful, but the town is one of the dirtiest and most disagreeable that I have ever seen. Albano is very far superior: it is famous for the purity of its air, and the scenery around it is, at the same time, highly picturesque.

NAPLES.

I HAVE nothing particular to remark respecting the hospitals of Naples. At Aversa, however, there is a celebrated asylum for lunatics, conducted upon the most liberal and enlightened plan. The patients, who are persons above the common rank, have every comfort, and every indulgence compatible with their situation. Occupation and amusement combined, form the basis of the plan of treatment. It is needless for me to enlarge upon the merits of this establishment, since they correspond with those of Dr. Esquirol's at Paris, of which I have spoken in the preceding pages,

I forbear to enter into any details respecting the climate of Naples, because it is si-

milar to, though, I think, scarcely so good as that of Nice, of which I have given a short account already, and to that of Sicily, which will be described presently.

SICILY.

HOSPITALS.

WHAT I saw of the hospitals of Sicily did not impress me with a favourable opinion of the manner in which they were conducted. In that island indeed every thing was badly managed. At Palermo there are three hospitals, besides that of the priests. Of these I saw two; the first consisting of one immense ward, which was not very well kept; the second was in the square of the palace, a good open situation, and it was tolerably neat, considering the habits of the people.

The hospital which I examined most particularly was that of Messina, founded about 150 years ago by the Countess Cibo, a native of that city. This hospital is upon

a considerable scale, and its revenues are ample. The foundress endowed it with certain feudal domains, and houses, in Messina, besides money to the amount of two hundred dollars a day, which, by subsequent bequests of different individuals, has been increased to two hundred and fifty dollars. The number of patients, when I visited the hospital, in 1814, was 160 men and women, including 45 soldiers. The governors are some noblemen of Messina, but the institution was, at the time of which I speak, most miserably managed, the funds misapplied, the building in very bad repair, and the interior of the house dirty.

The foundling hospital, attached to the former, was in a wretched state; but I afterwards learned that the humanity of some of the English residents, especially of some ladies, had induced them to interest themselves about this part of the hospital, and that their representations had been attended by very good effects. I am afraid, however, that, after their departure, reform was forgotten.

Climate of Sicily.

The climate of Sicily is, upon the whole, a very fine one, and likely to be of great service in those diseases, for which persons are recommended to go to the south of Europe. I know of several people who had marked symptoms of affection of the lungs, and who derived much benefit from a residence in Sicily. The choice, however, of a place of abode, should be carefully attended to, for some parts of the island are infinitely preferable to others, and a situation which may be excellent at one season of the year, may, on the contrary, be very improper at another. Invalids, therefore, should not undertake so long a voyage, without being furnished with instructions, as to the most eligible places for them to reside in at different seasons.

The temperature of Sicily, during summer, and part of the autumn, is of course rather high. According to the information I obtained from the Padre Piazzzi, the me-

dium temperature at Palermo in summer is 84°. Far. The settled fine weather commences about the beginning of May, and scarcely any rain falls from that time to the end of September. In the summer, after the corn is reaped, the country exhibits a most parched appearance; scarcely a green blade is to be seen, excepting in some of the narrow vallies, or along the Fiumaras. During the hot season people of condition generally shut themselves up in the towns, where they have more shelter than in the country, which is for the most part very open; and it is not till the great heats have passed, and the vintage is approaching, that they go to their country houses.

The autumn is usually delightful: the rain which falls cools the air, and clothes the country with the most luxuriant vegetation. The winter and spring are mild, as the thermometrical journal at the bottom of the page demonstrates*. This journal

• January	8 o'Clock.	3 o'Clock, P.M.	Wind.
13	55 degrees.	59 degrees.	S.
14	56	59	S.

was kept at Messina, one of the coolest spots in the island, and in 1814, which was an unusually severe season.

January	8 o'Clock.	3 o'Clock, P.M.	Wind.
15	56 degrees.	59 degrees.	N.W.
16	56	58	S.
17	57	59	N.W.
18	57 ...	59	N.W.
19	—	—	—
20	—	—	—
21	—	—	—
22	58 .. .	60	N.
23	58	61	N.W.
24	57	59	S.
25	51	53	S.
26	54	56	S.
27	54	56	S.
28	54	56	S.
29	54	55	S.
30	53	55	S.
31	53	55	N.W.
February			
1	54	56	S.
2	52	52	S.
3	51	53	N.W.
4	50	52	N.W.
5	50	52	N.W.
6	48	51	N.W.
7	48	50	N.
8	50	52	N.

To reap all the benefit which the climate of Sicily seems to promise invalids, care

February	8 o'Clock.	3 o'Clock, P.M.	Wind.
9	50 degrees.	53 degrees.	N.W.
10	50	53	N.
11	50	52	N.W.
12	50	52	N.W.
13	49	52	S.
14	49	51	S.
15	49	51	S.
16	49	51	N.W.
17	50	52	S.
18	51	53	N.W.
19	50	52	N.W.
20	51	53	S.
21	49	51	N.W.
22	49	51	N.W.
23	47	49	N.W.
24	47	49	W.
25	46	48	N.
26	47	49	W.
27	48	50	S.
28	48	50	S.
March			
1	49	52	S.
2	49	52	S.
3	50	53	S.
4	51	54	N.W.
5	52	54	S.
6	52	54	S.

should be taken, as I have already observed, in the choice of a residence, and they should by no means remain in the same place throughout the year. During the summer months, the temperature of Messina, or that of Castro Giovanni, or some other spot about the centre of the island, will be found most agreeable, while the low and confined neighbourhood of Palermo must then be

March	8 o'Clock.	3 o'Clock, P.M.	Wind.
7	53 degrees.	55 degrees.	N.W.
8	52	54	N.W.
9	52	55	N.W.
10	53	56	N.W.
11	53	56	S.
12	53	55	S.
13	53	56	S.
14	54	57	S.
15	54	57	S.
16	54	—	N.
17	55	58	S.
18	54	57	S.
19	55	57	S.
20	55	57	S.
21	54	56	S.
22	55	58	N.
23	55	58	N.
24	54	57	N.
25	55	58	N.

manifestly improper. About autumn, the elevated situations in the interior begin to be bleak, and damp and unpleasant, and the badness of the houses, together with the difficulty of obtaining those comforts which enable us to defy the inclemency of the weather, render it absolutely necessary for invalids to remove. Messina is not considered a fit winter residence for persons in delicate health. The quantity of rain that falls is considerable, and there are often cold piercing easterly winds from the mountains of Calabria, which are the more severely felt as they succeed fine mild weather. During the winter 1813-14, from November to the end of March, there were hardly three days together without rain, and some snow fell several times, though it did not remain on the ground. The climate of Palermo is, I think, preferable to that of Messina in winter. The Scirocco, of which so much has been said, is not very oppressive at that time of the year, nor does it prevail so much, perhaps, as at Messina. After all, however, I should think the best winter residence would be some town on the

southern or western coast, but it must be a large town, otherwise all the advantages of climate will be destroyed by want of comforts. Catania is said to be a very healthy place, yet in summer it is excessively hot; and though in winter the mildness of the atmosphere is certainly a recommendation, living at Catania seems like living in the neighbourhood of a vast furnace, and, added to other disadvantages, every egress from the town is difficult and unpleasant, owing to the lava, which makes walking laborious, riding on horseback irksome and dangerous, and moving about in a carriage almost impossible.

In selecting a place of residence, invalids should be especially careful not to get into the neighbourhood of mal'aria, which renders some parts of Sicily excessively unhealthy. It is to be remembered that it is not every spot where there is no stagnant water, nor every elevated situation which is free from mal'aria; for experience has fully shewn that mal'aria does not universally depend upon those circumstances

which are always considered as giving rise to marsh miasmata. Even in very high grounds, and where we can find no stagnant water, mal'aria is known to prevail, as at Taurmina, and at Gesso. One fact, however, seems to be well ascertained, viz. that mal'aria does not exist in the very highest situations: thus Mola, above Taurmina, is free from it.

With due attention to the place fixed upon for a residence, both as to temperature and air, it should seem that Sicily must be very proper for persons labouring under phthisical complaints, or under other diseases which it is supposed a warm climate is able to palliate or to remove; yet it is said that the Sicilian physicians recommend a voyage to some other country to their own people as well as to foreigners, who are attacked by pulmonary consumption in the island. Perhaps this may be from the idea that a sea voyage is a grand remedy in this disease; or it may be explained by supposing that those who fall into phthisis in southern climates, are not in general of strumous

habits, and that the warmth of those climates is therefore rather hurtful than necessary to them, while to the inhabitants of the north, in whom pulmonary consumption arises most commonly from a scrofulous disposition, warmth is absolutely essential.

LISBON.

HOSPITALS.

AT the commencement of the peninsular war, the hospitals, both civil and military, in Portugal, are represented to have been in a most wretched state. When our medical men first became acquainted with the Portuguese military hospitals, they detected numberless abuses, and great mismanagement. They found the medical officers belonging to them ignorant and negligent, receiving the emoluments of their offices, but performing scarcely any of the duties incumbent upon them. The patients were most injudiciously placed in little confined rooms, instead of open wards: there was the greatest want of cleanliness, and the medical treatment was inert, so that the deaths were beyond all due proportion. In

1810, when the allied British and Portuguese forces were at the lines of Torres Vedras, the economy of the hospitals in general was very defective, as appears from a memoir, published in 1812, by a Portuguese physician*. It is true that as Lisbon was, at that period, crowded by strangers from every quarter, and as fever was raging epidemically in the town, some inconveniences, and some defects, in the hospitals, were to be expected; but there was no excuse for the total neglect of cleanliness noticed in the memoir. The patients attacked by fever might have been separated in a great measure from those labouring under other diseases, and houses might have been provided for convalescents.

In 1812, the year I was at Lisbon, the military hospitals had, by the exertions of the British medical officers attached to the Portuguese staffs, received great improvements. The partitions had been thrown

* Memoir on the Epidemic Contagious Fever which raged at Lisbon in 1810-1811, by Henry Xavier Bacta, M. D. Ed. &c. &c.

down, and the wards thus rendered spacious and airy. The patients were kept much neater, and more attention was paid to them in every respect, but the ancient practice still kept its ground, and the proportion of deaths continued to be large in consequence.

The great civil hospital at Lisbon, St. José, was, a few years ago, in so shameful a state, that the Portuguese themselves were sensible that it was a national disgrace, and were extremely unwilling to allow foreigners to visit it.

For the striking reform which took place in this hospital a short time before I reached Lisbon, the people were almost exclusively indebted to one of their own nobility, Don Francisco d'Almada, a person of eccentric character, but whose eccentricity happily led him to confer an inestimable benefit upon his poor and afflicted countrymen, by undertaking the administration of the affairs of the hospital. By means of Mr. Fergusson, inspector of Por-

tuguese military hospitals, whose polite attention to me I am happy to take this opportunity of acknowledging, I procured admission to St. José, and was shewn every part of the building. It is very large, and contained at that time upwards of 1100 patients. Every species of disease is admitted, not excepting mania. When the Marquis d' Almada undertook the management of the hospital, he removed the partitions which divided the wards into a number of little rooms; he made very judicious arrangements respecting the diet, clothing, &c. of the patients; and at the time I allude to, it seemed to be admirably conducted. The patients, immediately upon their admission, quit their own clothes, and are dressed in a uniform provided for them. The diet was good, and it struck me the more, as the meat of Lisbon is in general very indifferent. The apothecary's department was in the best order.

The worst regulated part of the whole establishment appeared to be that ap-

propriated to lunatics. This department should have been completely separate, and the space allotted to these unfortunate beings should have been less confined. It seemed to be a very bad practice to set the young convalescents from other diseases as guards over the maniacal patients. Upon the whole, however, the sight of the hospital of St. José was extremely gratifying.

In the city of Lisbon there are several other hospitals, but all of them are far inferior to that of which I have been giving a short description. From a cursory view which I took of the marine hospital, it appeared to be a spacious and well designed building, but its interior afforded a striking contrast to St. José, and the hospital of the British Artillery under the same roof, which latter was, indeed, a model of neatness and good order.

I may just mention that there is an hospital at Caldas, about fifty miles from the capital. Caldas derives its name from the hot springs in its neighbourhood, which are

considered useful in the same complaints as the waters of Bath. The hospital is large, and pretty well conducted. The patients indeed are much better lodged than persons of a superior rank, who resort to the town, one of the most wretched places imaginable.

