

Gartnavel Gazette

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THE GARTNAVEL GAZETTE



The Journal of the Glasgow Royal Asylum



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THE WEEKLY COMMITTEE, 1906.

Notes.

We wish all our contributors, and all our readers, here or elsewhere—and our circle is yearly growing wider—A Merry Christmas and a Happy New Year. We thank our contributors very heartily for their support, and between us we have tried to make our paper interesting and amusing. We hope our efforts have not been altogether unsuccessful. *Continuez, mes amis.* Send to us any articles you think suitable, new jokes, paragraphs of local, institutional, or personal interest, all will be welcomed, and if they pass our critical eye, accepted.

We are glad to think—for so we have been told—that our little magazine is the means of conveying to many of its beyond-the-walls readers, both by its letterpress and illustrations, a truer idea of the life and environment in such an institution as this. Ignorance is bad, prejudice and superstition are worse, and all three are, we fear, present in the public mind regarding Asylum life. Better and kinder beliefs are growing, and we hope they will make great progress in 1907.

In the beginning of October, quite a number of theatre parties were made up. The presence of such companies as those of Beerholm Tree, Forbes Robertson, Benson, etc., added to the fact that the holiday spirit was still strong, accounted for the eagerness to see the plays, and also for the pleasure the performances afforded. Sir Robert Ball's lecture on "Earthquakes and Volcanoes" was also attended by some of the patients.

The Bowling Green was open for play until 8th October. It is quite wonderful the amount of enthusiasm and pleasure the new green has evoked this season, with corresponding benefit to many. Golf was resumed after the cricket season closed, and during October was freely indulged in by many. The rainy weather of November has, however, somewhat damped the enthusiasm for a time.

Football has been taken up quite seriously this winter, a regular club having been organised, with Mr. Jas. Waddell, our genial Steward, as Secretary. On the card are "Hamilton Crescent" and "Gartloch" Clubs in November.

Throughout the summer the show of flowers in the garden has been unusually fine, and in September the chrysanthemums, outside, were really beautiful. At the time we write, the larger greenhouse is completely filled with chrysanthemums, some of them of great size. They are well worth a visit. Mr. Barr is to be congratulated on the fruits (or flowers) of his industry.

On Sunday, October 7th, the Harvest Thanksgiving Services were held, the Rev. P. H. Aitken officiated at the morning, and the Rev. J. Carswell at the evening service. The Church was beautifully decorated with autumn stores from field, wood, and garden. Miss Darney, Sister Lett, and Miss Marshall, and many willing helpers among the ladies spared no pains to make everything beautiful.

The staff dance was held on 9th October, and the first weekly dance on 11th October. Special notice is necessary of the Abstinents' Union concert held on 17th October, on account of its being the first concert of the fiftieth year, since these concerts were begun. The concert proved a most excellent one, and a fine spirit in accordance with the unique occasion seemed to possess all alike, good feeling and hearty appreciation marking all the proceedings. Dr. Gourlay and Mr. J. Graham represented our Directors, Mr. J. Johnston, Secretary, also being present. The Abstinents' Union Directorate were represented by Mr. Robinson, Mr. Smith, and Mr. Galbraith, and Mr. McKerracher, Secretary.

The Glasgow Architectural Association, under the presidency of Mr. Lochhead, paid us a visit on Saturday, October 20th. Their special object

was to see the church, over which they were shown by Mr. Blane, of Messrs. John Burnet & Son, architects, but they also visited the dining hall, the kitchen, and other parts of the Institution. We understand that of the church and its environment they formed a high opinion, to which before leaving they gave expression, as also to the pleasure their visit had given them, and their thanks for the hospitality of Dr. Oswald.

On Saturday, October 20th, the first of this season's fortnightly lectures was given by Dr. Oswald. The Doctor had intended lecturing on quite another subject, the change of programme being occasioned by the anniversary of Trafalgar. Trafalgar, therefore, was the subject, and a most interesting lecture it proved. A series of lantern views, beginning with Nelson's flagship "Victory," and showing types of battleships down to the present time, brought very vividly before us the evolution of our present battleship, with its enormous guns, and great speed and tonnage. Some songs and instrumental solos contributed greatly to the evening's success.

On Sunday, October 28th, the Anniversary Services were held in our little Church. In the forenoon the preacher was the Rev. Dr. Somerville, Blackfriars; and in the evening the Rev. Mr. Crawford, Scotstoun. Both services were largely attended. Dr. Somerville preached from the text Job xii. 8, and Mr. Crawford from Hosea xiv. 4. Mr. Ferrier's special musical arrangements were well sustained by a full choir, several solos being sung.

On Monday, November 5th, Mr. Richard Kearton, F.Z.S., gave us a lantern lecture on "Wild Nature's Way." Many of us are familiar with his books; but it was a great pleasure to hear Mr. Kearton lecture; and his views are so unique, and have been acquired after such enormous perseverance, not to mention the danger

oftimes incurred, that the lecture will be long remembered. Mr. Blyth, one of our Directors, thanked the lecturer most heartily for the great pleasure he had given to us all.

The second concert of the Abstinents' Union was given on November 14th, Mr. Preston, the humorous man, and the Highland dancing fairly bringing down the house.

Mr. Maynard, who accompanied the British Association to South Africa, lectured to us on November 17th on the subject of their tour. His series of lantern views were wonderful. Taken by himself, the pictures ranged from Cape Town, through Natal, Bloemfontein, O.R. Colony, to Victoria Falls, Zambesia. It is not often that an opportunity occurs of seeing such beautiful pictures. These showing the Victoria Falls, the Gorge, and the Zambesi above the Falls, were the most perfect series of pictures of this kind we have yet seen.