State of Medicine.

In medicine, as in almost every other branch of science, Portugal seems to be far behind other countries, especially Great Britain and France. The only university which has the least claim to attention, is that of Coimbra, where scarcely any thing is done. General Dumouriez has asserted, in his work upon Portugal, that, at the time he wrote, the students amounted to 1000, that the Greek class consisted of five persons, and that most of the students employed themselves in making tooth-picks. This is probably an exaggeration, but the university of Coimbra must have been in a

very degraded state, for Dumouriez to have ventured to draw such a picture of it.

Of late years indeed it has been the custom to send a few young men to study medicine at Edinburgh, and I have been told that they receive a stipend from government to defray, in part at least, the charges of their education.

This plan may, in time, be productive of the best effects, but hitherto, I am afraid, little advantage has been found to result from it, for the opposition which those students meet with from the old practitioners, upon their return home, is such as to induce many of them either to yield altogether to the latter, or greatly to modify the novel doctrines which they have imbibed during their residence abroad.

The prejudice and want of candour of the Portuguese physicians was strikingly demonstrated in their refusal to use sulphur in psora, though they had had abundant evidence of its powers in that disease, which

prevails to an immense extent among the soldiers, &c. I say they have had abundant experience of the efficacy of sulphur in psora, for one of our medical men once gave it to a considerable extent among the Portuguese, and succeeded in almost every instance, though many of the patients had been for months under the hands of their countrymen, taking decoctions, and broths, to no purpose. Notwithstanding all this, there was a meeting of the great men of the university of Coimbra, and, after a learned debate, it was resolved, that the new and unheard-of treatment of psora, introduced by the British practitioners, was exceedingly injudicious, and gave birth to divers horrible diseases, and that therefore it should be abandoned.

The practice of the Portuguese physicians seemed to be in general very inert. They made their patients swallow quantities of decoctions and broths, whatever might be their disease. Blood-letting they were averse to, perhaps, however, with some reason, for the natives of the South of

Europe certainly do not appear to bear depletion so well as those of the North. Of the importance of pure air and cleanliness they seemed to have little notion.

I thought that they carried the principle of watching a disease for a time before interfering by medicine, to a very ridiculous extent. This custom is indeed very prevalent in other countries besides Portugal, and may, no doubt, be proper when a new disease makes its appearance, or when a disease is not well marked, or assumes a questionable shape; but to carry it on to diseases which are well known, and distinctly marked, must surely be useless, and may be dangerous.

The Portuguese physicians seemed to look with jealousy, and yet with supreme contempt, upon our medical men, and were averse to consulting with them. They had a way of appearing to listen with great attention to what our practitioners recommended, but the moment they were left to themselves, they followed their own plans.

Climate.

From June to the end of September rain seldom falls; now and then indeed a thunder shower cools the air, but, excepting when that is the case, the atmosphere is uniformly bright, and the temperature high *. During the long period of hot dry

* THERMOMETRICAL JOURNAL.

Aug. 1812.	8 o'Clock.	12 M.	3 P. M.	Weather.
10	75 deg.	78 deg.	—	Very fine.
11	75	76	—	Id.
12	74	76	—	Id.
13	73	75	76 deg.	Id.
14	75	78	80	Id.
15	74	77	79½	Id.
16	74	78	82	Id.
17	75	—	79	Cloudy.
18	76	80	—	Fine.
19	77	77	—	Id.
20	75	76	78	Id.
21	75	78½	—	Id.
22	79½	—	—	Id.
27 †	80	81	82	Id.
28	79	80	—	Id.

† During the intermediate days I was at Cintra.

weather, the Portuguese consider it very imprudent to stir abroad until the evening,

Aug. 1812.	8 o'Clock.	12 M.	3 P. M.	Weather.
29	74 deg.	80 deg.	82 deg.	Fine.
30	75	80	—	Id.
31	75	80½	—	Id.
September				
1	78	80	—	Id.
2	77	78	75	Id.
3	73	77	77	Id.
4	74	77	76	Id.
5	74	76	—	Cloudy.
6	76	78	78	Cloudy, but fine at 3 P. M.
7	73	77	76	Fine
8	78	78	77	Id.
9	77	—	78	Id.
10	74	77	78	Id. Thunder at night.
11	74	76	—	Rain & thunder.
12	74	75	76	Fine.
13	74	77	76	Cloudy
14	74	72	73	Cloudy } With thick fog.
15	71	73	75	Fine.
16	73	74	—	Id.
17	74	75	—	Id.
18	74	76	78	Id.
19	74	—	79	Id.
20	74	77	78	Id.
21	75	77	77	Cloudy.

and indeed the white houses of Lisbon, the want of shade, and the suffocating stench of the streets, make it very unpleasant to move about. The thermometer was generally highest at three or four o'clock in the

Sept. 1812.	8 o'Clock.	12 M.	3 P. M.	Weather.
22	75 deg.	77 deg.	77 deg.	Clouds and rain.
23	75	77	77	Fine.
24	75	77	77	Id.
25	74	77	79	Id.
26	76	80	81	Id.
27	—	80	76	Fine day, a slight shock of an earthquake in the night.
28	77	81	80	Cloudy.
29	75	76	76	Fine.
30	71	72	73	Id.

N.B. At ten o'clock at night the thermometer stood generally at about the same height as at eight in the morning.

During the month of July the heat was more intense than it was afterwards: the thermometer was often as high as 90 degrees. At Oporto, during the same month, it stood at 92 or 93 degrees for more than a week. At Madrid, about the middle of August, it was for several days up to 100 degrees. I believe that the greatest height that has been observed at Lisbon, is 96 degrees.

afternoon. Afterwards a refreshing breeze usually sprang up, and increased as the evening advanced. The dews, during the time I was at Lisbon, were frequently heavy. The hottest season of the year is from the latter end of July to the commencement of October: then the weather becomes cooler, and soon after the rains set in, and descend in torrents. In winter there is much cold bad weather, and cheerful fires are not to be found. A brazier ill supplies their place.

Hitherto I have been speaking of the capital and its immediate neighbourhood, but it is to be observed that the climate of Oporto, and of the north of Portugal, in general, is much more temperate.

It has long been the fashion to recommend Lisbon to persons affected by pulmonary consumption, but I cannot help thinking, that the climate of Lisbon is far from being the best we can fix upon for such persons. Independently of the disease in question being by no means uncommon

in Portugal, there are other objections to that country; at least to the part of it to which phthisical patients are sent. A consumptive person ought to remove to a situation where the temperature is moderate and equable, where neither the heat of summer, nor the cold of winter, are so remarkable as to distress him, and where the spring and autumn are not attended by dense fogs, or violent and long-continued rains. Now, on every one of these accounts, the climate of Lisbon seems to be objectionable. During summer the heat is, as I have already observed, very disagreeable even to those who enjoy good health, and to phthisical persons must be intolerable, for I know of no description of patients who suffer more from heat than they do.

Exposure to the evening damp, which is considerable at Lisbon, must surely be hurtful to those whose lungs are diseased, yet it is almost impossible for them to stir during the day, and at the same time gentle exercise is one of the chief remedies in this com-

plaint. In spring and autumn the variations of temperature are sudden and great. The latter season and winter are attended by fogs, and rain; and the winter's cold, as it follows great heat, and as the houses of Lisbon are constructed in the usual manner of southern countries, must be severely felt by invalids.

Upon these accounts I am persuaded, and my opinion is in unison with that of other physicians who are acquainted with the climate of Lisbon, that it is improper for phthisical persons. In confirmed phthisis it seems very doubtful, as has been observed before in speaking of Nice, whether climate is ever of much use. In incipient phthisis much may, no doubt, be done by a warm climate, but better situations may be found than Lisbon. If, after all, an invalid be determined to make trial of Lisbon, he should certainly quit it during the hottest months of the year, and retire to Cintra, where he will find the air cool and refreshing, while the heat in the city is intolerable. At Cintra, in addition to the sea-breeze, there is

the shelter of extensive woods and high hills, and there is none of the stench and dirt which are so offensive at Lisbon. As Cintra is not above sixteen miles from the capital, frequent excursions may be made from the one to the other.

DISEASES.

Bilious remittent and intermittent Fevers.

The fevers, commonly called bilious, prevail to a considerable extent in summer and autumn. The symptoms, at the commencement, often indicate considerable inflammatory action. Very often there are decided marks of hepatic obstruction; the patient has the look of one affected by chronic inflammation of the liver. The countenance is waxy, the eye dull, and some fulness and uneasiness is felt in the right hypochondriac region. These appearances of hepatic obstruction, I understand occurred frequently among the Portuguese, but they were per-

haps more common and more distinctly marked in the British army. Obstruction of the liver had shewn itself in so many instances among the fever patients at the military hospitals, and had so often been discovered by dissection, even where no suspicion of such an affection had existed during life, that several medical men of experience and sound judgment were accustomed to look for it in all cases of the fever of which I am speaking. In none, however, were symptoms of affection of the liver more constant, or more clearly marked, than in those men who had formerly suffered from remittent fever in the island of Walcheren, during the unfortunate expedition of 1809. These men were more liable to be attacked by remittent fever than their comrades who had not had it before, and the disease was in them more obstinate. The great and sudden debility observable in the fevers of Portugal in general, but more particularly in this, was in these subjects more formidable, especially if blood had been taken away on account of inflammatory symptoms at the beginning. The bilious vomiting, I was

informed, was more common among the natives of Portugal than among our soldiers.

It is not surprising that remittent fever should have been common among our soldiers serving on the Peninsula, considering the fatigue to which they were exposed, the violent heat during the day, followed, particularly towards autumn, by heavy dews, the torrents of rain which fall at certain seasons of the year, while the men were often obliged to lie in the open fields with no other shelter than what a few boughs could afford them.

Intermittent fever does not seem to prevail to any great degree immediately in the vicinity of Lisbon. Still, however, cases are not unfrequently met with towards the close of the hot season, when the sun is still very powerful during the day, and the fogs and dews of evening are extremely heavy.

In the Alentejo, which is lower than Estramadura, and where the people, many of them, live on the banks of the river, agues

are very common. The wretched manner in which these people live, may probably predispose them to this disease.

On the subject of treatment I have not much to say. However, in the remittent fever, even when accompanied by inflammatory symptoms, general bleeding does not appear to be very advisable, on account of the great debility which so often comes on spontaneously in the course of the disease. Topical blood-letting seems more prudent. Bark, though it be not neglected by the Portuguese physicians, is not in such repute as might be expected from the testimony of some of our own medical men in its favour, both in remittent and intermittent fevers in warm climates. It is said often to fail in both in Portugal, and that it should fail there is not extraordinary, since as I have already mentioned, these fevers are so commonly attended by visceral obstruction. Many of our soldiers were cured by mercury.

Continued Fever.

Lisbon might, from its situation, be one of the healthiest towns in the world. Standing upon hills close to a magnificent river, it might always be kept clean. The climate is, upon the whole, a fine one. The water is excellent and plentiful. In the hottest weather the air is generally freshened by the sea breeze. There are however several circumstances which render the city far less healthy than it might be. The dirt and stench of Lisbon are extraordinary, and to an Englishman scarcely tolerable. Every kind of filth is thrown from the windows, and suffered to lie in the streets. The Portuguese are excessively dirty in their persons, and their habitations, and the poor are crowded together many under the same roof. They inhale an impure atmosphere, and subsist upon bad and scanty food. To want of cleanliness, and to bad living, many of the diseases of the Portuguese may be attributed; and to these circumstances, I think, we may ascribe the almost constant

prevalence of fever in certain quarters of the capital. It is said indeed that fever is not so common in Lisbon as might be expected, and as it is known to be in some other great towns, but that some quarters are never free from it seemed to be acknowledged, and when I call to mind the great mortality which has been occasioned in other populous cities by want of cleanliness, and free circulation of air, and proper nourishment, I can scarcely relinquish the opinion that fever must subsist in Lisbon to a greater extent than the Portuguese are willing to allow, and must be very fatal among the lower orders.

With regard to the phenomena of continued fevers in Portugal, I do not recollect any by which they are remarkably distinguished from those of other countries, excepting the sudden and great debility which has been already noticed in speaking of remittent fever. This debility comes on quickly after the first attack, and appears not unfrequently to be the cause of death; the other symptoms being by no means so

violent as to lead the physician to fear a fatal termination of the disease, were it not for the debility.

Disorders of the Stomach and Bowels.

These disorders are very prevalent among the natives of Portugal, who are said to be constitutionally subject to diarrhœa. I suppose it is their diet, added to the heat of the climate which renders them so liable to that affection. The Portuguese in general, during summer and autumn, subsist chiefly upon vegetables and fruits; and the lower class almost entirely. Their drink is thin wine of the country, or water, or lemonade. Now though ripe fruits, which contain much saccharine matter, eaten in moderation, may be wholesome and proper at the seasons when complaints of the bowels are most prevalent, those which are of a cold watery nature, or are hard and difficult to digest, must surely be hurtful. The fruits which constitute so considerable a part of

the subsistence of the Portuguese are chiefly of the latter description, as melons, water melons, hard peaches, apples, &c.

Dysentery is said to be a common disease in Portugal, yet, from a monthly return of the sick among the troops of that country in the pay of Great Britain, which was shewn me in September, 1812, the cases of dysentery seemed to be less numerous than they usually are in camps at that season of the year.

Scrofula.—Pulmonary Consumption.

Scrofula is not very rare in Portugal, although it be infinitely less common than it is with us. Pulmonary consumption is much more frequently met with than it would be were it always founded in a scrofulous habit. Unfortunately, morbid anatomy is very little attended to by the Portuguese practitioners; otherwise, perhaps, many would be found among the natives of Por-

tugal who fall victims to phthisis, whose lungs would exhibit much of that appearance which is sometimes met with in England; an appearance little, if at all differing from that of health. I have been assured that pulmonary consumption in Portugal is very often the consequence of hæmoptoe of somewhat an uncommon description, as it is unattended by any symptoms of increased action of the arterial system. This hæmoptysis is of frequent occurrence, and, in many instances, goes on to a great extent, so as quickly to destroy the patient. It is, I suppose, when the disease recurs often, that it terminates in phthisis. The practice of the Portuguese physicians in pulmonary consumption seemed to be as inert as it is in other diseases. Decoctions, broths, and ptisans are their favourite remedies. Among the disorders prevalent in Portugal, is that which the natives call *Constipacaõ*, in other words a violent catarrh. The patient complains of head ache, languor, soreness all over his body, oppression at the chest, and sometimes cough. In severe cases, the anxiety, the pain in the chest, and

the cough, are more severe, and then the disease appears to approach to peripneumony, the pulse is rather increased in frequency, the tongue is dry and whitish. Upon reviewing these symptoms, the indication of cure would appear obviously to be to remove inflammatory action, but the Portuguese practitioners, instead of actively pursuing the antiphlogistic plan of treatment, prescribe, as usual, their decoctions, and give wine whey, endeavouring by these means to force out a sweat. Now the Constipacão is in general very mild, or at least not dangerous, and would probably get well of itself; hence the remedies above mentioned have obtained the credit of removing the complaint. In those cases, however, where medical assistance is really necessary, where the symptoms are of greater violence than ordinary, the method of cure adopted by the Portuguese physicians, fails, as might be expected.

Rheumatism.

Chronic rheumatism is a common disease, especially among the poorer class, and in those districts which are low and marshy, as in the Alentejo. The causes of the prevalence of rheumatism, among the natives of Portugal, are sufficiently obvious. Such are alternations of heat and cold, wretched habitations, want of clothing, and exposure to cold and wet. When we consider the temperament, and mode of life of the Portuguese, we shall not be surprised to find that the chronic form of the disease is far more common among them than the acute.

Small pox is suffered to run its course. Inoculation is rarely, if ever, practised, yet the disease is very slight, and the people think little of it.

Venercal Affections.

Syphilis, and syphiloid diseases, are excessively common in Portugal, and from the indifference of the people respecting them, from the fact that they are universally treated without mercury, and that some of them go away spontaneously, I was led to believe that the climate rendered these complaints remarkably mild. It appeared, however, that venercal affections, when they occurred in the persons of our soldiers, were not less violent; nay, in the opinion of some practitioners, were more violent than they usually are in Great Britain*. It was therefore natural to conclude, that besides climate, the temperament, and mode of life of the Portuguese, modified these affections, and made them less formidable than they are with us.

* Dr. Ferguson seems to think that the venercal disease contracted by our troops in Portugal, was more violent than the same complaint at home: (see *Med. and Chir. Trans.* vol. iv.) Mr. Guthrie has expressed a different opinion: (*ib.* vol. viii.)

It seemed too that some weight was to be attached to the opinion of Dr. Fergusson, that the venereal disease, like small pox, had been much mitigated in the persons of the Portuguese, by reason of *general and inadequately resisted diffusion*, while, if inoculated into the constitution of a stranger, especially of one predisposed to inflammatory affections, it might have the power of exciting new actions of more than ordinary violence.

Since the period, however, when I was in Portugal, a new doctrine and a new practice have arisen in England, and it is now said, that not syphiloid diseases only, but syphilis itself, may be cured without mercury in this country, so that it becomes a matter of doubt whether syphilis be really milder in Portugal than it is here.

But whether it be mitigated in violence in Portugal, as the indifference of the people respecting it, and the simple remedies they employ, had led us to suppose, or whether these simple remedies be adequate

to its cure in any country, I confess that I do not perceive that the Portuguese have been gainers by their carelessness respecting the disease, or by their practice in it; on the contrary, I cannot help thinking, that were they less neglectful of themselves, and did they employ more active remedies, they would be cured more certainly and more quickly; venereal affections would be less general, and there would be fewer instances of mutilation and of ruined constitution, than are met with at present.

There are certain affections, which the Portuguese suppose to be the venereal disease in the secondary form, transmitted by parents to their offspring, not appearing in infancy, as Dr. Ferguson has observed, but at the age of puberty. Such are diseases of the bones, various eruptions, loss of the use of limbs, and a general bad habit of body. These affections not unfrequently resemble syphilis in the secondary form, so closely, and the Portuguese so commonly marry while they are labouring under syphilitic complaints, that it is not wonderful

that they should refer them to a venereal origin. They probably are not really venereal, but may be the consequences of neglect and debauchery in the parent. Venereal complaints in him have perhaps gone away of themselves, or, at all events, have been cured without mercury, but it has been so long before the cure has been effected, the patient in the meanwhile has been so neglectful of himself, that his constitution has never recovered itself. He marries, and his children are, as might be expected, extremely unhealthy. These again, with a fresh stock of disease added to those evils which they have inherited from their parents, form alliances with persons as unhealthy as themselves, and thus it is that the Portuguese, and more especially those of the higher class, who disdain to connect themselves with their inferiors in rank, have become infirm in body, and enervated in mind. There is, I understand, a disease in Portugal, which attacks the nose, the cartilaginous portion, but not the bones; which afterwards affects the eyes, so as often to destroy sight entirely, and which is followed by dryness and scaliness of the

hands, and sores between the toes. Now this disease has sometimes been considered venereal, but, I believe, it is certainly not so.

The notion which once prevailed of the venereal disease being peculiarly violent in Portugal, arose, I imagine, from the occasional occurrence of those rapid, and generally fatal cases, which Dr. Ferguson has described, “ where the penis becomes enormously swelled, and of a deep red colour, “ where there are malignant ugly chancres “ on different parts of the prepuce, and on “ the glans, like holes made by a rusty nail “ in a piece of mahogany.” I apprehend that it was such an affection as this which was called the black lion, and which was formerly considered a distemper peculiar to Portugal. It now, however, seems pretty well understood, that this is not a peculiar distemper, but that the violent symptoms just described depend upon peculiar circumstances in the patient.

It has been said, that in the venereal disease among our troops in Portugal and

Spain, mercury had been found less decidedly efficacious than in the same disease at home. Nevertheless there seemed to be nothing extraordinary in the cases which I was permitted to examine at one of our military hospitals, nor was the usual treatment found to be inefficacious there; the men were put under a mercurial course, and were cured by it. The fact, perhaps, was, that in our army mercury was frequently given in cases which would not have yielded to it at home. In an army on active service, the same nice discrimination could not perhaps be used by the surgeon, and the same care and regularity could not be observed by the patient, as might have been under other circumstances.

LILLE.

HOSPITALS.

JOAN, Countess of Flanders, founded two hospitals for the sick poor at Lille; the one in 1216, called the hospital of St. Saviour; the other in 1243, called the hospital of the Countess, a name which it yet retains*. The latter has been converted into an asylum for old men; and the bluets, (blue-coat boys,) have also been removed thither from their own hospital, which was founded in the 15th century, by M. de la Grange.

The hospital of St. Saviour is, at present, the only one for the sick poor of the town,

* The hospital of the Countess was originally governed by two ecclesiastics, under the title of Provisours. Each of them received 40 sols per annum, which was paid at two different times. This is a curious example of the value of money at that period.

and its immediate neighbourhood. It is capable of containing about 200 patients. It was not possible for me to procure an exact statement of the funds dedicated to its support, since the revenues of the different public charities have been thrown into one mass, and the expences of each are known only to the council of administration of these charities. It is in vain to look for printed statements of the funds, &c. of the hospitals of the continent, a few only excepted. Whatever the expenditure may amount to, the hospital seems to be in very good order, and has every appearance of comfort. The wards for men, which occupy the ground floor, are sufficiently large and lofty, and are extremely neat. Those for women are less airy, and spacious, but a new building for them, to correspond with the men's wards, is nearly finished, and when they are removed thither, this hospital will, perhaps, for its size, be as complete as any in France. Some complaints, venereal ones for example, are not admitted at St. Saviour's, but foundlings are received there, as well as at

the great establishment for aged persons, and children, called the general hospital.

The medical officers are, a physician, a surgeon, and his assistant, and an apothecary. The pupils are employed in taking care of the patients in the absence of the physician and surgeons.

This hospital, as well as the other public charities of the town, is governed by a council of administration, of which the mayor is president, and by a committee, composed of five individuals, with a secretary*. The committee holds its sittings

* The hospital, when it was first established, was managed by an equal number of sisters and brothers, who had each the care of persons of their own sex. Subsequently, however, the brothers were dismissed on account of certain irregularities of conduct, and the number of sisters was confined to six. The latter chose an abbess, and assumed the entire management of the hospital. In process of time, the number of sisters and patients increased as the property of the hospital became greater by various donations, till at length Louis XIVth, gave it the united funds of several houses for the sick, which he suppressed.

About the middle of the 17th century, the sisters

every Monday and Wednesday for the affairs of the hospitals, and other charitable institutions, and every Friday and Saturday for what relates to the assistance of the poor at their own dwellings, to foundlings, &c. The aid which is extended to the poor at their own houses, is under the superintendance of thirty-six respectable inhabitants of Lille. There are physicians, and an apothecary for each district, to attend and furnish medicines for the sick poor; and broth is given when ordered by the physicians. It is said that the number of persons who receive assistance from the Administration Des Hospices, amounts to a fifth of the total population of the town.

In the Rue de Paris is a house of health for prostitutes affected by the venereal disease. I understood that the situation of this hospital was extremely unhealthy.

had come to the resolution of admitting *sick men* only. This regulation was scrupulously observed, though it was manifestly in contradiction to the intentions of the founder. The same law had been made at the hospital of the Countess.

There is an asylum for female lunatics at Lille, which is managed by women, under the direction of a matron. An order from the Prefect is required before a person can be admitted into this asylum. Those who are indigent are supported by government. The number of patients is stated to be upon an average, from sixty to seventy.

The lunatic hospital for men is at Armentières, four leagues from Lille. It was formerly directed by eighteen brothers, called Bons-fils. It has lately been organized afresh, and report speaks favourably of the manner in which it is conducted:

The General Hospital.