On November 30th Mr. Wingate Kirk gave a conjuring entertainment which we all enjoyed.

We had the pleasure of seeing Dr. and Mrs. Yellowlees at one of our recent Thursday concerts, a pleasure which we too seldom experience. Mrs. Yellowlees sang two songs, recalling old times. The good influence of Dr. and Mrs. Yellowlees in this place, throughout many years, cannot be measured, but it is alive in the hearts and minds of many here and elsewhere. May they and their children see many happy Christmases.

The article in this number on "Fifty Years Since," is by Dr. Alexander Robertson, and will be found most interesting reading. The Doctor recently celebrated his jubilee as a physician, and was on the medical staff here in 1855. He is a well known consulting physician and mental expert in Glasgow, and we offer him our thanks and congratulations. We have

one gentleman patient with us who came in 1852, and probably physician and patient would recognise each other, though they have not met frequently "since fifty years."

Commissioner Dr. John Macpherson paid us a statutory visit on 28th and 29th November. From both Commissioners all get a patient and sympathetic hearing, and we believe that by all their visits are looked forward to with pleasure.

EDITOR.

Reminiscences of Fifty Years Since.

By an Old Assistant Physician.

FIFTY years ago! How important were the events then in progress. Their magnitude and vital moment to the nation can now be more correctly appreciated than at the time of their occurrence.

Just as in nature one can best realize the grandeur of mountain scenery by withdrawing somewhat from it, so in the life of a nation, in order properly to estimate the work of prominent actors, or even of occurrences, possibly not striking at first but really of the highest value, a considerable lapse of time is required—in some cases even ages must come and go. In illustration one has only to

think of the greatest event in the world's history—the birth of the Divine Babe in Bethlehem. How humble apparently was the event, but its real magnitude, who can fully grasp?

Half a century since the Crimean War had only shortly before come to an abrupt close. The nation had scarcely enjoyed a breathing time of relief when it was suddenly plunged into the war consequent on the Indian Mutiny. The horrors of Cawnpore had raised an intense feeling of excitement throughout the kingdom, while the apprehension of fresh massacres and the possible loss of our Indian Empire weighed heavily on the public mind.

This was the time when my connection with the medical staff of Gartnavel commenced. My wish was rather to have gone to the seat of war in the Crimea, and I applied for an appointment in the Army Medical Service. This fact was publicly announced at the close of the session in the hall of the University, at that time in the east of Glasgow. No appointment however came; the war ended. I was then offered and accepted the post in the Asylum.

At this period the supervision of the Scottish Asylums was in a transition stage. A Royal Commission was



A SHADY AVENUE.



PART OF WEST HOUSE.

engaged in visiting all the establishments in which the insane were lodged. They found serious abuses in existence, not however in the Royal asylums. As a result of the report which they presented to Parliament the existing Board of Lunacy was constituted.

Gartnavel then as now stood high in respect of its management. Dr. Mackintosh, the physician-superintendent, was a strict, even somewhat severe

Mrs. Mapleson, the superintendent of the ladies' department, was an accomplished lady, well fitted for her important charge. As indicating her ability and self-possession I may mention that she presided over an entertainment given on the occasion of my leaving the service of the Asylum. In proposing the toast of my health she made an excellent speech, admirable in composition and well delivered. In this respect



A GENTLEMEN'S GALLERY.

disciplinarian. With methodical regularity his daily morning visit was paid. Accompanied by the respective assistant medical officers in the male and female departments of the East House, together with the chief attendant, he went round the wards and addressed each patient in turn, giving to those in charge the necessary instructions respecting treatment and management. The visits of the Doctor and his medical assistants were made independently of each other in the West House.

she anticipated the ladies of the present day, so many of whom show remarkable power as platform speakers.

Miss Aitken, who became matron of the East House towards the close of my residence, was previously an attendant in the principal female ward. Prudence and judgment were outstanding features in her mental constitution. It need scarcely be said that her responsible duties were discharged with the greatest faithfulness, and that her services were highly esteemed, both by

Dr. Mackintosh and the Directors. But how rare it is to find in one person the happy blend of all the qualities of mind which combine to form a model mental organisation. Miss Aitken was deficient in brightness. I do not remember of ever seeing a smile on her face. With one exception these were the leading officials of the asylum connected with the immediate care of those resident. The remaining one was my colleague, Dr. Ferguson, whose career came to an untimely close. He was a great favourite in his department, the male one. Being fond of physical exercises he took an active part in promoting games and outdoor sports among the inmates. His connection with the asylum ceased about three months after my own. He then became medical officer on board an Atlantic steamer. One stormy night it was wrecked off the coast of Newfoundland, and all on board perished. This closed his brief span of life.

During my residence weekly concerts, philanthropically provided by the Directors of the Glasgow Abstinents' Union, were first introduced. I remember well calling, at the request of my chief, on Mr. Griffin, publisher, the Chairman of the Union, and arranging for these meetings, which have contributed so much to brighten the lives both of inmates and staff. In the West House they were held in a gallery of the ladies' department. The ladies were seated in front—near the singers, and a few gentlemen from the other division occupied the back seats. At the close of the concert there the artistes adjourned to the east wing, where a second performance was given in one of the day-rooms on the ground floor, and this was usually followed by a dance. The latter was much the more enjoyable of the two entertainments.