This establishment, one of the most extensive I have ever seen, is a poor-house and foundling hospital united. It was erected by virtue of letters patent in 1738, and having escaped the sweeping reforms of the Revolutionists, who seldom spared any establishment which had considerable

funds attached to it, it remains in nearly its original state. Some modifications, however, have taken place, and still greater changes might be made to the advantage of the charity,

The hospital, which consists of a great square, is situated near the ramparts, in a spot as healthy, perhaps, as a town standing in the midst of a marshy country can afford. The general number of persons domiciliated there, is from 1700 to 1900. In the year 1762 it is said to have amounted to 2200, and in September, 1818, it was stated at 1700. Nearly an equal number of children are at nurse in the country. For a reason which has been before given, I cannot at all depend upon the statements which I obtained of the annual expenditure. The sum mentioned to me was 400,000 francs, or something more than 1095 francs per diem. How so great a number of persons can be supported for so little I am at a loss to imagine. It is true that nothing can be more parsimonious than the style in which they are kept, as

will be seen presently, yet, I think, the expenditure must be considerably greater than it was represented to me*.

I went over nearly every part of this immense building, and, though I am aware that when so many persons of the very lowest order, and such a multitude of children are collected together, it must be extremely difficult to keep the house tolerably decent and clean, I could not help being astonished to find so little regard paid to neatness. The passages, dormitories, working rooms, every part of the house, in short, seemed to be very ill kept, very dirty, and comfortless. The beds were too much crowded, the bed linen generally black with dirt, and there was an offensive smell throughout the hospital, which I have seldom remarked in public buildings of this sort on the continent. The fact seems to be, that more is attempted than can well

* I must confess that the above statement of the annual expenditure did not come from very good authority.

be accomplished: more persons are admitted than the funds will properly allow of. In such an establishment as this, some of the young people of both sexes might be usefully employed in keeping the house in order.

Below the ground floor are the cellars, kitchens, &c.: what the former contains I cannot say, for neither wine nor beer is allowed. The kitchens I could not remain in a moment, owing to the disagreeable smell that issued from them. The provisions were of the coarsest description, and were prepared by persons who receive two liards (a farthing) a day. It may be imagined what sort of cooks they must be. Over the kitchens are the refectories, and working rooms. The former are dark vaulted halls, which must be very damp and cold in winter. One meal a day only is allowed. The men have theirs at nine o'clock in the morning, the women at ten, the children at noon. This meal consists of a pound of bread, and a very scanty

portion of soup. Twice a week a small quantity of meat is given. One meal a day is miserable enough for grown people, and for children is certainly far from sufficient. Would it not be better to divide the bread, at least for the children, into two portions, and to distribute it twice a day; and would not such a regulation prevent waste? The young people ought certainly to be allowed more soup, or milk: in short, they ought to be better nourished.

The first floor of the hospital is allotted to the old people, the second and the attics to the children. The former have each a separate bed, but the latter sleep two together. To this regulation, as the author of the Guide to Lille very properly observes, there are many objections, especially as children of different ages are put together. There are several wards for the sick.

The benefits of the hospital are not confined to natives of Lille, and its Arondissement, but extend to French people gene-

rally. None, however, can be admitted, who have not been settled in the town, or its neighbourhood, for at least six months.

Those among the old people who are able to work, are obliged to do so. Two thirds of the profit go to the establishment, and the remainder to the person employed; but these gains are very trifling, as every thing manufactured in the hospital is charged with a duty to the government. There were many hands employed in spinning thread. The foundling boys learn different trades: tayloring, shoemaking, &c. The girls learn needle-work; but their chief occupation seemed to be making lace, similar to that of Mechlin and Valenciennes. There are reading and writing masters, ecclesiastics, who have apartments in the house.

The children are retained till about the age of eighteen years, and are then obliged to provide for themselves. Some of them are employed by the manufacturers of the town, and some go to service. The boys

may enter the army or navy, or get country work, and many probably do, but I fear that too many of the children of both sexes turn out little to the credit of this institution. When the girls leave the hospital, they receive a small present by way of dowry, but the profits of their labour, while they remain there, go entirely to the establishment.

It was not until 1806 that foundlings were received at the general hospital. The infants left there by their unfortunate mothers, are immediately sent into the country to nurses, whose names have been previously registered at the office of the administration of hospitals. If they fall ill, they are sent back to the hospital infirmary. The foundlings are clothed, but not the old people. The clothing is manufactured at the house. The uniform of the boys is grey, with a yellow collar: that of the girls, dark green.

Medical School.

The ancient college of Jesuits, built by the magistrates in 1605, and given to that order, was dissolved in 1781, and soon afterwards converted into a military hospital. Such it continued till 1814, when it was erected into a medical school by royal mandate. There are six professors, with three deputies, who are required to give lectures upon anatomy, physiology, pathology, operations, and bandages, the hygiène, pharmaceutic, chemistry, the operations of pharmacy, botany, materia medica, and clinical medicine and surgery.

The botanical garden and school are near the Pont St. Jacques. Since 1806 the garden has been improved and enlarged. The botanical chair, however, became vacant in 1815, by the death of Dr. Lestiboudois, and it has never been filled since. This does not seem to augur well for the new medical school.

Climate—Diseases *.

The climate of the Arrondissement of Lille is extremely variable. The country is low, and, in many parts, marshy. The rivers and numerous rivulets by which it is traversed in every direction, and the frequent fogs from the marshes, render the atmosphere excessively moist; hence the winters, which are of full six months duration, are generally wet and rainy.

From meteorological observations, made during a period of ten years, it appears that the medium quantity of rain which falls is 27 inches, 9 lines. The average number of rainy days in the year are 163. The medium cold $80^{\circ} 7'$ of Reaumur's thermometer; the heat $26^{\circ} 88'$.

* My sketch of the climate and diseases of the district of Lille is chiefly taken from the "Guide des Etrangers," one of the best books of the kind I ever met with.

The prevailing winds seem to be the west, south-west, and north-west.

The sudden changes of wind cause great variations of temperature, as great as in England, for it is not uncommon for a very hot day to be followed by one so cold as to require fires.

The spring is generally late, but, when it once commences, the country is rapidly covered with the most luxuriant vegetation. The autumn is usually fine.

The Lillois are tall, robust, well-built people. The women, however, are not, I think, remarkably handsome, nor are they so well made as the men.

The diet of the country people is generally thick soup of herbs, butter-milk, salted meat, and potatoes. In winter they make only two meals a day, but in summer they are in the habit of eating bread and butter, and new cheese, early in the morning, and between dinner and supper.

The artisans in the towns fare pretty much in the same way. Perhaps they may get a little more fresh meat, but less of milk and vegetables.

Both the country people and the inhabitants of the towns are extremely fond of frequenting public houses, and, though it be denied that they often drink to intoxication, I believe they indulge in beer and Geneva much more than is consistent with health.

One of the most prevailing diseases of Lille and its neighbourhood seems to be typhus gravior, which indeed is said always to exist more or less in the prison, and bridewell of the city, which are both badly situated. The variable nature of the climate gives rise to peripneumonies, catarrhs, ophthalmia, phthisis pulmonalis, &c. Scrophula is a common disease, and rachitis is frequent among the children employed in manufactories, and those born of parents whose occupations have been entirely sedentary. Apoplexy, palsy, and gout,

among men, chlorosis, and nervous affections, among women, seem to be no less common than with us.

From the nature of the country, I presume that remittent and intermittent fevers are very frequent. Smoking, however, is much more general on the continent than it is in England, and this, together with the custom of taking a glass of brandy or Geneva early in the morning, may probably obviate, in a great measure, the ill effects of the effluvia from the marshes.

BRUSSELS.

HOSPITALS.

BRUSSELS was formerly much richer in charitable institutions than it is at the present day. Several of the houses for the reception of the indigent class of society, have been suppressed, and their revenues otherwise disposed of. There still, however, exists an hospital for old men, one near the cathedral, for foundlings, and two for the sick poor. Of the latter the principal is that of St. Peter, which once belonged to a religious order of females, (Hospitalières,) who received twelve persons of either sex. The emperor Francis II. applied to the sisters to increase the number of patients, which, as I was told, they declined doing, and he, consequently, by his own autho-

rity, converted the convent into a general hospital. The sisters have still the care of the patients to a certain extent, but the management of the funds, &c. has been taken out of their hands altogether.

The hospital is capable of containing about 200 patients. No disease is excluded: there are venereal wards, and one for puerperal women. The arrangement of the wards is as follows:—On the ground floor are the surgical patients; the men on one side of the passage, the women on the other. The first floor is allotted to the medical cases, and the second partly to convalescents in general, and partly to venereal cases which are nearly cured.

In a separate part of the building are women of the town, who are affected by venereal complaints, and who have been arrested in the streets by the police, and sent to the hospital, and in an adjoining ward men with the same disease. I ob-

served that two or three soldiers were placed in an anti-room to prevent disorder.

The wards are all remarkably airy, light, and beautifully clean. Indeed, I thought this hospital better regulated upon the whole than any I had visited. It would be better if the bedsteads were iron, but, such as they are, it is impossible for them to be more neat. The sheets and blankets were equally clean. Over each bed was a ticket, with the patient's name, and age, and disease, and observations upon some points which it is material for the medical attendant to know; the excretions, &c. much in the same way as is practised, according to Dr. Cheyne, in the fever hospital at Dublin.

The medical establishment consists of a physician, and surgeon in chief, with two house assistants, and the apothecary. The physician and surgeon visit the patients every day.

Those sick persons who are desirous of being admitted into the hospital, or of having medicines from thence, must get a note from the physician or surgeon of the section to which they belong, for, it is to be observed, that Brussels is divided into sections, the poor of each of which are visited by a medical man appointed to attend the sick of that section. These medical men send their patients to the board of administration, with a recommendation, when they judge it expedient, and the board passes them on according to the urgency of the cases, and the vacant beds. The appearance of the patients was very comfortable. They are well attended, and well nourished. The diet varies of course according to the circumstances of the case, but it is throughout good, and sufficient in quantity.

A passing visit will not allow me to say any thing respecting the medical treatment pursued at this hospital; its economy is all that I can pretend to describe. From what I observed, there appeared to be very few

patients whose diseases were of much moment: hardly any were in bed.

The numbers, when I visited the hospital, were about 170, and the total numbers received annually are said to amount to about 1300; the deaths to about 100 per annum: sometimes rather more, sometimes less. Out of the total number 1300, 200 are generally children. I, as usual, inquired as to the income of the hospital, but could obtain no information, owing to the accounts being complicated with those of the other hospitals.

After this short description of the hospital of St. Peter, little remains to be added respecting that of St. John, which is more particularly directed by the sisters of the ancient convent, under the inspection, however, of the board of administration. St. John's Hospital is not quite so large as the former, and as it is, for the most part in the old church, the wards are not separated from one another. There is no partition between the part

of the building assigned to the men, and that of the women: the two sexes merely occupy opposite sides. This inconvenience might be remedied without difficulty, or much expence, by building two partition walls about eight feet high, leaving a passage between them, as has been done at the civil hospital at Ghent, which is also an ancient church. The hospital was very neat, but the beds were not disposed with that regularity and attention to distance between them, which I had remarked at St. Peter's. It is a general observation which I have made, in visiting foreign hospitals, that they are too crowded. St. Peter's is one of the few exceptions which I know of.

At Brussels there is no regular military hospital, but only a temporary one, to which soldiers are sent till they can be transferred to Louvain,

There is no lunatic hospital at Brussels. Persons labouring under mental derangement are sent to Mechlin.

Cabinet of Natural History.

The cabinet is not much worth notice. It is in many points extremely defective, and my only reason for mentioning it is, because, under the same roof, there are an anatomical theatre and museum. In the theatre lectures are given upon different branches of medicine and surgery, and, in one of the rooms adjoining the museum, are delivered lectures upon botany, mineralogy, and natural philosophy. It is to be observed, that though there is a school of medicine at Brussels, there is no university. The ancient university of Brabant was at Louvain, and it has recently been re-established. It may, perhaps, revive in the course of years, but hitherto the students, if I am rightly informed, have not exceeded fifty or sixty. Louvain seems to be a town scarcely considerable enough to be a good situation for a school of medicine. In

that point, if not in others, it will probably be superseded by the newly founded university of Ghent, which is going on very prosperously, and of which something will be said presently.

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ANTWERP.

HOSPITALS.

THE hospital for the sick, which was formerly attached to the convent of St. Elizabeth, and was, like most other establishments of a similar description, directed entirely by the sisters, has, since the suppression of that convent, been taken out of their hands, and has been considerably extended. Every species of disease is now admitted, and a part of the building is allotted to lying-in women. It is capable of containing upwards of 500 patients, and, when I visited it, there were between 200 and 300, including those persons who pay a certain sum a day, and who are placed in two wards separate from the rest of the patients. These persons are little trades-

men, servants, &c. and they pay about thirteen pence per diem.

In some respects this hospital is perverted from its original intention: chronic cases of an incurable nature, and people whose only malady is old age, are, as far as I could learn, allowed to remain almost for an indefinite time in the house, so that it has become almost as much a poor-house as a hospital for the sick. I could not help remarking that I thought this was to be regretted, but was answered, that it was impossible to turn people out of doors to perish through want. It is to be lamented that more reserve is not adopted in admitting persons who are not very likely to receive much benefit from medicine, but will most probably prove burdensome to the institution, or that some other establishment is not set on foot for the infirm and aged poor.

Upon the whole, the wards were tolerably well kept, and the patients seemed comfortable. In one or two of the private rooms, however, especially in one where there was a very aged female, rather

above the lowest order, ventilation seemed to be neglected. The bed linen in general was not particularly clean. There were about fifty beds in each ward.

The venereal patients are in a part of the house separated from the rest, and there is a distinct ward for persons affected by the itch, bad ulcers, &c. When I went over the hospital, there were absolutely no bad cases: not a single instance of fever. The season, indeed, had been remarkably healthy. The chronic cases were excessively numerous. They abound in almost all hospitals, and how great must be their number, when there is no hesitation in admitting them! There are no out-patients, but there are dispensaries belonging to the different sections of the town, and the poor are attended at their own habitations, by the physician or surgeon of their section. In bad cases, little can be done for them in this way, and they are then sent to the hospital.

The medical officers of the hospital are two physicians, a surgeon in chief, and an

assistant surgeon, with four or six house pupils. All of them, as is usual on the continent, receive salaries, and I was given to understand that these salaries were not inconsiderable. The medical officers also find their lectures profitable. These lectures are delivered four times a week. They embrace the practice of medicine, pharmacy, anatomy, botany.

This hospital, together with the other charitable institutions of the town, is under the direction of a board of administration, composed of respectable inhabitants.

The funds arise chiefly from the sequestered property of the convent, consisting principally of houses in the neighbourhood.

Attached to the hospital is a botanical garden, but upon a very small scale.

Lunatic Hospital.

In this establishment I saw much to approve, both with regard to the moral treatment of the patients, and to the manner in which the hospital was kept.

In the court yard allotted to the men, where all, excepting, of course, those who are quite furious, are allowed to wander about at their pleasure, there was no noise or confusion. One or two persons had a chain passed round one leg and the wrist of one hand, so as to prevent their running after the other patients, and striking or biting them, and several had their hands confined, but I saw no heavy irons, no chaining to the wall, or other unnecessary severity. The servants are positively forbidden to strike the patients upon any pretence whatever. There were no very uncommon cases; the most striking were those of an old man who had been some years confined, and

who, though not deaf, had never spoken since he had been in the hospital, and of a person, who from the indecencies he committed, ought to have had his hands tied. This man was in continual agitation: now indecently exposing himself, now taking quantities of snuff; at one moment pretending to play the flute, and the next making all kinds of grimaces.

The cells were light, and large enough, and as neat as could be expected. There was rather a disagreeable smell, but yet nothing remarkably offensive, even in those assigned to the patients, whose habits were most uncleanly. All the cells were open, so that the air might circulate freely through them during the day.

The female department was the best, the neatest, and the most orderly. Scarcely one of the men appeared to have any occupation, but many of the women were employed in lace-making and spinning. Had I not been told that they were insane, I should

not have suspected it, such was the tranquillity that prevailed among them. There was but one woman who was excessively talkative, and who was occasionally violent. The punishment of the patients, when they become troublesome or disobedient, is solitary confinement, which this woman had undergone several times. Among the women I observed a great proportion of persons well advanced in age, and who were, many of them, in a state of mental imbecility. Notwithstanding the general good order of this part of the house, there were a few cases more deplorable than any I met with among the men.

The infirmaries were neat and clean.

The kitchen was in perfect order, and the provisions seemed to be very good. Rye bread is used, as is invariably the case in all the public charities of the Netherlands, excepting under particular circumstances. The patients are not restricted as to the quantity of their food,

which is very proper in a lunatic hospital, for some persons suffering under mental alienation require a great deal of nourishment.

The actual number of patients in the hospital amounted to about 60 men, and between 70 and 80 women.

This hospital is for the poor only. Persons in a better rank of life are taken care of by the Alexiens, an order whose office originally was to attend the sick. The Alexiens formerly observed the rules of the Augustine monks, and had a convent till very lately. At present, however, they live in the town, under the title of Congregation, or Association, for the Good of the Public. They receive insane persons as pensioners of their house.

At a short distance from Antwerp there is a spot which is in great repute for the recovery of lunatics. Their cure is, by the vulgar, attributed to the

saint who is patron of the place, but if these unfortunate beings really derive more benefit from being sent there than any where else, it is, I suppose, from their having more space to move about, better air, and greater quiet, added to the effect produced upon their imagination.

Foundling Hospital.

This is one of the most extensive of the public charities of the city. It contains several hundred children, not however all foundlings, but some of them, orphans, who have been left perfectly destitute. The infants are sent into the country to nurse; the boys are put out to the tradesmen of the town; the girls, till a certain age, are instructed in lace-making, and other work, in the house, and are then transferred to another establishment to perfect themselves, before they are sent into the world. Their work appeared to be neat, and I was shewn

lace made by a child only five years old. It was, as might be expected, of a very inferior sort, but it proved how early children may be taught to be useful.

At the age of eighteen or nineteen the foundlings of either sex are dismissed, with a present of some clothes, and a little money. It is said that they rarely turn out well. The same observation has, I believe, been made with respect to the *elevés* of foundling hospitals in other countries, and the fact may be readily accounted for without its being supposed that there is any thing remarkably defective in the manner in which they are educated. We have only, in these and similar cases, to consider how inadequate a substitute the public charity must be for the natural friends of the individual whom it protects, and aspires to educate. The children who are brought up at these hospitals ought not to be abandoned when they quit the establishment. At Amsterdam, as will presently be seen, they are not abandoned: an interest is still

taken in them, and they have a double incentive to good conduct; the consciousness that their behaviour is observed, and the hope of further assistance, which they receive, provided they shall have conducted themselves in such a manner as to deserve it.

The children at the foundling hospital at Antwerp seemed in general healthy and happy. They are well clothed and nourished, and comfortably lodged; and, though they are kept rather strictly to work, they are allowed a reasonable time for play and for rest. The hospital is at the outskirts of the city, in an open, airy situation, and there is a court appropriated to either sex. The dormitories are remarkably neat; and great care is taken to keep them well ventilated.

Whether vice and poverty are increasing at Antwerp, I cannot take upon myself to say, but, as population certainly does not appear to increase, and as the funds for the support of the public charities are not

represented as being so ample as to account for the extension of any of them; yet the foundling hospital is receiving considerable additions, it would appear that, from the pressure of the times, and perhaps some other circumstances, marriage is less frequent than it used to be, while illicit connexion is more common. Or perhaps even many married persons may, through poverty, be compelled to abandon their offspring.

The funds which belong to the public charities of Antwerp are, I understand, barely sufficient to support them. Many of the inhabitants of the town are, however, wealthy, and it is to be hoped, that they contribute to assist them. In the public charities of all countries, there are abuses: money is too often lavished upon certain parts of these establishments, which might be turned to better account, by being applied to the general purposes of the institution. I believe that at Antwerp the salaries of the numerous officers attached to the hospitals amount to a very large sum of

money. The number of these officers appeared to be unnecessarily great, and the stipends of some of them more than sufficiently liberal.

GHENT.

THE civil hospital of Ghent, which was once the church of a convent, like that of St. Elizabeth at Antwerp, and many others, is extremely well situated at the confines of the town, near the public walk, named de la Couture, on the banks of the canal. In front of it there is a large open space, and the hospital is completely insulated: there are no other buildings within a considerable distance, so that there is a thorough circulation of air. In a word, the building is almost in the country, and in a spot as happily chosen as any can be in a low marshy country, intersected by rivers, canals, and ditches*.

* Ghent is situated at the conflux of the Scheldt, and the Lys, and the little rivers Lièvre and Moère, which divide the city into twenty-six islands. Besides these rivers, there is the canal from Ghent to Bruges.

The hospital consists of four great wards; two for medical, and two for surgical patients, independently of the part of the house allotted to venereal cases. The wards are, of course, from the nature of the building, very lofty and very spacious. Those belonging to the physicians have been formed out of what was the great nave of the church, and the male are separated from the female patients, by a double partition of brick, which leaves a passage between. Each ward is still sufficiently wide to allow of three rows of beds, with ample space between each row. I thought, however, that the beds were rather too close together. The hospital may contain from 200 to 250 patients, or perhaps rather more.

The medical officers are two physicians and a surgeon. One of the physicians is professor of clinical medicine in the newly-established university.

It is chiefly on account of the clinical lectures, that I have said any thing about

this hospital. They are given every morning from eight to nine o'clock. How useful and instructive they are I can testify from experience, very short experience indeed, but such as was sufficient to enable me to appreciate their advantages, and to make me lament that they are not more attended to in our great hospitals at home. The patients for these lectures, who are selected out of the great mass, are distributed among such of the pupils as are sufficiently advanced to be able to examine them properly, and to prescribe for them in the absence of the physician. When the professor visits them, the several pupils are expected to give a clear account of the state of their patients, of the symptoms, &c. Their mistakes are corrected by the professor; and when I was at the hospital, he corrected them in so clear and decisive, yet, at the same time, so mild a manner; he so kindly commended those who had been assiduous, and so good naturedly rebuked those who had been remiss, that I am sure his pupils must be attached to him, and, if

they are good for any thing, must profit by his instructions*.

After each pupil had described the case assigned to him, and had mentioned what treatment he had adopted, the professor gave his sentiments upon it at some length, if he considered it an important one; in short, gave a real clinical lecture. At the time these notes were written, there happened to be some interesting cases in the hospital, for a fever, of a typhoid type, was prevailing epidemically in the town. I observed two or three recent cases, but the majority of those which I saw were convalescent. The treatment appeared to have been judicious and successful. Topical blood-letting seemed to have been very generally employed, and with marked benefit wherever there

* The present clinical professor is Dr. Van Rotterdam, to whom I feel much indebted for acquainting me with the manner in which medical studies are conducted in the university of Ghent, and for putting me in the way of forming a judgment respecting them myself.

existed much affection of the head or of the chest. Affection of the chest indeed was a very common attendant of the fever which prevailed this year at Ghent. Typhus, with catarrhal symptoms, was marked upon several of the slates attached to the patients' beds.

I was informed by the professor, that the bodies of almost all those persons who died in the hospital, and whose cases had been at all interesting, were examined, and the morbid appearances described, and commented upon. The language which has been adopted for the clinical lectures, and in which the pupils give their statements of the cases assigned to their care, is Latin, with which all persons entering a liberal profession are of course expected to be competently acquainted, but I must confess, that both the professor and his class spoke in that language, with a fluency and general correctness, which surprised me. On this occasion I felt very sensibly the advantages which science must derive from the establishment of a common language.

In France medical lectures are given in the language of the country ; in Holland generally the case is the same ; in Italy the same ; and in England the same ; so that fully to profit by them, great part of a man's life must be passed in learning words, which might be better employed in learning facts. Wherever science is concerned, this is to be regretted, but in no instance perhaps so much as in medicine, in which there is so little defined, in which opinions and practice are so constantly varying in different parts of the world ; in which so much remains to be done ; and it is therefore of the highest importance, that intercourse between medical men should be facilitated by every possible means. I cannot then but heartily concur with the professors of clinical medicine at the university of Ghent, in commending the law which has been established, viz. that the lectures and public examinations shall be in Latin.