The provision for such assemblies, and for religious services on Sabbath, in the institution in these days was very poor. But all that is changed

now. There has long been an excellent recreation hall in connection with the main building, and more recently there has been erected a very suitable chapel, admirable in its construction and situation, its arrangements being suggestive of the spirit of worship.

But many more organic improvements, both in the Asylum and connected with its grounds, have been made since the period to which my reminiscences extend. Probably the most striking is the change of the main entrance, so that it now abuts on the Great Western Road. The handsome and imposing appearance of the gates themselves, together with their adjuncts, apart from the convenience of their situation, are now in harmony with the palatial aspect of Glasgow's Royal Asylum.

For these and other improvements the institution is doubtless largely indebted to the judgment and experience of Dr. Yellowlees and Dr. Oswald, who in succession have presided over it since the retirement of the late Dr. Mackintosh. —A.R.

The Coming Flora.

It may be that the ground will be covered with snow, the trees still leafless, and the north wind blowing, when the following list of plants, gathered in the grounds of Gartnavel in 1906, appears in the columns of our GAZETTE. If so, it surely must be a pleasant thought that these bright floral friendships—so precious to some of us—will presently be renewed. Year by year the shoots of these plantings have struggled to the light, and, facing, for a time, a cold world and inclement weather, have sent up, through infinite difficulties, the tender blue eye of a veronica, a fairy white umbel, or the golden cup of our meadows,—scattering beauty everywhere.

Cut off as we are here from some sources of pleasure, is it not well to take full advantage of those supplied

to us so freely by nature! A small *hortus siccus* consisting of these 57 species now lies at the Ladies' Western Division, and is meant for use, that is, for reference. Any additional specimens of the British flora found in Gartnavel grounds—there are still some seven or eight at least, and many grasses to be had—will be gladly welcomed, and added to the collection, by our Matron.

57 SPECIES OF PLANTS FOUND IN THE GROUNDS OF GARTNAVEL IN 1906.

Coltsfoot, ... *Tussilago farfara*.
Daisy, ... *Bellis perennis*.
Meadow Buttercup, ... *Ranunculus acris*.
Creeping Buttercup, ... *Ranunculus repens*.

Corn Poppy, ... *Papaver Rhoeas*.
Larger Birdweed, ... *Convolvulus sepium*.
Spear Thistle, ... *Cirsium lanceolatum*.
Common Thistle, ... *Cirsium arvense*.
Common Orache, ... *Atriplex patula*.
Hare Bell, ... *Campylosida rotundifolia*.
Broad Epipactis, ... *Epipactis latifolia*.
Corn Spurry, ... *Spergula arvensis*.
Cudweed, ... *Gnaphalium sylvaticum*.
Knapspeed, ... *Centronia nigra*.
Common Nettle, ... *Urtica dioica*.
Meadow-pea or Vetchling, ... *Lathyrus pratensis*.
Spurge, ... *Euphorbia*.
Common Horsetail, ... *Equisetum arvense*.
Sedum or Prunella, ... *Prunella vulgaris*.
Ox-eye Daisy, *Chrysanthemum leucanthemum*.
Seedless Mayweed, ... *Matricaria inodora*.
Figwort, ... *Scrophularia inodora*.



A DETACHED COTTAGE AVAILABLE FOR LADIES.

Ragwort, ... *Senecio Jacobina*.
Groundsel, ... *Senecio vulgaris*.
Viscous Senecio, ... *Senecio viscosus*.
Field Woodrush, ... *Luzula campestris*.
Dandelion, ... *Taraxacum Dens-leonis*.
Scurvy Grass, ... *Cochlearia officinalis*.
Shepherd's Purse, *Capella Rupe-pastoris*.
Moose-ear Chickweed, *Cerastium vulgatum*.
Common Chickweed, *Sollaria media*.
Sorrel Dock, ... *Rumex acetosa*.
Yarrow or Milfoil, ... *Achillea millefolium*.
Earthnut, ... *Boschnia bulbocastanum*.
White or Dutch Clover, *Trifolium repens*.
Red or Purple Clover, *Trifolium pratense*.
Bird-foot Trefoil, ... *Lotus corniculatus*.
Great Bird-foot Trefoil, *Lotus uliginosus*.
Lesser Yellow Trefoil, *Trifolium minus*.
Creeping Pearlwort, ... *Sagina procumbens*.
Lady's Mantle, ... *Alchemilla vulgaris*.
Hawkeed, ... *Hieracium*.

Charlock or Wild Mustard, *Brassica sinapis*.
Broad-leaved Dock, ... *Rumex obtusifolius*.
Field Forget-me-not, ... *Myosotis arvensis*.
Knotweed or knotgrass, *Polygonum aviculare*.
Persicaria, ... *Polygonum persicaria*.
Broad-leaved J, ... *Epilobium montanum*.
Epilobium, J.
Greater Plantain, ... *Plantago major*.
Ribwort Plantain, ... *Plantago lanceolata*.
Echium or Nightshade, *Civina lutea*.
Dead Nettle, ... *Lamium purpureum*.
Cowparsnip, ... *Heracleum sphondylium*.
Sow Thistle, ... *Sonchus oleraceus*.
Procumbent Speedwell, *Veronica agrestis*.
Thyme-leaved J, ... *Veronica serpyllifolia*.
Speedwell, J.
Hemp Nettle, ... *Galeopsis versicolor*.

"The Pioneer Hairdresser is still Forging Ahead."

COMING EVENTS.