From what I saw of the manner in which the medical department of the university of Ghent is conducted, it seems pro-

bable that it will, in a few years, rise into high repute. It has every chance of becoming celebrated, provided no new disturbance, no new military despotism arise, and provided no relaxations in discipline are allowed to take place. Great pains are at present taken with the students; they are obliged to be two years in the classes of philosophy, and three in those of physic, before they can become candidates for the degree of doctor in medicine, and the examination for that degree is by no means a slight one. Fortunately, an examination took place while I was at Ghent*, so that I am enabled to speak with confidence upon

* As the university was organized only last year, and as I have stated upon the best authority, that five years study is required to qualify a student for his doctor's degree, it may be necessary to explain how a public examination for that degree could take place at the time I have mentioned. Those who had previously gone through the whole course of attendance at the hospital, and at the lectures, which were given before the foundation of the university, it would have been unjust to have put back, provided they were found capable of passing the examination required by the new regulations.

the subject. The examination was in a spacious and very handsome hall, at the Hôtel de Ville, and was completely public. The candidate, in an academical dress, not much differing from that of the students at our universities, ascended a rostrum, on either side of which were ranged the professors, &c. of the university, also in their proper habits. The opponents were seated below the officers of the university, and the spectators occupied the area and gallery. The candidate first read the title and a few lines of his thesis, pro forma, and then the positions advanced in it were controverted by the opponents in succession, and defended by the author. Several of the professors took a part in the discussion, and one of them with extraordinary energy, and considerable talent, but perhaps with rather too much warmth. The disputation lasted full an hour. The professors then retired, but soon returned, and the candidate, after taking the oath of Hippocrates, and pledging himself to act on all occasions for the interests of the university, and his profession, to the best of his judgment, received his licence in the name of the Rector,

and the *Senatus Academicus*. The whole of this ceremony was conducted with becoming gravity and *décorum*, and I have been rather particular in describing it, as a newly established university, in the 19th century, is something remarkable.

The schools of the three faculties are in different parts of the city. Those of medicine are in the corn market, those of divinity near the cathedral, and those of law join the royal college, which is a preparation for the university*. The botanic garden is also near the royal college. It was formed during the reign of the French, and

* The university, at the present time, reckons about 300 students in all. The medical class is not as yet very numerous; it consists, I think, of 24 students. At the royal college are taught the Greek and Latin languages, arithmetic, algebra, mathematics, &c. and extra masters may be had for modern languages, drawing, music, &c. The annual expence for boarders amounts to 525 francs, which includes washing as well as board, lodging, and tuition. The extra masters are paid at a very reasonable rate; for example, the drawing master at one franc per lesson.

has been constantly improving. It is in very high order, and extremely rich in plants, of which a catalogue has been published, under the title of *Hortus Gandavensis*.

AMSTERDAM.

HOSPITAL, &c.

THE first of the charitable institutions which I shall describe, is the great hospital of St. Peter, founded at the reformation in 1578, and which has taken the place of the convent of the same name.

This hospital is capable of containing 600 patients, that is to say, by placing beds down the middle of the wards. The numbers, when I was at Amsterdam (October, 1818) were 370, by much the greater proportion females. The building is handsome, and very spacious; the wards are large and thoroughly ventilated, and uncommonly neat, as indeed all the houses in Holland are. They seemed to be kept in the highest order, and though I visited the

hospital rather early in the morning, I met with nothing disagreeable. All the utensils, the kettles, dishes, and wooden cups for medicine, were beautifully clean. In general too, the bed linen was very neat, and the patients so in their persons*. The bedsteads are of wood, and two beds are placed so as to touch each other, while a space greater than is necessary is left between every two, which is certainly a bad arrangement. Besides the ordinary wards for women, there is a very spacious and excellent one for puerperal females, and a smaller one for them just previous to and at the time of their delivery. These two wards are not appropriated exclusively to poor married women, but some unmarried

* I do not, however, think, that the Dutch are so neat in themselves as they are in their houses. They seem to be too much occupied about the latter to have much time left to attend to their own persons. It is said, that the inhabitants of the village of Broock, in North Holland, once carried their attention to neatness of their streets and houses so far, as to oblige strangers to take off their shoes before they entered the place.

females are admitted, of course under particular circumstances.

The men's department is upon the same scale, and nearly equally well kept with that of the women. At the entrance of the wards I observed a printed paper, with the number of patients of either sex actually in the house; how many had been admitted, how many discharged, and the deaths, in the space of a certain number of days, I think, a week, or thereabouts. At the further extremity of the wards there is a small bed room apart, for persons who are delirious, and who might disturb the rest of the other patients.

Every part of the establishment was in excellent order. The apothecary's shop is very neat, large, and well furnished, and attached to it there is a good laboratory. The pharmacopœia in use is that of Holland, *Pharmacopœia Batavia*, published in 1805.

The neatness of the kitchen was very re-

markable, and the provisions seemed to be excellent, and to be distributed with no sparing hand.

The medical establishment of the hospital consists of two physicians, one for the men, and one for the women, and two surgeons, whose departments are allotted them in like manner. Besides these medical officers, there are numerous pupils, who assist in taking care of the patients. The servants are few in number, for in all the hospitals of Amsterdam, great use is made of the convalescent patients, by which they are kept from idleness, and considerable expence is spared. The pay of the men servants is a florin, twenty-pence a week, and they are boarded. The women servants have fifteen pence a week, and something extra for tea or coffee, and they are also boarded.

The governors of the hospital are burghesses of the town, and there is a director, whose office seems to be to attend more especially to the economy of the house, and

to receive the applications for admission, which are signed by medical men, who are appointed to attend the poor in the different quarters of the city. The charity is not confined to inhabitants of Amsterdam, or even of Holland: any poor person is admissible, provided his disease be one of those which falls within the rules of the establishment, and his character be free from objection. Some diseases are not admitted: for example, bad fevers. Upon the whole, this hospital does honour to Amsterdam, and some hints might, perhaps, be taken from it, which would be useful to those persons who are connected with similar establishments in England.

Lunatic Hospital.

Every medical man has heard of the hospital for lunatics at Amsterdam, which has been cited as one of the best regulated establishments of the kind in Europe. One

of the grand points in which it has been mentioned to excel, is the moral treatment of the patients. In that point the lunatic hospital of Amsterdam is happily not so singular now as it was formerly, a like system of mildness has been adopted in other countries, yet it should not be forgotten, that such a system had been established there, and carried on for a long time before the rest of the world seemed to be aware of its superiority.

This hospital was founded in the year 1630, and is stated to have cost 147,009 florins. In 1732 it was totally consumed by fire, but rebuilt upon the same plan. It is situated in the Fauxburg Overtoom, a little beyond the Leyden-gate, and is separated from other buildings, and surrounded by a broad fosse. It is not exclusively appropriated to persons alienated in mind, but comprises several wards for other diseases. Venereal cases, and contagious disorders, which are not admitted at the hospital of St. Peter, are treated here. This part of

the house was very neat. The venereal ward for females was as clean as the best parts of many hospitals in other countries.

The part of the building allotted to insane persons is, I understand, not sufficient, and the governors are desirous of enlarging it. The actual numbers of lunatics are 50 men, and 90 women: the total amount of patients in the hospital is about 350.

The wards for lunatics are upon exactly the same plan with the others, but, joining those of either sex, there is a court where the patients are allowed to be at their pleasure. The little separate cells, round spacious courts, which were described in speaking of the Salpêtrière at Paris, seem to be much better calculated for such patients than an open ward. It is true, that violent maniacs, and those who are very offensive in their habits, are separated from the rest in the hospital of Amsterdam, yet still there must be many whom it would be cruelty to confine, yet who may be very

troublesome to lunatics whose malady assumes a different character from theirs, and from whom the open wards of this hospital afford no escape. If each patient, or if every two patients, had a cell to themselves, it would, I think, be more comfortable for them, and might not unfrequently conduce to their recovery. They might then, as at the Salpêtrière, either mix with the rest of the patients in the court, or not, as their inclination might lead them. We know that persons in general of an hypochondriacal temperament, are often irritated by what appear to them the turbulent spirits of people of a different disposition, and when reason is gone, and melancholia is completely established, a patient must often be made worse by being surrounded by mad people of a different description, and by mental imbecility in every shape. Lunatics, under different forms of alienation, and in different stages of their malady, should, if possible, be separated from one another, or at least, should have the means of withdrawing themselves from the crowd if they wish it.

The misfortune, however, of almost all hospitals is, that the original establishment soon becomes too small for the number of applicants. It is often difficult to reject those who apply even when there is not proper room for them, and as difficult to extend the plan of the building, so that it becomes almost a matter of necessity to break through good regulations. This necessity has, as we have already seen, occurred at the Salpêtrière, and would most likely have occurred at the lunatic hospital of Amsterdam, had its original construction been the same. Still, however, though the complete separation of the several classes of insane persons may not always be practicable, all, excepting the convalescent, should have separate cells to retire to if they choose, and the generality of idiots should be apart from the rest of the patients.

The patients who are not dangerous, or who have not lost all sense of decency, are as I have mentioned, together. The men and women, of course, quite separate: in-

deed, nobody is permitted to enter the female wards without an express order from the director. None but furious maniacs, and those whose habits are disgusting, are confined to a distinct ward, and very few, even of these, to a cell. Those who are only occasionally violent, and whom temporary severity can reduce to order, are punished by the strait waistcoat: sometimes by confinement to their bed. Several beds had manicles, and chains for the legs, with leathern straps. Perhaps some persons may be of opinion that it would be better to banish every appearance of a chain from these hospitals, and indeed I do not know that in any form they are ever necessary; but it is to be observed, that there is nothing in reality more severe in the application of the chains I saw at Amsterdam, than in that of the strait waistcoat and straps.

I went into the part of the house set apart for the worst patients. They are, like the rest, humanely treated, though they are kept in all proper subjection. It was here only, and near the straw beds of

two idiot children, that I was sensible of any offensive smell. This it was impossible to prevent altogether.

In no case are the attendants allowed to strike a patient. Such personal chastisement formerly prevailed; and it was, as might have been expected, carried to excess, and gave occasion to very serious complaint. The conduct of the person who accompanied me round the hospital, proved that the governors are very particular respecting the treatment of the patients. Nothing could be more kind than the man's manner to them all, and there was only one individual who was furiously mad, who seemed not to like him. This person was above the common rank, and was confined in a separate apartment. I merely looked in at him for a moment, for he was excessively angry at our presuming to intrude upon him.

I inquired for the baths, and was surprised to find them so imperfect. There were merely two or three tubs, without any

proper means for filling them, or any apparatus for giving douches, as at the Salpêtrière. This is the more extraordinary, as baths are very frequently prescribed at this hospital.

The medical officers are two physicians, and two surgeons. The governors are six in number, gentlemen of the city, and there is a director, who resides in the house. There are some separate apartments for persons above the lower order, whose relations pay for their support; but the principal establishment for such persons is, I believe, at Alcmár.

Upon the whole the lunatic hospital of Amsterdam, like the other charitable institutions of the town, is well worth visiting. Considerable attention seems to be paid to the patients; they are treated with humanity and judgment, and if there are some points on which improvements might be made, we must not be too severe critics. Perhaps quite as much is done as the space and the funds of the institution will admit

of. I am the more inclined to think so, because, from the appearance of the public charities of Amsterdam in general, it is evident that no town is more attentive to the relief of the poor and suffering class of the community.

FOUNDLING AND ORPHAN HOSPITAL,
In the Prinzengracht.

This hospital was built in 1663. It is destined for the reception of children of both sexes, foundlings, or such as have lost one, or both parents, either abroad, or in the hospital for the sick, or in prison, and who cannot be admitted into any other public charity of the city.

The number of children at the present time amounts to 2100: a few years ago it did not exceed 1500. They are kept in the house till twenty years of age, and then obliged to provide themselves with a situation. They are not, however, discharged,

without a sum of money, and clothes; and this present is repeated after a certain time, provided their conduct has been good. Thus we perceive that the elevés of this institution are not abandoned entirely to themselves when they quit the house: their conduct is watched, and the hope of reward is held out to induce them to behave well. Many of the children leave the hospital much earlier than the term prescribed for their departure. The boys are often taken by tradesmen of the town, or they enter the army, or the marine: the girls, for the most part, go to service. With regard to the foundlings, an exact account is kept of the place where they were found, (for it is to be observed, that there is no box to receive them, as is the case in most foundling hospitals,) as well as of any papers or valuables they may have had with them, and these are restored to them at any period, if there appear any likelihood that they may prove useful to them.

The edifice is 583 feet in length, exclu-

sive of the two wings. The ground floor is occupied by the steward, porter, and their assistants, by the infirmary, kitchen, bakehouse, &c. On the first floor are the apartments of the governors and governesses, the dormitories, refectories, &c. On the second floor are other dormitories and schools, and the third comprises store rooms, the laundry, &c.