- Saturday, December 22nd.—Musical Entertainment, Miss Ormay. 7.30.
- Tuesday, December 25th.—Christmas Day.
- Thursday, December 27th.—Weekly Concert and Dance.
- Monday, December 31st.—"At Home," Progressive Whist, etc. 1907.
- Tuesday, January 1st.—Service in Church. 11 o'clock.
- Thursday, January 3rd.—Fancy Dress Dance. 7-10 o'clock.
- Saturday, January 5th.—Tableaux Vivants.
- Monday, January 7th.—Dance, etc. 7.30.
- Tuesday, January 8th.—Staff Dance.
- Wednesday, January 9th.—Fourth Abstainers' Concert. 7.15.
- Thursday, January 10th.—Lectures, etc., to Staff resumed.
- Saturday, January 12th.—Lantern Lecture, "India." 7.30. Francis Henderson, Esq.
- Saturday, January 20th.—Burns' Concert, with Pictures.
- Saturday, February 2nd.—Performance by Players' Club.
- Wednesday, February 6th.—Fifth Concert by Abstainers' Union.
- Friday, February 8th.—Entertainment, London Bioscope Company. 7.30.
- Saturday, March 2nd.—Performance by Talbot Dramatic Company.
- Wednesday, March 6th.—Sixth and Last Concert by Abstainers' Union.
- Saturday, March 9th.—Exhibition of Lantern Pictures. 7.30. James Johnston, Esq.
- Saturday, March 23rd.—Musical Entertainment. Mr. Percy French.

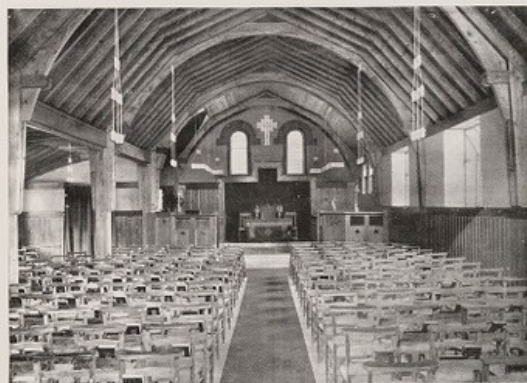
Other Engagements will be announced as they are made.

SUPPLEMENT TO THE GARTNAVEL GAZETTE.

The Illustrations in this Number.

On the front page we give a photograph of the Weekly Committee of Management. In the front row from right to left are Robert Gourlay, Esq., LL.D.; William Ker, Esq.; Robert Blyth, Esq.; and behind are J. A. Roxburgh, Esq.; Colonel Clark, and Francis Henderson, Esq.

stained glass since the photograph was taken, and the chancel itself has been suitably painted. The bowling green with pavilion was made last year, and the photograph shows the opening game. It is finely situated in the garden enclosure, where it is well sheltered and lies to the sun. There are also pictures of one of the avenues—showing a wealth of varied foliage,—of the West House looking from the south, and of a de-



INTERIOR OF CHURCH, LOOKING UP THE NAVE.

The photograph on page 3 shows one of the Galleries in the Gentlemen's Division of the West House. Bedrooms and sitting rooms open from the gallery, which makes a good promenade, in addition to being a music and reading-room. The dining room for the gentlemen in this ward is through the door seen at the end of the picture.

The interior of the Church—a detached building in the grounds—forms another picture. The two windows in the chancel have been filled in with

tached cottage in the grounds, formerly occupied by the house steward, but now available for lady patients.

The cricket field with a game in progress, the pony phaeton with invalids driving in the grounds, poultry at the farm, illustrating Penelope's poetry, and one of the workshops in which gentlemen are encouraged to work form the subjects of other pictures. The last photograph shows a part of a Hospital Ward in the East House, into which are first received all new cases for that division.

It should be said in explanation that the institution—without considering three detached cottages in the grounds, in one of which reside 14 convalescent ladies, known as The Cottage—consists of two large houses, East House, accommodating 350 paying the lower rates of board, and West House, in which provision is made for 140 ladies and gentlemen at the higher rates.

The photographs from which the illustrations are reproduced were taken by Mr. Johnston, the Secretary and Treasurer to the Institution, and they are evidence of a high degree of artistic and photographic skill. We give him our best thanks for the many pictures of our surroundings he has taken.

EDITOR.

A Scottish Royal Asylum.

SCOTLAND is singularly fortunate in the provision it has made for the treatment and care of those suffering from mental disorders. The rate-supported insane are provided for in District Asylums, while 90 per cent. of the private patients who need institutional care are accommodated in the Royal Asylums, where no proprietary interests exist.

The Glasgow Royal Asylum may be taken as a type of these Scotch Institutions, and its history resembles more or less that of the others. The records show that this institution owes its origin to the philanthropic exertions of one gentleman—Robert McNair, Esq., of Belvidere, Glasgow—who was latterly for many years collector of H.M. Customs at Leith. While acting as a director of the Town's Poorhouse, the heart of this good man was touched by the wretched condition of the insane kept in "the cells" at the Poorhouse, and, at the beginning of the century, whatever their social position, were kept in "the cells" at the Poorhouse, and, as improvement of the cells was impossible, he determined to procure for them better care and treatment elsewhere. After years of personal solicitation he

collected £7,000. The foundation stone of a "Glasgow Asylum for Lunatics" was laid in 1810, and in 1814, ten years after Mr. McNair began his benevolent labours, the institution was formally opened by the Lord Provost and Magistrates of the city. The directors consisted, and consist still, of 14 representatives from various public bodies in the city, 8 from the general subscribers, and the physician superintendent of the Asylum. They were formally incorporated by the city authorities, and their incorporation, thus constituted, was, ten years later, confirmed and established by Royal Charter under the title of "The Glasgow Royal Asylum for Lunatics." The institution thus established was for many years regarded as a model asylum, and enjoyed the highest reputation.

In 1811 the need for more and better accommodation had become urgent, a new site three miles from the centre of the city was selected, the original buildings were disposed of to the directors of the Town's Hospital, and the present Royal Asylum at Gartnavel, in the western suburbs of Glasgow, was opened in 1813. The institution is built in the Tudor Gothic style, and stands in a lofty position in the centre of its pleasure grounds, which, with gardens, extend to 66 acres. It consists of two separate houses, with several detached cottages, for the higher and the lower class of patients respectively, with all the needful administrative buildings. The plans were prepared by Mr. Charles Wilson, architect, under the direction of Dr. Hutcheson, then physician superintendent, with whom the architect had visited, by desire of the directors, all the best institutions of the kind in England and France. The construction is more institutional and concentrated than would be adopted now, but it was greatly in advance of the time when it was erected nearly fifty years ago, and even now will bear comparison with many more modern asylums. It accommodates

500 private patients, at boards varying from £30 to £400 a year or upwards, according to the accommodation, care, and service required.

The history of an asylum for the insane which dates from 1814 must have many points of interest, and in its oldest records it is striking and instructive to find all the best treatment of to-day foreshadowed and approved.

In its earliest Rules, dated 1814, "the keepers," as they were then called, are absolutely forbidden "to strike or strive with a patient," or "to subject a patient to confinement, privation, or punishment of any kind, without express instructions from the physician or superintendent." Case books shall be regularly kept by the physician recording the treatment and progress of each case. "All will be encouraged to employ themselves in useful occupations, in innocent amusements, and, above all, in taking regular exercise in the galleries, and, whenever the weather permits it, in the open air."

In 1815 the Report laments large expenditure, but justifies it because "it proceeds from the principle of sacrificing everything to the comfort and cure of the patients." "Medicine avails little without such a regimen as may restore the patient to proper habits and soothe his troubled passions." "Harmless amusements, wholesome exercise, and useful labours" promote contentment and recovery. Two looms have been erected for the patients' use, and spinning, knitting, and sewing are engaged in. One patient is rewarded by having part of the money he earns placed in the savings bank in his name. Some patients write poetry, others work at mathematics, and others are public readers, to whom their fellow-patients listen with pleasure. The public are invited to contribute books or magazines for the use of the patients; also "draught-boards or back-gammon tables; in short, anything which can serve to occupy the attention, and call

off the thoughts from the objects or associations which disturb them."

In 1817 the Report tells of a patient being allowed to visit her friends in town, to attend church, and to take another patient with her, and of former patients returning voluntarily to the Asylum when they feared a relapse. It speaks of erroneous ideas as to the value of drugs, recommends the prevention of violence by a show of overwhelming force, which makes resistance hopeless, and advises the leaving of food within reach of a patient who is refusing his meals that it may be taken unobserved. A billiard room and a bowling green are added to the list of amusements. The difficulty, which exists to this day, of getting reliable information about patients sent to the Asylum is ground for serious complaint.

In 1819 divine service, with a sermon as in church, was first observed in the Asylum.

In 1820 the advantage of out-door labour is strongly urged, although patients are also employed in all the various handicrafts. Gardening is recommended as an occupation for gentlemen patients. Cottages, or suites of apartments separate from the ordinary wards, are to be provided for high-class patients, where "they will be permitted to enjoy the greatest possible degree of personal liberty consistent with the necessary treatment."

Thus in the very earliest years of this institution we have the essential principles and an ample earnest of all that is best and most enlightened in the modern treatment of the insane. To Dr. Cleghorn, its then physician, all honour is due for so worthily laying down the great lines on which the Asylum has ever since been conducted. It is a genuine pleasure to recall the Christian sympathy, the enlightened philanthropy, and the practical wisdom of the founders of this institution. Their views were far in advance of the age, and supply a wholesome rebuke to the too prevalent spirit of to-day, which

weakly worships novelty and notoriety, and loudly proclaims a discovery when it has only called an old truth by a new name.

The wise and philanthropic spirit of the founders was well sustained by their followers. Thus, in 1826 Dr. Rahmanno, a very able physician, and worthy successor to Dr. Cleghorn, writes:—"The treatment has been conducted as formerly. Due attention has been paid to those two important

for the latter purpose, are such amusements or occupations as may engage attention and afford some degree of bodily exercise." It is needless to follow the history of the institution, or to detail the many changes, improvements, and additions which the years have brought. The spirit in which the institution was begun has always animated the management, and throughout its history the first aim has been the welfare of the mentally affected.



THE BOWLING GREENS.

points—viz., the greatest practicable degree of personal liberty, and the use of proper means of employment. We are inclined to concur in opinion with those who judge that lunacy, like fever, has a certain course to run. And as the malady in most of our patients, when they are admitted, is in the progress of that course, a great part of our treatment consists in the use either of the means of moderating excitation, or of promoting convalescence. The most useful of these means, especially

Great and unknown charity is constantly exercised, a charity that is only limited by the amount of the funds for the purpose at the disposal of the directors.

The benevolent exertions of the founders of the Glasgow Royal Asylum have thus borne noble fruit. The institution has been an unspeakable blessing to multitudes, and age has not lessened its efficiency and usefulness. —From "Medical Institutions of Glasgow," by Dr. YELLOWEES.

Christmas Origins.