Considering the great number of inmates of this truly magnificent establishment, every part of it is extremely neat and clean. Great care seemed to be taken to keep the dormitories well aired, and if there was a disagreeable smell in one or two of them, it did not proceed from the wards being neglected, but from the canals, which are the great nuisance of Amsterdam.

There was only one regulation which it was impossible to approve: I mean that of three children sleeping in one bed, and that till fourteen or fifteen years of age: afterwards a bed is given to two. In every

other respect the arrangement seemed to be unexceptionable. The children were neat in their persons, and looked in general remarkably healthy. They have meat soup every day, with bread and cheese for dinner; bread and butter-milk, a great article of food in Holland, for breakfast, and nearly the same for supper. They are allowed to run about and play in a large court, and they often go out for exercise.

I went into several of the schools, where the greatest order prevailed. The girls were occupied in needle work, and many of them were employed by people of the town, who of course pay the hospital for the work, but at a cheaper rate than if they were to put it into private hands.

The boys appeared to be very well instructed. They are taught grammar, the rudiments of geography, of the history of their own country, writing, arithmetic, &c. The writing of some of them was admirable, and their answers in geography and history

were very fair, as far as my imperfect knowledge of their language would allow me to judge. In the boys' school there were 500 scholars. I perceived only one in disgrace. The greatest attention is paid to the health of the children, who are very properly obliged to assist in keeping the different parts of the hospital in proper order. In summer the boys often bathe; they go out of the town beyond the Leyden gate, for that purpose.

There were but few cases in the infirmary. Among them I observed several deplorable instances of scrofula, and of mesenteric disease, which are very common in Holland, and are treated pretty much in the same manner as with us.

The hospital is managed by eight governors, and as many governesses, who are assisted by a Provost, and various other persons under him. There are tailors, shoemakers, &c. who have their shops within the precincts of the hospital, and

whose apprentices are taken from among the children.

The person who shewed me the hospital, and who is called the father, receives about fifty pounds sterling a year: the mother, or matron, nearly the same. The school-masters and mistresses have different salaries; from 100 to 300 francs a year. The revenues of the institution arise from various sources, from certain taxes, &c. &c.

There are several other orphan hospitals at Amsterdam; one for children whose parents were burgesses of the town; another for children whose parents professed the reformed religion, but were not citizens. The Roman Catholics, the Lutherans, the Anabaptists, have each their orphan asylum.

Spinhuis, or Workhouse.

This noble institution is destined for poor people, who enter it voluntarily, and are

clothed and boarded for a certain time, and are required to work in return; and for vagrants, and persons who have been guilty of offences, not of a capital nature. Thus the Spinhuis is at once a poor-house, and bridewell. The numbers that can be received are 1100; the actual numbers are 600, of which two-thirds are women. The establishment is supported by the city, but the funds originally appropriated to maintain it, and which once were more than adequate to that purpose, are now far from sufficient. How the deficiency is supplied I am unable to say. The building is extremely handsome, and some parts of it, as the lodgings of the governors and governesses, have rather the air of a palace than an hospital.

The ground floor of the principal front is occupied by store rooms; the first floor by the apartments of the governors; and the attics by the infirmaries for either sex. The ground floor of the other front comprises

the refectories; on the first floor are the work rooms; and in the attics the dormitories.

There is something peculiarly striking in the neatness and order which prevail throughout this institution, though part of it is, as I have already observed, inhabited by persons of no very good character. Those who are voluntary inmates are separated from the rest, but in both departments there seemed to be the same decency and tranquillity. The women are employed chiefly in spinning, the men in carpet-weaving, &c.

In the work room of those females who were in confinement for various offences, there were 48 persons, all of them so neat in their appearance, and so well behaved, that I never should have suspected they were persons of bad character, had I not been told so. A young person was pointed out to me who was confined for theft; she was the daughter of wealthy pa-

rents, and herself in very good circumstances*.

Among the inhabitants of the workhouse were women who had been placed there at the instance of their husbands, and husbands at that of their wives. When either party behaves ill to the other, application is made to the managers of this institution, and, if the case be clearly made out, the offending party is kept in seclusion for a time, and compelled to work.

There is one regulation at this establishment which it would be well to adopt in every public charity of a similar description, and in hospitals for the sick poor. Every

* It is not uncommon for persons of a rank above the vulgar to be confined in the Spinhuis. There is a picture by Quenkhard, in the governor's apartments, representing a beautiful young woman, of family and fortune, whose loose conduct had occasioned her being confined: some of her relations are offering a large sum of money to release her from this disgraceful situation.

individual, upon admission, is put into a warm bath, and afterwards clothed in the uniform of the hospital. I have often wished that this were adopted as a general practice in infirmaries *. Many of the diseases which are received into them are the consequences of uncleanness, and are kept up by the dirt of the patient's person and clothes †, or by the latter being impregnated with matter noxious to the system.

The kitchen, store rooms, &c. were particularly neat and clean, and the provi-

* On board of British ships of war, where the health of the seamen is very strictly attended to, this custom prevails. Every new man is thoroughly washed and scrubbed, I understand, before he is permitted to mix with the crew.

† It would be no difficult matter to enumerate many diseases which owe their origin to dirt, and are in a great measure kept up by it. Among those which are certainly more tedious in the cure, owing to the patient's clothes being charged with matter noxious to the system, may be noticed *celica pictonum*. I am speaking of the paralysis, for the disease was seldom or ever seen in its earlier stage, at St. Bartholomew's Hospital, during the years in which I was a student there.

sions were wholesome and good*. Every thing, in a word, offered the strangest contrast to the wretchedness of the general hospital at Lille. At the Spinhuis the allowance is three meals a day, viz. bread and beer for breakfast, an ample portion of soup and vegetables, and meat twice a week, for dinner; butter-milk and bread for supper. At Lille, as I have already stated, only one meal a day is allowed. The inmates of the Spinhuis were almost all of them remarkably healthy in their appearance; those of the general hospital of Lille, both young and old, looked for the most part pale and wretched.

The Spinhuis is in an open situation, and both the men and women have a court to walk in. Two hours a day are allowed for exercise, and once a week there is a holy-day.

The profits of the work done by the peo-

* To an Englishman, perhaps, the bread may appear too coarse, but I do not think that it was unwholesome or bad tasted.

ple in the Spinhuis does not go in any part to themselves, but as they are well clothed, boarded, and lodged, they are in a far better condition than the poor at the general hospital at Lille, who, with a nominal share in the profits, gain scarcely any thing.

The Spinhuis is altogether a noble institution, and it is admirably managed. It is a model which the greatest cities in Europe might be proud to imitate*.

Medical Establishments.

In 1801 it was decreed by the executive, that there should be a college of officers of health in every department of the province of Holland. That of Amsterdam was

* The Spinhuis was founded in 1779, and finished in 1782.

In the suite of apartments belonging to the governors and governesses, there are two pictures by Vandyke, and several by Rembrandt.

formed of eight members, viz. two physicians, two surgeons, two accoucheurs, and two apothecaries, assisted by a professor of chemistry and pharmacy, a professor of osteology and physiology, and four lecturers, on the theory of surgery, on pathology, natural history, &c. The college was charged to examine all surgeons, accoucheurs, apothecaries, and midwives, and to do its utmost to prevent the science of medicine from falling into the hands of the ignorant.

Among the professors at the Athenæum are several in medicine; for example, one of anatomy, one of chemistry and medicine, one of botany, and one of midwifery. In the *Marché neuf* is the anatomical school, where the lectures commence in November, and are continued during the winter months. In this theatre there is something very absurd and disgusting, in the skeletons of criminals dressed up in a ludicrous manner. Such caricatures should not be admitted into a place dedicated to science.

In a room below there is a small museum, but its principal attraction is a picture, by Rembrandt, representing an anatomical demonstration, which appears to be one of the very fine works of that celebrated master.

There is at Amsterdam an institution for vaccination gratis, and since it has been established, the mortality which was formerly occasioned by small pox, has been greatly diminished. It seems likely that the latter disease will be lost upon the continent, where, when reasoning fails to convince, the strong arm of power compels obedience.

I conclude my observations upon Amsterdam with one or two remarks upon its climate, and the prevailing diseases. The whole territory of Amsterdam is perfectly flat, and the soil marshy. Indeed it has every appearance of having been once co-

vered by the sea, and some geological observations, made at a time when a well was digging for the hospital of old men, strongly corroborate this supposition. Upon this marsh has been built a city, which, at the present day, reckons upwards of 200,000 inhabitants, and was once more populous. The forest of piles, if I may be allowed the expression, upon which it rests, the numerous canals, by which it is divided into 90 islands, the dam for giving a better direction to the Amstel, which bisects the town, are extraordinary proofs of what human ingenuity and perseverance can effect, under circumstances the most unfavourable. What at first view excites our astonishment is, how any set of people could think of building a great city in such a situation; in a mere marsh; in a moist, foggy atmosphere, and where there is not a drop of good water*. Considering these circumstances it seems surprising, that Amsterdam

* The water of the rivers Amstel and Y is not drinkable, and that supplied by tanks is by no means sufficient, and in dry seasons may fail entirely. The

should be at all habitable, yet it is, in fact, by no means an unhealthy place, at least as far as relates to its inhabitants. Strangers indeed are apt to suffer from disease there, and the more especially as they frequently neglect those precautions which are observed by the natives of the place, and which to them must be more essentially important than to the latter, whose constitutions are habituated to the excessive variability of the climate, and to other inconveniences, which very sensibly affect a stranger*.

Epidemic diseases are said to be of rare occurrence at Amsterdam, and the general attention of the people to cleanliness, together with the vigilance of the police, may probably render certain epidemic diseases,

best water is brought in boats from the river Vecht, from the neighbourhood of Wusp, and is known by the name of Utrecht water.

* For example, the disagreeable vapour from the canals, which, however, they pretend, is salutary to persons affected by pulmonary complaints.

which so often ravage other great cities, rare in this; but I imagine that catarrhs, such as we call influenza, and the French, la gripe, catarrhal fevers, pleurisies, and peripneumonies, must often prevail to a very considerable extent, in spring and autumn. I do not find that intermittent and remittent fevers are so common, as from the nature of the climate one might expect them to be. These diseases are probably kept in check by the same precautions which I have mentioned in speaking of Lille.

Rheumatism is a very common complaint at Amsterdam, as are also pulmonary consumption and scrofula. I should have been glad to have learned something new, and useful, respecting the treatment of the two latter diseases, but they seem to baffle the skill of the physician, no less in one country than in another.

I cannot conclude this article without observing, that in Holland, which in many parts has the appearance of being

absolutely uninhabitable*, which is intersected by rivers, and canals, and ditches, in almost every direction, and where the rich meadows, which constitute the beauty of the country, tremble under the feet, the general robust and healthy look of the inhabitants, affords a striking contrast to the paleness, the emaciation, and the visceral disease, which are so common in the marshy districts of Italy, and the islands of the Mediterranean. Perhaps it may be said that the temperature of the south of Europe may render the effluvia from the marshes more active than in Holland; but even admitting such to be the fact, I think that a great deal of the misery and disease, which in Italy are ascribed to mal'aria, might be obviated by a different manner of living, by wholesome nourishment, good clothing, and better habitations. Were the governments of Italy, and the character of its inhabitants,

* Especially North Holland, which is the most dreary country I ever beheld.

similar to those of Holland, mal'aria would probably be divested of half its terrors. It would no longer render the campagna di Roma a desert, and make continual inroads upon the city itself.

LEYDEN.

HOSPITALS.

THE hospital for the people of the town is small, but worth visiting, on account of the extraordinary neatness which prevails throughout it. It reminded me of some of our best regulated county hospitals in England.

When I visited it, not more than 30 beds were occupied, and not more than 50 patients can be accommodated with convenience. It seems to be rather a clinical hospital than any thing else. Lectures are given upon medicine and surgery, and there is a room well furnished with the articles of the materia medica, and another with all sorts of surgical instruments.

The military hospital is more extensive. It contained upwards of 300 patients. There were no cases of remarkable interest: the great proportion seemed to be venereal, and cases of ophthalmia. The hospital was in admirable order, and its construction good, as well as its situation at a short distance beyond the walls of the town. Attached to it is a small anatomical theatre, where lectures are regularly given.