EVERY nation has its own native celebrations and national anniversaries, very much as each family has its own peculiar and private festivals, its birthdays and the like.

so distinctively domestic, so universally observed throughout the length and breadth of Christendom, and yet, in each instance, realized to be something specially home-like and unforeign. The name "Christmas" by its very etymology and composition, meaning

as it does "The Mass (or Communion) of Christ's Birthday," suggests two of the three sources which have contributed their distinctive characters to this festival and its observance—Hebrew Legend, Roman Custom, and Northern Tradition.

To the profound religious feeling of the Jewish heart exalted by the visions of prophecy and special



THE CRICKET FIELD.

Each land has its own local expression for moral and religious sentiments which are more or less the common property of mankind. And perhaps in no feast observed throughout the Christian Year do we find just those idioms of national feeling and sentiment more clearly projected or more definitely emphasized than in the keeping of Christmas. Why is this? we may ask. Why is it Christmas rather than Easter or Whitsuntide which appeals to the whole English-speaking world (for example) as a specially national and homely institution? What is it that marks it off and makes it so different from all other seasons? And why is the keeping of Christmas on the part of Englishmen, wherever on the face of the habitable globe they may be situated at that time, felt to be, besides its other sanctions, a national obligation, a proof of patriotism and a link with home? We shall seek and hope to find some answer to these queries in a brief survey of the origins of this festival, at once so widespread and yet

ly familiarized during the Captivity with the angel-world of Babylonia and Persia a religious feeling, too, interpreted by the mysticism of the Greek mind (as in the opening chapters of the Greek-named third evangelist) modern Christendom owes all the setting and surroundings of the original event—the Wonder-Birth in the star-crowned stable-cave at Bethlehem, the Magi, the Shepherds,



CARRIAGE EXERCISE.

the Choir of Angels. All the symbolic accessories, all the details of place and character in this Idyll of heavenly grace are of the East—Eastern. Every time we hear "Hark! the Herald Angels Sing!" we are transported in imagination to the far-off hill-country of Judaea in the reign of Augustus, the first Emperor of Rome. But the mention of Rome reminds us that the West as well as the East contributes essential elements to our conception of Christmas. If Palestine supplies the sacred spot, ever since hallowed by its local sanctities, it is no less true that the Roman Kalendar had determined the date we now celebrate long before the Advent of the Babe of Bethlehem. The winter solstice fixed, at Rome, the annual recurrence of the feast of Saturn (a native Italian deity later identified with Chronos the Greek incarnation of Time), and from that old pagan celebration was derived not only the date (the first day of the last week of December) but much of what we call the "Christmas Spirit." The *Saturnalia*, as they were called, marked a perfectly unrestricted holiday, for then all and sundry, rich and poor, bond and free, were once a year considered at liberty to enjoy themselves to their heart's content. On the morning of the *Saturnalia* the Roman slave arose (for that day at least) a free man. The whole working-class population of the world's metropolis enjoyed the rare and rapturous excitement of one day's franchise. They were free to leave the dull, deadening monotony and painful fatigue of their forced labour, at liberty to walk abroad as freely as their masters, to claim and receive their customary gratuities and perquisites, and last, but not least, to use the license of an untied tongue. One day a year the slave might speak his mind and not suffer for it. One day a year the otherwise downtrodden and despised domestic drudge had liberty of speech and might safely scourge the vice and luxury to which at

all other times he might have unwillingly to minister. In short, the *Saturnalia* represent a singular and (for those times) strangely inconsistent declaration of liberty, equality, and fraternity.

Unconsciously, undesignedly, yet most undoubtedly this pagan holiday preached alike to rich and poor, and proclaimed the fact of human brotherhood. The genial free-hearted fellowship and frank abandonment of class prerogatives and social prejudices are elements of every Christmas celebration which we owe to pagan Rome. But the first Christians of Rome did not keep Christmas. The secret society that held their meetings in the Catacombs were too eagerly looking forward to the re-appearing in glory of the humiliated Messiah to cast many backward glances to the birth-cave of Bethlehem. There was a religion of resigned constancy, of hope and patience, rather than of triumphant recollection or of present joy and happiness. And so we find these missing features supplied by the bluff, genial spirit of our Northern forefathers, who, when converted from the faith of the red-handed Odin and Thor to the obedience of "the White Christ," in spite of Roman asceticism, in spite of ecclesiastical stricture and restraint, in spite of the destruction of their national shrines, the bedevilment of their deities, and the silencing of their rude sea-songs, still clung instinctively, blindly, unconsciously to their cherished traditions and national celebrations. The result was a compromise on the part of the new imperialism of Rome. Among the many customs of pagan geniality which neither priest nor Pope could proscribe was the old, old Yuletide jollity. The holly and the mistletoe, the Christmas cheer, the mystic beneficence that fills the children's stockings overnight, the carols and the yule-log are the gift of the North, and what would Christmas be without them?

P. HENDERSON AITKEN.

Letter to the Editor.

West House.

DEAR SIR,—The fact that verses by Ida, the cottage hen, and her interesting daughter, Penelope Orpington, have, in past days, found admission to your GAZETTE, induces me to forward to you some lines that have lately fallen into my hands.

In the incident described, poor Penelope must have been hard pressed, for on reaching the refuge and being presented with food, she (with her chicks beneath her) ate right on for half-an-hour at a stretch.

The faith in "The Cottage" revealed in the "Lay," seems to be a deep-rooted instinct in this family, developing itself very beautifully in each successive generation.

Yours most respectfully,
Dear Mr. Editor,

CRANSTON.

THE LAY OF PENELOPE.

Once I had a lovely daughter,
She was black, and oh! how fair!
'Twas in June they came and sought her,
And I never saw her more.
Hobbs dies, but they dismissed her,
That is—sent her far away.
All the summer months I missed her,
Mourned as for my brothers grey.
But a thought one autumn morning
Came into my feathered pow—
"Are not chickens life's adorning?
I will have them—have them now."
Though October—late for resting—
Still, beneath the cabbage shade,
Soon I found a place of resting,
There five lovely eggs I laid.
Then the frost set in with rigour,
Few provisions round about;
Oh! I feared with all my vigour
I should never hold it out.
Every night the cold grew keener,
Short and swift my daily round;
Loss of warmth as I grew leaner
On the scattered grains I found.
With my chickens' glad appearing,
Hope arose within my breast:
"With a Friend, what need of fearing?
I will put her to the test!"

"Forth! although the rain-drops rattle!
[For my all was now at stake.]
Chickens!" cried I, "As to battle!
Let us our last venture make!"
Rising to the great occasion,
Answering to a mother's call,
Destitute of hesitation,
Staggered out each downy ball.
"Chickens! forward! courage! steady!
Take the hedge as best ye can!"
Every Orpington was "ready,"
And they did it to a man!



PENELOPE'S RELATIONS AT THE FARM.

Drenched and weary with their travel,
Spattered o'er with clay and loam,
They at last sank on the gravel,
As they reached "The Cottage Home."
Friendly faces at the window,
Friendly faces at the door,
"Chickens! ye will all get in, oh!
Here ye'll never hunger more!"
Fain would I describe that greeting
(In a happy, thankful song)
From "The Gracious Lady" meeting
Us with love, 'twould be too long.
But she got a friend to make us
Instantly a house would do;
Got two splendid men to take us
Round, from friend, a hen-run too.
And of food what a collection!
To a starveling what a meal!
For my chickens what selection!
To this hour my joy I feel!
Thanks, then, Lady at the Cottage;
For each generous word and deed;
Thou—so kind to gentle Ida—
Still art found a friend in need.

REV. REV. 25th Oct., 1905.

Curious Treatment of a Famous Dean.—
"Dean Church. — The interior of Dean Church is being thoroughly cleaned and painted."

With the Relief Column to Mafeking.

HAVING contributed some notes on the Relief of Ladysmith in a former number of this Magazine, at the Editor's request, I have continued these notes up to the Relief of Mafeking.

About the middle of April, 1900, after relieving Ladysmith, the 2nd R.S.F. and the 2nd R.E., received orders to pack up and entrain for Durban; and on arriving there we found we were *en route* for Cape Town, and embarked on the new Allan Liner "Bavarian." Lieut. General Sir Arch. Hunter, K.C.B., D.S.O., and his Divisional Staff, and Major-General Geoffrey Barton, C.B., and his Brigade Staff, were on board.

We had a calm passage to Cape Town; and I do not think there was a single case of *mal-de-mer*, rather a contrast to our former voyage. On the fourth day after leaving Durban we dropped anchor in Table Bay, getting into a berth next day, when the Generals with their Staffs went ashore. We were not kept long in doubt as to our destination, as next morning we disembarked and entrained for Kimberley. We had comfortable carriages, which was fortunate, as it took us four days to reach the great diamond centre, having to proceed carefully in case of being held up by a commando *en route*.

We reached Kimberley on the fourth evening after leaving Cape Town, and had a good dinner at the refreshment room, as *en route* we could only have timed beef and ration biscuit, which we found very hard fare. Next morning we marched about a dozen miles, and pitched our tents and got our legs stretched, which was necessary after being cramped up so long in the train.

We soon learned what we had come up the west side for, as it came out in orders that we were bound for Fourteen Streams to settle accounts with

General Delarey and his men, who had been giving Col. Baden-Powell a very hot time at Mafeking. I need not say that we were all keen to start.

We remained in our encampment a fortnight, and then marched to Fourteen Streams, which was estimated at 75 miles from Kimberley. On the first day we marched 30 miles, and felt a bit tired at night; but we had to do the same next day, and reached the Vaal River, which we waded across, up to our armpits, and then marched to Rooidam, where we joined the Division, consisting of Major-General Barton's Brigade and Major-General Smith Dorrien's Brigade. The Division numbered about 10,000 men.

We found General Delarey in laager at Rooidam, and at mid-day Barton's Brigade attacked, after the artillery had paved the way for infantry. By 4 p.m. the Boers were defeated, and in full flight, pursued by the mounted infantry. They left all their baggage in the hands of our division. Our casualties were severe, the Welsh Fusiliers losing one captain and about 30 men killed and wounded. The Boer losses exceeded ours considerably. We had pom-poms on our side in the fight, which surprised the Boers, and inflicted great loss among them.

Having broken up Delarey's force, the way was opened up to relieve Baden-Powell, and next day Sir Arch. Hunter made up the force to relieve Mafeking. It consisted of 500 Imperial Light Horse, a very strong company of infantry, and 2 guns R.E. Artillery, and a pom-pom. This force numbered about 780 men, under the command of Col. Mahon. Col. Frank Rhodes, D.S.O., was with Col. Mahon. He took no part in the administration of the column. We moved away from Fourteen Streams, about 14 miles on the way to Vryburg, on the afternoon the column was formed. It took about 14 waggons to carry the rations, baggage, etc. We had no tents.