The ancient celebrity of Leyden, as a school of medicine, must render it particularly interesting to every medical man; and its university, if it do not at the present day boast any name so celebrated as that of Boerhaave, is yet very respectable. The style in which its anatomical museum, its botanic garden, and its museum of natural history, are kept up, does great credit to the present professors.

The anatomical museum is extensive and

valuable, especially on account of the cabinet of preparations which belonged to the great Albinus, and which has lately been opened to the public. There is also a series, and a very uncommon and complete one, of preparations of infants before birth, by one of the present professors, and I observed some others very well put up by M. Sandifort, who has succeeded his father as professor of anatomy.

The theatre is one of the best I have ever seen; it is spacious, and extremely well lighted. It is there that the public lectures are given, but the ordinary lectures are delivered in a room below twice a day. Besides the lectures at the anatomical school, and at the university, some of the professors have classes at their own houses.

The botanic garden joins the university, and it is a very good one. It has latterly been considerably enlarged, and now comprises about four acres of ground. The whole garden is in excellent order, and rich in plants of various countries; but what

most attracted my attention were two trees planted by the great Boerhaave, and which are regarded with the utmost reverence.

The museum of natural history is very respectable, and kept with the characteristic neatness of the country. In a word, the university of Leyden appears to be flourishing. Its revenues, I presume, are ample, since it is in contemplation to build new schools, upon a plan more spacious and handsome than the present ones.

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APPENDIX.

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THE extraordinary doses of digitalis which were taken by the girl in the hospital at Nice, are not without example. M. Bayle, in his "Recherches sur la Phthisie Pulmonaire," as quoted by Dr. Young, states, that he has carried the dose of digitalis as far as 40 grains, but it is to be observed, that he increased it gradually. If I recollect right, the Professor of the Practice of Medicine in the University of Edinburgh used to state in his lectures, that he had generally found one grain night and morning sufficient; that he had seldom found it necessary to give two grains. From what Dr. Gregory has observed of the effects of digitalis, as well as from the doses which other practitioners in this country have commonly found amply sufficient, and sometimes even too great, it would appear, that whenever such large quantities as M. Bayle mentions have been given, without their producing more than the effects which usually follow an ordinary dose, the virtues of the medicine must have been im-

paired by long keeping, or some other cause. I have known, it is true, one or two persons who have been able to take pretty large doses of digitalis, and to continue them for a long period, but in these cases no sensible effects were produced; the pulse was not influenced, nor did sickness, or confusion of head, ever occur.

To the case of the girl may be added the following ones, in which the digitalis of the neighbourhood of Nice was given in considerable doses, but without any advantage being derived from its exhibition.

NICE, Jan. 30, 1817.—A middle aged woman was yesterday admitted into the hospital, who complains of excessive difficulty of breathing. She is unable to lie down in bed, and indeed cannot bear being placed in any situation approaching the recumbent posture, without feeling as if she were upon the point of suffocation. Pulse weak and frequent, but neither intermitting nor irregular. Urine very scanty. There is a livid appearance about the countenance, and an expression of considerable anxiety. She at first stated, that her complaints began about three weeks back; but upon questioning her more closely, it seems that she has experienced some difficulty of respiration for a longer time, though

her uneasiness has been much augmented for the last three weeks. ℞ Pulv. Digit. gr: j. Extract. amari gr: v. Fiat pilula tertiâ quaq horâ sumenda.

31st.—Pulse frequent, but firmer than it was yesterday. Little or no cough. Great difficulty of breathing, and anxiety of countenance. There is some swelling of the lower extremities, and of the abdomen. Urine rather increased in quantity. Three motions yesterday. This morning she has absurdly taken the four pills all at once.

Feb. 1st.—Anxiety and difficulty of breathing as before. Pulse frequent, but regular. No stool, and no urine, since the last visit. ℞ ant. tart. gr: jv. Potas. nitrat. Sacch. aña ʒj. in doses viij dividend. Sumat j. tertiâ quaq horâ.

I mentioned that, in dropsical cases, the infusion of digitalis was often exhibited with advantage. It did not appear that it had been used at the Nice hospital in this form, but Dr. Arnulfe told me he had repeatedly tried the decoction*, without ever finding it of the least efficacy.

* ℞ Pulv. Digital. ʒij. Aquæ oj. Decoque ad f ʒ viij. et cola.

3d. Yesterday she had several stools, and appeared to be relieved. To-day her breathing is extremely laborious. Her hands, as well as legs, are now swelled. Tongue white. Pulse frequent, and intermitting. R Gum. ammon. ʒj. Aquæ menth. f ʒvj. Tinct. succini, Tinct. Opii ãa gʒ: ʒ0. Fiat mistura, cujus capiat coch: j maj: 3 tiis horis.

The physician now told me he thought the disease spasmodic.

4th.—A very bad night. Respiration more laborious. Pulse frequent, and small. Sumat decocti digital: f ʒss. 2^{da}. quaq horâ.

5th, 6th. — Some slight improvement. Respiration rather less difficult. Urine rather increased. One stool. Pulse as before.

8th.—Little alteration. During the day she feels less oppressed, but at night she suffers greatly. Urine scanty. Tongue furred. Upon examining the abdomen, there seemed to be considerable disease, and to be fluid encysted. Cont: decoct: digitalis.

9th.—The digitalis was discontinued, and she was ordered a blister to each arm.

14th.—The blisters appear to have done good : they are kept open. Respiration more free. Countenance much improved.

20th.—She is able to lie down in bed without any difficulty.

This woman remained in the hospital till the 10th of March, taking no medicines. She was then discharged, much relieved, though she had still some difficulty of breathing, and oppression at the pit of the stomach, which was increased by exertion*.

* It may not be uninteresting to compare the above case with one which occurred several years ago at St. Bartholomew's Hospital. A woman aged 21 years, was admitted March 22d, 1810. She stated that she had been *ill about three weeks*. Her complaints were of great difficulty of respiration, violent palpitation of the heart, inability to lie down in bed. She had cough with abundant expectoration, her countenance was livid, her eyes watery and dim ; her abdomen and legs were swelled ; she passed little urine ; her bowels were confined ; her pulse was frequent and feeble, but *neither irregular nor intermitting*. She had taken some medicines, of the nature of which she was ignorant, and had had a blister applied to the scrobiculus cordis, but neither the medicines nor the blister had been of any service. ℞ infusi cascarillæ f ʒij. Træ. digital.

Feb. 5th, 1817.—A man was admitted into the hospital with ascites. I requested that he

m xv. sexta quaq horâ. Sumat. elect. tart. cum jal. * ʒij. pro re natâ. Imponatur sterno empl. lyttæ.

I did not happen to see the patient again till the 26th, when she was much better. The blister had relieved her considerably. Her respiration was more free, and she was able to lie down in bed. The cough was still troublesome. The swelling of the lower extremities was much diminished, and she passed more water. Her bowels were now open. Her pulse was not affected by the digitalis, but some nausea had been occasioned. Now though she had not complained of nausea previously to her taking the medicine, there was some doubt whether the latter had caused it, for she described the sickness as coming on when she attempted to eat any thing, and not to be present at other times. Her countenance was still livid, and the palpitation, though less, was by no means removed.

27th.—Improving. Cont^r mistura.

28th.—Respiration more free. Palpitation much diminished. Countenance improved. No difficulty of lying down in bed. Pulse rather frequent. Bowels regular. Urine copious. No swelling of the lower extremities. Nausea and anorexia.

29th.—The digitalis had now decidedly affected the system. There was much nausea, and vomiting. Pulse irre-

* ℞ pulv. jal. comp. ʒj. Potas. supertart. ʒij. Confect. rosæ canin. ʒss. Syr. zing. q. s. Miscæ fiat Electuarium.

might be ordered the infusion of digitalis of the London Pharmacopœia.

gular, and less than 60 in the minute. The medicine was discontinued, and she was ordered a cordial draught.

31st.—Vomiting still continued. Pulse irregular, and 60 in a minute. Great debility. Ordered effervescing draughts.

March 1st.—Vomiting has ceased. Some appetite. She said that she could not at this period lie easy, except with her head raised. Cough and expectoration much the same. Pulse 64, full and hard.

From the 2d to the 8th she went on improving. She lost her cough, and her respiration became quite free. Her pulse was natural, bowels were regular, her tongue was clean, and she had a good appetite. In a few days she was discharged.

The symptoms in this case were very similar to those of the woman at the Nice hospital, but they were more severe. Indeed, so severe that nobody supposed the patient could have recovered. Yet here we see that 15 drops of the tincture of digitalis, given twice a day, produced most decided effects, while in the other case, scarcely any were produced by four grains of the powder, taken in the same space of time, or by \bar{z} ij of the decoction. As, however, a slight effect did follow the exhibition of the digitalis in the latter case, we are not to consider the patient as one of those who would not have been influenced by the medicine, had it been good in its kind, but we must conclude that it was either originally weak, or that it had been spoiled by keeping.

8th.—On this day the patient was more particularly examined, and it was found that there was considerable tension and hardness about the region of the spleen, as well as that of the liver. The man was from the neighbourhood of the Var, a moist and unhealthy part of the country, where agues are common; but he asserted that he had had no illness previous to the appearance of the dropsy. The digitalis was discontinued, I know not why, on the 7th, and he was ordered as follows: *R Scillæ gr: xij. Millep ppt. gr: xvj. Potas nitrat. ʒj. Pulv. zing. gr: xij.* Divide in doses *vj. quarum sumat j. ter die.* The patient has made more water since yesterday.

14th.—Yesterday he was ordered the following ointment: *R Fol. Digital. ʒij. Scillæ ʒss. Fiat pulvis, et digere in succi gastrici q. s. per dies quatuor; deinde cum adipe ppt. fiat unguentum, quo inungatur abdomen.*

March 8th.—The ointment was used till this day without any effect. He died.

In the foregoing case there was too much visceral disease, perhaps, for any permanent good effect to be expected from medicine; and it must be admitted, that the infusion was too soon

abandoned. The use of the digitalis, however, as an external application was long enough persevered in for it to have manifested its effects in some way or other, had it been of a good quality*.

In a case of phthisis I found the digitalis of the neighbourhood of Nice of no use whatever, either in tincture or powder, in the doses to which we are accustomed in this country. The tincture which I had brought from England did affect the pulse in some degree, though it had been badly kept, and its powers were doubtless impaired.

Speaking of the climate of Nice I have remarked that an intelligent medical man, an inhabitant of the place, considered it unfavourable to persons in confirmed consumption, and that what I had observed myself strongly inclined me to coincide with him in opinion. He seemed to imagine that the sea air was too stimulating for such patients. I observed that M. Rizzo was not singular in his opinion, that the sea air is rather

* That is, supposing its external application ever to be of service.

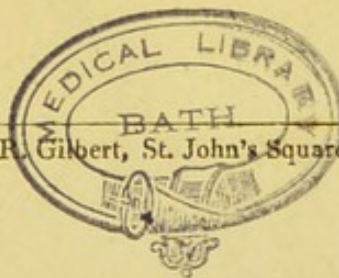
hurtful than otherwise to persons in confirmed consumption. I now refer my readers to Dr. Young's work, where they will find that Dr. Carmichael Smyth, Dr. Percival, Portal, &c. have entertained the same notion. Yet, on the other hand, there are experienced physicians, who hold that a sea voyage is useful in any stage of this complaint, and though other practitioners have stated that they have not seen any benefit derived from the remedy in distinctly marked cases, they do not seem to say that it has done harm. Dr. Rush and others have given it as their opinion, that a mixture of land and sea air is unfavourable to consumptive persons, and perhaps this may be the real reason why a residence on the coast is bad for them, as I am inclined to think it generally is, independently of the vicinity of mountains which has been objected to Nice.

I have mentioned that the physicians of Sicily recommend a removal to a cooler climate, to persons in pulmonary consumption. Portal is quoted by Dr. Young, as having remarked, that he had known consumptions in the inhabitants of Languedoc, and Provence, retarded

by a removal to Paris. He should have told us whether these persons were inhabitants of the sea coast, and in what stage of phthisis they were when they undertook the journey; since the mere moving inland might have had some share in retarding the disease, and, if they were not far advanced in it, the journey might have been of service to them. It would have also been interesting to have known under what description of pulmonary consumption these patients laboured.

THE END.

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