Reveille sounded at 4.30 a.m. every morning. After a cup of coffee and a few ration biscuits, we marched at 5 a.m., did not halt till 10 a.m., except 5 minutes every hour; but at 10 a.m. we piled arms and took off equipment. We then laid ourselves down till dinner time, which was about 12.30, when we consumed about $\frac{1}{2}$ of a lb. of tinned beef and 2 or 3 ration biscuits, which sometimes took a tap with the butt of a rifle to break them. At 2 p.m. we marched on again till 7 p.m., when we bivouaced for the night, after doing 28 miles march for the day. Of course outposts were put out

to get our barrel-on-wheels, and water bottles filled. Thirst is the worst enemy of a marching column.

Several parts of the line had been destroyed by the enemy, but a train was coming up behind us with sappers to repair it. One morning after marching about three hours we heard the reports of some big guns, and soon we saw a lot of roofs glistening in the sun. This was Mafeking, with its iron-roofed houses. I was in command of the advance guard on that day, and soon a mounted man made his appearance and quickly rode up to us. I noticed colonel's badges on his shoulder straps,



A GENTLEMEN'S WORKSHOP.

all round, and it was pretty tiring work after a long day's march.

We marched on the railway all the way to Vryburg, through rather uninteresting country; not a tree or house to be seen, but just common flat veldt across which could be traced only a few cattle paths. We marched by the map aided by the compass. Day succeeded day of this monotonous marching, as, after bringing in the outposts we formed up to begin each day's march.

We were about six weeks' hard marching from Kimberley to Mafeking. One of the day's marches was 34 miles, and we had no water at the end of it, but had to march 6 miles next morning

and of course raised my right hand to my helmet to salute him. He said, "I'm glad to see you." I replied, "I'm glad to see you, sir." It was Colonel Baden-Powell! He pulled out a cigarette case and saying, "Have a cigarette; take two, I expect you have not smoked a decent cigarette since leaving Kimberley," I said "No," and was presently enjoying a "Nestor Giannakis."

We found plenty of good food in Mafeking, and some good beer which delighted our men. There was plenty of tobacco also, and I saw that all my men got one lb. each which greatly pleased them. The officers of the relief force dined with Colonel Baden-Powell

With what different feelings we left Lundin Links to those with which we had entered it. The pleasures of anticipation had been fully realised, but alas! had too quickly been followed by termination. Miss C. confessed on the melancholy journey back that the playing of her last round had affected her so keenly that only the indifferent appearance of the green-keeper prevented her bidding him an affecting farewell. She feared he would not understand anything so sentimental on her part and forbore.

ZETA.

Enterprise among the Ladies.

ONE of our most valued lady correspondents is the leading spirit in the "Readings" held on alternate Tuesday evenings in "Five Parlour." The invited guests to that sanctum speak highly of the literary provender provided. It has included Keats, Elizabeth in Rugen, and now Miss Kingsley's Travels are proving very acceptable. But "Four" is not to be outdone in welcoming the less enterprising sex, and *they* are alternating the literary evenings by giving receptions, with Bridge and refreshments.

Both are proving very popular, being sociable, and free from unnecessary formality. If what we hear is true, that in the new furnishing of "Five and Six" Ladies a full sized billiard table is to be included, why then, with "Monday Fortnightlies," "Tuesday Weeklies," "Thursday Dances," and "Saturday Lectures," there will hardly be anyone left of an evening in the "Gentlemen's Division" to have a quiet crack and smoke with

"A MERE MAN."

Result of Football Matches:

G.F.C. v. Hamilton Crescent—a draw, 2 goals each.

G.F.C. v. Gartloch—Gartloch won by 7 goals to 1.

Among the lantern pictures which Mr. Maylard showed to us, was one of a Zulu mother washing her child. The process is quite novel. Filling her mouth with water from a vessel by her side, she holds her baby with her left hand, and as she squirts the water from her mouth over its body, polishes vigorously with her right hand. Mr. Maylard's description of the process caused considerable merriment.

"Vicarage to Let.—One servant kept; 800 feet above sea; pretty." "Tall and good-looking" is the more usual formula for parlour-maids.

Wishing to play golf at North Berwick, a stranger approached the official at the starting box and gave his name as "De Neufeldt."

"Man," came the answer, "We canna fash oorsels wi' names like that at North Berwick. Ye'll start the morn at 10.15 to the name o' FAIRGUSSON."

THE BALLADE OF LOVE, THE LORD.

Great Love, that rules the body and the soul
Of such as know him; making sweet accord
With flowers that bud, with worlds that onward roll;
With streaming light upon the darkness poured,
Whereof the suns are focal centres stored,
That flash to one another years of years,
And yet continue; shall not Love be ward
Of man's inconstant laughter, and his tears?
The heavens are spread above him like a scroll,
Writ in Love's language, where each shining word
Spells mighty meaning. To the Sun's control
Wheels the true planet; sun by sun adored
Holds each the other balanced; Love's award
Directs the wandering comets' far careers.
Shall Love be lord of these things, and not lord
Of man's inconstant laughter, and his tears?
Man knows not, the lost comet knows its goal;
It came no more to us; our dates afford
No clue to it: magnetic, pole to pole,
Some other Sun compelled it: chord to chord
It answered other music, further soared,
And passed beyond our system and our fears.
Others return; it went. Is Love reward
Of man's inconstant laughter, and his tears?

L'ENVOI.

Yet man is mighty, and his thought a sword
That pierces far among the distant spheres;
In furthest heaven is felt the warfare waged
Of man's inconstant laughter, and his tears.
Oct. 21st, 1906. J. E. BARLAS.

We regret that, owing to want of space, we are unable to publish interesting contributions from B.W., T.T., A.N.S.M., and J.L.F. We hope, however, that all four contributions will appear in our next issue.